



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • JANUARY 2015 • VOL. 20, No. 1 • FAIRVIEW, NC

Trusty Crier Labeling Volunteers

Every month, a number of people head to the Fairview Library (and now the Fairview Fire Department) to give **an hour of their time** to help label the papers going to Gerton, Fletcher and Reynolds. Some are regulars; some just drop in from time to time. All are friendly and welcoming

to newcomers. The *Crier* wouldn't get out without their help and we love our volunteers! *Why not become one?* Join us in the community room of the Fairview Fire Department, 1586 Charlotte Highway on **Friday, January 30, 10 am**. You might see some friends and meet some new ones.



Six Generations of Family

A recent family get together created a great opportunity to capture all six generations in a photo. Left to right: Ashleigh McFalls – 5th generation, Geneva Burns (99 years old) – 1st generation, Tom McFalls – 3rd generation, holding Baron Crompton – 5th generation, Adam McFalls (Grandpa) 4th generation and Betty McFalls – 2nd generation. Just imagine how little Baron will feel when he looks back on this photo in 40 or 50 years?



Boomer Found a New Family!

After experiencing the sadness of losing his master, Boomer was temporarily living in Fairview with his master's neighbor. You may recall that Boomer needed a kind and loving home and the *Crier* had advertised his plight on our Facebook page. A caring couple agreed to keep Boomer temporarily, fell in love with him, and decided that he is a fine fit for their family. Boomer found his forever home and we are again encouraged by the love and support of our wonderful community.



Take Care With Your Mail

A reader sends a warning to be alert and careful with your mail. "We discovered a pile of mail tossed down the mountainside on our road. It was all torn open and included items from mail boxes all along Old Fort Road. We reported it to the police and the post office." So, if you are expecting a check or certain mail and it doesn't arrive, you might check with the sender to be sure it wasn't tampered with.

Letter From the Editor

Another year has passed and as I change the "Volume Number" from 19 to 20 above, it seems incredible to me that I have been editor of this non-profit community newspaper for 12 years and that the paper itself is entering its 20th year of publication... and we're thriving.

This past year brought two firsts: the *Town Crier* has an official office and office manager, and the *Crier's* November issue expanded to 40 pages – out of necessity. I continue to be humbled and proud to be a part of it.

Our office is located at 1185F Charlotte Highway squeezed between Elena the Groomer and The Electric Guitar Shop in the old Magic Rocket Video storefront. Our office manager Candice Yount is on hand Monday-Friday, 1-5 pm to greet you with a smiling face and a genuine desire to be of assistance. She provides information about the newspaper, helps with advertising contracts, takes payments and donations, scans photos to go into the paper, collects food for Food For Fairview, sells cookbooks for the Hickory Nut Gorge Community Center and pecans for the Garren Creek Fire Department. You can even purchase any of the local art adorning the walls or pay your Fairview Business Association dues. We opened the office to expand our ability to provide service to the community and she has proven to be the perfect "face" for the *Crier*, always glad to greet an old friend or meet a new one. I hope you'll stop by one day and say hello.

Recently, I was having an impromptu chat with my friend Susan Sides who is Executive Director of the Lord's Acre, when she said something that really stuck with me. We were discussing the remarkable generosity of the people involved in bringing Christmas to one particular Fairview family (See "A Thank You to All Angels" on page 24). Susan noted how many times she had witnessed giving, unselfish behavior by residents. She had thought on the role the Lord's Acre plays in our community and drew a similarity to the *Town Crier*. She summed it up this way:

"The Lord's Acre and the *Town Crier* provide the **opportunity** for people to do good." I knew she was right. People

thank me all the time for "using" the *Crier* to help... find a lost dog, acknowledge an achievement, promote a fundraising event. I always think and say the same thing: "That's our job."

We are just a conduit that runs between those who can give and those who need. A bridge of sorts allowing people to reach the other side of whatever obstacle lies in front of them. Sometimes it's personal, sometimes it's just business, and many times it goes unseen. Yes, I agreed, we do bring opportunity.

As a logophile (lover of words) I was prompted to look up the meaning and synonyms of the word "opportunity." The definition is: "an amount of time or a situation in which something can be done." Yes, perfect. And for the synonyms? Well, see what you think:

**convenience • event • excuse
freedom • hope • moment • space
time • break • connection
contingency • cut • fitness • fling
fortuity • happening • hours
juncture • leisure • liberty
occasion • opening • pass**

Yes, I realized, the *Town Crier* (and The Lord's Acre, Food For Fairview, Angels of Fairview, and more...) are all conduits bringing the opportunity for people to do good to those who need help. And we have so many, many people in our readership community who jump in to help in little and big ways that it never ceases to astound me. And so many who have at one time or another needed help generally are the first ones to offer help to another.

In this day of super fast pace, nano-second attention spans and overly-busy schedules, we may not always stop and realize how fortunate we all are to live in a community such as this. In one way or another, people watch out for each other. Even if they don't know of the other's existence, they are preparing to be of service. So as we enter this new year of 2015, I ask those of you who might be shy or more reserved to find some small way to participate in the giving. It will fill your heart to the brim and make you smile. And if you are at a point when you need help, please ask. Angels abound.

– With gratitude, Sandie Rhodes

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JANUARY

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Celebration Singers Youth Auditions

The Celebration Singers of Asheville's Community Youth Chorus invites singers aged seven through high school to audition for chorus membership.



The auditions will take place on **Thursday, January 8, 5-6 pm**, at the First Congregational Church, 20 Oak Street in Asheville. Auditioners should prepare a song and bring sheet music.

For more information, call Artistic Director Ginger Haselden at 230-5778 or visit singasheville.org or Facebook.

Ethical Society Reviews Water Fluoridation

"Water Fluoridation: Good for you or Not?" will be presented by a panel of Moms Against Fluoridation members and physicians at the Ethical Society meeting on **Sunday, January 18, 2-3:30 pm** at The Friends Meeting House, 227 Edgewood Road, Asheville (near UNCA). The panel will present the case against fluoridation in public water supply and discuss issues such as "Is it ethical and medically sound to give people unlabeled drugs without their consent or knowledge?" 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.

Big Brothers Big Sisters Mentoring Month Events

Big Brothers Big Sisters of WNC marks National Mentoring Month in January with a call to action to mentor and help youth become successful and productive citizens.

Mentoring Month Events

The agency will hold "Mentoring Works" information sessions on **Thursday, January 15 and Thursday, January 29, 12-12:30 pm**, at their office in the United Way building at 50 South French Broad Avenue, Room 213. Staff will share details about the program, the needs and volunteer opportunities. The community is invited to drop by, enjoy some snacks and learn how little steps lead to a big impact.

Hi-Wire Brewing will also be holding a benefit night for Big Brothers Big Sisters on **Thursday, January 22, 4-11 pm** at the brewery, 197 Hilliard Avenue in Asheville.

Opportunities to Mentor

The Buncombe County office has over 80 youth on the waiting list for a Big Brother or Big Sister. Big Brothers Big Sisters staff carefully match children who face adversity with caring mentors in long-term, professionally supported one-to-one mentoring relationships.

Mentors also impact students through the Site-based Program where they share one hour a week with a student at their school or after-school.

For more information point your browser to bbbswnc.org.

A Musical January at the Straightaway Café

A music-filled January at the Straightaway Café begins with a New Year's Eve celebration featuring Circus Mutt and the Carnie and Hope Griffin Duo, and continues through the month with the following performances:



Friday, January 9, 6 pm: Lester Grass

Saturday, January 10, 6 pm: Hobos & Lace

Wednesday, January 14, 6 pm: Get Right Band

Friday, January 16, 6 pm: Laurie Blackley & Friends

Saturday, January 17, 6 pm: Eric Congdon

Friday, January 23, 6 pm: Searra and the Jazzy Folk

Saturday, January 24, 6 pm - Sherri Lynn & Raphe Duo

The Straightaway Café and Pub is a wonderful dining getaway serving American cuisine, beer and wine and beautiful views. Located at 1722 Highway 9, six miles south of Black Mountain, The Straightaway is open Wednesday through Sunday, 11 am to 10 pm.

For more information and updated music schedule visit thestraightaway.com.

Red Cross Blood Donation Opportunities

Many people want to give back to the community, but may not have a lot of time to volunteer. The American Red Cross reminds eligible individuals that in about an hour, volunteer blood donors can help save lives and feel instant gratification. Several nearby opportunities for are scheduled for January:



Tuesday, January 6, 11 am-3:30 pm, Flesher's Fairview Health Care, 3016 Cane Creek Road, Fairview. For information or to an appointment call Susie Cole at 628-2800.

Wednesday, January 7, 11:30 am-4 pm, Black Mountain Neuro Medical Treatment Center, 932 Old US Highway 70, Black Mountain. To make an appointment call Brenda Franklin at 259-6908 x146.

Friday, January 23, 10:30 am-3:30 pm, Black Mountain Fire Department, 106 Montreat Road, Black Mountain. For information or to make an appointment visit redcrossblood.org, Sponsor Code: Black-MountainFire or call 800 733-2767.

Woof in the Woods Classes

Woof in the Woods has new classes starting as follows: **Sunday, January 11** is an Intermediate class at 2 pm and a Basic class at 3 pm; and **Monday, January 12** there will be a Basic class at 6:30 pm. Class times can be adjusted if needed after the first class. To register, call Steve at 222-2222.

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Americare Second Anniversary Fest

Americare Pharmacy invites the community to come and celebrate their second anniversary with them on **Wednesday, January 21; lunch and refreshments will be available from 12 -3 pm**, and visitors can enter drawings for giveaways including an iPad Mini and \$25 gift cards.

Located at 1185 Charlotte Highway, Americare Pharmacy offers both personal and veterinary prescription services and consultation. They perform immunizations for flu and shingles and stock many diabetic supplies. A compounding pharmacy, Americare can tailor custom medications to the specifications of a physician.

The owners and staff at Americare look forward to welcoming everyone to their anniversary celebration.

Vestibular Disorder Support Group Meeting

Dr. Kim Fox, DPT, of Western Carolina Physical Therapy, will facilitate a support group meeting for those with balance and vestibular disorders such as dizziness and vertigo. All those who are affected or interested are welcome to come and relax, learn and share experiences on **Wednesday, January 7, 5-6 pm**, at the WCPT offices, 226 Charlotte Highway in Reynolds.

Dr. Fox, who specializes in the assessment and treatment of vestibular disorders, will speak on "Spinning in Control." The meeting is a free community event.

Firearms Class at Spring Mountain CC

Spring Mountain Community Center will conduct a Firearm Safety and Training class on **Saturday, January 24, 8 am-5 pm** at the Community Center, 807 Old Fort Road in Fairview. Completion of the class will enable participants to meet part of the requirements for a Concealed Carry permit in Buncombe County. The cost of the class is \$80, which includes lunch.

Reservations must be made for this program and will not be guaranteed until payment is received. Please call Maria Horton at 828 778-0279 or email at daylightasheville@gmail.com for more information and to ensure your place in class, as attendance will be limited to 20 participants.

It is not required that those attending bring a firearm unless they would like to shoot their own weapon. However, attendees should bring 22-caliber ammunition for the shooting portion of the day.

Spring Mountain 4-H Holds First Meeting

The first official meeting for the Spring Mountain 4-H Club will be held on **Thursday, January 15, 6:30 pm** in the newly-renovated downstairs meeting room at the Community Center. Students between the ages of 5-18, along with a parent or supporting adult, are invited to attend. Goals for the club will be explored along with the interests of our new members.

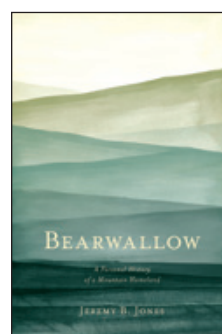
Books & Bites Features Bearwallow Historian

Reading and history fans will want to save the date for the Mountain Branch Library's February Books & bites event. Jeremy B. Jones, author of *Bearwallow: A Personal History of a Mountain Homeland* (John F. Blair, Publisher), will speak on **Wednesday, February 11, 11:30 am** at the Lake Lure Inn's Tanner Dining Room.

Jeremy grew up in southern Appalachia, where he spent much of his childhood in the shadows of Bearwallow Mountain. While living in Honduras, he contemplated how the North Carolina mountains had molded him into the man he is today. "Being away forced me to think about home."

He and his wife now live where his family had settled 200 years prior.

The cost of \$25 per person includes lunch. Please call the Mountains Branch Library at 287-6392 for reservations.



Correction

The photographer for the two beautiful photographs on last month's front page was not Etta Dixon but her mother, Marietta Dixon.

The Joint Next Door Music Lineup

The owners of The Local Joint have opened The Joint Next Door, a new tap beer and wine live music venue. The new "joint" is just as welcoming as the Local Joint and is located at the opposite end of the same building at 1185 Charlotte Hwy. The Joint Next Door is open 7 nights a week from 3 pm. Currently plans are for:

- **Game Night Monday** with 50¢ wings and \$2 PBR
- **Open Mic Night Tuesday** with Laura Thurston
- **Bluegrass Jam Wednesday**
- **Thursdays feature Chris Rhodes**
- Friday & Saturday nights will have different live music (**Saturday, January 10** features **Vintage Classic Rock & Roll**)
- Coming soon — Sunday Brunch
- Order takeout from The Local Joint and have it delivered to The Joint Next Door.

Long Time Sun Events

Long Time Sun Yoga and Wellness, 1611 Charlotte Hwy, Fairview, has the following January class and workshop schedule for January: **Sunday, January 11, 4-8 pm**: Men's Council with Marianne, \$40; **Wednesday, January 14, 7:30-8:30 pm**, (New Weekly Class) Introduction to Bellydance Moves and Movements with Sera Sahara; **Saturday, January 17, 4-5:30 pm** Sound Healing/Gongs with Bob, donation; and **Sunday, January 25** Women's Shamanic Circle with Marianne, \$40. Visit longtimesunyogaandwellness.com.



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Joshua and Amelia Earwood Trantham and Family

Joshua Trantham was born in Fairview in 1818. He was the second child and oldest son of Joseph Trantham (1789-1850) and Mary Whitaker (1793-1884). Joshua Trantham was named after his grandfather, Joshua Whitaker Jr. (1769-1856). Joseph Trantham had bought 150 acres on Trantham Creek in what is now called Wright's Cove on March 30, 1831 from Margaret Pinkerton Whitaker (1779-1864), widow of John Whitaker. The Tranthams moved in to the old Whitaker house, which was located on the left around a quarter of a mile up on Wright's Cove Road. The place later became known as the old well field, because by 1900 the only thing left on the property was a large open hand-dug well. Many a person's dog fell in the well chasing rabbits, which resulted in the owners having to lower themselves in the well to retrieve their animals.

Joshua Trantham married Amelia Earwood (Yearwood) around 1837. Amelia was the daughter of Thomas Earwood (Yearwood). She was born in South Carolina around 1819. Elizabeth Trantham (1817-1904), Joshua's sister, married Thomas Earwood (1820-1908), a brother of Amelia. Joshua and Amelia moved to South Carolina in the mid-1840's. They then moved to Cocke County, Tennessee in the late 1840's. Thomas and Elizabeth Trantham Earwood also moved to Cocke County in the 1840's.

Joshua and Amelia Trantham lived near Harned Chapel in Parrottsville, Tennessee. Joshua was a miller. He and Amelia had eleven children when the Civil War broke out; Amelia was expecting their 12th child

when Joshua joined the Union Army. He served in Company L, the 8th Tennessee Cavalry. Joshua was granted leave to return home to see his new born son, but he came down with pneumonia on the way home and died at Strawberry Plains, Tennessee, around 40 miles from home, in 1861 or 1862. He was said to have been buried at the Knoxville National Cemetery in Knoxville, Tennessee. Amelia Earwood Trantham applied for a Union widow's pension on August 14, 1869. Amelia died around 1890 in Cocke County, Tennessee.

Joshua and Amelia "Emily" Trantham had 12 children:

Mary Trantham was born in Fairview in 1838 and died after 1860.

Thomas Trantham was born in Fairview on Sept. 15, 1839. He married Sarah Blazer (May 10, 1840-Feb 1, 1918). Thomas died on March 14, 1924. Both died in Cocke County Tennessee.

Christina Trantham was born in 1841 in Fairview and never married; she was buried in Harned Chapel Cemetery.

Charlotte "Lottie" Trantham was born on April 7, 1842 in Fairview, died in Buncombe County on Sept. 14, 1835, and was buried in the Riceville Presbyterian Cemetery. She had moved back to Fairview in 1860's. She never married but had two children: Millington "Milt" Lytle Trantham, born in Fairview October 6, 1867 (his tombstone says 1871, however he is listed as 3 years old on the 1870 McDowell County Census), the son of Millington "Milt" Lytle (February 14, 1809–November 9, 1899); and Willie Jane.



Left to right; Millington "Milt" Lytle Trantham 1867-1956, his mother Charlotte Trantham 1842-1935, and sister Willie Jane Trantham 1873-1947 Standing in front of their Riceville home.

Charlotte Trantham moved back to Cocke County, Tennessee in the 1870's. Around 1900, Millington "Milt" Lytle came back to Buncombe County. His Uncle George Washington Trantham (1848-1946) had moved to Riceville around 1868. He had married a local girl, Hannah Meredith. Milt Trantham thought he might make a living selling produce to the summer tourists. He met Joseph Ray, who lived off what is now called Jones Cove Road near Bull Creek in the Riceville section of Swannanoa. Joe Ray wasn't married and in very poor health; he told Milt that if he would move in with him and take care of him until he died, he would give Milt Trantham his house and farm.

Milt went back to Tennessee to get his mother Charlotte Trantham and sister

Willie Jane and their belongings and move them to Riceville. When he returned, Milt discovered Joe Ray had died. Joe Ray's relatives took Trantham to court over the property. The Judge ruled that since Trantham had gone back to Tennessee to pack up his belongings and move his family to Riceville to take care of Joe Ray, he had honored their agreement and Ray's property belonged to Millington Trantham.

Milt, his sister Willie Jane and mother Charlotte lived on Ray's farm until their death. Millington Trantham died on November 6, 1956 and is buried in Riceville Presbyterian Cemetery. Willie Jane Trantham was born in Buncombe County June 1, 1873 (her tombstone says 1879 but the 1880 census lists her as 7 years old that year). She also is buried in Riceville Presbyterian Cemetery.

Happy New Year

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FRIENDS OF THE LIBRARY

by Lauren Biehl

Elizabeth Trantham was born in 1845 in South Carolina.

Malinda E. Trantham was born in 1846 in South Carolina. She never married and is buried in the Harned Chapel Cemetery in Cocke County, Tennessee.

George Washington Trantham was born in Cocke County, Tennessee on July 30, 1848. He moved to Buncombe County and married Hannah Meredith (April 26, 1853–December 31, 1932). George then moved to Brevard in Transylvania County, NC and lived with his son Beverly until his death on February 7, 1936. He and his wife are buried at Bethel Methodist Cemetery in Riceville.

Francis Trantham was born in 1849 in Cocke County, Tennessee. He married and moved to Knoxville, Tennessee.

Robert Trantham was born in 1854 in Cocke County, Tennessee. He married Cora Calloway.

William R. Trantham was born in 1856 in Cocke County, Tennessee. He married Mattie (last name unknown) and moved to Memphis, Tennessee.

John E. Trantham was born in 1858 in Cocke County, Tennessee. He married Kate Blazer.

Joseph Trantham was born on January 30, 1861 in Cocke County, Tennessee. He married Lydia Catherine Smith (August 26, 1866–April 25, 1940). Joseph died July 5, 1917. Both are buried at Harned Chapel Cemetery in Parrottsville, Cocke County, Tennessee.

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

Writer Jeremy Jones to Read from New Book on Bearwallow History

On **Tuesday January 6, 7 pm**, author Jeremy Jones reads from his highly praised memoir: *Bearwallow, A Personal History of a Mountain Homeland* and delivers songs and banjo.

"Jeremy Jones shows the complexity of a region and a people ... *Bearwallow* is a book to be savored," writes Ron Rash, author of *Serena* and *Nothing Gold Can Stay*. Robert Morgan, author of *The Road from Gap Creek*, calls Jones' book ... "a journey across time, geography, music, ethnicity, language, and self-understanding. It is a story of both teaching and learning, of roots, and of unexpected discovery. *Bearwallow* is a delight to read."

Jones holds an MFA in nonfiction writing from the University of Iowa. His essays have been recognized in Best American Essays, nominated for the Pushcart Prize, and awarded the Emma Bell Miles prize. He currently teaches in the English

Department at Western Carolina University.

Brought to you by the Friends of the Fairview Library. Refreshments served after. Books available at the event. Mark your calendar today!

Book Clubs

The afternoon book club will meet on **Thursday, January 8, 1 pm**, to discuss *The Goldfinch* by Donna Tartt.

The evening book club will meet on **Tuesday, January 20, 7 pm** to discuss *The Boy who Harnessed the Wind* by William Kamkwamba.

Bounce 'n Books, An Active Story

Time for Toddlers and Preschoolers

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

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 8,200+ 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.

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

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

NEW ARRIVALS

Skull Mesa: A Western Story by Wayne D. Overholser

The River by Beverly Lewis

The Mistletoe Promise by Richard Paul Evans

The Orphans of Race Point by Patry Francis

The Book of Strange New Things by Michel Faber

It Won't Always Be This Great by Peter Mehlman

Lowball: A Wild Cards Novel by George R. R. Martin

The Boy Who Drew Monsters by Keith Donohue

Beautiful You by Chuck Palahniuk

Strange Shores by Arnaldur Indridason

Desert God: A Novel of Ancient Egypt by Wilbur Smith

Shopaholic to the Stars by Sophie Kinsella

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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 **\$375,000** www.11bayhorse.com

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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**

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Lot 6	0.83 acres	\$69,000
Lot 7	1 acre	\$79,000



Eagle Scout Project is an Early Gift

Last fall while helping out at the Souper Bowl event, AC Reynolds High School student Nathan Sales approached me and asked if there was something he could do to help out Food for Fairview for his Eagle Scout project. We walked from the community center to the pantry, and once inside our gaze immediately fell upon the middle section of shelves in the building. Once sturdy and attractive, the shelves had fallen into a state of disrepair due to the weight of many years of holding canned goods. Indeed, the middle section on one side had collapsed altogether, replaced with flimsy plywood held in place by strips of wood. We immediately agreed that building new shelves needed to be Nathan's project. We are very pleased to announce that our beautiful new shelves are now complete!

Nathan worked for many hours over Thanksgiving break to complete this project. Day one was devoted to building the shelves, while the majority of day two was spent painting. On day three, Nathan restocked the shelves after the paint had finally dried. Prior to the actual building, many hours of measuring and design work were completed. Nathan was assisted by adult leaders Mark Carl-



son and Wilson Blankenship, as well as members of his Scout troop #53 of Oteen, NC, including Daemon Emile, Matthew Mongiovi, Will Kilmer, and Ryan Carlson. Many other friends and family members offered assistance as well as support and encouragement.

The results are spectacular. Not only are the shelves longer, providing more storage space, but the back section fits neatly between the two columns in the building, leaving more floor space available to navigate around the pantry. In addition to building the shelves, Nathan also plans to hold a drive to collect items to stock the new shelves that he built. We are so grateful for this truly wonderful addition to the pantry, and congratulate Nathan on completing his Eagle Scout project!



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.



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The Importance of Early Cognitive Screening

By Dr. Michael Trayford, Apex Brain Centers



Brain decline is one of the most common fears of people over the age of 50. While Americans are living longer, the quality of our extended years is all too often reduced by memory loss, confusion, lack of focus, and other dementia symptoms. Currently, 1 in 3 senior citizens will die with Alzheimer's or some other form of dementia!

Join the growing ranks of boomers and seniors who are taking their brain health seriously and doing everything they can to ensure they live as healthily and happily as they can well into their golden years.

What follows are 4 research-backed methods that can be utilized to assess your brain to determine if you are at risk for cognitive decline or dementia. Time is of the essence, and these screenings can serve as a beacon for problems long before they present themselves:

- **Cognitive Testing:** Measuring various aspects of memory, attention, and other factors of higher level thinking can help us determine what parts of the brain are most affected by trauma, age related cognitive decline, etc.
- **Smell Testing:** Smell is a "canary in a coal mine" when it comes to dementia and cognitive decline. The part of the brain that is often first attacked by Alzheimer's, the front part of the temporal lobe, controls the sense of smell. Decline in a person's ability to perceive odors can

be an early warning sign of the disease.

- **Balance Testing:** Another key biomarker for higher brain function is balance. Balance, or our ability to resist gravity on two legs, plays a large part in the higher brain functions we as humans experience.
- **Eye Movement Testing:** The connection between eye movements and cognition has been widely studied. The ability to move our eyes is directly related to higher brain function. Slow eye movements, fast eye movements and holding of gaze are controlled by centers in the brain that govern the way we remember and think. Do not wait until it is too late to get tested. Our brain is our most sensitive and most complex organ. When the brain is in decline, early intervention is critical. All of the above-mentioned strategies are just a sampling of what can be evaluated in those with suspected cognitive decline, or those simply looking to boost their brain performance. The most important take-home message is that any and all of these areas of measurement can be trained, improved, and re-tested to demonstrate that we can in fact help add "life" to our years!

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.

Keep Your Germs to Yourself

By Irene Park, PharmD, BCACP, CPP, MAHEC Family Health Center at Cane Creek



The recent Ebola outbreak has brought lots of attention to the spread of diseases. While Ebola is a very real concern for many in the world, there are many more common illnesses that impact many of us on a daily basis. For example, according to the Centers for Disease Control and Prevention (CDC), influenza (better known as the "flu") is estimated to have caused up to 1600 deaths per year in the United States between 1977 and 2007, while only one life has been lost to the Ebola virus in the US.

Influenza (better known as the "flu") is estimated to have caused up to 1600 deaths per year in the United States between 1977 and 2007, while only one life has been lost to the Ebola virus in the US.

Viruses that cause the common cold or influenza are much more readily spread in our communities, and often take children out of school or parents and adults away from work for extended periods of time. In some situations these conditions may even be deadly. Fortunately, there are several ways we can help limit the spread of germs this time of year.

It is not too late to get your flu shot!

"Flu season" begins in the late summer months, and we can continue to see infections through April of the following year. Vaccinations are the best way to protect

against certain illnesses that are common in the winter, including the flu. While the influenza vaccine does not guarantee that you will not get sick this year, it can significantly decrease your chance of getting infected. Other excellent reasons to make sure you get your flu shot this year are:

- If you do get sick even though you had the flu shot, your illness is likely to be milder.
- The flu shot can help decrease the risk of serious outcomes associated with the flu, including being hospitalized and even death.
- By protecting yourself from the flu, you protect the people around you, as well. This is important for people who are more likely to get seriously ill from the flu such as older adults, people with chronic health conditions, and very young children.

There are many conditions that can be prevented with adult vaccinations as well, including pneumonia and shingles. Talk with your doctor about whether or not these vaccines would benefit you.

Wash your hands

Wash your hands often, especially before eating and after coming in contact with someone who may be sick. We use our hands for so much that removing potential disease-causing germs is necessary to keep us from getting sick. If you are not able to wash your hands, use hand sanitizer.

Continued on page 30



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

Sensible Weight Loss in the New Year!

Ed Reilly, DC, Fairview Chiropractic Center



The number of people in the United States that are overweight or obese has reached near epidemic proportions. Every day I have the opportunity to treat patients who are suffering with health

conditions associated with being overweight. In fact, studies have shown that nearly 80% of health conditions can be either directly or indirectly related to weight issues. Not only does being overweight affect our health, but our self-esteem and quality of life suffer.

Losing weight is a topic that often comes up in conversations with patients, it's an easy recommendation to make that is often hard to follow successfully for many reasons. Most patients already know that their health could be improved with weight loss and have likely failed in previous attempts. Here are my recommendations for sustainable weight loss.

1. Don't do it on your own, use a group or supervised weight loss program.
2. Have realistic expectation; a loss of 1-1.5 lbs. a week is reasonable.
3. Only use a program using minimally processed store-bought food, not special diet meals or a program where you have to "buy" the diet company's food.
4. Find a program that directs you in healthy EATING while you develops long term sustainable HABITS.
5. Exercise should be part of any diet process.

6. The diet process should train you to transition to healthy eating for the long term.
7. Do it with a friend.

There are no easy answers when it comes to weight loss, but the efforts are worth the benefits in health and self-esteem. Consider it a positive 2015 goal for your health.

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.

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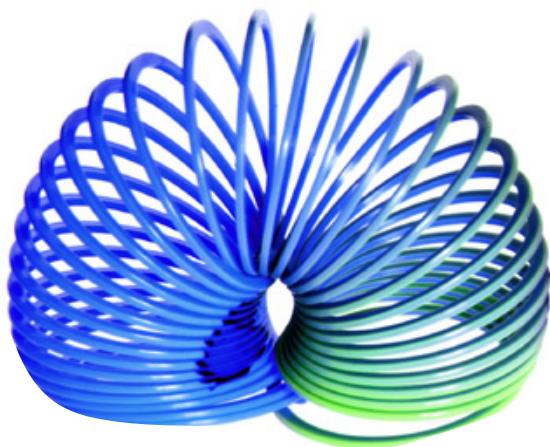
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Thursday, January 15, 5:15-6 pm

Are you "eating right" but still not losing any fat? Are you fed up with diets that don't work long term? Then join Dr. Reilly of Fairview Chiropractic Center for a night that will change your life! Learn why breakfast is not the most important meal of the day; what is the best time of day to eat for fat loss; foods that sabotage your weight loss goals; and how your hormones can impact your fat loss!

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I Survived!

Mike Richard, President, Prime Time Solutions, Inc.



If you are reading this, you've survived yet another Medicare Annual Enrollment Period.

I don't know about you, but it was a whirlwind for me. With the plan changes we experienced this year, I witnessed

greater numbers of stressed people scrambling around for that perfect plan. Unlike previous years, the lowest premium this year wasn't the greatest attraction, prescription drugs were. That "perfect plan" became more elusive than ever to find.

Prescriptions: the biggest expense

With less money to spend, the Advantage companies had to determine where to cut and where to pad the benefits of their plans to attract consumers. They could raise copays and cost shares within the plans, or raise premiums, or both. This year I tended to gravitate toward those plans that chose to maintain or enrich prescription drug benefits in deference to lower doctor or hospital copays, health club memberships and even premiums. Of course there is a fine balance to be achieved to attract people so there is a lot of give and take that varies dramatically between companies or even the plans offered within a company. For those folks who take more or higher-priced prescriptions, my cost calculations proved over and over that the

drug benefits trumped the other benefits, including premium when considering a policy. Fact is, most people don't see their doctor every month but they do have monthly prescription costs. It takes more time, knowledge and effort to find the best plan.

Devil's in the details

Your cost share of each individual prescription is determined by a number of things such as formulary, drug tiers, how you buy your prescriptions, and from whom. Do you typically get a ninety-day or monthly refill, use a network retail pharmacy, preferred retail pharmacy, non-preferred or preferred mail-order pharmacy? Are you willing to change your buying habits to achieve the maximum cost savings? What are the cost saving options and strategies offered by each company you consider? What do you do when your prescription isn't in formulary? And why is my drug in a tier one with this company and a tier 3 with another? What is a formulary or drug tier anyway?

There are good limited resources such as senior centers, SHIP, and [Medicare.gov](http://www.Medicare.gov) that can be helpful, or to save time and money, just find a knowledgeable agent whom you trust to recommend the best options to fit your particular needs.

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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As we head into the New Year, we are approaching the time known as the “dead of winter,” a term that broadly refers to the slowing of the pace of life in winter compared to summer. Across western North Carolina, winter is a time of lower temperatures and fewer hours of daylight, and a season of hibernation, dormancy or relative inactivity for most living things.

The term “in the dead of winter” is found more in literature than in day-to-day expression, as is the line from the Christmas song, “in the bleak mid-winter.” These terms are not weather terms, and most meteorologists use an equivalent term, “the coldest part of winter.” For most of the United States and the mid and high latitudes of the Northern Hemisphere, that means the month of January.

The shortest day of the year is around December 21, but that’s not the coldest day. On this day, the Arctic Circle (66 degrees north) remains in complete darkness for 24 hours. Further north the darkness increases; the North Pole is without direct sunlight for 179 days, from late November through mid-March. This lag time allows cold polar air to continue to build across the Arctic and Siberia. This cold arctic air from time to time spills southward, aided by the changing of the Jet Stream. The cold air mass warms up only slowly as these regions start to get a little sun each day; the cold can be gradually modified from late winter through

TRIVIA QUESTION

How are the different types of snowflakes classified? And what is the largest snowflake ever recorded?

spring. Each subsequent blast from the Arctic, with time, becomes less intense. Thus, average high and low temperatures in the winter tend to bottom out toward the end of the “darkness” period across the North Pole/Arctic. For our Western North Carolina region, the period with the coldest average high and low temperatures is between January 12th and 18th, with normal high of 47F and a low of 26F. This is why there is a lag of about a month between the shortest day and the coldest days.

Lowest Recorded Temperatures				
Below is a table of the lowest recorded temperatures in history. Vostok, Antarctica, tops the list, dropping to a bone-chilling -129 degrees in 1983.				
	Place	Date	Degrees Fahrenheit	Degrees Celsius
World (Antarctica)	Vostok	July 21, 1983	-129	-89
Asia	Oymyakon, Russia	Feb. 6, 1933	-90	-68
	Verkhoyansk, Russia	Feb. 7, 1892	-90	-68
Greenland	Northice	Jan. 9, 1854	-87	-66
North America (excl. Greenland)	Snag, Yukon, Canada	Feb. 3, 1947	-81	-63
United States	Prospect Creek, Alaska	Jan. 23, 1971	-80	-62
U.S. (excl. Alaska)	Rogers Pass, Mont.	Jan. 20, 1954	-70	-56.5
Europe	Ust 'Shchugor, Russia	Jan. 1	-67	-55
South America	Sarmiento, Argentina	June 1, 1907	-27	-33
Africa	Ifrane, Morocco	Feb. 11, 1935	-11	-24
Australia	Charlotte Pass, N.S.W.	June 29, 1994	-9	-22
Oceania	Mauna Kea, Hawaii	May 17, 1979	12	-11

1. Exact date unknown; lowest in 15-year period.

December's Trivia Answer

What place holds the record for the coldest all time temperature?

Oymyakon, in Siberian Russia is known as one of the candidates for the Northern Pole of Cold, the other being the town of Verkhoyansk. On February 6, 1933, a temperature of -67.7 °C (-90 °F) was recorded at Oymyakon's weather station. This is, along with the same reading at Verkhoyansk, the lowest recorded temperature for any permanently inhabited location on Earth. It is also the lowest temperature recorded in the Northern Hemisphere with the ground having permanent permafrost. Only Antarctica has recorded lower official temperatures, the lowest being -89.2 °C (-128.6 °F), recorded at Vostok Station, South Pole on 21 July 1983. See the table below for other official records for areas around the world. This communist-era monument marks one of the record-breaking cold temperatures reported in the village in 1924. It reads "Oymyakon, the Pole of Cold." (Photo by A. Chapple)

On to the future

As stated above, we are in the coldest period of our temperature cycle this month, and odds favor at least several cold snaps or intrusions of Arctic air from the north. I think that the rest of the 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. Remember what happened this past November and December, 2014 — November was very cold, about 5 degrees F below average, and we had some snow, and then December was more moderate with more of a westerly (milder) flow for a portion of the month. However, the repeatable pattern of cold /

moderation/cold is quite common for our area through the winter months.

In terms of averages, temperatures bottom out in January with average highs about 47 and lows averaging about 27 degrees. The warmest day on record for January recorded at the Asheville airport was 80 degrees on January 27, 1999; the coldest was a numbing -16 degrees on the 21st in 1985, which is also our all-time record low temperature.

The average liquid precipitation for the Fairview area in January is around 4 inches. This is typically our snowiest month with 4-5 inches received. We get our heaviest snows when storms come up from the Gulf of Mexico and track just to our East and we have just enough cold air in place for snow. The snowiest January was back in 1966 when close to 20 inches of snow fell in our area.

Tom Ross had a 25-year career at the National Climatic Data Center (NCDC) in Asheville, was a forecaster at Accu Weather in Pennsylvania and now teaches weather and climate at various venues in WNC.

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THE WELCOME TABLE.....



Barbara's story was first printed on the Wel-
come Table's Facebook page. *For the O. Henry
story, see [americanenglish.state.gov/files/ae/
resource_files/1-the_gift_of_the_magi_0.pdf](http://americanenglish.state.gov/files/ae/resource_files/1-the_gift_of_the_magi_0.pdf)

Roquefort Pear Salad A Recipe from the Table's December Menu

3 pears - peeled, cored and chopped
5 ounces Roquefort cheese, crumbled
1/2 cup thinly sliced green onions
1/4 cup white sugar
1/2 cup pecans
1/3 cup olive oil
3 tablespoons red wine vinegar
1 1/2 teaspoons white sugar
1 1/2 teaspoons prepared mustard
1 clove garlic, chopped
1/2 teaspoon salt
Fresh ground black pepper to taste

In a skillet over medium heat, stir 1/4
cup of sugar together with the pecans.
Continue stirring gently until sugar has
melted and caramelized the pecans.
Carefully transfer nuts onto waxed pa-
per. Allow to cool, and break into pieces.
For the dressing, blend oil, vinegar, 1
1/2 teaspoons sugar, mustard, chopped
garlic, salt, and pepper. In a large serving
bowl, combine the pears, blue cheese,
and green onions. Pour
dressing
over salad,
sprinkle
with pecans,
and serve.



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Left Out



There is a dumb commercial on TV about a woman who thinks back on choices she made that may not have been as "cool" as she thought they were at the time. It isn't exactly the same but I sometimes wonder what it is that other people know that I just never learned. Kind of like "I didn't get the memo." I have been told I am pretty smart but I feel left out. I don't care about gossip so it isn't anything like that. I just feel like everyone else seems to have learned somethings I never did or have access to a source of information I've never known. I was wondering if I am the only one who feels this way.

Describing a feeling can be a challenge; I think you have done a great job. Exploring and then expressing your feelings takes you closer to getting the information your feelings offer, which is important for every path you travel. Congratulations on getting started.

You are not the only one who feels the way you do. "Left out" or "I'm missing something" is very common. Whether you feel left out of some basic secret of living everyone else knows, or left out of games, conversations, relationships and other aspects of your journey, you are not alone.

Feeling like other people know something you don't can come from real voids on your journey or simply from self-doubt learned at some stage of your development. You didn't share how this feeling is impacting your journey,

although you implied you don't like it. Feelings are road signs; some are given more importance than others and have a greater impact.

A close friend of mine skipped 1st grade. She was academically gifted yet always felt different from the other kids who had that extra year of bonding and social development. She kept her feeling of "something missing" secret and expended a lot of energy seeking ways to compensate for it. It hasn't been easy for her, although her journey has taken her down many "seeking" paths adding to who she is, resulting in her developing expertise in many different areas. She now shares the feeling openly and is more comfortable in her own skin.

Feelings of discomfort may offer you valuable information about your journey. But focusing on relief from discomfort, as opposed to learning from it, can result in choosing a range of self-destructive courses like overeating, overcompensating, overworking, over-analyzing, over-competing, over-drinking or -drugging and all the other "overs" out there.

We all have some self-doubt and some fear of inadequacy. The "why" may be less relevant than what you do with the information and how the feelings impact your journey. The key is knowing you can access your humanity and alter your course if you choose to do so. Start with acting outside of your of your routine. The resilience you develop from accessing your humanity will come in handy. Resilience in some ways is the ability to choose a course out side of your autopi-

lot's responses to road signs.

Regardless of what created your self-doubt or how it shows itself, you get to decide what if anything you want to do now that you have said it out loud. You have a choice to stay in autopilot or practice accessing your humanity and choosing your course, paths, and levels of your journey. I encourage you to continue this conversation with a friend.

Self-doubt may in fact be one of the driving forces in human evolution. We seek ways to compensate, and some of those ways may change the world. Many wars as well as scientific discoveries may have resulted from individuals putting their self-doubt energy into action. A goal of living a "normal" life and seeking to be like everyone else offers one kind of journey. Living a "different" life and finding value in it, as you use your individuality to learn along the way, is another kind of journey.

The good news is that since each of us learns something a little different from our journeys, we also bring something different to the collective whole of this connected world. Your perspective is vital to the whole and can help all of us in ways we may or may not understand today. You have great value even if you can't put your finger on exactly what that value may be. 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:

Drunk

Talking about a buddy who had too much to drink, you might say...

He was staggerin' 'round like a blind horse in a pumpkin patch.

Ignorant

Referring to that know-it-all neighbor who's always wrong, you might say...

He don't know up from down or black from brown.

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by Cynthia Palmeri

Finalized Design

Our design has been finalized by our landscape architect and it is BEAUTIFUL! We have a goal of construction crews grading and paving our pathways and playground surfaces in late spring and installing our equipment this summer.

We Welcome Help in Kind...


We are currently looking for specific services in kind, specifically printing services, grading services, paving services, grant writers, fundraisers and communications services (web design, social media, press releases).

Be a Sponsor and Name a Space!

Our sponsorship levels will feature signage in the playground areas and web page listing for donations of \$1000 or more. Sponsors at this level can name a part or a whole area (*i.e.* the Smith Family Hill Slide, XYZ Foundation Path or ABC Company Swing Area). We are excited to have received some large personal donations to kick off our fundraising efforts.

This will be an exciting and busy year for us. If you are interested in helping and being a part in any way, please email us at fesplayground@gmail.com to request more information.

To donate, please mail in your donation to Fairview Elementary, 1355 Charlotte Highway, Fairview, NC 28730, and include a note designating the Playground Project.

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Update on Duke Energy’s “Gerton Line Rebuild”

by Thomas Williams

As a resident of Fairview and a Duke Energy employee, I thought I would provide the readers of The Fairview Town Crier with an update on Duke’s Gerton Line Rebuild project that crosses the Eastern Continental Divide near Highway 74A.

The Gerton line is an important three-phase distribution line between Fairview and Bat Cave that serves about 400 customers, including the Hendersonville 911 tower.

A complete rebuild of a 2-mile section of the line is underway. Larger conductor wire and poles are being installed to address reliability

issues that were becoming increasingly apparent due to the age of the line and many repairs due to storm damage.

The line is what is called a “feeder” distribution line, which is much smaller than large cross-country transmission lines, but is important to a large group of local customers. It is one of several projects that will take place in the coming years to upgrade the Asheville area distribution system with more reliable and efficient equipment.

The Duke Energy team did extensive work to get approval from the North Carolina Department of Environmental and Natural

Resources before work could begin. This included several natural resources assessments that considered such things as native plant species, nesting animals and erosion control plans to protect nearby creeks. It was overseen by NCDENR’s professional and geotechnical engineers. A portion of the line was also moved closer to the highway for better access for future maintenance.

I know my colleagues at Duke Energy appreciate all the interest in our work on this line and your patience with us until we complete the job, which is expected to be in early 2015.



- 1. Access road construction to reach inaccessible section of line.
- 2. New pole line
- 3. Aerial view
- 4. Old pole and the much larger replacement poles side by side
- 5. Hard-won DENR permit posted at job site



School, Sports & Kid Stuff.....

High School Visit to Fairview Preschool

During the month of December, Canon Gate Catholic High School Students assisted the children with their Christmas activities.

Fairview Preschool is now taking applications for second semester. 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.



Global Awareness at Fairview Elementary

Tess Frierson, former student of Fairview, and daughter of Mrs. Frierson, returns from her study abroad in Ecuador to be a mystery reader in Mrs. Frierson's Kindergarten class. She came for their "Global Moment" to teach the class about Ecuador. The children loved seeing and touching clothing made from alpaca fur, coins, dolls made in Ecuador and most of all tasting the delicious chocolate! Global awareness is fun at Fairview!



Fairview Students Graduate from UNCA

Confratulations to the following students from Fairview who graduated from the University of North Carolina at Asheville in December:

Whitney Lauren Browning

Bachelor of Science in Biology, Concentration in Ecology and Evolutionary Biology

Alana Juliette Gerlach

Bachelor of Arts in Literature, *Magna cum laude*, Distinction in Literature

Michael Joseph Jones

Bachelor of Arts in Economics

Amber Victoria Williams

Bachelor of Science in Biology, Concentration in Ecology and Evolutionary Biology

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Student of the Month



The Fairview Town Crier and A.C. Reynolds High School announce Tanner Lloyd as the January Student of the Month!

"Tanner is a very conscientious student who excels in his ability to complete his assignments," said Teresa Sparacino, the teacher who nominated Lloyd. "He goes over and above what is asked of him and is also willing to help his peers."

Tanner loves history and studying about America and has a particular love for football. After graduation, Tanner plans on working at his family-owned Creekside Ta-phouse. He sees this as the first step toward achieving his dream of becoming a pastry chef after studying culinary arts at AB Tech.

Tanner exemplifies "Rocket Pride" with his respect for school, faculty and the teachers who help him achieve his goals.



Happy New Year! As your newly elected Reynolds representative on the Board of Education, I would like to suggest one small addition to your list of New Year's resolutions:

"Learn about my local public schools and find ways to support them." Good news: you can start your learning right here!

Buncombe County's school system is the largest in Western North Carolina and the eleventh largest in the state. We have approximately 25,000 students and 4,000 employees in our 43 schools.

There are 23 elementary schools across the county, three intermediate schools (grades 5-6), and seven middle schools. Each of the six districts has a high school, and in addition, we also offer Buncombe County Early College, Middle College, Community High School, and the Progressive Education Program for students with special needs.

The new Martin L. Nesbitt Discovery Academy opened this year. It is a Science-Technology-Engineering-Math (STEM) high school, the first of its kind in Western North Carolina. This academy currently serves 100 ninth-graders. Next year we will add a new group of freshman, and the school will continue to grow in this way until it reaches full enrollment with grades 9-12.

Our school system faces some real challenges: more than half of our students receive free or reduced lunch, and over 50 languages are spoken in the homes of

Buncombe County students. Students face problems including poverty, hunger, mental illness, and many other issues. It is our job to teach all of them, and to continue to improve our ability to do so.

And we continue to show successes: with our SAT scores, BCS consistently ranks in the top five of the 115 school systems across the state, and our 2014 four-year graduation rate was 83.2%. We are number 18 in the entire US for our number of National Board Certified Teachers.

The Reynolds District comprises the southeastern part of the county. Our district is named for A.C. Reynolds High School — the home of the Rockets. A.C. Reynolds Middle School is across the street from the high school and feeds into it. We share Cane Creek Middle School with the Roberson District; students leaving Cane Creek are divided between Reynolds and Roberson High Schools. We also have four elementary schools in our district: Fairview, Bell, Oakley, and Haw Creek.

Over the coming months in this column, I plan to provide individual profiles of each of these Reynolds district schools, so you can get a sense of their personalities and learn about the ways that you can get involved and help our students and schools succeed.

Here's the best part of this New Year's Resolution: I am here to help, and you can get involved right away! See the accompanying information box for upcoming events at our Reynolds District schools. If you see me there, please introduce yourself. I look forward to getting to know you.

January Public Events Reynolds District

Wednesday, January 7, 3 pm — Oakley School Improvement Team meeting

Friday, January 9, 8:15 am — Oakley Geography Bee

Tuesday, January 13, 7 pm — Cane Creek Strings Concert

Thursday, January 15, 3 pm — Haw Creek School Improvement Team meeting

Saturday, January 17, 6:30 pm — Fairview Move Night (in the FES gym)

Thursday, January 22, 3 pm — Fairview School Improvement Team meeting

Saturday, January 24, 11 am — Mid-Year Graduation Ceremony, Thomas Wolfe Auditorium

Tuesday, January 27, 7 pm — All-County Band Concert, North Buncombe High School

Tuesday, January 27, 8 am — Cane Creek School-Wide Spelling Bee

Thursday, January 29, 4 & 5:30 pm — Oakley Mighty Oak Student Success Programs

Test Proctors Needed

Test proctors are needed at Reynolds High on **January 9 and January 12-14**. To volunteer, go to the Reynolds High School website at <http://www.buncombe.k12.nc.us/site/default.aspx?PageID=20553>

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Facebook Newsfeed simplified

Facebook has made changes in News Feed settings that should help you focus (or refocus) on groups and people you follow. When you see a story you don't want to follow anymore, click the arrow by the story to tweak settings. And, while you are dealing with Facebook, check out their newer Privacy Shortcuts menu in the top bluish bar, look through the Privacy Checkup, and read through their Privacy Basics, paying attention to the section on "What You See." Since Facebook will have a new Terms of Service and other agreements going into effect on January 1st, I should remind you that whatever you read about Facebook owning your content is not true, you have copyright protections, they just can use it in a variety of ways to help their advertisers know more about you.

Security for Texts and Facebook

With rising concerns about text message security, you might want to check at EFF.org and look at their secure messaging scorecard, search for it in their upper right search box on their home page. With all the talk of Facebook changes and expansion, I have seen more emails contending that Facebook has changed my password for security and suspicious activity from some location. Checking the actual senders address, sometimes you have to click on the senders address to see the real address, always shows an email address other than Facebook. So, be safe.

Saving YouTube

If there is a YouTube video you want to save, have it open in your web browser, click into the address bar and add two letters before the youtube.com part, after the www part. The two letters are "ss," that is two esses, and tap the enter key. You will end up at a video converter and downloader site called savefrom.net with download links for mp4 versions of that YouTube video.

Backups

Here are a few things you should think of when thinking of backups. To have an alternative internet provider, you might be able to set up your smart phone in "tethered" mode, so that it connects to the internet and also sets up a Wi-Fi hotspot for laptops and tablets. Just be careful of the data plan limits you might have. What about having an alternative device to connect to the Internet, to your email, to other data you might have been saving into the "cloud?" You should back up passwords also, and let someone else know where they are, in case you cannot get to them. And, about important papers, don't forget to have copies of the top 25 documents to save, as advised by the Wall Street Journal.

More Wiki, please

Wikipedia may have great information but it is merely pretty unless you use a browser extension from wikiwand.com. Try it and maybe you will get excited again about Wikipedia.org.

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

Vibrate with Your New Year's Resolutions

by Gayle Ray, Reiki Master, Inception Point Therapy

"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

— Albert Einstein.

So what stops us from matching the energy frequency of our New Year's resolutions? One thing that can stand in our way is harmful emotions. Say we have a very traumatic childhood and experience emotions that make us feel unworthy, unloved, and unsupported; as we go through life these emotions can hinder us from creating a satisfying relationship, exciting career, and even good health.

We are living in an incredible age of energy healing. There are many healing modalities that are used now that work with transforming energy. Healing Touch and Reiki, which use energy coming through the hands to heal and raise the vibrational level, are starting to be used in hospitals around the world and also here in Asheville.

The Akashic Records can also be used to connect us to the records of our soul, to receive answers and do healing work. Edgar Casey used these Records in his work years ago, and the Bible speaks of them as The Book of Life. Just being in our Records raises our vibration, as they are vibrating with peace and love.

A new technique, Inception Point Therapy, goes to the inception point (the beginning) of a block and releases shock and trauma, allowing us to do forgiveness

work, release harmful emotions, and then downloads new resources like love, self reliance, security, and courage. By doing this we create an atmosphere where we can move into a higher vibration and attract to us positive things we want.


What is vibrational level? An easy way to think of this: when we are having a good day, we feel expanded and more loving towards ourselves and others; we are vibrating at a higher level then. The opposite would be when we feel depressed and feel out of alignment with the world around us, and we vibrate at a lower level.

We are fortunate that there are many teachers and practitioners in this area who do energy healing work. You can work with them and you can also take time to create a healthy environment to bring you into vibrational alignment with your new resolutions. You can do forgiveness work, release harmful emotions that hold you back and open to new resources that support you. You can also visualize yourself in your future with these new resources and experience what it feels like to be living your resolutions.

Here's to a prosperous, peace filled, New Year where you can come into vibrational alignment with your resolutions and they can become your reality.

"Any man can, if he so desires,
become the sculptor of his own brain."

Santiago Ramón y Cajal, 1852-1934
(The father of modern neuroscience)



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A Note of Welcome: Sue Richards, Celtic Harpist

by Lynn Stanley

If anyone's heard the sweet, lilting music of a Celtic harp along the roads and byways of Fairview these past few weeks, it hasn't been your imagination: award-winning harpist Sue Richards has joined the Fairview community, relocating with her husband Bill from Washington, DC.

Sue Richards is an internationally known performer, teacher, composer and author. After first studying the concert harp, she took up the Celtic harp and the Irish and Scottish traditional music of her heritage. Sue has performed many times for the Embassy of Ireland in Washington, DC, and has played for President Bill Clinton, Queen Elizabeth II and President and Mrs. Bush. In Scotland, she has performed in Glasgow and at the Edinburgh International Harp Festival, and she recently toured Norway and Sweden.

Sue can also be heard on many recordings, both solo and with groups including the Grammy-nominated Ensemble Galilei, a group of players from both classical and Celtic traditional backgrounds who play Irish and Scottish, Early and Medieval music, as well as original compositions.

In addition to multiple Washington Area Music Awards, Sue has won the American National Scottish Harp Championship four times, and is now a Scottish Harp Society of America (SHSA) Distinguished Judge. She has also served as president of SHSA and of the Washington, DC Folk Harp Society.

Have Harp, Will Travel

Sue was kind enough to find a moment to visit with us in December, during a few days' respite between two weekend performances at St. John's College in Annapolis, Maryland and at the National Gallery of Art in Washington, DC.

This kind of quick turnaround is standard operating procedure for Sue, who in 2014 had at least 22 performances and workshops on her schedule, with private lessons fitted in between. With this in mind, we asked her whether her move to Fairview from Washington might mean a move to a less peripatetic schedule as well as a smaller



Sue Richards and fellow members of the Ensemble Galilei

city. Perhaps a little, she said, but her love for music, performing and teaching will still keep her very active. She'll continue traveling, with workshops already planned in Ohio, Maine and Washington; and later this year she will be going again to Scotland to give concerts with various groups there.

Fairview Finds

Sue and Bill visited Asheville a number of times, and the Land of Sky worked its magic on them as it has on so many of us; they began looking for houses in the area and found what they were looking for in Fairview. Now they are discovering more Fairview treasures. Husband Bill, who works from his home office, is already listing some Fairview favorites. Bill is a cheese lover, Sue reveals, and has been particularly delighted to learn of the artisanal cheesemakers close at hand.

Sue also says that there is one thing that they are happy **not** to find here... *Washington-style traffic!* In just the few weeks they have lived here, she says, the massive flows and jams in the Capitol City streets have mercifully faded in her memory. "I got used to Fairview traffic really fast," she laughs, and adds that now each time she returns to the District of Columbia she is shocked anew at how difficult it is to drive there.

Sharing The Music

A talented and interesting new neighbor is always a gift to the community, but we're happy to report that Sue will be sharing even more of her gifts with us.

As a member of the Ensemble Galilei, Sue has given many free performances at military hospitals and facilities in the DC area and across the country while the group toured. Now



Sue Richards and her harp.

she plans to approach the VA facility here and offer to play for residents and patients. We are certain she will find that her giving spirit fits right in with our supportive and caring Fairview community.

The Trio in particular has done a variety of charitable concerts. "We offer 9/11 concerts with music and readings, and have played for Wounded Warrior Foundation retreats, playing quiet music at night, mostly for those suffering from PTSD," Sue explains. "We

also do just concerts of our favorite music. The whole ensemble often goes to VA hospitals when we are on tour."

Equally exciting news for local music lovers is that just as she did in Washington, Sue is planning to offer performances and private lessons in the Asheville area. She has extensive experience playing at events such as house concerts and weddings, and is renowned for her excellent teaching at all levels of student skill.

Welcome to Fairview, Sue and Bill, we're glad you're here ... and you may be seeing us again very soon, because with what we've learned about our wonderful new neighbor, we are very tempted to find ourselves a harp and sign up for lessons.

For more about Sue Richards and lessons and bookings, visit her website at suerichards.net. The site includes links to listen to her exquisite music, both solo and in ensemble.

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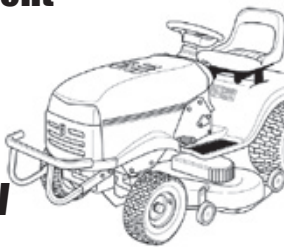
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Ava

Ava is a Giant Schnauzer born in March 2013. She weighs about 60 pounds and is house trained and crate trained, but has some separation anxiety (mainly whining/barking when left alone). She should be crated when unsupervised. She loves to play with other dogs and would do best in a home with another dog her size to play with. She is fine with cats and calm children. Ava knows "sit," LOVES belly rubs, and has a hilarious personality. She is still a puppy — playful, romping around, jumping on me, etc. Ava must be supervised in a fenced yard and her owners must be willing to work with her to overcome her fears. Email angieelmofrog@yahoo.com for more information.



Fancy

Fancy is a gorgeous, sweet little girl looking for her forever family. She has the most stunning deep calico markings, and is good with other cats. Come visit Fancy at Brother Wolf Animal Rescue's Adoption Center at 31 Glendale Avenue in Asheville. She'll be waiting for you!



Bella

Bella the rabbit was born in May 2008. Please contact Ellen at ssd101@charter.net for info.



Charlie's Angels Animal Rescue

Call 885-3647 or wncanimalrescue.org

Bubbles

Bubbles is a 2 year old Beagle/Dachshund mix breed. Very friendly, good with other dogs and cats. Loves kids, snuggles and great companion for any type of family.



Animal Haven of Asheville

Sage

A 3-year-old female, spayed Corgi/Dachshund mix. A wee bit shy at first but once she is comfortable, Sage is full of kisses and makes you feel like you are on top of the world. Sage is good with other dogs and learning her manners in the New Leash on Life program.



Moxy

A 1-1/2 year-old female, spayed Border Collie mix. Moxy is a fun loving dog with a great personality. She likes to play with other dogs and people, enjoys car rides and life in general. She is currently honing her skills in the New Leash on Life program but is looking for a family now.



Mia

One of the sweetest faces you'll ever see, "Mia" is a gentle and playful hound. She is 3 years old, loves playing with Moxy and being loved by people. Also in the New Leash on Life program, she is earnestly wanting to be in a family for the New Year.



FOUR LEGS, FUR & FEATHERS!.....

Laser Therapy for Your Pet

by Dr. Dean Hutsell, DVM, Fairview Animal Hospital

The technology for the use of lasers in the treatment of various pet diseases and injuries has been established through research. The type of laser used in such treatments is a Class IV laser.

Lasers are classified from I-IV according to their potential to cause damage to biological tissue. Class I lasers consist of those used in compact disc players and laser printers. Class II lasers are those used in applications such as bar code scanners. Class III lasers are those used in laser pointers. Class IV lasers are divided into two groups, surgical and therapeutic. Surgical lasers are used to cut tissue, while therapeutic lasers heal tissue. All lasers are harmful to the eye, and thus special protective eye wear is needed when laser therapy is in operation.

The therapeutic laser is the one that is used to treat and heal tissues. The Companion Therapy Laser used at Fairview Animal Hospital is made in the USA and uses amplified light to treat various health issues. It is not painful to the pet. In fact, it alleviates pain. Light penetration into the body (photons) stimulates the body's cells. This is called photobiostimulation. This stimulation results in increased leucocyte activity (white blood cells that fight inflammation and disease), increased blood vessel regen-

eration (regrowth of injured blood vessels), increased strength of tissue, increased cellular response that all end up causing reduced time to heal.

Laser therapy can be used to treat many medical conditions and can be used alone or with other medicines and medical therapies. Use after surgery results in increased healing time of the surgery areas. Wounds, chronic infections, dental conditions, joint disorders, spinal issues, all benefit from laser treatment. Laser therapy should not be used in some cases and those include areas where a growth plates has not closed, the eye, cancer, reproductive organs, actively bleeding sites, pregnant animals, areas that have had injections of medication or in animals that are taking photosensitive medications like tetracycline.

With the Companion Therapy laser as part of your pet's treatment plan it can now have the benefit of reduced healing time and scarring, reduced pain, improved mobility and less oral medications. Veterinarians using the class IV Companion Laser have been impressed with the results it provides. Be sure to discuss the advantages of Class IV laser treatment for your pet's specific problem with your veterinarian.



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Mockingbirds and Other Mimics in Western North Carolina



It's a cold winter day and you're walking to the office or back from a quick trip to the grocery store and you hear a bird singing. This is the very conversational Northern Mockingbird, which sings pretty well throughout the year.

Even many non-birders among us are familiar with mockingbirds. Compared to many birds, they are obvious, noisy and



Gray Catbird

very easy to see. They sing from exposed perches, chase the cat and can be generally fairly annoying.

Northern Mockingbirds are found from coast to coast throughout the US and are resident in our area of the Carolinas throughout the year. They are about the

size of a slim American Robin, with a long grey, black and white tail. Their overall pale gray plumage is only broken by a black line in front of the eye and black and white wings. They also have a somewhat staring yellow orange eye that seems to make them appear even more inquisitive. Aside from a few records in Alaska, Mockingbirds occur in every state in the country and have habituated very well to the human adaptation of the environment. Actually, Mockingbirds seem to prefer a more open habitat and they have become a common sight in towns and gardens throughout the country.

A close relative of the Northern Mockingbird is the Brown Thrasher. This large brown bird scratches around in the leaf litter, its long red-brown tail enabling it to turn suddenly as it uncovers choice grubs from below the dead leaves. Brown Thrashers are found from Southern Canada deep into the Southeastern United States and almost as far south as the Mexican border. In the majority of its range the Brown Thrasher is a summer visitor, but here in Western North Carolina we are on the southern border of its all-year-round range, with most individuals slipping south into the Piedmont where they will spend the colder months of the year. It is during the spring when the Brown Thrasher comes into its own, and the male flies higher and higher into a tree to sing from the very pinnacle of its territory. The rich song seems to reverberate through the slowly greening woodlands where the male is often the first of the spring birds to make an appearance. The song comprises

pairs of phrases, each one seemingly richer and more guttural than the preceding. It's one of those songs that epitomize the arrival of spring. As the first flower buds break through the brown soil, the first bird songs break the winter silence, and it's usually the Brown Thrasher leading the charge into springtime.

Brown Thrashers spend most of their time on the ground, where they feed on invertebrates under the leaf-litter. They will readily come to bird feeders, but again spend most of the time feeding on seeds that fall down from above. Watching one hammer into a sunflower seed, its beady yellow eye glaring, is certainly an entertaining sight. They tend to skulk under the feeders, rather than sit and feed as does a Cardinal.



Mockingbird

The third species of mimic thrush in the Eastern US is the Gray Catbird, another common bird here in Western North Carolina during the summer months. Smaller and more uniform in coloration than

either the Mockingbird or the Thrasher, Gray Catbirds are slate-gray with black caps and tails. The only color is the chestnut crissum or under-tail coverts, which is always a challenging field-mark to glimpse. Catbirds are common breeding birds in brushy edges, wet thickets and even back-gardens throughout our area. Even a stop along any of the many overlooks on the Blue Ridge Parkway should produce one or more of these somewhat skulking birds. Often the only clue to their presence is the discordant song rising up from the dense tangles. Gray Catbirds are semi-hardy birds and commonly winter along the coast, with rare individuals deciding to spend the colder months of the year even as far inland as Asheville.

All three of these mimic-thrushes have similar songs, although they can be easily distinguished by the number of repeated phrases in their songs. Catbirds rarely repeat a phrase; thrashers usually double up their phrases, while mockingbirds will often repeat their phrases three or more times.

Like any aspect of birding, learning bird songs takes a little time, but that's the beauty of going out and enjoying the outdoors.

Photos by Simon Thompson

Simon Thompson owns and operates 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 or visit 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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REAL ESTATE STATS

Fairview Real Estate Transactions November 2014

Statistic	Nov 2014	YoY	MoM
Total Sold Dollar Volume	\$4,241,700	+ 43.5%	+ 7.1%
Closed Sales	17	+ 70%	+ 30.8%
Median Sold Price	\$210,000	- 23.7%	- 20.8%
Average Sold Price	\$249,512	- 15.6%	- 18.1%
Median Days to Contract	43 days	- 6.5%	- 25.9%
Average Days to Contract	105 days	+ 94.4%	+ 6.1%
Median Days to Settle	123 days	+ 10.8%	- 10.2%
Average Days to Settle	144 days	+ 13.4%	- 20.4%
Median Price per Sq Foot	\$127	- 4.5%	- 18.6%
Avg Sold to Orig List Ratio	91.64%	- 2.4%	+ 2.5%

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 coolmntnl@gmail.com or call 628-3088 for a personal response.

A Chinese Neighborhood



We try to pick a good neighborhood when we're moving to a new place, and for many of us garden-oriented folks, fair land and good soil is an important part of our choice. In that, we have something in common with the Chinese.

Though they are now known more for their enormous cities and huge construction projects, their agrarian origins and priorities show in the Chinese character for "neighborhood" or "homeplace." The square top part is the word for "field" and the bottom three crossed lines mean "earth, soil." Half a world away, we can still agree ... good earth helps to make a good home.

FINANCIAL FOCUS

by Stephen Herbert

What Can We Learn From the "Oracle of Omaha?"



Warren Buffet, the "Oracle from Omaha," is considered one of the most successful investors in history. Yet while the investment world may seem complex, Mr. Buffet's advice is actually pretty simple. Here are a few Buffet quotes, along with some suggestions on putting them to use:

"Whether we're talking about socks or stocks, I like buying quality merchandise when it is marked down."

Essentially, this means you should look for good investment vehicles whose price may have dropped. A "bear" market tends to drag down many stocks — even those with strong fundamentals and favorable prospects. These stocks might then be considered "bargains." One way to determine whether a stock is "expensive" or "cheap" is by looking at its price-to-earnings ratio (P/E). For example, if Company "A" has a share price of \$20 and earnings per share of \$4, then it has a P/E of 5. On the other hand, if Company "B" has the same share price of \$20, but has earnings per share of \$2, its P/E would be 10. So it would be considered more expensive than Company "A." Be aware, though, that the P/E ratio works better as a measure of cost when you are comparing two companies in the same industry.

"Time is the friend of the wonderful business, the enemy of the mediocre."

Be prepared to own quality stocks for the long term; over time, your confidence may be rewarded. On the other hand, if an investment is not of high quality, its flaws will be revealed over the years.

"If investors insist on trying to time their participation in equities, they should try to be fearful when others are greedy and greedy only when others are fearful."

Trying to "time" the market — that is, attempting to buy when prices are low and sell when prices are high —

is a difficult task. Too many people do just the opposite: They try to "cut their losses" by selling when the market is down and then go after the "hot" investment whose price may already be as high as it's going to go. Mr. Buffet clearly is not in favor of a market timing approach, and those who try to do it, he says, are probably better off by going against the crowd. Keep in mind, though, that even when holding investments rather than trying to time the market, investing in equities does involve risk, including potential loss of principal.

"When we own portions of outstanding businesses with outstanding managements, our favorite holding period is forever."

"When we own portions of outstanding businesses with outstanding managements, our favorite holding period is forever."

— Warren Buffett

investment, the better off you may be when you do sell.

"The line separating investment and speculation, which is never bright and clear, becomes blurred still further when most market participants have recently enjoyed triumphs. Nothing sedates rationality like large doses of effortless money."

The lesson here? Be an investor, not a speculator. A long run-up in the market can increase your wealth, but it may also make you prone to risky behavior if you think that all your investments will rise indefinitely.

As an investor, you may well want to consider Mr. Buffet's ideas — after all, they've sure worked well for him.

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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My time since the election has been largely taken up in meeting with business representatives, medical groups, educational and community leaders and in general learning much more about the vitality of life we enjoy in Buncombe County. What has suffered is my wood supply for the winter!

The dark cloud hanging over the North Carolina General Assembly in January will be the size and scope of the revenue shortfall for the current fiscal year. An already bare-bones budget will have to be slashed again if revenues are below projections, as they now appear to be. Meanwhile, our public schools continue to be underfunded, teachers are leaving, textbooks are lacking, and morale is sinking. Our court system is so underfunded there is talk of suing the General Assembly for the constitutionally mandated funds needed to provide basic justice in our state. Our proud university system has seen its budgets slashed. AB Tech is having to find private funds to pay for the equipment they need for their students' education, from nursing to beer brewing. Most other states are recovering from the Great Recession, but not North Carolina.

Too many other projects are being put on hold, waiting for I-26. And no doubt there are many more issues to face in Raleigh

Extending Medicare as a part of the Affordable Care Act looked like a possibility through the election season, as Governor McCrory seemed to support the action. House and Senate leadership have been more discouraging up until now. Every medical group I have met with, including Memorial Mission Hospital, Community Care of WNC and the Western Carolina Medical Society, have asked me to do what I can to extend Medicaid into North Carolina. This is a federal effort, 100% paid for by Washington (for now, and then 90% in 2016), to bring insurance coverage to our families and children. Billions of North Carolina tax dollars are going to Washington and then to other states. A recent economic analysis headlined that expanding Medicaid would

"...lead to nearly \$22 billion in Increased business activity and 43,000 jobs." The same study broke the numbers down county by county, and Buncombe would find 12,727 more people insured by 2017, 1,502 jobs created and over \$744 million in increased business activity by 2020. These are families, friends and neighbors who would be living better lives in our community.

I am committed to finding a way to pay all teachers, especially our veteran teachers, salaries that respect their commitment to their profession and our children. Our four-year goal should be to achieve median pay levels for North Carolina comparable with other states.

Funding our public schools loomed large in the election cycle, and remains a top priority for the 2015 Session. Again, the revenue sources look bleak. I am committed to finding a way to pay all teachers, especially our veteran teachers, salaries that respect their commitment to their profession and our children. Our four-year goal should be to achieve median pay levels for North Carolina comparable with other states. And the education issues go on beyond the funding. Excessive student and teacher assessment needs to be addressed. Fostering diverse educational opportunities for families will need to be carefully worked out. We have traditional community public schools, charter schools, private schools, a vibrant home school community and now perhaps virtual schools.

Environmental concerns dominated the campaign as well. We have our own local superfund sites at CTS and Chemtronics in Swannanoa that need to be cleaned up. Our state agency, DENR, has been underfunded and often polluters have not been confronted. The coal ash problems at the Duke Energy sites continue to worry residents across the state. The EPA has just ruled that coal ash is not toxic, and can continue to be recycled into concrete and wallboard and used as fill at our Asheville airport. Coal ash is second only to household trash in the USA in quantity, and is truly a daunting and long-deferred problem. It should not be

stored near rivers in unlined 'ponds.' And let's make sure the ratepayers (you and me) are not stuck with the removal bill. Also, the General Assembly will certainly give the green light to 'fracking' in North Carolina, over the overwhelming objections of our mountain voters. I would argue that a return of the moratorium is justified in light of the drop in energy prices; I would at least like to allow some local controls to be placed on the industry.

Transportation issues need to be resolved in Buncombe County, and I want to help complete the planning and funding of I-26 through Asheville. Too many other projects are being put on hold, waiting for I-26. And no doubt there are many more issues to face in Raleigh.

As someone who has been involved in my community for forty-five years, I am enjoying meeting so many competent and dedicated citizens working every day in their jobs and as volunteers to enhance life in our beautiful mountain community. I want to try to facilitate your efforts in any way I can, and consider that my job description. We live in a time of disillusionment with the effectiveness of our government, and I would love to help us all fall in love with our democracy again. I have no interest in dividing people and pitting them against one another. I serve everyone in my district, and look forward to seeing what we can do together. Please call me with your concerns, or better yet with your ideas for a better Buncombe at 828-628-2616 or 828-713-6450.

John Ager's Contact:

North Carolina House of Representatives

16 West Jones Street, Room 1004,

Raleigh NC 27601-1096

John.Ager@ncleg.net or jagerhng@gmail.com

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A Thank You to All Angels

This was going to be the worst Christmas my household had ever experienced but it ended up being blessed and bringing tears to my eyes. I have the Angels of Fairview to thank for it.

I haven't been in the Asheville area that long and came here after a particularly awful divorce. I was an at-home parent forced to reenter the workforce during one of the worst economies in history and Asheville is an even tougher market than other places for an older job seeker. So I've worked a lot of contract labor jobs that seemed to end more easily than they began.

I'll do anything to keep my children in my life, but this year, that meant sacrificing Christmas presents and even a tree in order to keep a roof over my head and the heat on. My children saw the stress this was creating for me and worried more than I knew. It all seemed black this year for the holiday at my house.

I've never had to ask for help before in my life and I've always been able to rely on my own mettle, but this has been a hard year.

I've worked various jobs from house cleaning to delivery driving, but all were a far stretch from the professional work I had done before I became a full-time parent. None of those jobs alone lasted or provided enough to support myself and my children. One thing that has lasted is my resolve to provide a loving home.

There was a person who knows about my circumstances but when this person heard that I didn't have a tree or budget for gifts for my kids, this kind heart stepped in and asked if the Angels of Fairview, a philanthropic group that helps as many as they can, could help.

The group provided me with a ham dinner, a gift card to shop for presents and another benefactor even donated a tree to me, paying for it out of their own pocket. When I learned that this community effort was going to help me out, it literally brought tears to my eyes- something that hasn't happened since the day I signed divorce papers.

I haven't felt part of the community until now. Partially because of the aftermath of stressful times, partially because I've been busy just trying to stay afloat, but this act of kindness has changed my heart and opened my eyes. I am part of Fairview. This land has ingrained itself on me and it's because of its wonderful people. And now, instead of lamenting the fact that I've been brought here under stress, I will stress the fact that I belong. And when I finally do land a professional job that will allow me to bring my livelihood alive and support myself in a comfortable manner, I will reach out as a member of the community to help those who need it.

I used to think of philanthropy as a way for rich people to feel good about themselves. I now know there is an interconnectedness to giving and receiving that creates community and that anyone can give of themselves to make their world better just by helping a neighbor.

So, to my benefactors, those who generously gave of themselves to benefit those in times of trouble, Thank You. You do more than help one family- you help connect a community. This is how Angels connect us to a world greater than ourselves.

Warmest regards to you and yours from a grateful, loving parent and a connected member of our community.



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

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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.

Ruth and Ranshaw

The Fabulous Baker Sisters

Ruth and Ranshaw may not seem like the most ordinary name for a bakery but then, this unique little bakery offering "Handmade Desserts with a Vintage Touch", located right here on Hwy 74A in Fairview, is no ordinary bakery. The bakery's name comes from the middle names of the two sisters who own and run it: Colleen Ranshaw Baxter Jackson and Clair Ruth Baxter. Even 'baby' sister Marie Bonnie Baxter works there and helps out when she is not attending classes at UNCA.

You have probably already enjoyed some of the fanciful treats that these sisters create. Since buying the pretty little yellow house in February 2013 and opening to the public September 1 of that same year, the sisters have been serving up a variety of cupcakes, cookies and cakes to folks from all over this area and those who are willing to drive the extra distance to enjoy something sweet and just a little more special.

Recently this bakery and these baker sisters have even been featured on the Cooking Channel in "Unique Sweets" which will air again on January 16 at 4:30 pm

Recently this bakery and these baker sisters have even been featured on the Cooking Channel in "Unique Sweets" which will air again on January 16 at 4:30 pm in case you haven't had a chance to catch this segment yet. They have been featured on many local TV stations as well; here and in South Carolina. Even though they have been open for just over a year they already have lines forming out the front door from time to time; especially on Tuesdays when they feature their famous cupcakes at buy 2 get one free.

Their mother, Jodi Baxter, says that Colleen developed a sweet tooth

at a very early age and could soon be found in the kitchen whipping up a batch of something sticky and good. In the 1990's the family lived in Saudi Arabia where the parents worked for the Aramco Saudi/American oil company. Maybe this is where they got some of the ideas for treats that are just a little out of the ordinary. On their website at ruthandranshaw.com it says: "At Ruth and Ranshaw's we love to cater



All three sisters were at home in the kitchen but Colleen is the one getting down to business with the mixer... younger sister Marie snuck herself in between her two older sisters.

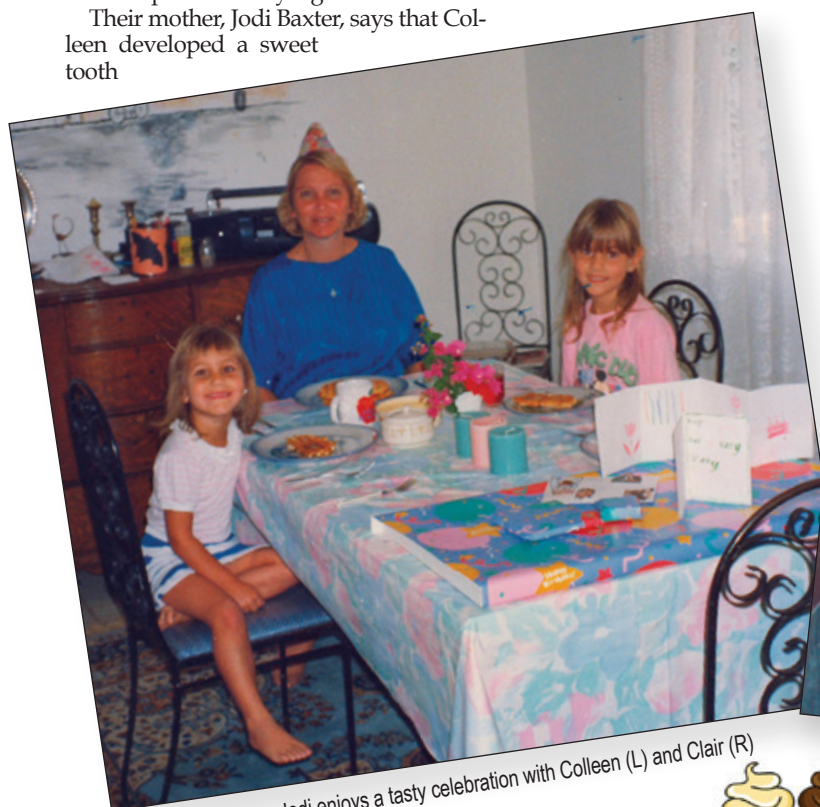


Those fabulous baker sisters...
Colleen (L) and Clair (R)

to those who might want to think outside of the "cake box" and provide interesting and delicious dessert choices for their guests. Our dessert tables are a great addition to weddings, rehearsal dinners, birthday parties, showers or any other festivities that you are looking to host. Of course we can also create customized wedding cakes for the big day or simpler, discount versions if you are hosting something small or working with

a budget. Let us help you plan everyone's favorite part of the meal and we promise we'll have all of your guests leaving with a sweet memory that will be just a bit different!"

The bakery is generally open Tuesday through Saturday from 10 am - 6 pm and the phone number is 338-9854. You can buy items from the case or place an order for pick up later in the day. Why not make a fun and tasty New Year's resolution [for a change] and stop in to see them in 2015!



Mom Jodi enjoys a tasty celebration with Colleen (L) and Clair (R)

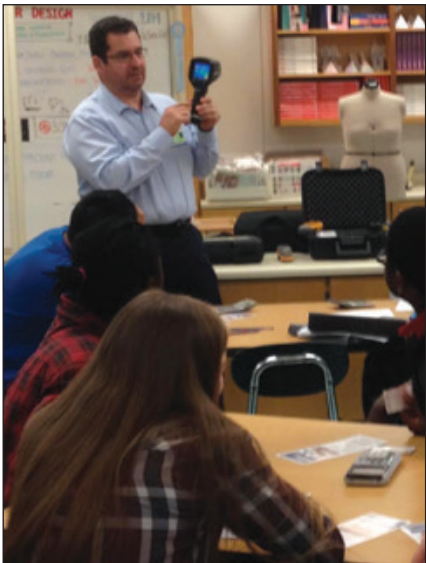


Those fabulous baker girls started young. Colleen at left and Clair at right.

Rainbow International Visits AC Reynolds

In November, Ed and Mary Palermo of Rainbow International Restoration, a home and commercial cleaning and restoration service, spoke to an AC Reynolds class about entrepreneurship and their business. They showed the students some of the tools used in their business, explained about ownership discounts when working for their franchise and finished the class with a fun quiz, giving a prize to two winners.

Rainbow International is located in Fairview. For more information visit rainbowintl.com.



Local Highlight: The Electric Guitar Shop

by Mark Kornreich

I have spent the last 10 years buying all my musical instruments and accessories from big national stores or online. My thinking was that locally-owned music stores where a thing of the past. In days gone by I could walk into my local music store and it was like Norm walking into the Cheers bar; everyone knew your name or was eager to meet you, and always willing to help and offer expert advice. But now it seems that big companies have pushed out the little mom-and-pop stores.

That is why it was so refreshing when, almost hidden in the small town of Fairview, in a little shopping strip just off the main road, I found The Electric Guitar Shop. As I stepped past the neon guitar signs that hang in the front and past the vintage amps and guitars that adorned the front windows, I knew immediately that the national stores had lost a customer.

The inventory is not as large; there were not hundreds of guitars hanging on the walls. But every guitar that I picked up and played was in perfect shape. Unlike the guitars I have gotten out of a national store or online, where the action is so high most high school high jumpers could not clear the strings, and frets sharp as razors. I was then greeted by the shop's owner. "Welcome, I am Reynard," he said to me as he offered a warm smile and handshake. It was immediately obvious to me, as he showed me around the store and inquired about my

musical history, that here was a real music aficionado with a large knowledge of musical instruments and how to fit each individual musician's needs. After having built my musical profile he suggested 4 guitars that he felt would fit my needs and offered me a stool and amp where I spent the next 2 hours trying each guitar without feeling any pressure to hurry up and buy.

As I sat there strumming I had a chance to watch the comings and goings of the other patrons. I saw musicians that I have been watching on local stages walking in and out getting the tools of their trade, people getting advice on where to get lessons or how to improve their rigs, and one guy just coming by to thank Reynard for the amp he had loaned him when his had died just hours before a gig. You're just not going to get that kind of service from a national or online store. I did not buy a guitar that day, but returned a week later, where I spent another 2 hours trying out the 4 guitars and bought two of them.

It is the locally owned stores like The Electric Guitar Shop that make local shopping a pleasure and increase the value of a town. The personal service, quality products and expert advice more than make up for the few dollars I may save somewhere else. So, when possible support your locally owned businesses, because they not only offer better products and the personal service that you want in your shopping experience, but give character and value to your town.



Thank You from KD's One Stop

KD's One Stop sends "a BIG thank you to everyone who donated toys or money for our toy drive supporting kids in our community! We were able to collect 45 toys and over \$500 which will be used to buy clothes, shoes and any other items needed by these children. With the amount of support we received we will be able to put smiles on the faces of 10 children come Christmas morning. We are truly blessed to be a part of this community!"

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NOTICE TO CURRENT MEMBERS: Renew before January 15 at last year's rate of \$50. New rate for 2015 membership is \$60 per year.

Welcome New Members

- Park Ridge Health - South Asheville

Year End Holiday Party

We had a great holiday party at Highland Brewing in early December with over 110 in attendance. The food was fantastic from Moose Ridge Catering and The Local Joint, plus Ruth and Ranshaw highlighted the desert table with chocolate cupcakes, Highlands espresso filled French macaroons, peppermint brownies, and beer-amisu... tiramisu with Highlands Mocha Stout! Not only was it a great time but members brought donations for Toys For Tots, Food For Fairview, The Lord's Acre and Charlie's Angeles Animal Rescue. A big thanks goes out to our helpers.



January Member Meeting

The next meeting will be *Thursday, January 8, 6 pm* at Fairview Forest Community Center at 150 Fairview Forest Drive (Take Old Fort Road from 74A, make left onto Wright's Cove Road (just past Church Street) and left into Fairview Forest. Community Center is on the right). Kicking off our new 10 minute mini seminars, Sandie Rhodes will show examples of great marketing at little expense. Let us know if you have any tips or requests for short 10 minute presentations on social media management, networking, etc.

Keep In Touch

Search for Fairview Business Association on Facebook and join the group. We post reminders about meetings and events, members can post promotions, updates, and recommendations to fellow members, etc. We are looking for pictures of people with their business name/logo to post on the page so we can identify names and faces with businesses.

FairviewBusiness.com

Have you logged into your FBA account recently? This is a good time to be sure your business information is correct and that your email is still current. And, of course, to renew your membership before January 15!



KEEP IT LOCAL with 120 FBA Members

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Perry A. James, CPA, PC 628-2000
Kledis & Company, Inc. 258-9616

Artisans

Appalachian Designs 628-9994

Art Classes

Willow Wisp Farm Studios 348-4732

Auto/Truck Detailing/Sales

High Country Truck & Van 285-9981
Kounty Line 298-4889

Banks & Financial Planning

Asheville Savings Bank 250-7061
Edward Jones 628-1546
First Citizens Bank 628-1534
Security 1 Lending 707-3493

Building/Maintenance Services

AA Diamond Tile 450-3900
All Seasons Heating & AC 651-9998
Aqua Pump Services 450-3900
Cane Creek Concrete 230-3022
Sugar Hollow Solar 776-9161

Business Services

Covan Enterprises 298-8249
Progressive Profit 628-9021

Cleaning Services

Cinderella Cleaning Service 713-2798
Rainbow International 333-6996
Steam Master Carpet & Upholstery Cleaners 628-9495
Two Amazing Ladies 919 427-2706

Computer Services

Scobie.Net 628-2354

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Appalachian Log Homes 628-3085
Bee Ridge Electric 777-4676
Black Sheep Builders 606-6122
Cool Mountain Construction 778-2742
Deck Doctor, The 231-5883
EnergyTech Builders 919 427-2704
Green Acres Eco Community 681-0851
Moose Ridge Design & Const. 777-6466
Vintage Remodeling 628-1988

Eyecare Center

Visual Eyes Optometric 628-6700

Education/Instruction

Advanced Edu. Tutoring Center 628-2232
Fairview Preschool 338-2073
Lacey Pelly Dance 776-3729

Equipment Rental & Repair Services

Carolina Equipment Rental 628-3004
Ed's Small Engine Repair 778-0496

Electronic Cigarettes

Mountain Vapure 335-0598

Firelogs - Renewable

Mountain Vapure Renewables 702-8961

Fitness/Exercise

Karakido Martial Arts 712-1288

Home Inspections

Mountain Home Inspections 713-9071

House Rentals - Short Term/Vacation

Cloud 9 Relaxation Home 628-1758
Greybeard Rentals 669-1072
Sabél Apartments 232-1042
The Cove at Fairview 628-4967

Jewelry Making

Beads and Beyond 222-2189

Insurance

Gloria Berlin Agency/Allstate 298-2483
Prime Time Solutions 628-3889
Stovall Financial Group 275-3608
Tammy Murphy Agency 299-4522
Trout Insurance 658-1472

Landscaping/Excavating

B&B Tree Service 778-1987
Beam's Lawn & Landscape 778-4282
Blacksmith Landscaping 777-1901
Fairview Landscaping 628-4080
Graceful Designs 712-8147
Ray's Landscapes 628-3309

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Delia Design 279-8412

Marketing | Promotion | Printing — Cont'd.

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PostNet of Central Asheville 298-1211
Re.Solutions 628-1422

Markets | Farm Stores | CSAs

Cane Creek Asparagus & Co. 628-1601
Flying Cloud Farm 768-3348
Hickory Nut Gap Farm 628-1027
Trout Lily Deli & Cafe 628-0402
Troyer's Amish Blatz 280-2381

Medical Services

Apex Brain Center 681-0350
Fairview Chiropractic Center 628-7800
MAHEC Family Practice at Cane Creek 628-8250
Park Ridge Health South Asheville 681-5327
Riskin, Ted LCSW 338-5020
Skyland Family Rehab Center 277-5763
Western Carolina Physical Therapy 298-0492
Willow Creek Medical Transportation 301-7651

Monuments

Martin Monuments 298-8282

Music Bookings

Two Gals Booking, LLC 450-5385

Newspaper

Fairview Town Crier 628-1422

Non-profits

Charlie's Angels Animal Rescue ... 704-506-9557
Food for Fairview 628-4322
The Lord's Acre Hunger Garden 628-3688

Pet Services & Supplies

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Fairview Kennels 628-1997
Kilgore Property & Pet 989-4274
Specialized K9 Services 290-0923
Woof In The Woods 222-2222

Pharmacy

Americare Pharmacy 628-3121

Photographers

Catherine Vibert Photography 280-9373
Lynnepics 727-743-5378

Property Management/Pet Sitting

Kilgore Property & Pet 989-4274
Rent-a-Home of Asheville 676-6764

Real Estate Sales

1 Source Realty 338.0525
Beverly-Hanks, Danielle Vaeth 585-409-8790
Cool Mountain Realty 628-3088
Dwell Realty Group, The 702-9797
Exit Realty, Melissa Webb 333-4793
Greybeard Realty 778-2630
Sandy Blair, Realtor/Broker 768-4585
The Buyer's Agent 210-4663

Restaurants | Confections | Catering

Mountain Mojo Coffee Shop 209-8621
Nachos & Beer 298-2280
Ruth & Ranshaw 338-9854
Sonny G's Place 298-4888
Subway Fairview & Reynolds 628-3080
The Cookie Couple 707-1879
The Lobster Club 696-6555
The Local Joint 338-0469

Saw Mills

Cloud 9 Portable Sawmill 272-5507
Lumber & Logs 242-2874
Sunrise Sawmill 277-0120

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Cedar Ridge Animal Hospital 575-2430
Fairview Animal Hospital 628-3557

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Fairview Massage & Bodywork 216-1364
Intentional Wellness 919 260-7214
Long Time Sun Yoga 712-8001
Mia Elias Massage 279-4788
Mountain Oasis Day Spa 628-2060
Mountain View Healing Hands 628-1539
My Healing Cottage 713-9576
Pain Roper 209-8981

Web Design

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Handwoven Webs 367-6424

Interested in joining the Fairview Business Association?

Join at FairviewBusiness.com or send \$50 check to FBA, PO Box 2251, Fairview, NC 28730. FBA Voicemail — 828 338-9628 Leave message and someone will return your call promptly.

Backyard Permaculture

Growing up, my suburban bedroom looked more like a natural history museum than a teenage haven. Having always looked for solutions and inspiration from natural systems, I was grateful to learn about two similar concepts that do just that and have very practical applications to our everyday lives. The first is biomimicry — creating innovative, sustainable solutions to human challenges by emulating nature. (Think Velcro: the idea came from the way burrs stick to our clothing). The other is permaculture (permanent culture or agriculture) — a philosophy and design system for creating environments (yards included) that because they work with nature, require much less work, money, resources and time, while providing homeowners with food, shelter,

energy, waste recycling, material and non-material needs.

Here are just some of the basic ways of looking at your property through permaculture eyes:

1. Look for existing solutions to problems.

Where is money spent or work done that you'd like to eliminate? For example, I hate mowing (time, money, pollution). Some possible solutions are to turn my yard into food production, to use grazing animals to mow, to grow a meadow or grain crops, or to grow native, food-producing plants that require minimal care. Bonus: I also get food with many of these solutions.

2. Look for a minimum of three functions that each element provides.

When we think of an oak tree, for example, we might think of shade (which solves the problem of heat) and leaves (which are stored nutrients we can use on our gardens). But oaks also provide food (for livestock, wildlife and even people), a space for social gatherings or a hammock for one. Branches can be used for firewood, medicine, dye and crafting. The permaculturalist sees dozens of such uses, then pairs them with other elements in the system (yard)

3. Pair functions.

For example, in our yard, we raise chickens, so we planted a mulberry tree in the chicken pasture. The tree provides the birds with shade, insects, fruit and branches for roosting, and in return the birds eat the insects and the massive amounts of fruit that fall to the ground. In addition, we can harvest mulberries for eating.

4. Think in zones.

Whatever you use or visit most should be closest to your home. You'll naturally want kitchen gardens, herbs, chickens, the grill, compost piles, etc. near to hand, while fruit and nut trees and anything requiring less interaction can be farther away.

You can find much more information on this fascinating field online and in books. A book I highly recommend is *Gaia's Garden: A Guide to Home-scale Permaculture* by Toby Hemenway.



Most of us are already implementing many of permaculture's principles. Now it's a matter of seeing even more.



a tree grows here ...
the shifting earth has gnarled its roots
wind and frost have parched its leaves
people scorn its withered outside
no one sees its fine-grained heart
but when its bark is stripped away
what remains is real

~ ancient Chinese poem fragment



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Black Birch



As a child, my favorite chewing gum was wintergreen and teaberry. Anything that had wintergreen flavor in it was a must for this rambunctious child, as I loved the sweet, minty flavor and still do, many decades later. It is such a refreshing taste and aroma, so to encounter a native tree filled with wintergreen oils was a great treat for a young man who spent every moment of his free time hiking the wilderness of West Virginia and Virginia.

Black birch, (*Betula lenta*) is a fairly common tree in the higher elevations and has a bark that is so similar to wild cherry that it is also nicknamed “cherry birch” or “sweet birch.” When I first encountered this tree, I was amazed by the beautiful glossy bark but when my friend and mentor broke a twig off a branch, stripped the bark with his teeth and gave me a piece, I was delighted as I chewed the end and tasted a burst of wintergreen that filled my senses. It became a favorite chewing stick, which was one of the traditional uses for this tree. Black birch existed in our cultures eons before the advent of dental care and was an important part of traditional native peoples’ culture and might have been considered one of nature’s first and most pleasant, original toothbrushes.

It has been a wild winter here in the Blue Ridge, as November felt more like mid-January with many cold nights approaching single digits, snow and ice, whereas early December had a good number of days in the 50’s and 60’s. Such is the nature of the mountains, and what lies in store for us in this New Year shall remain a mystery until it arrives. I went for one of my favorite ridge top hikes, enjoying the expansive views of all the naked trees showing the beauty of their branches. I had just crossed under one of those magnificent ancient rhododendron tunnels that looked like it was part of the Hobbit landscape when I encountered an old favorite tree growing by the trail’s edge. I thought from the color of the bark that I knew what it was, but with Black Birch, the easiest way to know for sure is to break off a small twig, scrape the soft bark off and smell. If it smells like strong wintergreen, which this tree did, it is black birch. As I gently chewed the twig, the wintergreen flavors were unleashed, and that twig accompanied me for the next hour of my hike.

Black Birch gets its name from the bark of the tree but unlike its famous cousin, the white birch, it does not have a papery thin bark; rather the bark is thick and dense and the wood itself is much harder and more compact than other birch species. Black birch is a beautiful tree, its bark resembling

that of black cherry, lustrous, smooth, and dark red on young trees, and black, with loose, curled, scaly black plates on old trees.

These trees prefer moist, deep, slightly acid, well-drained soils but they also thrive on rocky, drier sites, where large specimens can grow into twisted, gnarly, magical trees.

A nickname for Black Birch is “mountain mahogany” as the strong wood is utilized for products that require solid construction such as furniture and flooring.

Black Birch is native to eastern North America and its range extends from southern Maine south into our Blue Ridge Mountains. The buds, twigs, and catkins provide food for grouse, deer, hare and squirrels.

Black birch was utilized for the production of wintergreen oil before the advent of synthetic chemicals. In fact, so many trees were once harvested for their wintergreen oils that the tree became scarce. In recent years, it has made a comeback from the days of over-harvesting and has thrived in the niche generated from the demise of the native chestnuts. It is also growing well in areas where hemlock stands have been decimated by the woolly adelgid. Nature has a way of constantly adapting and shifting its energies in creative and surprising forms.

Black birch sap is also edible; the sap of these trees flows about a month later than maple trees. It can be gathered in a similar fashion and boiled down to make a molasses-like syrup but requires 3 times the sap of maple trees to make a syrup.

Black birch is famous less for its timber than for “birch beer.” The 1940’s classic book *The Natural History of Trees* describes the process of making birch beer:

“Tap the tree as the Sugar Maple is tapped, in spring when the sap is rising and the buds are just swelling; jug the sap and throw in a handful of shelled corn, and natural

fermentation — so the mountaineers tell us — will finish the job for you.”

Nature provides us with everything we need and is such a powerful force in our lives. We are all fortunate to live in a region surrounded by such exquisite natural beauty and wonder. The wise 19th century Hindu sage Ramakrishna once said that “the winds of grace blow all the time and all we need do is set our sails.” Nature is filled with natural, free flowing grace that inspires and awakens us to greater healing and wholeness.

Whether it be a beautiful birdsong on a frosty morning, or the discovery of a sweet wintergreen-flavored twig on a winter hike, may our lives all be enriched and awakened by the ever present flow of natural grace, beauty and delight in 2015.



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Child Care Network.....	628-9243	Steam Master Carpet & Upholstery Clean.....	628-9495
Cinderella Cleaning Service ..	776-7350	Strom, Cynthia A., PA Atty.....	296-7550
Cloud 9 Farm.....	628-1758	Sugar Hollow Solar	776-9161
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Cool Mountain Realty	628-3088	The Cove at Fairview	628-4976
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Deck Doctor	231-5883	TP Howards Plumbing Co.....	628-1369
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Keller Williams, Jim Buff	771-2310	Fairview Business Assoc.....	338-9628
Kounty Line Station	298-4889	Fairview Library.....	250-6484
Local Joint.....	338-0469	Food for Fairview	628-4322
Long Tlme Sun Yoga	Visit us!	The Lord's Acre Garden.....	628-3688
		Meals on Wheels	253-5286



SPRING MOUNTAIN

807 Old Fort Road in Fairview

Annual Activities Planning Meeting — Friday, January 9, 9 am
Concealed Weapons Class — Saturday, January 24, 8 am–4:30 pm
 \$80 per person; guns, ammo, and lunch provided. Reservations required. Call Maria Horton at 778-0279.

Monthly Meeting — No meeting this month only. Meetings will be the first Tuesday of each 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, January 13, 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. We want to encourage all ages and assure everyone that it's really easy to learn to quilt.

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 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 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

SWA Pro Wrestling — Saturday, January 17, 3 pm.

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

UPPER HICKORY NUT GORGE

Highway 74A in Gerton

Community Covered Dish — Tuesday, January 20, 6:30 pm. Program: Gloria Black Anders, clinical herbalist, will present "A Holistic Approach to Coping with Colds and Flu." Gloria works for the American Herbalist Guild and is trained in the science of herbalism.

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

Continued from page 8

Cover your cough

You can also protect yourself by protecting others from your germs. Coughing and sneezing from colds and allergies this time of year is one of the fastest ways to spread sickness. Always remember to cover your mouth when coughing and sneeze into the bend of your elbow (not your hand). This prevents harmful germs that can cause sickness from being spread through the air.

Stay home when you are sick!

Unfortunately, we all sometimes get sick, often times "catching" it from someone else. Though it may not always be possible, to best way prevent passing illness on to someone else when feeling under the weather is to stay home. This is especially true if you have a fever or have been vomiting.

While it is impossible to live in a completely germ-free environment, we can certainly limit the spread of harmful germs, especially during the cold and flu season. Get vaccinated and practice good hygiene to keep you and those around you healthy this winter.

JUST PERSONAL

Owen Boyce Sullivan III

Owen Boyce Sullivan of Fairview died on Monday, December 1 at the John F. Keever Solace center in Asheville, after a long battle with Parkinson's and Lewy Body Disease. Those illnesses slowed him but never extinguished his generosity, wit, charm, love of travel or dancing skills.

Born in Florence, AL, in 1937, he attended Auburn University and the University of Florida. He served his country as a member of the Army reserves. Owen taught junior high school in Jacksonville and St. Augustine, Florida, before becoming a designer and leading salesman for department stores in Sarasota, San Francisco, Jacksonville, Detroit and Alexandria, VA. With his partner, he founded and ran three bed and breakfast inns in Martinsburg, WV and Asheville. He is survived by his partner of 40 years and frequently delighted victim of his practical jokes, Ripley Hotch. He made a family of his many friends all over the country. Our deepest thanks for the care and compassion given by MemoryCare of Asheville.



Celebrates 12th Year in Fairview!

Greetings from Luke Baunack

Sgt. Luke Baunack, son of Bill Baunack and Melissa Buchanan, sends holiday greetings to family and friends in his hometown of Fairview from Southwest Asia where he is deployed with the Air Force. He also sends a great thank you and appreciation to his wife, Lisa (Run-ion) Baunack also a former Fairview resident.



ON THE ROAD

St. Lucia, West Indies

Warmer days! Celebrating their 30th anniversary, Larry and Starla Basinger spent an enjoyable time visiting Starla's homeland of St. Lucia, West Indies. Here they pause to check out the *Fairview Town Crier* with their dear friend, Dorothy Fletcher of St. Lucia. The iconic Pitons (French for peaks) rise from the Caribbean in the background. The Pitons are mountainous volcanic plugs or spires.



New York, New York!

Western Carolina University was proud to be named the 2014 Macy's Thanksgiving Day Parade lead-off band. This position is highly coveted and was awarded to Western Carolina's "Pride of the Mountains" marching band. Former AC Reynolds band members **Cody Calvert, Julia Lamb and Andrew Capps** were excited to participate in the parade with "The Pride." Fairview resident Gina Calvert and her sister Lorri Jenkins from Washington, DC attended the parade and took some reading material with them. Gina said, "While our *Town Crier* got a bit wrinkled from the dampness and cold weather, our spirits remained wrinkle free."



L-R Cody Calvert, Julia Lamb and Andrew Capps



Lorri Jenkins and Gina Calvert bundled up but smiling on the parade route



WCU's marching band in Macy's Parade.

CLASSIFIED ADS

WANTED

LIGHT WEIGHT FLAT BOTTOM PADDLE BOAT FOR FARM POND, Fairview area. Email: pikwik@bellsouth.net, phone 628-1622.

WANTED TO RENT

ECONOMICAL, LONG-TERM HOUSING WANTED by awesome single dad with three well-behaved children. Will exchange sweat equity (painting, staining, power washing, hanging ceiling fans, etc.) for rental deal. References available. 512-567-3786.

FOR SALE

"BUCK" WOOD STOVE FIREPLACE INSERT fits 33" wide opening. Come see it and give us an offer at 18 Mission Lane. Phone 628-7875.

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

MAINE LOBSTERS & FRESHEST FISH AVAILABLE by www.thelobsterclubwnc.com. You will be amazed at our prices and quality. Details at our website. Join the club. No fees, no minimum order. Call Michael at 696-6555

RENEWABLE ENERGY FIRELOGS BURN LONGER, HOTTER, AND CLEANER THAN FIREWOOD. Call 702-8961. Free delivery in Fairview. \$4 per bundle. We got your warm, cozy fire.

SERVICES FOR HIRE

CHILDCARE

RESPONSIBLE YOUNG LADY LOOKING TO MAKE EXTRA MONEY. Will babysit after school & weekends. \$10 per hour at my house only. 505-9704 or 280-0351. Ask for Shelby.

CONSTRUCTION/HANDYMAN

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

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

HOME CARE / CNA

COMPANION/CNA available for Private Duty, In-Home Care. CPR, Hospice Certified. 15 years exp. with excellent references. Flex. hours, 24-hour shifts available. Dependable, non-smoker. Call 400-1699 cell.

HOUSE CLEANING

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

SERVICES FOR HIRE (CONT.)

GENERAL HOUSEKEEPING. Thorough job, I clean behind things! References. Call Peggy at 628-3634.

LAWN / YARD / CLEARING

PRAYTOR'S LANDSCAPING General Landscaping, Grading, Retaining Walls, Plantings, Mulch, Erosion Control, Drainage Work. Please call 674-4339 or email mattpraytor@yahoo.com

PET / HOUSE SITTING

CREATURE COMFORTS PET & HOUSE SITTING SERVICE Experienced, reliable, and loving pet care provided in your home while you're away. Available for long term house sitting. Excellent refs. 458.4927.

PLUMBING

RANDY THE PLUMBER has 35 years experience. All types of home repair at reasonable prices. "I can fix it!" 216-2081.

TRAVEL

VAGABOB TRAVEL – Small group guided journeys in Europe – culturally immersive – reasonably priced. For more information, visit www.vagabobtravel.com.

CLASSES

MUSIC CLASSES

MUSIC LESSONS – Patient, comprehensive instruction in guitar and mandolin. Bluegrass and jazz, other traditional styles. Over 40 years experience, references 273-3343.

EXPERIENCED PIANO TEACHER convenient location on 74A in Fairview. Artistic teaching. Children through adult. Free interview lesson. Call Susan at 777-0061.

JOB TRAINING CLASSES

GOODWILL PROFESSIONAL TRUCK DRIVER TRAINING. Ready to go places? Get your Class-A CDL in only four weeks. Costs 40-50 percent less than other local classes. Financial assistance available. Call 464-8001.

GOODWILL WORKSHOPS AND CLASSES. Want to get your CNA license? Need help with your resume? Visit goodwillnwc.org for class listings. Free and/or Financial assistance available.

WELLNESS CLASSES

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.

SPIRITUAL WORKSHOPS AND EVENTS holistic healing, intuitive spiritual readings. Online products store opening soon. The Blue Mandala, 1359 Cane Creek Road, Fletcher, NC 28732. Call 275-2755 or visit www.theblumandala.com.

WELLNESS CLASSES

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

NOTICES – AUDITION

SEASON AUDITIONS ON JANUARY 10 from 10 am–5 pm and **JANUARY 11** from 2–6 pm for Crest Mountain Presents. Call Katie at 828 337-2029.

The Fairview Town Crier

THE VOICE OF OUR COMMUNITY™

OFFICE OPEN

MONDAY – FRIDAY 1 – 5 PM

1185-F Charlotte Highway (office)

828 628-2211

Mailing address:

P.O. Box 1862, Fairview, NC 28730 (mail)

www.fairviewtowncrier.com

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CRITER CLASSIFIED ADS WORK!

Only \$10 for 20 words/25 cents each word over

Classified Ads must be PREPAID

Free Ads for Churches/Nonprofits/Yard Sales/Lost & Found

Email ads to office@FairviewTownCrier.com

Mail payment to: Town Crier Classifieds, PO Box 1862, Fairview, NC 28730

Subscriptions

Subscriptions are \$30 per year (Mail check to address above).

Submissions/Announcements/Events/Stories

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

Editorial Policy

The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our non-profit community newspaper. Information provided has been submitted and a best effort has been made to verify legitimacy. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier. Email editor@fairviewtowncrier.com or mail to Fairview Town Crier, PO Box 1862, Fairview, NC 28730. Letters of 400 words or less may be submitted. 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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1303063 10/13

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The Fairview Town Crier 2015 Advertising Rates

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

COLOR DISPLAY ADVERTISING RATES

Full Page Color	12X = \$330	6X = \$358	1X = \$385
Half Page Color	12X = \$214	6X = \$236	1X = \$253
Quarter Page Color	12X = \$132	6X = \$148	1X = \$160
Eighth Page Color	12X = \$94	6X = \$110	1X = \$122
Business Card Color	12X = \$60	6X = \$70	1X = \$75

BLACK DISPLAY ADVERTISING RATES

Full Page BW	12X = \$302	6X = \$330	1X = \$358
Half Page BW	12X = \$182	6X = \$204	1X = \$220
Quarter Page BW	12X = \$104	6X = \$122	1X = \$132
Eighth Page BW	12X = \$62	6X = \$78	1X = \$88
Business Card BW	12X = \$40	6X = \$50	1X = \$55

NONPROFIT AD RATE IS 20% OFF APPLICABLE RATE.

NOTE: 1X ads are payable in advance. **SAVE MONEY:** On an annual or 6 month contract, you can go up and down in size and/or color and still enjoy the discount. Prepaid annual contracts receive a 13th month free.

CLASSIFIED ADVERTISING RATES

Minimum **\$10.00 for 20 words**; 25¢ per word thereafter
[example: 27 word ad would be \$11.75.]

All classified ads must be prepaid.

Notices and personal ads not selling anything are free.

All print classified ads run online for free at
www.FairviewTownCrier.com

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Fairview Resident Since 1992



FAIRVIEW! Spacious 4 BR, 3.5 bath home, office, den, add'l room in bsmt, HOME WARRANTY, cov porches, 2 car gar on main & gar in bsmt, gorgeous .66 acre lot (add'l lot available), **MLS#551363, \$379,900!**



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, 2.5 bath home on .81 acre lot, HOME WARRANTY, beautiful lg covered porch, rear deck, FP, 2-car gar, \$12,375 down pmt, APR 4.19%, *\$1139/mo, **MLS#561941, \$247,500!**



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 covered front porch, large MBR, \$10,475 down payment, **APR 4.23%, \$964/mo, MLS#567518, \$209,500!**



REYNOLDS HIGH DISTRICT! Nice 4 BR 2 bath home, open liv/din area, HOME WARRANTY, quiet neighborhood, cov porch, near dwntrn & Blue Ridge Pkwy, \$8945 down, APR 4.22%, *\$823/mo, **MLS#573935, \$178,900!**



LEICESTER! 3 BRs, 2 baths, on 1/2 lot, cathedral ceilings, HOME WARRANTY, no maintenance vinyl siding, \$7,975 down pmt, **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 pmt, **APR 4.34%, \$690/mo, MLS#553876, \$149,900!**



NEW LISTING! East! Great 3 BR mfd home on beautiful level .85 acre, HOME WARRANTY, newer roof, ht pump, turn out windows, possible add'l home site, **MLS#573524, \$149,000!**



WEST! 3 BR, 2 bath home, covered front porch, level lot, convenient location. Will consider lease option. **MLS#552062, \$98,000!**

RESULTS!

Overlook DrPending in 7 days
Noble RdPending in 27 days
Cameila LanePending in 27 days
Lakewood DrPending in 7 days
Weldon WayPending in 24 days
Richmond AvePending in 3 days
Mitchell AvePending in 2 days
Max StreetPending in 7 days

Fairfax AvePending in 7 days
Hanover RdPending in 13 days
Pisgah View RdPending in 21 days
Elk Mountain RdPending in 8 days
Blalock AvePending in 35 days
Beech Spring DrPending in 5 days
Lynwood AvePending in 6 days
Meadowbrook AvePending in 5 days