



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • DECEMBER 2014 • VOL. 19, No. 12 • FAIRVIEW, NC

What a Difference a Day Makes!

How to Get in the Christmas Spirit!

Arboretum Winter Lights

Stroll through spectacular lighted displays at the NC Arboretum and see the gardens in a completely new way. The Arboretum's Winter Lights will enhance the natural beauty of the gardens as you celebrate the holidays. Advance tickets only — no tickets sold at the gate! Tickets sold exclusively through **eTix.com**. Tickets are date-specific and limited. Cost is \$18 per adult and \$16 for children (ages 5 to 11). Children age 4 and under are free.

Lake Julian Lights

Enjoy this drive-thru show with more than 50 animated light displays and thousands of colored lights from the comfort of your vehicle. **December 5–23, 6–9 pm every night**. Cost is \$5 per car. Take Long Shoals Road for 1.1 miles to Overlook Road traffic light. Turn right on Overlook Road Extension. Travel .1 mile. Park entrance is on the left.

Gingerbread Houses at the Grove Park Inn

The 22nd Annual National Gingerbread House Competition has been judged and awards given, and the display will be set up throughout the Omni Grove Park Hotel and open for viewing from **Sunday through Thursday through January 1st**, excluding holidays. The gingerbread creations are spectacular and not to be missed. Parking fees to be donated to local charities.

Correction

In the November issue of the *Crier*, an article appeared about the fundraising efforts on behalf of Steven Rudman, who was severely injured in a bicycle accident in September.

The Fairview community's response has been heartwarming, as it always is in times of crisis. We are glad to have played a small part in getting the word out to our readership.

However, it has come to our attention that we misconstrued some of the observations in that article. Specifically, we printed "An impatient driver tried to pass Steven, hit him with her car and drove away."

We have since been advised that the driver of the car did in fact stop, called 911 and stayed with Steven until the EMS team arrived. Further, the two vehicles collided at the side of the car, not the front. It was a terrible accident for everyone involved.

We are sincerely sorry that our presentation of the article led to confusion and distress, and we are grateful to our readers for alerting us when our reporting is erroneous or incomplete.

We wish Steven Rudman a full recovery and his family all the comfort that his renewed health will bring. And we hope that this correction will bring the car's driver the solace of knowing that her experience has been brought to light.

The Fairview Town Crier



Photos taken by Etta Dixon from The Cove of Fairview's Prayer Ridge house at the top of Fairview Forest.



Farewell, Horse Year



The Year of the Horse has nearly finished its gallop through our lives, and we hope it has brought our readers all the energy and success the Chinese horse symbolizes. *What animal is next?* It's the Sheep, peaceful and compassionate; and we greatly wish for those things too, for us, our readers and the world. Happy Holidays to all.

Christmas Horse by Lynn Stanley

DECEMBER

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Eat, Drink and Bid Merrily at Paws to Give

Holiday shoppers are invited to choose their gift selections and deliver 100 percent of the proceeds to benefit animals in need.

Brother Wolf Animal Rescue will host Paws to Give, a festive holiday evening benefiting local animals in need, on **Thursday, December 4, 6-9 pm** at The Millroom, 66 Asheland Avenue in Asheville. Attendees can participate in a huge silent auction, enjoy live music and heavy hors d'oeuvres, and partake of the complimentary drink tickets at the cash bar.

Medicare Class in December

The Council on Aging, in conjunction with the Seniors' Health Insurance Information Program, will offer a free class called "Medicare Update 2015" on **Wednesday, December 3, 2-4 pm** at On-Track WNC, 50 S French Broad Avenue, Asheville. Registration is required. Call OnTrack WNC at 828 255-5166.

The class will explain what's new for 2015, how Medicare works, the enrollment process, how to avoid penalties, and ways that beneficiaries might save money.

The class is free and open to the public. People new to Medicare, caregivers and others who help senior citizens with their Medicare insurance are encouraged to attend. The information presented is unbiased and accurate, and no products are sold, recommended or endorsed.

Winter Festival at Ethical Society

Presided over by member Tom Heffner, the Ethical Humanist Society of Asheville's Winter Festival 2014 will feature their traditional candle lighting ceremony as well as "This I Believe" statements from both famous and ordinary people.

Instituted as a response to what was happening in the USA during the McCarthy era of the 1950s, "This I Believe" inspired millions of people all around the globe to hear and express their own bedrock guidelines for life. Everyone is invited to come and share in this moving exploration on **Sunday, December 21, 2-3:30 pm** at The Friends Meeting House, 227 Edgewood Road, Asheville (near UNCA). Following the meeting, informal conversation and light refreshments will be available. For more information visit aeu.org, or contact ethicalsocietyasheville@gmail.com or 828 687-7759.

December at the Light Center

Saturday, December 6, 2-4 pm: Babaji's Kriya Kundalini Yoga with Mary Nadler.

Sunday, December 21, 3-5 pm: Winter Solstice Concert with Richard Shulman.

Tuesday, December 30 & Wednesday, December 31, sessions beginning at 10 am: Opening to a New World of Light: New Year's Prayer Celebration with Tully Moss.

For more information: visit URLight.org, e-mail dome@URLight.org or phone 669-6845.

Montford Park Players Present A Christmas Carol

The Montford Park Players of Asheville, North Carolina's longest running Shakespeare Festival, will open their 38th annual production of Charles Dickens' classic tale of greed and redemption, *A Christmas Carol*, on **Saturday, Dec. 6**, at Asheville's historic Masonic Temple, 80 Broadway Street in downtown Asheville.

Directed by Mandy Bean and featuring Peter Brezny as Ebenezer Scrooge, *A Christmas Carol* will run **Thursdays through Saturdays at 7:30 pm; Saturdays and Sundays at 2:30 pm; and additional performances at 7:30 pm on December 21, 22, & 23.**

This production, one of the longest-running holiday shows in Asheville, is a perennial audience favorite. Theatergoers can save money by attending early in the season.

Additionally, during the run, the Montford Park Players will be raffling an original painting by Jonas Gerard to benefit their programs. Only 70 raffle tickets



A Christmas Carol returns

will be sold, and can be purchased at montfordparkplayers.org and during *A Christmas Carol* performances.

Tickets are available at montfordparkplayers.org/productions. Season ticket holders should contact the box office at 828 254-5146 for reservations. For more information email info@montfordparkplayers.org.

4-H Club Being Formed in Spring Mountain

The 4-H Club being formed in Fairview will join with the Spring Mountain Community for Christmas Brunch Saturday morning, **December 20 at 9 am**. Following breakfast, the youth and their families will join in making an ornament to deliver as the groups join to go caroling at 11:30 am.

The club is open to youth from 5-18 who desire to become involved in their community through fun projects while developing leadership and citizenship. 4-H empowers

youth to reach their full potential, working and learning in partnership with adults.

For information about the 4-H program and events, contact Holly Jordan at, 828-255-5522 or by visiting www.4-h.org.

For information about the new club forming at Spring Mountain Community Center, contact Mary Ann Auer at 628-1364. The Spring Mountain Community Center is located just 4 miles out Old Fort Rd. in Fairview.



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364 Gap Creek Road – New listing! 5 acres, paved road, private home-site. **MLS# 571744 \$159,900**



126 Castanea Mountain Drive – Five acres, top of Chestnut Mountain, **MLS# 532335 \$275,000**



Old Fort Road – 3.38 acres, level pasture with bold Cane Creek, **\$125,000. MLS# 564926**



132 acres Upper Brush Creek – 15-132 acres w/ 10 acres pasture, Cane Creek Valley, \$2,840,000, **MLS# 525371**



350 Mills Gap Road – New Listing on Mills Gap Road! Completely remodeled. **MLS# 572613 \$165,000**



Stills Stone – Moving Back to 74A! Six level acres. Cane Creek. **MLS#556410 \$400,000**



Gregory Hill – 17 acres, pasture, creeks, view, Morton barn, **\$285,000. MLS# 528291**



Emmas Grove Road – .6 acres Emmas Grove Road, ideal for house, DW or commercial. **MLS# 569866 \$35,000**

FFD Auxiliary Update

The Fairview Fire Department Auxiliary will not meet in the month of December because the Board of Directors of the Fairview Fire Department will hold their election on December 1, 2014.

The Auxiliary is happy to report that the Bingo Bash was very successful, thanks to the Fairview Businesses, Asheville businesses, people from the Fairview Community and Auxiliary members. "We appreciate every one of you. Thank you so much," writes Maxine Harris.

The Auxiliary has donated \$500 of the Bingo Bash proceeds to the Steven Rudman fundraising effort. Steven was the boy who was severely injured in a bicycle accident. They will also be donating to the Angels of Fairview again this year.

Merry Christmas and Thanks again, Fairview, from the FFD Auxiliary!

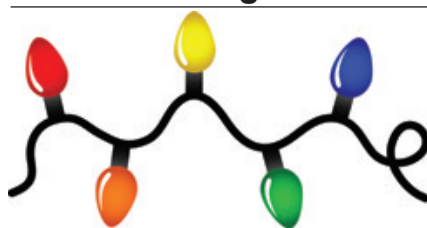
Still Lots of Nuts at Garren Creek FD

The Garren Creek Fire Department Auxiliary has a new crop of pecans — both halves and pieces — and black walnuts in one pound bags. The cost is still \$10 per pound.

To order call Elizabeth Simmonds at 669-2846 or Jodi Dill at 545-7563. Nuts can also be purchased and/or picked up at the Town Crier office, located at 1185F Charlotte Highway in Fairview, Monday-Friday, 1-5 pm.



Lake Julian Park Festival of Lights



Lake Julian Park presents "Walking in a Winter Wonderland," the park's annual holiday lighting spectacular, from December 4 nightly through December 23.

Thursday, December 4, 6-8 pm: the park is open to pedestrians only — no cars allowed. Guests will enjoy the lights as they stroll through the woods, and take time to warm themselves by the fire and toast a couple of marshmallows with the kids. Admission is \$5 for adults, children are free.

Friday, December 5 and nightly thereafter, 6-9 pm: the drive-through show features thousands of colored lights and over 50 animated and stationary light displays. The road through the park becomes a magical journey through tunnels of dazzling lights. Admission is \$5 per car, \$10 per van and \$25 per motor coach.

A portion of the proceeds will be donated to Buncombe County Special Olympics.

Lake Julian Park is in Arden, just off Long Shoals Road. Parking is available at the Family of Faith Fellowship Church, 212 Long Shoals Road, Arden.

For more information: 828 684-0376 or david.blynt@buncombecounty.org.

Meet Santa at KD's One Stop Toy Drive

Santa and his friends are coming to KD's One Stop in a free event for all the community on **Saturday, December 6, 12-3 pm** at 1299 Charlotte Highway. Children will be able to meet and sit with Santa, so parents and guardians are encouraged to bring a camera to take photos of their child with Santa and his friends. Kids will be treated to cookies, hot chocolate and candy canes.

In conjunction with the Santa meet and greet, KD's will be collecting new unwrapped toys and taking monetary donations to help with Christmas for families and children here in our community.



Fairview CC Welcomes Santa to Breakfast

Fairview Community Center's annual Breakfast with Santa returns on **Saturday, December 6, 8:30-10 am** at 1357 Charlotte Highway. As in the past, children under 12 will enjoy a free Pancake Breakfast, and crafts and photos with Santa will be available. This is a fundraiser for the Fairview Community Center.

Breakfast With "The Big Guy" at SMCC

Gifts are at least bought if not already wrapped. Tree's up and the house is as clean as it's going to get. So all are invited to make a breakfast goody and join your neighbors and friends so Santa won't have to eat alone on **Saturday, December 20, 9 am**. The folks at Spring Mountain Community Center will put the coffee on and there be fun, music by the Berry Pickers and of course Santa! He will be available for photographs, hugs and kisses.

"Last year, we had so much fun we didn't want to go home, said Maria Horton, president of the Community Center. There were little people, teenagers and lots of old codgers too. The food was great and just the right day to get us ready for Christmas."

Everyone is invited to just bring a dish to pass and, by magic, a fabulous feast will be ready for all. There will be gifts for the little ones too. "Following the breakfast, we will load up in cars and go caroling, weather permitting, to the homes of our housebound neighbors who would more than anything love to be with us but no longer get out and about. They love it that we still include them in the festivities," said Horton. For more information, call 828 778-0279 or email daylightasheville@gmail.com

Merry Christmas to our friends and neighbors!

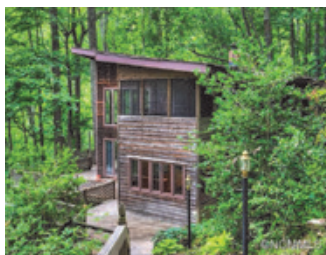
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EAST ASHEVILLE:
3BR 2.5 bath Great Merrills Cove location MLS 571617 \$349,900

FAIRVIEW:
COMMERCIAL LOT
2.44 acres Great Hwy 74 visibility MLS 553742 \$199,000



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AROUND AND ABOUT

"A Dickens of a Christmas" at Biltmore Village

Historic Biltmore Village announces a new holiday event combining their Christmas tree lighting and Dickens Festival into one grand holiday event. All are invited to step back in time and enjoy Christmas as it once was.

On **Friday, December 5, 6 pm**, over 1000 luminaries will line the streets of the Village to celebrate the lighting of our 25' Christmas Tree. The event will feature the AC Reynolds Madrigal Choir. There will be freshly made Christmas Wreaths for sale, in addition to horse-drawn carriage rides through the Village and other festive treats.

Visitors can register to win one of the many gifts to be given away the night of the event on the website athistoricbiltmorevillage.com/events or that night during the tree lighting. Donations for Manna Food Bank will also be gratefully accepted at the registration table that night and at Village stores during



A Dickens of a Christmas returns to the Biltmore Village

the month of December, as part of their "Hungry for the Holidays" promotion in conjunction with Talbots.

On **Saturday, December 6, 1-7 pm**, strolling throughout the Village will be carolers dressed in period costumes, musicians and other lively holiday entertainment. The Montford Park Players will also be on hand to entertain. There will be freshly roasted chestnuts for sale and the horse-drawn carriage will be there during the day to complete the holiday experience.

Some stores will observe extended holiday hours and will be serving festive treats throughout the weekend. An "Old Fashioned Dickens of a Christmas Festival" is sponsored by Catawba Brewing Company, Olde World Christmas Shoppe, and Budweiser of Asheville, in addition to the merchant members of Historic Biltmore Village Partnership.

Us TOO Prostate Cancer Group Meeting

Us TOO of WNC, a prostate cancer support forum for men, caregivers and family members, will meet **Tuesday, December 2, 7 pm** at First Baptist Church of Asheville at 5 Oak Street.

Sally Kodaras, Patient Navigator with Mission Hospital, will be the speaker. There is no fee to attend. For more information call 338-0290.

Classes Ongoing at Long Time Sun



Since opening in July, Long Time Sun Yoga and Wellness Center, 1611 Charlotte Highway, has developed a diverse schedule of classes at many appealing times. To check out their offerings visit longtimesunyogaandwellness.com.



Family Health Center at Cane Creek

Season's Greetings!

...from our families to yours

Office Hours: Monday and Tuesday: 7:20am-5:00pm
Wednesday, Thursday, Friday: 8:00am-5:00pm

628-8250

1542 Cane Creek Road, Fletcher, NC

See Santa Climb Down the Chimney ... Chimney Rock, That Is

Jolly old St. Nick will be visiting Chimney Rock State Park to climb down one of the world's largest natural chimneys on *two Saturdays, December 6 and 13, 11 am-2 pm*. For more than 20 years, Santa Claus has practiced at the Park for his big evening climbing down millions of chimneys worldwide.

Fearless St. Nick will descend from the top of Chimney Rock on a nearly 200-foot rappel about every 30-45 minutes, weather permitting. When Santa isn't climbing, kids are invited to visit with him and Mrs. Claus for photo opportunities, holiday cookies, hot cocoa and kids' activities.

Each weekend, one lucky guest will win a two-hour rock climbing lesson for two with Santa's professional helpers, Fox Mountain Guides. The winner of each drawing will be announced at 1:30 pm and must be present to win. Weather permitting, guests can also meet Grady the Groundhog or other live woodland critters that wouldn't survive at the North Pole. Local poet Eddie Cabbage will be on hand typing "made to order" poems for kids and their parents on his vintage typewriter; donations for the poems are requested. There is no additional cost for the event with paid Park admission. For information visit chimneyrockpark.com.



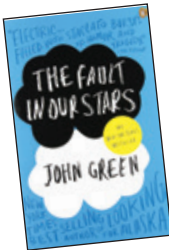
Decorate a Gingerbread House!

Children 5 years and up are invited to come and decorate a graham cracker cottage on *Saturday, December 6, 3 pm*. All materials will be supplied. For more information about this event call 250-6484.



Book Clubs

The afternoon book club will meet on *Thursday, December 11, 1 pm*, to discuss *Tuck Everlasting* by Natalie Babbitt.



The evening book club will meet on *Tuesday, December 16, 7 pm* to discuss *The Fault in Our Stars* by John Green.

AND COMING IN JANUARY ...

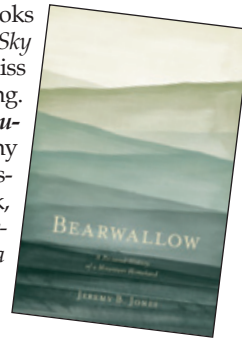
Bounce 'n Books, A New Story Time

Bounce 'n Books, a movement-based family story time, will begin at Fairview Library in January 2015. Every Wednesday at 11:00 am we will invite all toddlers and preschoolers to read, dance, sing and explore rhythms in this lively and active program.

Save the Date:

Local Author Event

Lovers of books and *The Land of Sky* won't want to miss this book signing. On *Tuesday, January 6, 7 pm*, Jeremy B. Jones will discuss his latest book, *Bearwallow: A Personal History of a Mountain Homeland*. Call 250-6484 for details.



NEW ARRIVALS

Havana Storm: A Dirk Pitt Novel
by Clive Cussler, Dirk Cussler

*The Smoke at Dawn:
A Novel of the Civil War*
by Jeff Shaara

*The Competition:
A Rachel Knight Novel*
by Marcia Clark

Shaman: A Novel of the Ice Age
by Kim Stanley Robinson

The Bone Season
by Samantha Shannon

*A Question of Bounty:
The Shadow of Doubt*
by Paul Colt

Virtue Falls by Christina Dodd

The Summer by Lauren Willig

Peter Pan Must Die by John Verdon

Fairview Public Library

1 Taylor Road in Fairview

250-6484

MON/WED/THURS/FRIDAY 10-6 PM

TUES, 10 AM-8 PM

SAT 10 AM-5 PM

CLOSED SUNDAY

MOTHER GOOSE TIME (4-18 MO)

TUESDAYS, 11 AM

PRESCHOOLER STORYTIME (3-6 YRS)

THURSDAYS, 10:30 AM

Children must be with a parent/adult

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 8,000+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. The Fairview Town Crier is located at 1185F Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730.

Subscriptions: Persons located outside of the mailing area may purchase a subscription for \$30 per year. Subscriptions will be mailed First Class postage on or about the first of each publication month.

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 39.

NATHAN RAMSEY, THANK YOU FOR FIGHTING FOR US

You listened and gave a helping hand whenever we needed one. You put our interests ahead of political party. You served sacrificially with distinction, humility, and respect. We appreciate every effort you made!

RESPECTFULLY, A GRATEFUL GROUP OF CONSTITUENTS



Samuel Murray Sr.

Samuel Murray Sr. was born June 1, 1739 near Swartara Creek in Dauphin County (Harrisburg), Pennsylvania. He was the son of William Murray Sr. (1689-1773) and Isabella Lindley. His father William was from Scotland, his mother Isabella from Ireland. William Murray prospered in Pennsylvania; he was said to have owned a mill and a large successful farm. When land became scarcer in Dauphin County and property values surged, William Murray decided to sell out during this period of high land values and move to South Carolina, where land was much less expensive. Samuel Murray was around eleven years old when the family moved to South Carolina.

William Murray settled in the "Lone Lane" settlement near the town of Ninety Six in Newberry (now Greenwood) County, South Carolina around 1750. Samuel Murray married Mary Black around 1761. It is not known what happened to Mary, and Samuel did not have any children with her. Samuel Murray was married for the second time on October 27, 1763, to Elizabeth Rees, who was born around 1743. Samuel Murray bought a plantation on Indian Creek near Ninety Six on February 2, 1776.

The Revolutionary War began while Samuel Murray lived in South Carolina. Samuel volunteered on November 4, 1775 and became a member of the 2nd South Carolina Regiment under the command of Francis Marion, who became known as the "Swamp Fox." Murray's son James and his brother William also served in the 2nd Regiment. Samuel Murray became a Corporal

in the unit. He, his son and brother hauled supplies for the American Forces.

William Murray moved to Mills River in what is now Henderson County around 1788. He was apparently well satisfied with the area. Murray was able to convince his brother Samuel to move to the mountains as well. Samuel and Elizabeth Murray moved to western North Carolina in 1795 at the age of 56 with six of their nine children. Their daughter Ann Murray remained in South Carolina. Their first son William had died at the age of 17. Two years later, they had named another son William, after his oldest brother. Samuel's daughter Elizabeth had died in 1793 after giving birth to her second child. Elizabeth's husband John Wilson and Elizabeth's two children moved with her father to Buncombe (now Henderson) County.

Samuel Murray built his home about a mile from downtown Fletcher, and soon acquired so much land in the area it came to be known as Murrayville. Samuel Murray's property fronted the Buncombe Turnpike, which was the main road between Asheville and Greenville, South Carolina. He built Murray's Inn and Tavern on the road and operated the Inn himself until 1817, when he deeded it to his son William. Presbyterian Bishop Francis Asbury stayed at Murray's Inn several times and conducted meetings there.

The State of North Carolina set the rates an Inn could charge for many years. The

1795 rates were as follows: breakfast 20 cents, dinner 25 cents, supper 16 2/3 cents. Lodging for the night cost 8 cents; keeping and feeding a horse for 24 hours was 33 1/3 cents. Whiskey cost 8 cents a half pint and wine ranged from \$1.00 to \$1.50 a quart.

Foster Alexander Sondley, who wrote the "History of Buncombe County," wrote that Samuel Murray Sr. was one of the most prominent residents of Buncombe County at the turn of the 19th century. The Buncombe County Court, in April 1805, appointed Samuel Murray Sr. to a committee to procure a public square in Asheville. The land for a public square was obtained January 23, 1807, and all of Buncombe County's Court-houses where located on the property until the current courthouse was built in the late 1920's.

Elizabeth Rees Murray died in Murrayville in 1815. Samuel Murray Sr. died in Murrayville on December 15, 1817. Murrayville's name was changed to Shufordsville 1837, and then changed to Fletcher in 1886.

Samuel and Elizabeth Rees Murray had nine children, all born in what was the Newberry District of South Carolina:

William Murray (September 6, 1764-February 8, 1781) never married and was buried near Ninety Six, South Carolina.

James Isaac Murray was born on March 21, 1769. On March 22, 1791 he married Margaret Dugan (April 19, 1772-June 9, 1840), the daughter of Col. Thomas Dugan and his wife Mary. James died on March 30, 1847.

Both are buried in the Freeman Cemetery in Tuxedo, Henderson County.

Elizabeth Rees Murray was born on October 25, 1771. She married John Wilson. Elizabeth died April 29, 1793 after the birth of her second child. Her husband and two children moved to Buncombe (now Henderson) County with her parents.

Samuel Murray Jr. was born on October 2, 1774. He married Elizabeth (maiden name unknown) and died in 1847 in Franklin Williamson County, Tennessee.

Ann Murray was born on November 10, 1776. She remained in Newberry District, South Carolina.

Thomas Alexander Murray was born on December 2, 1779. He married Sarah Seawood. He died on March 3, 1842 and is buried in the Old Salem Cemetery in Fletcher.

John Rees Murray was born on January 22, 1782, married Flora Lance (1780-September 26, 1855) in 1802 and died in 1814 at age 32.

William Murray was born on October 15, 1783. He married Ann Ashley February 12, 1823; they apparently lived together only a short period of time. William inherited the Murray Inn and sold it to Daniel Blake on October 21, 1826 for \$10,000 in gold. He died in 1867 in Ringgold, Catoosa County, Georgia, near Chattanooga, Tennessee.

Robert Murray was born on November 10, 1785. He married Mary Hawkins (1790-May 6, 1884) and died on December 1, 1857.

Local historian Bruce Whitaker documents genealogy in the Fairview area. Contact him at 828 628-1089 or by emailing him at brucewhitaker@bellsouth.net.

Happy Holidays from our Cove at Fairview family
Marietta, Etta, Farris, Alyssa, Danny and Frank

The Cove At Fairview

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MY PLACE SLEEPS 6-9

MY ROUNDETTE SLEEPS 2

PRAYER RIDGE SLEEPS 5-8

OUR HOUSE SLEEPS 6-12

GARDEN CABIN SLEEPS 2-3

THE HUNTLEY SLEEPS 6-9

6 The Fairview Town Crier December 2014

REACH

REACH. We have many in the community who reach out to help Food for Fairview. We, in turn, reach out to help others. But recently at Food for Fairview, the word "reach" has taken on a whole new meaning. Meet REACH (Reynolds Establishing Active Community Hospitality), a club at AC Reynolds High School whose sole purpose is to reach out to lend a helping hand in the community through participating in a wide range of service projects. Most recently, since we are now open after school hours, REACH has taken on Food for Fairview as its latest service project. A rotating group of students comes to Food for Fairview each Monday to assist with anything needed.

According to club President Johan Aguilera, the group has many hours of volunteer service behind it, and many more to come. Recently, the group participated in the Buddy Walk in Fletcher and volunteered at MANNA Food Bank. Coming up, this dedicated group of young people will be assisting with the Christmas Celebration at Biltmore Village as well as Christmas caroling at a local hospice. A spring project with RiverLink is also in the works.

I recently had an opportunity to attend a club meeting and speak to the group about Food for Fairview and



Reynolds High School has a new club that REACHes out to the community to lend a helping hand

our mission. What an inspiration it was to meet this compassionate group of young people and see firsthand their passion for volunteering!

Many thanks to Molly Sager, faculty advisor, for facilitating this great group. We also thank Kim Rogers, Communications and Events Director for the club, for initiating contact with Food for Fairview to get the ball rolling on our collaboration. Of this great group we have to say — we're glad you "reached" out to us!



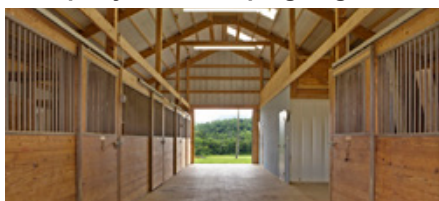
For information, visit foodforfairview.org, email food4fairview@gmail.com or call 628-4322 and leave a message. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation.

Home for the Holidays... ...Home for all Seasons.



2139 Cane Creek Rd, Fletcher

- \$725,000 MLS#568167
- 17 acres with 2 homes & a barn
- 3/2 main home + 2/2 guest home
- Morton barn, workshop, run-in sheds
- Additional homesite with amazing views!
- Property video - <http://goo.gl/I11Mvn>



609 Old Fort Road, Fairview

- \$875,000 MLS#539769
- 10.95 Acres with a creek, pond and views
- 3BR/4.5BA main residence
- Barn/clubhouse with kitchen and bathroom, Workshop and RV storage
- Property video - <http://goo.gl/2Wp48c>

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Saunders home lumbar traction unit - \$400

Zymain... for acute injuries/inflammation - \$35

Aspen QuickBrace... lumbar back braces - \$200

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Bone restore... best bone support formula available - \$25



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What NOT to Eat While Studying and Why

By Dr. Michael Trayford, Apex Brain Centers



Your brain is the most energy-hungry organ in the human body, and it requires the highest quality, energy-rich fuel when it is learning something new. The types of foods you eat when you are studying have a direct impact on the amount of information you will be able to retain.

You are what you eat! Highly processed foods that are full of sugar, man-made ingredients, or chemical compounds that take a PhD to decipher are not brain food. In fact, nutrient-deficient, calorie-rich foods rob a great deal of energy from the brain. The more chemically complex a food is, the more energy it takes to break it down to create energy for the cells in your body and brain. Whole foods, such as apples, provide much more efficient energy for the brain than, say, a bag of chips.

Two Types of Food to Avoid

Sugary food and drinks. Sugar (glucose) is necessary for brain function and survival of nerve cells. But too many foods are loaded with highly refined and processed sugars that have a negative impact on our blood sugar handling over time. This could lead to Type II Diabetes, or pre-diabetes. Because our brain is energy hungry, an inability to handle blood sugar often results in disruptions to our learning processes. Many experts agree that we should consume no more than 40 grams of added sugar per day in our diet; the equiv-

alent of one 12-ounce soda. Many people consume several of these in a single study session!

Processed foods and fast foods. When your body is overwhelmed with the demands of breaking down chemically complex, overly processed foods, it steals much needed energy from the learning process. Fast foods and most foods that come in bags, boxes, or cans are also loaded with chemical compounds such as preservatives, colorings, stabilizers, and artificial flavors, many of which have negative effects on the nervous system.

Real Brain Food

If you want your brain to perform best at test time, or you simply want to gain as much as you can from that book you're reading, eat whole foods in abundance. Do eat fresh fruits and vegetables, whole grains, legumes, and lean proteins in their natural form, free from the excessive processing which dominates our food market in this country today. In addition, there are options for metabolic or nutritional therapies that can supplement diets deficient in the resources necessary for a proper functioning brain.

Visit our blog at ApexBrainCenters.com for the full article on this subject. Dr. Michael Trayford is a Board Certified Chiropractic Neurologist and co-founder of APEX Brain Centers in South Asheville. APEX Brain Centers utilizes cutting-edge technology and strategies to optimize brain function. Learn more at ApexBrainCenters.com.

A Physician's Response to the Ebola Outbreak

By Dr. Benjamin Gilmer, MD, MAHEC Family Health Center at Cane Creek



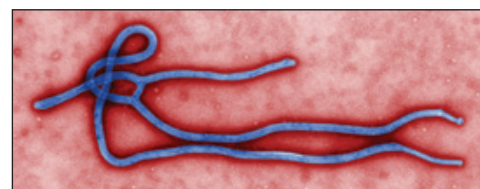
All of us have been following the daily tragedy that is occurring in West Africa with the Ebola outbreak that has triggered so much media attention. This is a subject that is close to my heart.

Ten years ago, as an Albert Schweitzer fellow in Gabon, West Africa, I became acutely aware of this deadly virus. While I was there, there was an outbreak just along the border of Gabon and the Congo. Only a few hundred miles separated us from this deadly disease, which was closer than I ever wanted to be. As a young medical student, this was frightening. We, however, had a plan and were ready to combat this virus if it made its way into our hospital. It was amazing to me how courageous the Gabonese were while confronting the threat of this deadly epidemic. I must say, that they were much calmer, ironically, than we are currently in America. Ultimately, we were fortunate and the Ebola virus failed to cross the Gabon border.

What you may not know is that the influenza virus — the flu — is much more deadly than Ebola will ever be in our country.

When I think about our current national reaction to this threat, it seems ridiculous to me. I would like to lay out a few facts that will perhaps dispel your fears

while also reminding you of the importance of vaccination. What you may not know is that the influenza virus — the flu — is much more deadly than Ebola will ever be in our country. In fact, the threat of Ebola spreading in the USA is so unlikely that you are four times more likely to die this year from your pajamas catching on fire! This is a quote from one of our national experts in disaster preparedness, Dr. Erwin Redlener, of the Columbia Earth Institute, who frequently consults



with Homeland Security. I had the opportunity to speak with Dr. Redlener this weekend in Boston and he reassured me that the Ebola outbreak will never be a tremendous threat in our country, "We know how to contain it and have the resources to do so."

The biggest difference in West Africa is that these poverty-ridden communities just don't have the resources to take care of their patients. It is, in a sense, a disease of poverty.

Even if one contracts Ebola there is a 90% chance of survival in this country.

Continued on page 17

USE IT. DON'T LOSE IT.

Use Your FSA Health Benefits Dollars Before December 31

If you participate in a Flexible Spending Account (FSA) through your employer's "Cafeteria Plan" benefits program, time may be running out. Some plans require the money you contributed to be spent by December 31, or you risk losing it.

Here is a list of vision-related services and expenses that may qualify for reimbursement:

- Eye Health Examination • Contact Lenses
- Eyeglasses • Computer Eyeglasses
- Prescription Sunglasses
- Laser Vision Correction

Note: Check with your plan administrator to determine the specific requirements of your plan. Please let our office know about your major medical or vision plan coverage when you call for an appointment. We'll help you get all the benefits you have coming to you.

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Graston Technique

Ed Reilly, DC, Fairview Chiropractic Center



The Graston Technique is a new form of instrument-assisted soft tissue mobilization that enables clinicians treat scar tissue and fascial restrictions.

The technique uses specially-designed stainless steel instruments, along with appropriate therapeutic exercise, to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation.

The Graston Technique instruments are designed to mold to various contours of the body, allowing for ease of treatment, rapid results and maximum tissue penetration.

Advantages to patients include a decrease in treatment duration and need for anti inflammatory medications, and faster rehabilitation and recovery time. Patients can remain on the job, needing fewer splints, braces or job-site modifications, which reduces health care costs.

When explaining the properties of the instruments, we often use the analogy of a stethoscope. Just as a stethoscope amplifies what the human ear can hear, so the instruments increase significantly what the human hands can feel. When combined with advanced class 4 laser therapy, non-responding soft tissue problems can be effectively addressed. This therapy is now only available in Fairview.

Dr. Reilly has served Fairview since 1998 and has an advanced board certification in acupuncture, class 3 and 4 laser, and is a chiropractic sports physician. Reach him via fairviewdc.com.

Free Health Lectures Reservations Required 828 628-7800

Fairview Chiropractic Center
2 Fairview Hills Drive, Fairview

Graston Therapy Thursday, December 4, 5:15–5:45 pm

Learn about one of the most advanced forms of soft tissue treatment used by world class athletes and Olympians. Surgical steel instrument work fast and provide lasting help with non-responding soft tissue problems. Demonstration and question period.

Functional Weight Loss Tuesday, December 11, 5:15–5:45 pm

Learn how a remarkable new approach to weight loss can help you lose weight, get healthier and feel your best without expensive supplements, going hungry or restrictive diet.

Avoiding Back and Neck Surgery Thursday, November 18, 5:15–6 pm

Learn about several technologies that can help with spine pain and disc problems. Class 4 High Intensity Laser Therapy and Nonsurgical spinal decompression traction with over 50,000 successful treatments may be the answer. Question period and demonstration.

Why Have My Benefits Changed?

Mike Richard, President, Prime Time Solutions, Inc.



Most Dramatic Changes I've Seen

Medicare Advantage plan benefits and premiums for 2015 have experienced the most dramatic changes I've witnessed in many years. The most asked question is "Why did my plan change so much? My premiums have gone up and so have the co-pays I have to pay my doctors." While there are many factors influencing this, the main reason is that less money is available from Medicare, for some companies anyway.

Without getting too technical, Medicare has put in place a 5 Star Rating system, with 1 being the worst and 5 being the best, to judge the quality and performance of Medicare Advantage and Part D Rx plans. The concept is best described as a sort of "carrot and stick" program to pay companies Quality Bonus Payments of up to 5% more if they achieve a 4 or better rating out of 5 stars. While it may remind you of something you experienced in grade school, the 5 Star rating is very serious stuff for both Medicare and insurance companies, and involves lots of money.

More Money Means More Benefits

The purpose of the 5 Star system is to improve the Medicare Advantage experience for beneficiaries and to reward

companies for doing so. The premise is that companies will vie for higher ratings to get more money with which to better compete by offering lower premiums, better benefits and exceptional customer service. Higher ratings mean good things for you, the beneficiary, as well. Improvements to things like health screenings (tests and vaccines at no cost to you), proactive management of chronic conditions such as heart disease and diabetes, health plan responsiveness and care, complaints and appeals, and telephone customer service to name a few, are positive

changes you should experience. For instance, did you know that you can affect the rating of your company by participating in the free in-home health exams they offer?

Star ratings also help you to decide which company to choose. Theoretically a 4 or 5 star company will perform better than a 3 star one. The benefits and premiums should also be better from a company having more money with which to work. One caution: just because a company has a better rating than another doesn't mean that company or plan is right for you. It is, however, a good place to start.

Mike Richard is president of Prime Time Solutions, Inc., an insurance agency with over 800 clients across the Southeast, specializing in senior insurance products since 1998. 628-3889.



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We are writing to wish you and your family a very Merry Christmas and to thank you for your business. we'd also like to remind you of some of the things we do.

We do grading, clearing, road building, driveway repair. All types of property clearing and erosion control. We do removal of underbrush, dead limbs and such from existing trees. We do tree take downs and removal, and also grind stumps.

We do hydoseeding, supply and plant all types of shrubs, trees, plants and sod. We haul gravel, dirt, and mulch.

We correct all drainage problems, including replacing old drain pipes, gutters, catch basins, and install storm drains and pipe of all sizes.

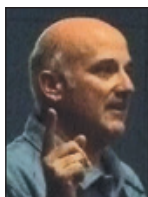
We build retaining walls, patios, walkways, steps from block, wood, rock, or pavers. We also build fire pits.

Most of this list can be done in the winter. This is a slow time of year so we can give you a great price on winter work.

We hold a General Contractors license and Ornamental and Turf-Pesticide license. We are fully insured, and all work is guaranteed. We work for individuals and business. We've been in business here in Fairview well over 20 years. *We're not going anywhere. See you in 2015!*

www.FairviewLandscaping.com

November's Weather



Just a couple comments on November 2014, what a wild ride. Last month I mentioned that accumulating snowfalls are a bit uncommon in November. Well, guess what! We started the month with a bang — a record snowfall of 3-6 inches. The official amount at the Asheville airport for the November 1st, 2014 storm was 3.2 inches, which is a new daily record. It also makes this the fourth snowiest November to date. Even more surprising was the 5 inches of snow that fell on the same day in West Lexington, South Carolina, just west of Columbia; they saw a few snowflakes in the Charleston, SC area that morning as well.

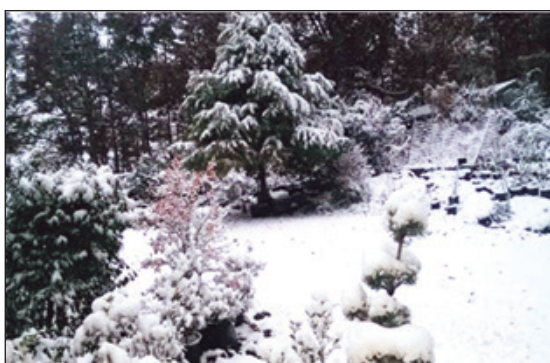
On to the future, I think that the early winter pattern is shaping up to be a bit colder than normal, but usually what that means for us is a couple of cold snaps, followed by a moderation, with that cycle repeating several times over the course of the winter. Since this is only the "early" part of winter, I don't expect the cold to be extreme or last for weeks. That may wait until later in the winter. However, the repeatable pattern of cold/moderation/cold is quite common for our area through mid- to late December.

We're Dreaming of a ...

In terms of a "White Christmas," let's take a look at the historical record. These snow-

TRIVIA QUESTION
What places in North America and globally hold the honor of having the earth's coldest all time temperature?

fall numbers/percentages are based on the records taken at the Asheville Airport; the early years of the record are based on the data from the old Asheville city office in the Grove Arcade. Looking at the percentage, the chance of at least a trace or a few flakes of snow on Christmas Day is about 26%. This is based on the daily snowfall records that go back continuously from 1888 through 2013. There has been at least a trace of snow reported on 33 separate occasions on Christmas Day. The largest snowfall on Christmas Day actually happened just a few short years ago in



Snow on the ground, November 1, 2014 — early morning

2010. In that year anywhere between 6-10 inches of snow fell, making it the snowiest Christmas on record since reliable daily snowfall records began back in 1888. The probability of getting accumulating snow — let's say a third of an inch or more — isn't that high, happening on only 8 occasions on Christmas day since 1888.

The old adage of "as the days grow shorter, the days get colder" has a bit of truth for December. In terms of averages, temperatures continue to drop as we head through the month, with average highs at about 55 at the start of the December and dropping to 47 by month's end. The lows drop from 32 at the start of the month to 27 by month's end. The warmest day on record was 81 degrees on December 31st in 1951; the coldest was a numbing -7 degrees on the 25th in 1983. The average precipitation for the Fairview area is around 4 inches, with the average December snowfall close to 2 inches.

How to Dress for Success in Cold Weather

- Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Outer garments should be tightly woven, water repellent, and hooded.
- Wear a hat, because 40 percent of your body heat can be lost from your head.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.
- Try to stay dry and out of the wind.

Trivia Answer

What is an easy way to figure out the wind chill factor?

To figure the approximate wind chill factor, multiply the wind speed by 1.5 and subtract it from the air temperature. For example, if the air temperature is 20 degrees Fahrenheit and the wind is blowing at 30 mph hour, use the formula: $20 - (30 \times 1.5)$ to determine that the wind chill factor is -25 degrees Fahrenheit.

Remember- Cold is magnified by the wind. Cold air blown by wind increases convective heat loss at a much higher rate than cold air alone. Your chances of being frostbitten are better in a 40 mph wind at 0 degrees Fahrenheit than in calm air at minus 25 degrees Fahrenheit. In extremely low temperatures, a breath of wind can make the difference between life and death. Bright sunshine may increase the wind chill temperature by 10 to 18 degrees Fahrenheit.

Meteorologist Tom Ross managed NOAA's Climate Database Modernization Program and was involved in educational and community outreach during his 25-year career at the National Climatic Data Center (NCDC) in Asheville. He was a senior weather forecaster at Accu Weather in Pennsylvania and currently teaches weather and climate at various venues in WNC.

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THE WELCOME TABLE..... by Rob Kraich

Since we are coming up to the completion of our fourth year of supporting our community, we give thanks.... thanks for opportunities to help, and thanks for many individuals in our community that volunteer and those that financially support our various operations.



- First, our primary job is to provide the environment for a spirit of community to be enjoyed by serving a tasty and healthy meal every Thursday (11:30 a.m. to 1 p.m.). There is no required cost, thereby assisting those struggling financially. However, donations are welcomed. To date we have served almost 13,000 meals.
- Three years ago, the Fairview Welcome Table began providing a healthy fruit snack to supplement Manna Food Bank's Backpack Program for children at Fairview Elementary School who have been identified as "food insecure." Currently, nearly 60 children have been identified by the school to participate. To date we have provided 6,500 such healthy snacks.
- Early in 2014, we made a commitment to supply winter clothing (hats, scarves, mittens), hygiene supplies (toothbrushes, tooth paste, shampoo, soap, etc.) and other items deemed necessary for needy children in our area. We continue to work with Fairview Elementary, stocking their clothing pantry and filling other needs they request of us.

- Our next project will be to help homeless children in our area. We are meeting with county school officials to determine how best to attack this problem.

As the Fairview Welcome Table develops, we hope to implement other projects to help alleviate hunger, provide healthy food and other needs to those in our community who are struggling with food insecurity and/or homelessness.

Please come join us for our Thursday lunch (11:30 a.m. to 1 p.m.). You will be glad that you did. We are located in the fellowship hall of the Fairview Christian Fellowship church. (We are not affiliated with the church.)

We are thankful for any financial donations as well. We have no paid employees, all volunteers, all committed to our community and are a 501 (c) 3 nonprofit organization. Our address is: Fairview Welcome Table, PO Box 456, Fairview, NC 28730.

For information about the Fairview Welcome Table, visit us on Facebook at [facebook.com/FairviewWelcomeTable](https://www.facebook.com/FairviewWelcomeTable).

SEASONS GREETINGS FROM ALL OF US TO ALL OF YOU

With winter chill in the air, snow covered treetops and mountains in view, our thoughts turn ever more gratefully to those who have made our progress possible. Along with our sincere gratitude, Asheville Savings Bank wishes you and yours a wonderful holiday season, with special cheers for making it happen in 2015!

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COMMERCIAL

Excellent location in Fairview right behind Food Lion Grocery, the post office and the First Citizens bank. Level wooded 2.68 acres with long range mountain view. Great location for office building, storage building and doctors office. MLS#558930 **\$200,000**



Great location! Commercial building for user or investor. Located on well traveled Memorial Highway. (74A) Approx. 1645 sf up and 1645 downstairs. Basement has 2 BR spacious apartment with extra storage areas. Currently operated as Lake Lure Antiques. Ideal home based business. MLS#535223 **\$155,000 — UNDER CONTRACT**

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Lightly wooded lot w/potential for mountain views. City water and underground utilities **\$45,000** MLS #568055 Call Karen.

Level rigetop homesite, very little clearing needed. Underground utilities paved frontage **\$55,000.** MLS # 544246. Call Karen.

Outstanding level property, bold creek, small stream, workshop, outbuilding. Very short distance off state road. MLS#555311, **\$55,000.** Call Karen 828 216-3998.

A special place to call home but close enough to major highways and shopping! This may be the perfect place for you. 2.03 acres with mountain views gentle sloping land. MLS# 563128, **\$65,000.**

Extraordinary Estate Property 39 Acres, bold stream, brook, 10+ acres of partially fenced pasture, 2 ponds, road in to property, driveway graded to home site, potential for mountain views, city water and totally private, just 15 minutes from the heart of Asheville. MLS#556776 **\$2.5M.** Call Karen 828. 216-3998.

2.09 Wooded Acres with spot ready for mobile home or log home. You Choose! 4 BR septic permit on file. No restrictions. MLS #561856. **\$33,000.** Call Cassandra 828 216-6060

Private 10.66 acres of unrestricted mountain land with great, long-range, south, southeast, and east views. Power to property. Has expired four bedroom septic permit on file. Southeast facing with lots of potential. Good stand of trees. Property lies from road to top of ridge. MLS #555156 **\$149,900 — REDUCED!**

186 acres Views! Views! Views! Your own private estate. 186 acres Drive cut in and beautiful bold steam. MLS#534920 **\$5,500,000**

2.84 acres with a beautiful bold creek and gentle slope for building in a great location in Asheville off of Rose Hill Rd. **\$123,000** MLS #553023

59+ acres up to \$600,000 MLS#554399

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11.31 acres	\$169,650	MLS#554406
12.74 acres	\$165,620	MLS#554441

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NEW LISTING



Brand new quality craftsman-style 3 BD/2 BA home in the heart of Fairview. One level living w/full unfn. bsmt. Open floor plan w/granite tops/tile floors, gourmet kitchen w/granite counter tops. Master suite w/ beautiful tiled shower & jetted tub. Hardwood floors throughout. Energy efficient blown-in insulation. Eliminate the headaches of owning a pre-owned home & build your own. MLS #572450 **\$399,000**

CANE CREEK AREA



Over an acre of a rhododendron forest, fruit trees, and hydrangea, yet convenient to Asheville. Trout stocked Cane Creek frontage with end of the road privacy. First level has great winter views from both covered front deck and spacious living room. Large kitchen with breakfast island and open dining area with fireplace, master on main. 2BR/1 BA in-law suite downstairs. MLS # 570779 **\$277,500**

15 ACRE FARM



Bring your horses to this beautiful farm. Level to rolling pasture with barn. Cute well maintained farmhouse with gorgeous wood floors throughout. Detached double car garage with separate work space. Nice 4 stall barn with tack room. This property has a fantastic potential to be a development. Awesome building sites with views. 2 wells. MLS # 570643 **\$385,000** www.11bayhorse.com



Stunning 3 bedroom, 3 bath townhouse in north-west Buncombe County. Granite CTs, custom wood cabinets and SS Appliances in kitchen. Scenic mountain views from 2 decks and concrete patio. Over-size garage and low assoc. fees (pool & clubhouse included). All furniture also included! **\$239,000.**

TRIPLEX



Fantastic Triplex in Fairview with two 2-BR units and one 3-BR 2-bath unit. Live in one and let your tenants help pay your mortgage. Triplex in a great location in Fairview. MLS#A561797, **\$350,000**



Adorable, Affordable, Private Mountain Cabin. Unique setting off paved road, near 600 acre land conservancy. Open floor plan, stone fireplace, knotty pine paneling, huge bright bonus room.. MLS#558985. **\$145,000.** Call Karen 828.216.3998.

REDUCED



Nice almost one acre property in a great location in Fairview with a single wide mobile home, 2 bedroom, 2 bath with new floors just installed. MLS#570645 **Only \$55,000.**

NEW LISTING



Beautiful 4 bedroom home with 2 bonus rooms with closets. Great location in Fairview. Great room with cathedral ceilings and beautiful maple flooring. Gourmet kitchen with large island, granite counter tops and stainless steel appliances. Master suite on main level with luxurious bath and his/her closets. Second bedroom on main level. Beautiful screened porch and private fenced in back yard. Wonderful year round views. Stone and pebble dash siding with nicely landscaped yard. 2-car garage on main level. MLS # 573481, **\$549,900.** Call Wanda 828-424-1632. www.17lonecoyote.com

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Lot 3	0.57 acres	\$50,000
Lot 4	0.83 acres	\$69,000
Lot 5	0.86 acres	\$71,000
Lot 6	0.83 acres	\$69,000
Lot 7	1 acre	\$79,000

NEW LISTING



BRAND NEW QUALITY 2-STORY HOME 3 BD 2.5 BA home with full unfinished basement. Gourmet kitchen with granite counter tops. Master suite with beautiful tiled shower and jetted tub. Hardwood floors throughout. Energy efficient blown in insulation. Eliminate the headaches of owning a preowned home & build your own. Other plans available. **\$340,000** MLS#572570

Two Days — Two Worlds



Before the snow, two views of our studio and pond at Windsong Farm

Nature is amazing; just look at what happens in two days' time. Halloween day was warm, flowers were still blooming, autumn leaves were at peak, fall/winter gardens lush and green...then we get into our costumes, have a blast at our friends' party in Black Mountain ... and awoken to 4 inches of snow on All Souls Day!



Fall/Winter gardens of kale, lettuce, beets, chard, arugula and carrots, ready to be covered up before the snow ...



... One day later, on November 1, the Fall/Winter gardens are covered once again



Our dear Molly, whom we adopted in the parking lot at the Town Crier benefit last summer, discovering the fun of snow.



Left: Peter Smith shows his holiday enthusiasm to his wife, Medusa Green Goddess Carolyn Smith, and Marvin Bennett



Right: Roger Klinger and Marvin Bennett at Black Mountain Iron and Forge Studios on Halloween night



The banana plant and the garden sculpture at Windsong Farm must surely be somewhat befuddled by their own sudden and chilly costumes, beautiful though they are.



The Crier's "Wild Edibles" columnist Roger Klinger and Marvin Bennett reside in a marvelously eclectic home on a beautifully landscaped property, complete with man-made pond and fanciful sculptures by Roger.



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At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences. We can help you review your options so that you can select the one that's best for you. If you decide to roll it over to an Edward Jones IRA, we can help.

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MAKING SENSE OF INVESTING

THE YOSEMITE STORY

You're driving down Interstate 81. Four more hours to go. Boring hours. The phone rings. It's a pair of professional Yosemite Park guides—Elspie and Gabe Mange. They're a young, married couple you once did a favor for. "Pat," they say, "we've been trying to think of a way to thank you. How about we fly you out to California and take you into the Yosemite backcountry for a week?" You're 65 years old. The hourglass is draining. Yes. I'm not going to tell you the narrative of my trip. It'd take up the whole page. There wouldn't be any room for pretty

pictures. A few key moments/insights, instead: 1) *Rock Climbing is Really, Really Hard.* Especially crack climbing. You stick your fingers in the crack and make a fist. You stick your foot in sideways, then straighten it. Then you pull yourself up—Ugh! Ow! Ow!—and do it again and again. We only tried two short pitches, say, 100 feet each. The first one, I quit half-way up. The second one I wanted to quit—twice—but told myself, "Blankety-blank it, I'll never be here and do this again. Stick it out!" So, fine. I did. I'm going to stay with whitewater paddling. Paddlers go down things.

2) *Out West is Majestic.* (Corollary: Our mountains are molehills.) We backpacked for four days in King's Canyon. We started up one incredibly cliff-banked canyon, turned right up another even steeper and more gorgeous one, then turned right again up one even more awe-inspiring than before. Every step, the scale and beauty were shocking. Incomprehensible. Eventually, we hit 10,000 (wheeze) feet and Reflection Lake, a towering lunar landscape—with a clear glass lake at its center! OMG (I mean it). I spend a lot of time in our Blue Ridge mountains. They don't compare. 3) *Why Does My Body Feel So Heavy?*

Remember jumping, running, hopping—for fun?! My trail name was Low Gear, because that's the only one I have left. What happened? 4) *There's No Place Like Home.* The second I stepped onto our dirt driveway on my return and looked at those warm, green woods all around me, I felt positively nurtured. Friends in Fairview, they may have it big out West. But we've got it good. My forever thanks to Gabe and Elspie for an incomparable adventure and super, super time—and to my wonderful daughter, Sammy, for coming along and providing great company (and moral support!).

"Dinner!"



"For fun(!) over Christmas, Gabe and Elspie did a five-day climb up El Capitan, sleeping on a PortaLedge!"



Gabriel not only shoots other rock climbers professionally, he also teaches and guides Ansel Adams photo classes in Yosemite. These are some of his photos from the trip.

The Happy Foursome (L to R, Sammy, Pat, Elspie, and Gabe) AFTER they finished the hike!



Never, never, never again!



Don't slip!



Yes that tiny speck is me!



Happy



I know you write about people's problems. I thought maybe you could use a note that wasn't about problems and talks about how life can be good. I am in my early thirties. I was adopted at birth. I haven't tried to find my birth

parents. I had good people choose to become my parents. That seems pretty cool to me. Two messages my parents gave me were, "you are loved" and "respect yourself." I wasn't all that popular in school sometimes because I really tried to follow the respect-yourself advice. It was hard sometimes to watch other people "having all the fun." I made mistakes but respecting myself paid off. Now I live with very few regrets.

I met a nice guy while hiking with friends. We dated for a year, fell in love and he asked me to marry him. We now have a wonderful 2-year-old boy and a 6-month-old girl. I was laid off in 2009 and money was tight but we got through it. I found another job that I like after getting some more training. It still took six months. We had some savings to help us through it. We are now back to saving a little each month. My kids are healthy. My husband works a lot and that can be hard. We still go hiking together when we can and try to stay fit. We don't eat at fast food restaurants for lunch or dinner but have been known to grab a breakfast muffin or biscuit. Life is pretty good. Although my parents died a few years ago my husband's parents are still living and love their grand kids. We go to church but not every week. We do some volunteer work because we feel grateful and want give back.

I am not a special person. I continue to have choices to make for myself. My husband and I will continue to have choices to make in our relationship. I am planning to teach my kids to respect themselves like my parents did. I hope I can help them see the places where they have choices by setting good examples. It helps me to read about things like resilience, and how practicing new things makes it easier to see choices I might have missed if I just did everything the same way all the time. I just wanted to say it is possible to have a good life. Maybe I am also writing this letter so when I pass through times when life isn't so good I can re-read it and remember my blessings.

Thank you. I really appreciate you sharing. "You are here" and it sounds like pretty nice place to be passing through. Your beliefs of self-respect and no regrets seem to be serving you well. It isn't always easy to live your beliefs, as you have found out. This is a competitive society we live in and there can be a lot of pressure to compromise your beliefs. I like the idea of teaching ideas to your kids by example instead of trying to tell them how to live.

Lately I have been thinking about the fact that I am spending my time on my journey whether I am paying attention to it or not. I wondered what currency I am using as I spend my time. Currency could be in the form of beliefs, like self-respect and no regrets, or giving back, like volunteer work, or passing on wisdom, like teaching your children by example. We do have a choice about the currency we use as we are spending our time.

One consistent currency I have used most of my journey, at least on my work-

ing path of my journey, has been "giving respect" to the ones of us who have many challenges. Some of those challenges came because of choices made about where and how to find relief from discomfort. Some started journeys facing many built-in obstacles. I have experienced pressure on my journey to use a currency of self-protection instead of the currency of giving respect. Your letter helps me remember the importance of the kinds of currency I use each day.

Anytime currency is involved, some of us will worry about being cheated. If we use a no regrets currency as we spend our time, we get to focus on the choices available to use today, instead of spending a currency of fear and regret and possibly missing other important choices presented to us today.

Happiness is not a place. Happiness is information you get from your sixth sense, your emotions. Since they are your emotions, you have created the happiness and you get to decide what to do with the information. You get to decide if you want to embrace it, enjoy it and/or share it.

I hope you can show your children how to gather and use information, (road signs), they are exposed to on their journeys' to keep learning. We are all students on our journeys. You Are Here.

Blair Clark is a Licensed Professional Counselor Supervisor and author of "Answers to What Ails You (AWAY)". Reach Blair through Facebook or by emailing copy@fairviewtowncrier.com.

Butter My Butt

Allan Zullo, a Fairview resident for nearly 20 years, is the author of more than 100 nonfiction books. One of his favorites is *Butter My Butt and Call Me a Biscuit*, celebrating clever and witty country sayings, expressions and comebacks that have stood the test of time. It's also the title of his extremely popular daily page desktop calendar that has been presenting a fresh batch of classic down-home sayings every year since 2009. The book and the 2015 calendar, which was coauthored by former Fairview resident Gene Cheek, is available at all major bookstores and at amazon.com, barnesandnoble.com, calendars.com and andrewsmcmeel.com. Here are a few excerpts from the 2014 calendar:

Reluctant

When faced with an undesirable task, you might say...

I'd rather corner a rattlesnake in a root cellar than do that.

Discreet

To that friend who's always putting a foot in his/her mouth, you might advise...

You should never miss a chance to shut up



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CONSERVATION..... by Angela Shepherd

Community Work — Thank You for Helping!

This month, we'd like to send out a big "thank you" to all the people who make our conservation work possible. Land and water conservation, achieved through local land trusts like the Southern Appalachian Highlands Conservancy (SAHC), is a monumental effort in collaboration — and it takes a lot of people to get 'er done!

Aside from the staff and Board of Trustees of the land trust, conservation work depends on willing landowners, skilled contract professionals, partnering organizations, volunteers, members, supporters, philanthropic leaders, business partners, and more.

It takes a community to conserve land and water resources. Reciprocally, conservation can also provide a boon to the community. So, we'd like to give special thanks to the participants in our Real Estate Partner Program who acknowledge that conservation and happy neighborhoods go hand-in-hand.

Recognizing that the places SAHC protects have helped make our area an attractive location to live, work, and visit, earlier this year we re-launched the Real Estate Partner Program. This program invites local real estate agents to partner with SAHC and help promote healthy communities by providing gift memberships as closing gifts to new clients. Recipients enjoy all the benefits of membership in SAHC — including free, guided hikes — and are provided with opportunities to learn more about our unique mountain home.

"I grew up with in a family that was closely connected to nature and very committed to conservation on a number of levels," said Karen Cernek, a broker with Cool

Mountain Realty. "The Real Estate Partner Program gives me an opportunity to help others connect with a philosophy, community and organization that makes a difference in the environment and peoples' lives.

One of the reasons my clients move to this area is the natural beauty of the mountains. Many have no idea why we have thousands of acres of unspoiled vistas and beautiful acres of rolling farm land. By the time they get out of my car, they do. When they purchase property and get a membership in SAHC, they are given an opportunity to participate, learn and connect with others in their new community and hopefully, become great neighbors!"

So far this year, SAHC has welcomed 14 new sponsors into the Real Estate Partner Program.

"By becoming real estate partners of SAHC, these agents give us resources to preserve more of the remarkable places that attract home buyers to this area," said Cheryl Fowler, SAHC's membership director. "They support the local land trust, and in return their clients receive a way to connect with the community."

For more information about SAHC's Real Estate Partner Program, including benefits and registration, contact Cheryl Fowler at 828 253-0095 ext 209 or cheryl@appalachian.org.

The Southern Appalachian Highlands Conservancy is an Asheville-based, nonprofit land trust dedicated to the conservation of unique plant and animal habitat, clean water, farmland and scenic beauty of the mountains of North Carolina and Tennessee for the benefit of present and future generations. For more information, visit appalachian.org.



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School, Sports & Kid Stuff.....

Fairview Preschool Collects Toys for Tots



Fairview Preschool is collecting "Toys for Tots" this year.

A drop box will be available **Mondays, Wednesdays, and Fridays from 8:30 am-12 pm and Thursdays from 10 am-1 pm** at the preschool, located at Fairview Christian Fellowship Church, 596 Highway 74A, just behind the library. Toys will be turned in on December 8 at the Fairview Business Association Christmas celebration.

The school offers a developmentally age-appropriate, hands-on learning environment for pre-K, 5-year-olds and a class for 4- and 3-year-olds on Monday, Wednesday, and Friday mornings 8:30 am-12:30 pm. A 2-year-old class meets Wednesdays and Fridays 8:30 am-12 pm. For information visit fairviewpreschool.org or call 828 338-2073.

Dine Out for ACRHS

The AC Reynolds' PTSO hopes folks will eat at the Gondolier Restaurant, 1360 Tunnel Road across from Zaxby's on **Thursday, December 4, 3 pm- closing**. If you tell your server you're there for ACRHS, the PTSO will get 10% of the night's sales.

Congratulations

College sophomore, **Helen Royal** of Fairview, was named to the All Academic Team for Volleyball in the Appalachian Athletic Conference. Helen is the starting middle hitter for the TMC Bears and has made the President's Club at Truett-McConnell College each semester, signifying she has maintained a 4.0 average.

Joshua Daniel Cutshall, 2005 ACRHS graduate and former Fairview resident, has been nominated for 2014 NC Wrestler of the year. He is the son of Karen Duncan and Daniel Cutshall.

Student of the Month



Student of the Month Senior Michaela Bissinger

The *Fairview Town Crier's* first recipient of the AC Reynolds student of the month award is Asheville native, Michaela Bissinger.

"We have great students at AC Reynolds and we're glad to feature the Rocket Pride they have inside," said Laura Hutchinson, Reynolds High School teacher and organizer of the award for the *Town Crier*."

Bissinger also serves as the Student Council President, has participated on the Reynolds' volleyball and softball teams, and excels at academics.

But being awarded the Student of the Month means more to the senior than just an acknowledgment of her success.

"Rocket Pride means more than winning awards to me," Bissinger said. "It's about being involved and connected to the community. It's something I will carry inside me into life after high school."

FES Student Chorus Winter Concert

The Fairview Elementary School Chorus classes will present a Winter Concert on **Thursday, December 4, at 6 pm** in the school theater. Featured in the performance will be students in third through fifth grade. Each group will perform several pieces of music, then combine to end the performance with a beautiful medley of songs from the movie, *The Polar Express*.



A Physician's Response to Ebola Outbreak Continued from page 8

Those are very good odds. The biggest difference in West Africa is that these poverty-ridden communities just don't have the resources to take care of their patients. It is, in a sense, a disease of poverty. We are just too well-equipped to allow the mass spread of this virus in the United States. As a reminder, Ebola is not an airborne virus and only spreads through bodily fluids/contact. You can not be infected by someone who is coughing on an airplane, for example.

The debate we should be having in this country now is how we can intervene in West Africa. It is torturous to just sit on the sidelines and watch this unfold in Africa. What we have forgotten is that we are much more likely in America to die of the flu this winter. There has already been one death in North Carolina from the flu this month and we are just getting started.

The CDC estimates that annually there are between 3,000 and 48,000 influenza deaths in our country. This is a staggering number. In North Carolina, there were over 30 flu-associated deaths last year. Populations that are the most vulnerable include young children, pregnant women, and people over 65. The good news is that we have a very effective vaccine which can significantly decrease your risk of the flu. I hope you will consider this. The more you are vaccinated, the more "herd immunity" builds in our community to deflect this virus.

I hope this helps to put the Ebola crisis into perspective. It is a virus that we respect and we are humbled by what is happening in West Africa, but truthfully, as an individual you should be much more concerned about the flu, so please remember to get your flu shot!

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More Speed with SSD
For killer speed improvement, move to a solid state drive. I just finished upgrading from a regular hard drive to a solid state drive (SSD) and I feel that my com-

puter is faster than when I bought it over two years ago. The usual advice for upgrading computers before having to buy a new one had been to add more RAM, but now I think upgrading to a SSD should be your next upgrade, once you have 4 GB of RAM in your PC or Mac.

Think of a SSD as really fast camera card memory or the type of memory in your smartphone. They are much cheaper than even last year, though not as cheap as a regular spinning hard drive. I replaced my existing 500 GB hard drive for about \$225; a regular hard drive of the same capacity would be a quarter the cost. Yet with the SSD it feels at least 2-3 times faster in opening applications. So, it was really worth the cost, and I will be using this laptop for much longer than I might otherwise have.

Templates Useful and Free

To help manage home finances or use other common financial, calendar, and legal templates for Office programs like Excel or Word, look through some of the

free templates available through vertex42.com. You can find travel planning spreadsheets, time tracking help, templates for many common and basic legal documents, even Gantt charts to help plan the timing of all those steps going into a larger complicated project.

“Not Now, I’m Working”

Work rules at home that I find very helpful include: fixing a quitting time and sticking to it; ensuring that others respect the work space and that I have a signal for when I am working or playing; making sure that family members understand I can say “not now,” and getting out and about to talk with others doing

what I do.

Windows: How Refreshing!

Windows 8, what a refreshing way to reinstall it. With Windows 8 “refresh” you can do a fresh Windows installation without deleting any of your personal files. It’s like re-installing Windows, but you don’t have to back up and restore your files manually. Desktop applications like Office or Quickbooks, will be uninstalled, but your “modern” apps will be preserved. Helpfully, a list of removed programs will be saved to your desktop so you can re-install the ones you want back on your system.

Bill Scobie of scobie.net provides small business and home computer support. Call 628-2354 or email bill@scobie.net.



Spring Mountain CC Needs Your Help

by Maria Horton, President, SMCC

Spring Mountain is not a county-owned and maintained facility. It belongs to OUR community and all those who enjoy it. The Board of Directors of the Spring Mountain Community Club wish to update you on the current status of our Community Park and Center.

What We’ve Done

With funds from the NC Cooperative Extension, a grant from WNC Parks and donations from neighbors like you, we have accomplished the following:

- Replaced rotting timbers on the outdoor picnic pavilion.
- Remodeled the downstairs bathrooms.
- Constructed a new kitchen and basement meeting room area.

Unfortunately, at this time, we are out of money, but not out of things that need to be finished for this project.

In the very near future our Community Center, the park grounds and the Picnic Pavilion will all need additional upkeep and repairs. Why? Because the Spring Mountain Community use their park and facilities on a regular basis. The rental fees collected barely cover the cost of utilities and insurance on the facilities. So we need everyone’s help to keep our park and grounds in good condition for all to enjoy.

What We Still Need to Do

The following projects need your financial and labor help to:

- Create handicap accessible walkways from the parking area to the lower portion of the building.
- Remove the soil and build appropriate drainage for the front of the building to prevent the water from running into the foundation.

- Put down a new handicap-friendly surface under the picnic pavilion.
- Replace the old picnic tables as they warp and age.
- Build an escrow fund for a new heating system for the building, as ours is now over 30 years old.

There are many wants, some needs and some absolute have-to’s on our list. None of them can be accomplished without your

help. It takes all of us to make Spring Mountain Community Center work and remain a growing, viable resource for the future.

How You Can Help

Will you help? Would you consider a \$1.00 contribution for every time you use the track or playground? Or perhaps make a one-time donation for those who can’t afford to? If all those who benefit from the Center help support the Center, the facility can stay in good repair for all, without just a few bearing the load for all of us.

Please send your tax deductible contributions to: Spring Mountain. Community Club, PO Box 73, Fairview, NC 28730. To volunteer service hours: Call 778-0279.



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Our New Substation

The Fairview Fire Department has been diligently planning and working towards constructing a new substation in the Cane Creek Valley in order to improve our response times as well as our Insurance Classification. As reported in previous issues, the Fairview Fire Department purchased property on Cane Creek Road just past Concord Road in 2008. Since that time we have been preparing and planning for a substation on this site and have spoken with Architects and Contractors, and the total project costs to construct a new station on this site ranged anywhere from \$1.1- 1.4 million.

In June 2014, a property that was not previously available for sale became available, and we contacted the owner regarding the possible purchase. There were many advantages of locating our station on this property versus the property that we purchased in 2008. This property already has a 40 ft. by 60 ft. steel building with two large bay doors for fire apparatus. A well and septic system is already installed and is within 550 ft. of the city water line. This location also allowed us to cover more road miles than the property located on Cane Creek Road.

A Significant Savings

There is another very important advantage of purchasing this site, and that is money savings. By the time we purchase this new property and renovate the inside of the building to include bedrooms, a kitchen and bathroom, instead of constructing on the other site, we will have saved \$600,000 to \$800,000 for the department and the Fairview community. This is a tremendous saving to the community. This will also mean

we will have the station in service within months, instead of years.

We have had a few people question the need for a substation in this area. There are numerous reasons why the substation is needed. The most important reason is improving response times. We must get to victims of heart attacks within 4 minutes. We must get to structure fires within 7-10 minutes before vital structure components begin to catastrophically fail. Depending upon the location of the emergency, we are currently unable to arrive on the scene of an emergency within 10 minutes in this particular portion of our district. This substation will allow us to drastically reduce response times within this portion.

An Insurance Advantage

Another reason for the substation is improving the home owner's Insurance Classification for this portion of our district. The North Carolina Department of Insurance regularly monitors and inspects fire departments in the State of North Carolina. Their primary responsibility is the inspection of all fire departments having a 9S insurance classification, to ensure compliance with criteria established by the Department of Insurance. This criterion dictates a minimum level of fire protection and qualifies homeowners throughout the state to receive reduced insurance premium rates. In order for homeowners to receive reduced insurance premium rates, their homes must be located within 5 road miles of the first responding fire department, among numerous other requirements.

Within the past year we have been contacted by numerous insurance agencies re-

garding new home owner's insurance policies, as well as the renewal of current home owner's insurance policies in this portion of our district. There have been a large number of homeowners who received a drastic increase in their homeowners insurance due to their property being located over 5 miles from our closest station. We have seen increases in home owner's insurance premiums ranging from \$675 per year to \$1500 per year. Many of these properties even had a fire hydrant within 1000ft. Currently the Fairview Fire District is a Protection Class 6 if you live within 5 miles of one of the Fairview Fire Stations. If you are 5 miles away or more, even if you have a fire hydrant within 1000 ft. of your property, you will be placed in a Protection Class 9. This means you will receive a drastic increase in your home owner's premiums.

The ONLY way to prevent this increase is for us to add a fire station in this portion of our district. This station will allow us to maintain our current Protection Class 6, which is currently the best Protection Class you can be in for residential properties. This station will allow us to also bring the properties in the Cane Creek Valley of our district within 5 miles of the station, therefore drastically decreasing their Homeowners Insurance premiums.

We are working diligently to make the necessary renovations to the building and we hope to be in service within 6 months. We are very excited about this great opportunity to improve our response times and save the community \$600,000 or more. We want to thank you for your continued support as we try to maintain and improve our services to the Fairview Community.

Toys for Tots

Fairview FD and You

It's that time of year again. In years past we have been a very successful drop-off point for the WNC Toys for Tots, a locally operated campaign of the U.S. Marine Corps Reserve Toys for Tots Foundation. Everything collected by this campaign stays in our area to help children right here at home. With the aid of several local volunteers, WNC Toys for Tots has served the children of our area for over 18 years. Last year the Toys for Tots helped over 9,000 children. This year they hope to help just as many, if not more. The FFD will be a drop off point for the Toys for Tots until **December 18th**.

The Fairview Fire Department has donated new bicycles to the Toys for Tots as well. We are given these new bicycles because they cannot be sold, as they need adjustment, parts, etc. The Firefighters repaired and donated approximately 100 bicycles last year. Unfortunately we do not have the money to purchase the necessary parts. The bicycles aren't missing much, just maybe a pedal, handle grips or a chain. Otherwise they are brand new.

If you would like to donate money towards the bicycle fund you may drop it off at the main station or mail it to the Department at 1586 Charlotte Hwy., Fairview 28730. Please make sure it's clearly labeled to be used for the bicycle fund.

*"Any man can, if he so desires,
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Santiago Ramón y Cajal, 1852-1934
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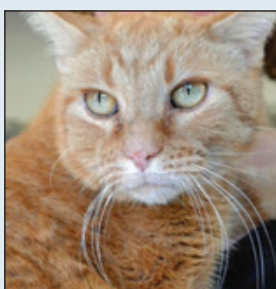
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Buddy Hoover

Buddy is a handsome 6-year-old orange and white boy. His previous mom became ill and couldn't care for him. He's friendly, playful, talkative and gentle; he has lived with male and female cats, and dogs. Buddy has FIV, but it can only be passed through deep bite wounds or mating and Buddy's doing NONE of that! Cats with FIV can live into their teens and even 20's, like any other cat. Come meet Buddy Hoover today, he'd love to see you!



Cosette

Cosette is an active, friendly Belgian Malinois/Lab mix, born around February 2012. She is very intelligent and does best when she has something to do. She likes children, but because she is so strong a home with older children would be best. She is house- and crate-trained and gets along with dogs (even small ones) but cats are probably not a good idea. She would love an active family or person to take her hiking or running. Cosette's foster mom, Jan, can tell you more about her and arrange a meet-and-greet. Call Jan at 712-7003.



Ringo

Ringo once lived in a house but they didn't want him anymore so he went to live with a nice lady who had dogs and cats. The dogs were fast friends but the cats were not nice to him. The nice lady was worried the cats would hurt Ringo and is trying to find me a place to live with nice cats or none at all. Ringo loves to snuggle and would love having a permanent home. Come meet Ringo at the Second Chances Thrift Store, 49 Glendale Avenue in Asheville.



Lady Gaga and Fluffy

The hamsters Lady Gaga and Fluffy were surrendered to Brother Wolf as strays. They are residing at an elementary school getting much love from all the students, but they need a permanent place to call their own. For more information about them please email Jennifer at jltwarren02@hotmail.com.



Upcoming Events for Brother Wolf Animal Rescue

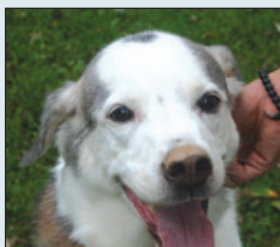
December 5, Friday, 4-8 pm: Haw Creek Forge Studio, 2000 Riverside Drive, Asheville.
December 12, Friday, 2-5 pm: Adoption event and sale at Ten Thousand Villages, College Avenue, Asheville.
December 13, Saturday, 12-4 pm: Mast General Store adoption and sale, Asheville.
December 21, Sunday, 12-4 pm: Mast General Store adoption and sale, Asheville.

Animal Haven of Asheville

Call 299-1635 or animalhaven.org

Daisy

There is nothing more heartbreaking than a senior pet who spent years with a family and then finds herself homeless. This is the case for "Daisy," a 10 year old female, spayed Husky mix. Daisy spent her entire life with one family and was turned over to a shelter because she did not get along with female dogs and was skittish around children. Daisy has been living at Animal Haven of Asheville for the past 9 months. In this time, she has graduated from the New Leash on Life program at the Swannanoa Correctional Center for Women; she is now crate trained and house broken; knows sit and stay, and rides well in a car. Despite the loss of her family, Daisy is a joy to be around. She is calm, extremely sweet, and literally tilts her head and smiles when her name is being called and/or someone is coming to sit with her. Daisy has no medical issues, loves to go on long walks, loves being brushed, and loves to lay by your side. Please, during the holidays, give the best gift of all - a second chance for Daisy.



Charlie's Angels Animal Rescue

Call 885-3647
or wncanimalrescue.org

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Santa Paws

Big Lots in Arden, located at 11 McKenna Road, will donate part of the price of a photo with "Santa Paws" to Charlie's Angels Animal Rescue at their event on Saturday, December 6, 1-5 pm. Photos are \$10 each.

For more information visit charliesangelsanimalrescue.org or call 885-3647.

"On Broadway"

A great way to ring in the new year with style will be "On Broadway" on Wednesday, December 31, at Céline and Company, 49 Broadway in downtown Asheville. This fabulous evening of heavy appetizers, open bar, music and dancing, entertainment, silent auction and door prizes will be one no one should miss. Tickets are \$75 each or \$140 per couple and available at bwar.org and at the BWAR Adoption Center.

Build a Dog a Home!



Brother Wolf invites everyone to come and support local Asheville High School freshman Natalie as she earns her Girl Scout Gold Award by building warm dog shelters for families in the community who might otherwise lose their dog.

The building effort is planned for Saturday, December 6, 11 am-6 pm at Brother Wolf Animal Rescue, 31 Glendale Avenue in Asheville. For more information email caitlin@bwar.org.

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An Invasion of Winter Finches This Year?



A nasal buzzing note catches my attention. A small bird bounds high overhead, seemingly on a southbound mission. It's a Pine Siskin, a small streaked denizen of the far north, on its way south in search of food.

News has it from points north that tens of thousands of Pine Siskins have been seen crossing the mountains on their way south. I'm sure that many of them will soon arrive here in the Carolinas, where they could dominate our feeders for the remainder of the winter.



A Pine Siskin

These finch invasions occur at irregular intervals every few years, and seem to be a result of a lower seed or cone crop in the northern forests rather than a dip in the winter temperatures in Canada and the Northern States. After a year with above

normal mast, many trees will have years with considerably lower yields, and large numbers of finches will then be forced south by the scarcity of food. This also occurs with other species, such as both Red and White-winged Crossbills, Pine Grosbeaks and Boreal Chickadees, among many other seed-eating species.

Another southbound migrant that is already making headlines this fall is the Purple Finch, a finch whose male looks as if he's been dipped in raspberry juice. There have already been large numbers of these often rather uncommon finches reported from all over Western North Carolina, including a flock of over 50 coming to some feeders in Hickory. This is an exceptional number of Purple Finches in one location, so hopefully more will appear in other parts of our region as the winter progresses.

Purple Finches are cousins of the resident and abundant House Finch, but males can be distinguished by their richer cranberry-pink coloration and larger bills, while the females are easily differentiated by their brown and white feathering set off by an obvious white stripe above the eyes.

This latter field mark helps to distinguish them from the paler-plumaged female House Finch and the larger female Rose-breasted Grosbeak. This latter species is also strongly migratory, but they travel

south to winter in Central and South America, with only a handful deciding to stay north of Mexico each winter.

There have already been many reports of Pine Siskins on feeders throughout Western North Carolina, with some flocks already starting to reach into double digits here in Buncombe County. As well as the expected (hope I am not sticking my neck out here!) finches this winter, all eyes and ears are out in the field looking for Evening Grosbeaks. While these large finches are notoriously erratic in their movements, in some winters they do patronize feeders throughout the western portion of the Carolinas, although it has been many years since these spectacular finches have graced our feeders in any numbers at all.

If you are not familiar with the Evening Grosbeak, they are unmistakable. Imagine an over-inflated goldfinch (industrial strength?) with a huge ivory-colored bill. Grosbeaks are about the size of starlings, but the similarity stops there. Like most birds, the males are more brightly hued. They are feathered in bright yellow,



The American Goldfinch

orange, black and white, while the females are more subdued with grays and pale browns replacing the flashier colors of the males. During the winter months, Evening Grosbeaks form flocks ranging from half

a dozen to as many as fifty birds. When a flock of Evening Grosbeaks invades your feeder, you will lose sunflower seeds at an ever-increasing rate. These seemingly greedy birds are renowned for being gluttonous feeders, and they can dominate the feeder for hours at a time. However, all of this can be forgiven, as they are active and energetic and their colors enliven the drab grays and browns of winter.

In the eastern US, Evening Grosbeaks are birds of the far north, breeding as far south as southern New England. However in the western states their range extends throughout the Rockies, and even as far south as the mountains of Mexico. It is during the winter months when the rest of the country may see their presence, and then only during good finch winters.

While ornithologists may theorize about the reasons for these irregular seasonal movements, many birders eagerly look forward to the small parties of grosbeaks, finches and siskins that brighten up the winter months. Let's hope our early finch arrivals are just the beginning of what could be an excellent finch winter here in Western North Carolina.

Simon Thompson has lived in WNC for the past 20 years. He owns and operates his own birding tour company, Ventures Birding Tours. WWW.birdventures.com. He and Chris also own and operate the Asheville Wild Birds Unlimited Store. For more information on any of the birding activities in the area, drop by the store to say Hello or check the store website at www.asheville.wbu.com. If you have birding questions, please drop him an e-mail at either of the above sites.



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WORSHIP & COMMUNITY OUTREACH

Fairview Sharon UMC December Events

Photos With Santa — Fairview Sharon United Methodist Church will offer an opportunity for Photos with Santa on *Saturday, December 13, 10 am–2 pm*. A \$2 donation per photo is requested. A light lunch featuring hot dogs will also be available. A \$2 donation is also requested for the meal. Children can make their own crafts during their visit.



Candlelight Christmas Worship — A candlelight service will be held on *Sunday, December 21, 5 pm*. All are invited.

Fourth Sunday Supper — The Church will host its Fourth Sunday Supper on *Sunday, December 28, beginning at 4 pm*. This meal is offered free of charge. Area seniors and others who would like a good meal and good fellowship are invited.

Fairview Sharon United Methodist Church is located at 2 Laura Jackson Road in Fairview.

Church listings are free. Send news, events and services by the 15th of the month preceding publication to copy@fairviewtowncrier.com



An Invitation to the 8th Annual Holiday Meal Drive

The Angels of Fairview is a non-profit group of community members who want to make a difference. This year the Angels invite everyone to participate in their 8th Annual Holiday Meal Drive.

Families in need are identified through the counseling departments of Fairview and Cane Creek Schools. In addition to providing holiday meals, the group has also assisted families in need with power bills, car repairs, eyeglasses and clothing. They have provided gas and restaurant cards to families with a loved one in the hospital. Several victims of house fires have benefited from their assistance.

A \$50 donation secures a complete meal for a family of 4–6 people. Meals include a 10–12 pound turkey, 2 sides, rolls and dessert. The Angels' endeavors are made possible by the generous donations of the community. Please contact Ron Gortney at 775-7750, Laura Booth at 216-6002 or Katherine Demetris at 712-4069 with any questions. **Tax deductible donations will be gratefully accepted through December 21.** Donations may be made through your child's teacher or at P. O. Box 94, Fairview, NC 28730. Please make checks payable to Angels of Fairview.

The Fairview Angels send their thanks to all who continue to support the Angels of Fairview and more importantly, our community.




Trinity of Fairview to Hold 5K for Mission Trip

On *Saturday, December 20*, starting at 10 at Fletcher Park, there will be a lot of Christ-massy runners converging on Fletcher Park for this year's "Joy to the World" 5K. Runners are encouraged to wear Red, White, and Green to celebrate the season. Proceeds from the race will send Trinity of Fairview's senior class of students to Nicaragua for a mission trip next summer to spread "joy to the world."

Advance entry fee is \$25 per runner which includes a long sleeve race T-shirt (guaranteed to first 100 registrants). There will be awards for the Top 3 Overall Male and Female Runners, as well as the Top 3 in Various Age Divisions. If you would consider being a sponsor, please contact Adam at youth@trinityoffairview.org. Fleet Feet of Asheville are supplying the race bibs and gift certificates for the Overall Top 3 Male and Female Runners. The course is an out and back layout including the greenway extension in Fletcher Park.

Register online at www.trinityoffairview.com/joy-to-the-world-5k but you can also register the day of the race for \$30. Packets can be picked up on Friday at Fleet Feet in Biltmore Park, 10 am – 7 pm.

Fairview Christian Fellowship
Affiliated with the Presbyterian Church in America



Worship 10:00 am
Pastor: Rusty Harper
628-1044

www.fcfpc.org
Located on Old U.S. 74—the log church on the hill next to the Fairview Library

Pleasant Grove Baptist Church
455 Hollywood Rd., Fairview
Phone: 628-2032
Pastor: Ron Roberts

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Sunday School	9:45
Worship	10:45
Children's Church	10:45
Evening Worship	6:00
Wednesday Evening	7:00


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Morning Service — 11:00 AM
Evening Service — 6:00 PM
Wednesday Evening — 7:00 PM

www.calvaryoffairview.org

Fairview Baptist Church
Church Road - P.O. Box 1339
Fairview, NC 28730
Phone: 628-2908
Pastor: Todd Royal



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Sunday School - 9:45 a.m.
Morning Worship & Children's Church - 11:00 a.m.
Youth - 5:00 p.m. Children's Choir - 5:00 p.m.
Evening Worship - 6:00 p.m.
Wednesday - Prayer Meeting/Youth/TeamKids - 7:00 p.m.

Christmas Musical Drama

Fairview Baptist Church will be presenting "The Road to Bethlehem", a Christmas Musical Drama in worship on *Sunday, December 14, 3 – 6 pm and Wednesday, December 17, 7 pm*. How far is it to Bethlehem? From where you live it may be a long journey. But we can, by faith, take the road that leads us there. But is it enough? Can a sense of awe about the Christ Child mean we have arrived to a relationship with Him? The road to Bethlehem is a journey we must all take, but it is only the beginning. We pray you'll find your Way this Christmas. For information on this Christmas musical drama, please call 628-2908. A nursery will be provided. It is our prayer that God will use this musical to lead you before the infant King and find the best of the season which waits for you.

Christmas Eve Service

Christmas Eve Service in worship at Fairview Baptist Church on *Wednesday, December 24, 7 pm*. This worship celebration will focus on Christmas, the time of "Peace on Earth", which can actually cause us to miss the very One the season revolves around. Discover that the important thing at Christmas is not what gets your attention, but Who. Seek the Prince of Peace this Christmas Eve. A nursery will be provided. For more information, call 628-2908.

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Local Community Centers Honored With WNC Regional Awards

WNC Communities celebrated 65 years of community achievement at their WNC Honors Awards Program ceremony on November 22, recognizing the achievements of rural communities throughout the Western portion of the state. Monetary awards ac-

companied each award designation.

UHGCC, SMCC and Fairview CC Receive Awards

"Community of Distinction" is the highest honor with a cash award of \$2000. Upper Hickory Nut Gorge Community Center received this year's prestigious award. UHGCC was chosen as the "best of the best" because of their ability to work together in assessing, developing, and implementing strategies to address community is-

Upper Hickory Nut Gorge Community Members Jean Bradley, Margaret Whitt, Marjorie Morehead and Jim Earnhardt receiving the Community of Distinction Award.

sues. Spring Mountain Community Center was named a "Community of Promise," for its initiatives implemented by the community that show promise and can be replicated around the region, and received an accompanying \$1000 award. The Fairview Community Center was awarded a Participating Community Award for their successful projects organized and implemented throughout the year. The award is accompanied by a \$300 donation to the Center.



Spring Mountain Wins Calico Cat, UHGCC Gets Calico Junior

Spring Mountain Community Center won the Calico Cat and \$1000 in award money; the Cat was awarded to SMCC for updates and renovations to existing community centers.

Nine members of Spring Mountain CC were on hand to receive the recognition of all the hard work, donations and volunteer hours necessary to build a new meeting area with a fully equipped galley kitchen in the former basement of the Center. "Isn't she beautiful!" said Patty Jenkins as she carried home the ceramic statue, created especially for the prize by Fired Up! Creative Lounge Pottery.

The Calico Cat Junior was awarded to Hickory Nut Gorge Community Center.

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REAL ESTATE STATS

Fairview Real Estate Transactions October 2014

Statistic	Oct 2014	YoY	MoM
Total Sold Dollar Volume	\$171,043,482	+ 12.2%	+ 12.4%
Closed Sales	675	+ 4.8%	+ 10.8%
Median Sold Price	\$200,000	+ 2.8%	+ 5.3%
Average Sold Price	\$253,398	+ 7.1%	+ 1.4%
Median Days to Contract	96 days	+ 7.9%	+ 12.9%
Average Days to Contract	156 days	- 5.5%	+ 9.1%
Median Days to Settle	126 days	+ 4.1%	+ 12.5%
Average Days to Settle	179 days	- 3.8%	+ 5.9%
Median Price per Sq Foot	\$118	+ 5.4%	+ 2.6%
Avg Sold to Orig List Ratio	89.72%	+ 0.4%	- 0.9%

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). Cool Mountain is located at 1004 Charlotte Highway and has served the Fairview community for 11 years. Got a real estate question? Email Jenny at coolmntn1@gmail.com or call 628-3088 for a personal response.

Give the Best Gift of All: Life

Two nearby opportunities are available to the Fairview community to donate blood in December, along with a number of others across Buncombe County.

Thursday, December 11, 1:30-6 pm at the Black Mountain Presbyterian Church, 117 Montreat Road, Black Mountain. For more information or to schedule an appointment please call Lisbet Chrisman at 669-2725 extension 110.

Monday, December 29, 2-7 pm at Highland Brewing Company, 12 Old Charlotte Highway, Asheville. For more information or to schedule an appointment please call Drew Stevenson at 828-299-3370.

For more information visit redcrossblood.org.

FINANCIAL FOCUS

by Stephen Herbert

Check Out This Year-End Financial Checklist



As 2014 draws to a close, you may want to look back on the progress you've made this past year in various areas of your life — and that certainly includes progress toward your financial goals. At the same time, you may want to make some end-of-year moves that can close out 2014 on a positive note while paving the way for a productive 2015.

Here are a few such moves to consider:

- **Boost your retirement plan contributions.** This actually isn't an "end-of-year" move because you have until April 15, 2015, to contribute to your Roth or Traditional IRA for the 2014 tax year. Nonetheless, the sooner you get extra dollars working for you in your IRA, the better. You can put in up to \$5,500 to your IRA (or \$6,500 if you're 50 or older) for 2014. If you are self-employed, or run a small business, you also have until April 15 to contribute to a retirement account, such as a SEP IRA or a SIMPLE plan. In addition to helping you build resources for retirement, these types of plans can offer you some tax advantages — so if you haven't established a retirement plan yet, consult with your financial and tax professionals.

- **Sell your "losers."** If you own investments that have lost value since you purchased them, you can sell them before 2014 ends and use the tax loss to offset some capital gains you may have earned in other investments. If you don't have any capital gains, you can use up to \$3,000 of your tax losses to offset other ordinary income. And for a loss greater than \$3,000, you can "carry over" the excess and deduct it from your taxes in future years. If you still liked the investment that you sold at a loss,

and you want to keep it in your portfolio, you could repurchase it, but you'll have to wait 31 days to avoid violating the IRS' "wash sale" rules. Keep in mind that these suggestions only apply to investments held outside your employer-sponsored retirement account; you can't take a tax deduction on capital losses in a 401(k) or similar plan.

- **Evaluate your 401(k) investment mix.** You may be able to adjust the investment mix in your 401(k) as often as you like. So when evaluating your 401(k), make sure your holdings aren't concentrated in just a few investments, and try to determine if your portfolio is still appropriate for your risk tolerance — not too aggressive or too conservative. Also, if your plan offers a "Roth" option, consider taking advantage of it — with a Roth, you won't be able to deduct your 401(k) contributions from your taxes, but once you retire, you won't be taxed on your withdrawals.

- **Review your insurance coverage.** If you've experienced any changes in your life in 2014 — new spouse, new child, divorce, new job, etc. — you may need to review your life insurance coverage to make sure that it's still sufficient for your needs and that you have the correct beneficiaries in place.

By making these and other moves, you can say a fond farewell to 2014, knowing that you've done what you could to help bolster your financial position — for 2015 and beyond.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, who can be reached at 628-1546 or stephen.herbert@edwardjones.com.



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A Thank You from Nathan Ramsey

I want to sincerely thank the people of Buncombe County for the opportunity to represent you in the North Carolina House for the past two years. You have been incredibly kind to me and I've been overwhelmed by the prayers, support and encouragement that you so generously gave while I was working for you in Raleigh. This is an honor that I will forever cherish. Growing up here in Fairview, I never would have dreamed that I would have had this humbling opportunity to serve you in the NC General Assembly.

Congratulations to my neighbor, Representative Elect John Ager, on his victory, and I wish him all the best during his service. May God bless him and his family and grant him safe travels as he makes the weekly drive during session to Raleigh and back. None of us can serve alone, and we all need to pray for and counsel those in public office so they can make the best decisions possible to move our community and state forward.

We are blessed to live in a wonderful community and great state, as our State Toast says:

*Here's to the land of the long leaf pine,
The summer land where the sun doth shine,
Where the weak grow strong and the strong grow great,
Here's to 'Down Home,' the Old North State!
Here's to the land of the cotton bloom white,
Where the scuppernon perfumes the breeze at night,
Where the soft southern moss and jessamine mate,
'Neath the murmuring pines of the Old North State!
Here's to the land where the galax grows,
Where the rhododendron's rosette glows,
Where soars Mount Mitchell's summit great,
In the 'Land of the Sky,' in the Old North State!
Here's to the land where maidens are fair,
Where friends are true and cold hearts rare,
The near land, the dear land, whatever fate,
The blest land, the best land, the Old North State!"*

— Nathan Ramsey

RALEIGH REPORT by John Ager, District 115 North Carolina House of Representatives



For a month now, the responsibility of representing my neighbors of Fairview and beyond has been sinking in. Being a part of a legislative body that affects almost 10 million people, in a state that I cherish, has kept me busy in preparation. The North Carolina General Assembly has as its goal to promote the safety and well-being of its people, their families, their communities, their churches, and their enterprises. I am going to Raleigh on behalf of everyone in my district. The election is over, let us all get to work and pull together in our great pursuit of happiness.

The pressing issues I will face in Raleigh are many: Medicaid expansion, sagging state revenues, I-26 funding, business recruitment, agriculture support, teacher pay, educational reform, coal ash removal, fracking and

It is highly unusual to have two neighbor farmers running against each other, and we both were freed up by other family members willing to carry the heavy work load. Nathan Ramsey worked tirelessly on behalf of his constituents, and set a high bar for me to emulate. He has been willing to help me in this transition period for which I am grateful. I have agreed to keep his ice cream stand going for visitors, so come by and see me if you are in Raleigh!

I can assure you that this candidate is as glad as you voters to have the election over. As a first time candidate, the money that must be raised is appalling. Much of the voting is negative, against rather than for something. We all need a way to fall back in love with our grand democracy, to vote not out of fear and loathing, but in a spirit of hope for a better future for our children and grandchildren. We need leaders who inspire our better selves, not divide, discourage and anger us. At the same time we need to be our brother's keeper,

to paraphrase President Kennedy, "What can WE do to better our families and community?"

We all need a way to fall back in love with our grand democracy, to vote not out of fear and loathing, but in a spirit of hope for a better future for our children and grandchildren.

We are living through a great era of change: technological and social. Change is disrupting, and we need to harness it for good. Our educational structures need to be flexible. We are now all lifelong learners. The protection of our air, land and water needs to be vigilant. The coal ash debacle and CTS have taught us once again the huge cost of failure. We need to support our young entrepreneurs.

The pressing issues I will face in Raleigh are many: Medicaid expansion, sagging state revenues, I-26 funding, business recruitment, agriculture support, teacher pay, educational reform, coal ash removal, fracking and the list goes on. I want to encourage you to keep in touch with me with your concerns as well as your ideas for a better Fairview. And I covet your prayers. I will be setting up an office in Raleigh in early January. My personal email is: jagerhng@gmail.com. My home phone number is: 628-2616 and my cell phone: 713-6450.

— John Ager

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North Carolina House of Representatives
16 West Jones Street, Room 1004,
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Electric Guitar Shop Welcomes New Associate Justin Edmondson

The Electric Guitar Shop is happy to welcome and introduce the latest addition to their staff — Justin Edmondson. Justin was born in Kansas City, Kansas to a music-loving family. Becky and Jack Edmondson made sure their children had exposure to music at a young age. Becky, a baby boomer and pro singer, had Justin and his two sisters harmonizing to folk, gospel and country music at the tender ages of 3-7 years old. Justin's family moved to the Outer Banks of NC where he spent time developing his musical talents until enrolling in Appalachian State University in Boone. After college, "My move to Asheville was a logical progression in my musical career development. I love the Appalachian Mountain/Artistic subculture that is so richly prevalent in this region."



Justin says his musical creative fixation started soon after receiving his first classical guitar. After several years of playing, writing and recording music, Justin was discovered for his song writing and recording of his original work. This led to a licensing agreement for sound track material under contract for television. Justin currently has 11 songs registered with BMI and two under licensing for television.

As Sales Associate, Justin will be responsible for The Electric Guitar's social networking/marketing program. He brings a fresh enthusiasm that is reflective of his passion for music. Justin is also joining talents with some fellow band members and will be bringing musical entertainment to our area. The Electric Guitar Shop proprietor, Rennard Madrazo, invites all to stop in and welcome Justin to Fairview.

New E-Book by Local Author Marie Foley

Long-time resident Marie Foley Lewis has written an e-book mystery, *Blue Fish Fright*, set in the Caribbean. You can read the first chapter for free in which she has an amusing story about the George Washington Bridge from her days at the Port Authority.

For more information about Marie Foley's *Blue Fish Fright* or to download the book onto your e-reader, please visit Amazon.com, Kindle books.

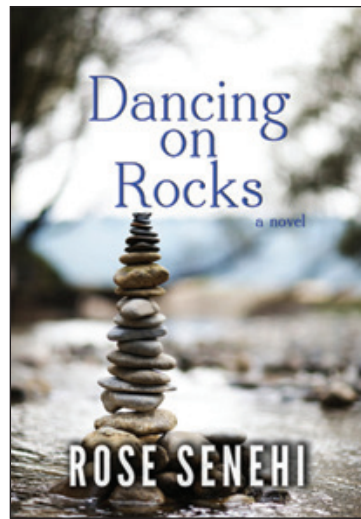


Rose Senehi Wins Historical Fiction Award

The North Carolina Society of Historians, Inc. has announced that author Rose Senehi was given the coveted Clark Cox Historical Fiction Award for her seventh novel, *Dancing on Rocks*.

The Society of Historians has been preserving, perpetuating and promoting North Carolina history since 1941. Among the judges' comments was the appreciation, "Once it is opened, the reader is taken on the trip of a lifetime. It encompasses beautiful settings, noteworthy incidents, memorable characters, a well-thought-out, realistic plot, and is expertly written."

This is the second award given to Senehi's latest novel. In early summer it was awarded the 2014 Indie-Reader Discovery Award for Popular fiction.



Sugar Hollow Solar Relocates to Fairview

Sugar Hollow Solar has outgrown its original headquarters on Old Fort Road and moved to its namesake location on Sugar Hollow Road. Owned by cousins Phelps, Clarke and Douglas Ager, the company specializes in installing and servicing solar electric, solar hot water, and radiant heating systems in residential and commercial buildings. Due to the company's expansion from three to eight employees, and with the retirement of their other partner Keith Holdsworth in early 2014, Phelps and Douglas decided it was time to move to a larger space that includes an office and

warehouse. They are proud to still be based in the community they grew up in, feel blessed by the support they've received, and are excited about the possibilities for the future.





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November's Business Meeting

The November meeting was at Sonny G's Place located in The Kounty Line on Charlotte Highway in Reynolds. The meeting was well attended with 26 members who got to taste, first hand, the excellent food being created — food you wouldn't expect to find at a gas station — at Sonny G's. Sonny wowed everyone with traditional and also white chicken chili with all the trimmings.

Members voted on new officers for the 2015 term. The new roster includes Frank Dixon of The Cove at Fairview as President (currently serving as interim president), Mary Palermo of Rainbow International as Vice President, Lisa Pelly as Treasurer, Lacey Pelly as Secretary, Sandie Rhodes as Membership Director and member-at-large, Bill Scobie as Webmaster and member-at-large and Janet Peterson continuing as Meeting Coordinator and member-at-large. Others are encouraged to volunteer for committee positions.

Welcome New Members

- High Country Truck and Van
- Kledis & Company, CPA
- Lumber & Logs
- Wendy Powers/Berkshire Hathaway HomeServices Lifestyle

Next Member Meeting

Thursday, January 8, 6 pm at Fairview Forest Community Center. Let us know if you have any tips or requests for short 10 minute presentations on social media management, networking, etc.

Year End Holiday Party

Get ready for a great party on Monday, December 8, 5:30-8:30 pm at Highland Brewing in River Ridge area of East Asheville.

The party starts at 5:30 pm with music by Chris Rhodes, an open bar with Highland's great craft beers and also wine at very reasonable prices, and appetizers until 6:45 pm when we'll start dinner. Main course dinner items will be prepared by The Local Joint and Mooseridge Catering. We ask FBA members to bring appetizers (not salsa and chips please) and/or a dessert. We would like to have a nice cheese platter so if you are bringing cheese, just bring one or two nice ones, or a sausage or olives, etc. Other appetizers are also encouraged and welcome but we will be about 100 people. The FBA will provide regular and gluten-free crackers and dinner will include gluten-free and vegetarian options.

Music for listening or dancing will be back on from 7:30-8:30 pm. We will wrap up at 8:30 as we have to be out by 9 pm.

Each member business receives two tickets. Second business members and additional friends/family tickets can be purchased for \$15 per person (mail check or pay at door) NOTE: YOU MUST RSVP TO ATTEND. Also, please don't RSVP and then not show up. We will be collecting for Food for Fairview, The Lord's Acre, Toys for Tots, and Charlie's Angels Animal Rescue. An email with items needed has been sent to all members. And lastly, please be festive and dress up... it's a party!

If you haven't received an email about the party yet, call Candice at 628-2211 or email Lacey at fba.secretary1@gmail.com to RSVP.



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Growing Food: What's Not To Like?

Thomas Jefferson was more than a backyard gardener. He believed true democracy was not possible for Americans unless 20% of its citizens were self-sufficient on family farms. This would enable them to be true dissenters, free to voice opinions and beliefs, without any obligation to food producers who might hold their survival at stake. Sound familiar?

During World War II, Americans grew front and backyard victory gardens that supplied 40 percent of the nation's wartime food supply. Sadly, in 2014, lawns are our biggest crop, as we collectively tend 35 million acres of lawn. Why give up all or part of your lawn to grow food? Here are just a handful of reasons.

- Gardens improve property value. A Clemson University study suggests that landscaping can return an investment up to and surpassing 100%; edible landscaping even more so.
- Gardens leave a living legacy (depending on variety, fruit and nut trees have an average lifespan of from 15 - 50 years).
- Gardens reduce utility bills. Fruit & nut trees can reduce air conditioning costs by 25% or more during the summer, and the shielding they provide against wind can reduce heating costs by 10%. Creative trellising of some food crops can also provide similar savings.
- Gardens provide an easy way to give

back whether you 'Plant a Row for the Hungry' or share excess food with neighbors.

- Gardens allow you to control the freshness of your food and the type of pesticides and fertilizers used.
- Gardens stimulate new interests such as cooking, botany, photography, nutrition and farmer's markets
- Garden work leads to mood elevation.

Besides the therapeutic benefits of working outdoors in the fresh air and sunshine, a study published in Neuroscience in 2011 discusses a strain of bacteria, *Mycobacterium vaccae*, found to trigger the release of serotonin which elevates mood, decreases anxiety and improves cognitive function.

- Gardens at home can save hundreds and even thousands of dollars a year in groceries, lawn care and medical costs.
- Gardens dramatically improve yearly medical checkups. Not only are we likely to eat more fresh fruits and vegetables when we grow them ourselves (our children will also), but an hour of gardening burns 200 to 300 calories. Food gardening

is a gentle, relaxing and stress-lowering form of exercise.

- Gardens build genetic seed diversity. Without a strong base of diverse seeds, food production is threatened by diseases and the vagaries of weather. The loss of such diversity also lessens our choices of medicinal cures, nutrition levels and general adaptability.
- Gardens are a way of putting many of our political and religious beliefs into action.
- Gardens create spaces for quality family time and real civil discourse by providing meaningful, outdoor work for all ages and a natural segue into deeper conversations.
- Gardens can reduce our dependence on foreign food and oil.
- Gardens can offer you a tomato (potato, pepper, broccoli, beans...) that no grocery store ever could.

Mark Bittman is a well-known chef and writer who believes that food has

the power to make or break not only our personal health but that of the planet. He points out that if only 10 percent of Americans turned their lawns into food-producing gardens, it could supply one third of the country's fresh produce, based on current consumption rates.

With all that food gardens have to offer, exactly what ARE we waiting for?



GreenPrints Garden Magazine Turns 25

Fairview's Own National Gardening Magazine is celebrating its 25th Anniversary! Twice voted "The Best Small Garden Magazine in America," Pat Stone's *GreenPrints* is both lovely and unique. A "Weeder's Digest," it's the only magazine that shares the personal, not the how-to, side of gardening. As Pat puts it, *GreenPrints* shares "the humor, the inspiration, and the heart of gardening, with wonderful stories and beautiful art."

Pat started *GreenPrints* in 1990, after 12 years as Garden Editor at *Mother Earth News*, back when it was based in Hendersonville. Now he's just put out his 100th issue. To celebrate the occasion, *GreenPrints* #100 has extra pages and loads of special stories, from a little-known but hilarious tale by Mark Twain (yes, Mark Twain) on "How I Became an Agricultural Editor" to an article by oldest son, Nate, on "Growing Up With *GreenPrints*," about all those childhood hours of sticking labels on issues! An incredibly romantic tale, "Three Roses," by Fantasy Writer Garth Nix, is balanced by a real-life look at what it's like to have "Ducks in the Garden." And it's capped with a slew of beautifully reflective pieces on gardening and time, written by writers from all over the country.

GreenPrints makes a great holiday gift for gardening friends and kin. A one-year subscription costs only \$19.97, includes a bonus best-of "Weeder's Reader" issue as well as the 25th Anniversary Commemorative Edition. It's available from *GreenPrints*, P.O. Box 1355, Fairview, NC 28730, greenprints.com or 800-5690-0602.

Congratulations Pat and *GreenPrints*!

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Yarrow



Winter is here and the holiday season is upon us; December is a month where Light is celebrated across cultures, culminating with the Winter Solstice, which marks the shortest day of the year, followed by the rebirth of Light into our world.

Much of the landscapes of our beloved mountains are dormant now, but one can find a number of plants that put out fresh green energy in winter, and the perennial yarrow (*Achillea millefolium*) is one of them. Each year after the old flowers die back, one can find small clusters of the feathery green leaves that have an unmistakable, mildly sweet herbal essence. Yarrow is commonly found throughout our region in open fields, growing side by side with Queen Anne's Lace, and is also found on the edges of the forests. Yarrow is a member of the Daisy family and is widespread throughout most of North America since it tolerates rocky, dry soils and thrives when planted in fertile, rich garden soil. We grow a lot of the giant yellow yarrow, as it is a great wildflower and holds up superbly as a dried flower for winter bouquets.

Yarrow is an important medicinal plant with some level of edibility. Forty years ago

when I was working with the Audubon Society, I ran several programs for young children; we had a policy of never giving them the name of the wild plant — they had to create their own name based on what they saw, smelled and touched. I have never forgotten this sweet 5-year-old kid who named yarrow "banana mint" as to him it smelled like a combination of bananas mixed with mint, which is a perfect description. Like that child, I too will remember that name for a lifetime!

The genus name *Achillea* is derived from mythical Greek character Achilles, who reportedly carried it with his army to treat battle wounds. This medicinal action is also reflected in some of the common names such as "soldier's woundwort." The species name "millefolium" means thousand leaves, and the leaves look very much like a green feather.



Yarrow is a good companion plant, repelling some insects and attracting things like parasitic wasps, which feed on insect garden pests. It improves soil

quality and like comfrey is a great additive to compost piles. Some folks say it improves the health of plants growing nearby and helps sick plants rejuvenate themselves.

Some species of birds line their nests with yarrow as the leaves inhibit the growth of parasites and the essential oils within the

plant kill mosquito larvae.

Historically, yarrow dates back to Neanderthal times; remains of teeth have showed that those early people consumed yarrow as a medicinal herb. Yarrow has been used for thousands of years as an anti-inflammatory agent for cuts, bruises and abrasions as well as a natural astringent.

In the Middle Ages, yarrow was used to flavor beer as well as liquors and bitters and in the 17th century, it was also a popular cooked green, but it's not my favorite as it's a bit too medicinal for my taste! However, I do enjoy adding a few of the very tender leaves to a salad or mixing yarrow leaves into an herbal tea mixture, and over the years I have used yarrow as an addition to my ritual of creating early spring tonics.

The leaves have been brewed as a tea for congestion and as a tonic for the blood; chemical agents within the plant stimulate circulation and lower blood pressure. The Cherokee drank a tea of common yarrow to reduce fever and aid in restful sleep. Yarrow essential oil is used for women's problems such as irregular and painful periods, and to reduce excessive menstrual bleeding. One caution to be mindful of is that in very rare cases, it can cause a dermatitis-like reaction; some individuals are highly sensitive to Yarrow may develop allergic reactions on exposure.

The French name for this plant is *herbe de St. Joseph*, which is derived from a legend according to which Joseph one day hurt himself while working on his carpentry. The infant Jesus brought him some Yarrow, which instantly staunched the bleeding and healed his wounds. In China, Yarrow is also used in



the ancient oracle of the *I Ching*, which is traditionally cast with Yarrow stalks, thought to represent the Yin and Yang forces of the Universe in perfect balance.

Holiday traditions are filled with wonderful meaningful rituals and, a special soup of herbs is the traditional dish for Maundy Thursday, the Thursday before Easter. This soup contains 9 holy healing herbs, one of which is Yarrow. This soup was believed to ward off all sickness and disease and dispel all evil influences for the whole of the coming year. Indeed, we can all benefit from a little extra healing and protection in this complicated world we inhabit.

Yarrow is a plant worth learning, as it is a great medicinal herb to know about if one is hiking and needs first aid. It is a beautiful plant and can easily be transplanted into your garden, where it will likely thrive and multiply in great abundance. Right now we have a bouquet of dried, golden yellow yarrow blossoms laced with silver Artemisia leaves in the window ledge of our studio, and it is a beautiful reminder of summer's glorious bounty in the midst of winter.

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DECEMBER EVENTS:
Friday, Dec 5 An Evening of Native American Flute with Geri Littlejohn, 7 pm by donation
Saturday, Dec 6 Kirtan with Chaitanya, 7-8:30 pm by donation
Sunday, Dec 7 Men's Council with Marianne, 5-8 pm, \$40
Saturday, Dec 13 Sound Healing with Crown of Eternity, 3-5 pm by donation
Sunday, Dec 14 Shamanic Feminine Circle with Marianne, 5-8 pm \$40
Sunday, Dec 21 Solstice Celebration with Kundalini Yoga & Meditation, 2-4 pm by donation, Potluck after
Sunday, Dec 21 New Moon Women's Circle, 6:30 pm with Asia by donation
Thursday, Jan 1, Welcoming in the New Year with Sabrina Mueller, 10-12 pm by donation

Yoga Apparel and Wellness products and Gift Certificates available

For additional information, and a full schedule of classes, please visit our website:
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SPRING MOUNTAIN

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Breakfast With Santa — *Saturday, December 20, 9 am* — Christmas Breakfast with Santa, followed by caroling at the homes of those who can't get out and about. Please bring a covered dish.

Monthly Meeting — *Tuesday, December 2, 6:30 pm.* Meetings will be the first Tuesday of the month unless notified otherwise.

Berry Pickers' Jam — *Tuesdays, 7 pm.* Fairview's old-timey and bluegrass community jam and sing-along band. All instruments and levels of musicianship are welcome, from beginners to seasoned players. Meet in basement room of Community Center.

Spring Mountain Bee — *Tuesday, December 9, 10 am-2 pm.* The Bee meets the second Tuesday of the month unless otherwise noted. Bring your own project this month. Visitors are welcome; call Kay Jenkins, 628-7900, or Kim Thompson, 628-1938.

Yoga with Sabrina — *Monday and Thursday evenings (Ashtanga Based Flow), 6:15-7:30 pm & Tuesday mornings (Yin), 8-9:15 am.* \$5-\$10 donation per class suggested. Call 828 243-8432 for details or email sabrina.alison.mueller@gmail.com to be included in email announcements regarding cancellations due to weather, road conditions, or special circumstances.

For general information, contact Maria Horton, president, 778-0279. To be included by email in Spring Mountain Community Center updates, opportunities and news send an email to Carolyn at flattopcarolyn@att.net. To post items in this column, call Ruth Atkins, 628-1625.

TO RENT THE SMCC

Call Bruce at 280-9533. Leave your phone number and you will be notified if the date is available to rent. Spring Mountain, a 501 (c) (3) non-profit organization, thanks the community for your continued support. Donations may be sent to: Spring Mountain Community Club, PO Box 73, Fairview, North Carolina 28730.

FAIRVIEW

1357 Charlotte Highway in Fairview

Breakfast with Santa — *Saturday, December 6, 8:30-10 am.* Free Pancake Breakfast for Children Under 12; crafts and photos with Santa available. A fundraiser for the Fairview Community Center.

SWA Pro Wrestling — *Saturday, December 20, 7 pm.* Tickets are \$6.

For calendar, visit fairviewcommunitycenter.blogspot.com, or leave a message at 338-9005 or email fairviewcommunitycenter@gmail.com

UPPER HICKORY NUT GORGE

Highway 74A in Gerton

Soup Day — *Thursday, December 4, 3 pm.* Bring a container and, for a donation, take home some soup for the holidays. Suitable for freezing until you need it...or serve it right away!

Community Christmas Party — *Tuesday, December 16, 6:30 pm.* \$5 Gift Exchange. Bring finger foods.

To rent, call or email Margaret Whitt, UHNGCC at 625-0264 or mwhitt@du.edu

JUST PERSONAL

A Memorial Poem in Honor of Bud Barnwell

A Year Has Passed.....

*You never said I'm leaving
You never said goodbye
You were gone before we knew it
And only God knows why*

*In tears we saw you sinking
We watched you fade away
Our hearts were almost broken
You fought so hard to stay
But when we saw you sleeping
So peacefully free from pain
We could not wish you back
To suffer that again*

*In life we loved you dearly
In death we do the same
It broke our hearts to lose you*

You did not go alone

*For part of us went with you
The day God called you home*

*You left us peaceful memories
Your love is still our guide
And though we cannot see you
You are always at our side.*

*We thought of you today
But this is nothing new
We thought about you
yesterday
And days before that too*

*Your memory is a keepsake
From which we'll never part
God has you in His arms
We'll have you in our hearts*



In loving memory of
Bud Barnwell
Died October 28, 2013
Sadly missed by his family,
Yvonne, Ariané,
Martin and Kaleb

A Thank You to the Dean Family and Asheville Stone

I'm proud to say that I was a part of the Asheville Stone family. It has been a privilege and a blessing to work for and with Matt and Winslow Dean. Here's wishing the best of the season to the Dean family, all the great guys at Asheville Stone and Dean Contracting and the many friends that I have made in Fairview.

Sincerely, Chris Hartbarger

ON THE ROAD

Banff, Canada

Fairview residents and Balkan Roofing owners, Bob and Heather Balken, enjoyed their 25th anniversary catching up on some reading of *The Fairview Town Crier* in Banff, Canada.



Chiang Mai, Thailand

John and Maryann Chalupa of Fairview took a 3-week holiday recently which included a stop in Chiang Mai, Thailand. Of course they brought their favorite hometown newspaper!



Kennebunkport, Maine

Pat Jenkins at Walker Point, Kennebunkport, Maine, reading the *Fairview Town Crier* in front of the Bush compound. The flag is out so some of the family must be home.

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ANTIQUE FORD TRACTOR. 1940, 9-N, Gray color. Fair condition. Call Gene 628-1195 or 768-5595

ESTATE SALE: DECEMBER 4, 5 & 6th. 580 Old Fort Road, Fairview, NC. Something for everyone to include furniture, linens, kitchen items, lamps, clothing, etc. All sales inside so weather will not stop the show! 458-8308.

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CLASSES (CONT.)

MUSIC LESSONS – Plant a gift of culture in one's life – **PIANO LESSONS** for Christmas! Over 30 years' experience. 628-2761.

YOGA, RELAXATION AND MEDITATION with Tami Zoeller. An intimate, fully equipped studio at 90 Taylor Road. Call 280-0297 for the class schedule and any questions you may have. \$10 per class.

CLASSES (CONT.)

EASY TAI CHI FOR IMPROVED BALANCE WITH JANA WEED. Ongoing classes Monday and Thursday, 1:30 pm, Fletcher United Methodist Church. SilverSneakers™ members FREE. Others \$4-5. Call 329-9022.

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The Fairview Town Crier

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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. All letters 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 letters to editor@fairviewtowncrier.com or mail to: Fairview Town Crier, PO Box 1862, Fairview, NC 28730.



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NEW LISTING! West in county! Beautiful 4 BR, 3 bath home, a lot of versatility, plenty of storage, newer roof, 2 heat pumps, HW floors, large front porch, 2 master BRs, **MLS#573443, \$340,000!**



NEW LISTING! Fairview! Delightful 4 BR house on 2.78 private acres of land, HW floors, rock FP, spacious master on main, enjoyable front porch, bordered by Cane Creek, **MLS#572888, \$325,900!**



NORTH IN COUNTY! Spacious home, 7.03 acres, easily developed, great views, good sized rooms, HOME WARRANTY, LR with brick FP, bonus room, large family room, big storage, **MLS#572658, \$255,000!**



WEAVERVILLE! 3 BR home on private 1.58 park like acres, HOME WARRANTY, \$10,975 down payment, **APR 4.20%, \$1,011 /mo, MLS#568522, \$219,500!**



OLD FORT! 1.69 gorgeous, flat acres 4 BR, 2 bath remodeled home, huge cov front porch, lg MBR, \$10,475 down payment, **APR 4.23%, *\$964/mo, MLS#567518, \$209,500!**



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LEICESTER! 3 BRs, 2 baths, on 1/2 lot, cathedral ceilings, HOME WARRANTY, no maintenance vinyl siding, \$7,975 down pyt, **APR 4.22%, *\$734/mo, MLS#563487, \$159,500!**



LEICESTER! Grand old farmhouse w/3 BR, 1.66 private acres, HOME WARRANTY, \$7,495 down pyt, **APR 4.34%, *\$690/mo, MLS#553876, \$149,900!**



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