



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • NOVEMBER 2014 • VOL. 19, No. 11 • FAIRVIEW, NC



November 2

**It's Your Right.
It's Your Duty!**

New Food For Fairview Pantry Hours

Food for Fairview is changing its hours of operation. Currently, they are open Fridays, 9 am-12 pm. The Pantry will not be open on Friday, October 31 but will RE-OPEN on **Monday, November 3** at its new time, **3-6 pm** and continued to open on Mondays from 3-6 pm instead of Friday mornings. Please help us get the word out to all clients, volunteers, and members of the community who drop by to donate items.

Can you help the Crier this month?

Can you spare one hour to help put labels on papers going to different post offices to be delivered to Gerton, Fletcher and Reynolds? Our group will meet **Wednesday, December 3 at 9:30 am** at the Fairview Library's community room. Please email Candice at office@fairviewtowncrier.com or call 628-2211 if you can help. You'll enjoy being a part of getting our community newspaper out. Speaking of community, stop by the new office sometime. Candice is there Monday-Friday, 1-5 pm. And there's a drop slot for after hours and a newspaper rack if you need an extra copy.

Holiday Shopping

EVERY SATURDAY RIGHT HERE IN OUR COMMUNITY!

Sugar Hollow Artisans Market

Exceptional handcrafted holiday gifts and special indulgences for self-gifting are just around the corner at the second annual Sugar Hollow Artisans Holiday Market on **Saturday, November 22, 10 am-5 pm** at High Meadow Events Barn, 200 Sugar Hollow Road in Fairview. The Market will feature a dozen dazzling artists from right nearby in the Hollow.



From nature-inspired jewelry, photography, and fiber art to intricate quilts, hand-crafted soaps and whimsical dolls, a dozen friendly, award-winning artists and members of the Southern Highlands Craft Guild will offer a multitude of gift choices for family, friends and for ourselves as well.

Shoppers will browse in High Meadow Events' beautiful post-and-beam barn, located just up the road from Hickory Nut Gap Farm. Signs will lead to the barn and valet parking will be available.



Artists will be Syb Adcock, Clayworks; Vicki Bennett, Fiber Art; Annie Cicale, Calligraphy; Tim Fischer, Pastries; Sydney Green, Fine Soaps; Molly Hamilton, Fine Soaps; Susie Hamilton, Watercolors; Melissa Kilgore, Photography, Jewelry; Paddy Lynch, Felt Art; Rebecca Kempson, Dolls; Barbara Swinea, Quilts; and Lynn Wright, Clayworks, Feathers.

All major credit cards will be accepted.

Fairview Craft & Gift Fair

The 11th Annual Fairview Craft and Gift Fair will be held on **Saturday, November 8, 9 am-3 pm** at the Fairview Community Center, 1357 Charlotte Highway.

The event will again feature local crafters and artists — everything for sale will be handcrafted — and the Friends of the Library book sale. Refreshments and lunch will be available. For more information email fairviewcommunitycenter@gmail.com.

Holiday Hoopla at Reynolds FD

Lots of local vendors and small businesses will be offering their wares on **Saturday, November 29, 10 am-2 pm** at the Reynolds Fire Department on Charlotte Highway. There will be a local food truck for hungry shoppers and free gift wrapping. You can even bring your gifts from Black Friday shopping and we'll wrap them for a donation which will be given to the Mission Children's Cancer Center.

See our ad on page 5 for more details.

Angela's Artworks Studio Show and Sale

Fletcher artist Angela Pressley opens her studio for the 4th Annual Show and Sale on **Saturday, November 15, 9 am-3 pm**, 106 Lytle Road, Fletcher. Wonderful gift



ideas will abound again this year at Angela's studio show. Contributing artists include Carrie Sircey, crocheted scarves, baby sweaters, purses and other items; Keith Wright, gemstone jewelry rings set in sterling; Lane Pressley, fine art photography of mountains and landscapes; Angie Wright, beaded jewelry and Swarovski crystal earrings; and Angela Pressley, clay and glass jewelry, stained glass



votive holders and Christmas ornaments.



FOUND CAT. NEEDS TO FIND ITS HOME OR A NEW ONE!



Found off of Upper Brush Creek near Brookdale Estates in Fairview. Beautiful green eyes. Male. No tags. Please call Patty Parr at 628-2783 or 545-2018 if you recognize him or can help by fostering or giving him a new home. It's starting to get cold out there and this little guy needs a home before winter.



NOVEMBER

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AROUND & ABOUT

Winter Light Show at NC Arboretum

For the first time in its history, the most visited landscapes of the Arboretum will be adorned with spectacular light installations to celebrate the winter season.



Winter Lights at the Arboretum will run from **Saturday, November 22** through **January 4, 2015**. Guests will have the opportunity to walk through the displays and see the gardens in a completely new way.

For information visit ncarboretum.com.

Us TOO Prostate Cancer Group Meeting

Us TOO of WNC, a prostate cancer support forum for men, caregivers and family members, will meet **Tuesday, November 4, 7 pm** at First Baptist Church of Asheville at 5 Oak Street. There is no fee to attend. For more information call 338-0290.

Asheville Humane Society's 11th Annual Taste of Compassion

This year, Asheville Humane Society's Taste of Compassion annual gala, on **Saturday, November 15, 6-9:30 pm** at the Crowne Plaza Expo Center, promises to be a fabulous evening of worldly delights that shouldn't be missed.

Throughout the evening, attendees will sample fine wines hand-selected from vintners around the globe and paired with delicious vegetarian fare from local restaurants and caterers to tantalize the taste buds.

Silent and live auctions will feature select items for the pet lover, local art and jewelry, travel packages, exclusive experiences and, last but not least, a brand new 2015 Outback from Prestige Subaru.

Medicare Update Class

The Council on Aging announces information sessions, Medicare Update 2015. The information sessions will explain what's new for 2015, how Medicare works, the enrollment process, how to avoid penalties and ways that beneficiaries might save money. The information sessions are free and open to the public.

November 7, 3-5 pm: Goodwill, 1616 Patton Avenue, Asheville.

November 12, 3-5 pm: Black Mountain Library, 105 Dougherty Street, Black Mountain.

November 21, 3-5 pm: Goodwill, 1616 Patton Avenue, Asheville.

Womansong Shines in "Light the Lamp"

Womansong, Asheville's long-established women's community chorus, brightens up the cool autumn days with their fall concert on **Saturday, November 8, 7:30 pm** and **Sunday, November 9, 3 pm** at Biltmore Methodist Church, 376 Hendersonville Road, in Asheville.

The concert features the title song "Light the Lamp," a beautiful choral piece for women's voices by Asheville composer Catherine Haas Riley.

Tickets are available from Womansong members, online at womansong.org and at the door. General admission is \$15 for adults and \$7 for children 12 and under.

Proceeds from the concert will benefit Womansong and its New Start Program, which provides financial assistance and scholarships to women in transition.

Visit womansong.org for information.

Dine Out for Children's Charity Project Linus

Texas Roadhouse and Project Linus will partner on **Sunday, November 9, 11 am-10 pm**, for a fund raising event at the restaurant located at 230 Hendersonville Road in Asheville.

Texas Roadhouse will donate 10 percent of the money from that day's meals to Project Linus, a national non-profit organization that provides handmade blankets to children in crisis. Diners wishing to participate must mention Project Linus to their server for the non-profit to receive credit.

Fairview FD Auxiliary Meeting and "Thanks!"

The Fairview Fire Department Auxiliary will meet **Monday, November 3, 7 pm** at the Old Fort Road Substation, due to the main station being used for the November 4 election.

The Auxiliary would like to take this opportunity to thank the Fairview businesses, Fairview Community members, and Auxiliary members, for all the support we received for our Bingo Bash fundraising event held in October. We received lots of great prizes.

A full report on how the Bingo Bash went over will be given in the December *Town Crier*.

Thanks go to everyone for supporting your fire department auxiliary.


Winter Songs "Sing Together" Event

The Diana Wortham Theatre Intersections Sing Together events are for family and friends to celebrate the joy of music and singing with musicians Beth and Jim Magill.

Friday, December 12, 6:30 pm — Winter Songs: seasonal songs to kick off a warm holiday season.


The events are held in the Forum adjacent to the theatre. Tickets are \$10 and \$8 for children 12 and under; children 2 and under are free.

For more information or to buy tickets, call the theater's box office at 257-4530 or visit dwtheatre.com.



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Long Time Sun Yoga November Events

Saturday, November 1, 7 pm: Kirtan
Friday, November 7, 7-8:30 pm: Sound Healing with Gong. Donation invited.
Saturday, November 8, 2-4:30 pm: Alignment and Refinement, \$25.
Sunday, November 9, 2-5 pm: Men's Council with Marianne Mitchell, \$40.
Saturday, November 22, 2-5 pm: Core, Hips and Low Back Workshop, \$30.
Sunday, November 23, 2-5 pm: Divine Feminine Shamanic Circle, \$40.
 See longtimesunyogaandwellness.com for more information.

Ethical Society Meeting on Environment

"Critical Environmental Issues Facing Western North Carolina" will be presented by Julie Mayfield, co-director of the Western North Carolina Alliance, at the meeting of the Ethical Humanist Society of Asheville on **Sunday, November 16, 2-3:30 pm** at The Friends Meeting House at 227 Edgewood Road in Asheville (near UNCA). Mayfield will discuss growth management, public land use, water quality with an update on efforts to prevent fracking, Asheville Beyond Coal and volunteer programs with the WNC Alliance.

A question and discussion period and informal conversation will follow the presentation. Light refreshments will be available. All are welcome.

For more information visit aeu.org or contact asheville@aeu.org.

Sprint Mountain CC Luncheon For Veterans and Seniors

Spring Mountain Community Center will host a luncheon on **Tuesday, November 11, 12 pm**, to honor and thank all Veterans and Seniors who have given so much to all of us. The meal will be served to all those 65 and older who live in and around Fairview. It will be followed by an afternoon of Bingo.



"This year the date falls on Veterans Day so we wanted to invite all veterans, young and young at heart, to the meal," said Maria Horton, president for the Community Center. The Center has hosted meals for Seniors in previous years.

"November is a time of remembrance of those who have sacrificed so we may have the life we cherish. Some have gone on before us, but many are a vital part of our community and we can say, 'Thank You,'" added Horton. "When we recognize our wisest members of the community and honor their gifts to us, we are acknowledging their struggles and triumphs."

Please call Charlotte at 628-2363 by **Friday, November 7**, so the Center will know how much to prepare. There is no charge for the meal, but all are invited to bring a story to share.

New 4-H Club to Form in Fairview

The 4-H Club organization is excited to announce the start of a new 4-H Club in Fairview. There will be an informational get-together at the Spring Mountain Community Center on **Thursday, November 13 at 6:30 p.m.** All youth and families in the community are invited to learn about opportunities available for youth through the 4-H program. This is a great way for youth to become involved in their community while learning leadership and citizenship skills through fun projects.

For more information about this event and 4-H, please contact Holly Jordan at the Buncombe County Cooperative Extension Service, 828 255-5522.

The 4-H program is the youth education program of North Carolina Cooperative Extension, based at North Carolina State and North Carolina A&T State universities. More than 227,782 young people ages 5 through 18 participate in North Carolina 4-H activities each year with the help of 20,333 adult and youth volunteers.

Fall Back! Remember to Turn Your Clocks Back

Here's your reminder to turn back your clocks an hour on **Sunday, November 2** when when Daylight Savings Time will end for this year. To be precise, you'll have to stay up until 2 am and then turn them back to 1 am; but most of us will just wait until morning. Either way, don't forget!



The 68th Asheville Holiday Parade sponsored by Bojangles will be held on **November 22 at 11 am**. The theme is "Home for the Holidays," and Grand Marshal Caleb Johnson, American Idol winner sponsored by Mission Health, will be home in Asheville to lead off the parade. Every parade is different but special this year is a giant turkey balloon to celebrate Thanksgiving. Also an Honored Veterans float sponsored by Goodwill Industries of NWNC, and the Hillcrest Highstepping Drum and Major-ette Corps will be back this year.

Ingles JingleFest

Right after the parade, from **1-5 pm**, is the Ingles JingleFest at the US Cellular Center, where kids can get a photo with Santa and grand marshal Caleb Johnson, play on inflatables, enjoy stage entertainment and more. The event is free to enter but there is a small charge to go on rides.

Holiday Market

And on the main concourse, something for the adults and kids alike: a handcrafted Holiday Market.

For information on the entire day, visit ashevilledowntown.org, or on Facebook, Asheville Holidays. Or call the Downtown Association at 251-9973.

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Christina will make sure Education and Classroom needs are put back on top of the Priority list!



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COMMISSIONER

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AROUND AND ABOUT

Fundraiser for Local Teen Accident Victim

by Karen Cernek

On September 13 our neighbor's 18-year-old son, Steven Rudman, was riding his bicycle to his home on Miller Road. An impatient driver tried to pass Steven, hit him with her car and drove away.

We met Steven when he came over to ask about mowing our lawn. He is a hardworking and ambitious young man with a big heart and an amazing way with animals. Horses, goats, dogs, birds and injured or abandoned creatures of all types seem to sense his goodness and respond to him when they would not to others. Now Steven needs that kind of care from us.

Steven sustained numerous injuries including severe head trauma. In a therapeutic coma and unable to breathe on his own, he was placed on a respirator. His mother Barbara never left his side. She slept in a chair by his bed for three weeks until Steven was stable enough to be transported to Shepard's Hospital in Atlanta for specialized treatment. Doctors are hopeful that Steven will be strong enough to return to Asheville and resume treatment within two months. He has a very long road of recovery ahead of him.

A local web designer has agreed to help set up a fundraiser for Steven's medical expenses. An account will be set up at First Citizens Bank for donations and the proceeds of an online auction featuring gift



certificates from local businesses. The site should be up the third week of November, in time for the holiday shopping season.

Please consider giving a gift that will give twice by helping Steven with his recovery. I have always been so touched by the giving spirit of the Fairview community. I know Steven can

count on you.

To make a donation right away, please make a check payable to Steven Rudman Fund and mail to Karen Cernek, c/o Cool Mountain Realty, Fairview, NC 28730.

If you would like to be notified when the auction site is up, please contact Karen at 216-3998 or kscernek@gmail.com.



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Holiday Giving Tree
You can make the holidays bright by giving the gift of reading to a child in Fairview from *Saturday, November 1 to Saturday, December 6* at the Fairview Library. Our Holiday Giving Tree program is sponsored by Friends of the Fairview Library and places books in the hands of local children in need. Beginning November 1, visit the Fairview Library and select a child from our tree. Purchase a new book (\$10 retail value) and return it to the Fairview Library by *December 6*, OR donate \$10 and the Friends will do the shopping for you. Please bring donated books unwrapped. The donations will be given to children at the Fairview Elementary School. For information, call 250-6484.

Gingerbread House Decorating Party
Decorators of all ages are invited to join in the fun of gingerbread house decor on *Saturday, December 6, 3 pm*. Candy decorations and gingerbread houses will be provided.

Fairview Public Library
1 Taylor Road in Fairview
250-6484
MON/WED/THURS/FRIDAY 10-6 PM
TUES, 10 AM-8 PM
SAT 10 AM-5 PM
CLOSED SUNDAY
MOTHER GOOSE TIME (4-18 MO)
TUESDAYS, 11 AM
PRESCHOOLER STORYTIME (3-6 YRS)
THURSDAYS, 10:30 AM
Children must be with a parent/adult

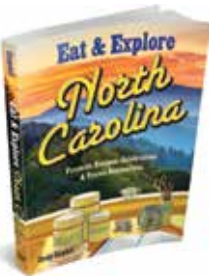
For Great Books at Great Prices, Come to the Friends' Book Sale!
Looking for great winter reading or for thoughtful holiday giving? You'll find the perfect read at the perfect price at the Friends of the Library book sale on *Saturday, November 8, 9 am to 3 pm* at the Fairview Community Center during the Holiday Gift and Craft Show. The Book Sale will be on the stage with all types of books — fiction, nonfiction, and choices of all kinds for young adults and children. All proceeds from the sale will go to the Friends of the Fairview Library to assist the library with its programs for both adults and children.

Book Clubs
The afternoon book club will meet on *Thursday, November 13, 1 pm*, to discuss *A Walk in the Woods* by Bill Bryson. The evening book club will meet on *Tuesday, November 18, 7 pm*, to discuss *A Land More Kind Than Home* by Wiley Cash.

NEW ARRIVALS
Burn by James Patterson
The Lost Key by Catherine Coulter
The Perfect Witness by Iris Johansen
Michelangelo by Miles Unger
Mr. Miracle by Debbie Macomber
Full Measure by T. Jeff Parker
Paris Match by Stuart Woods
The Black Hand: A Barker and Llewelyn Novel by Will Thomas
Sisters by Raina Telgemeier
Beautiful Boy by David Scheff

New Cookbook Features HNG Farm Recipe and Profile

With her latest cookbook release, author Christy Campbell invites readers to taste the flavor of the Tar Heel State in *Eat & Explore North Carolina*. The 256-page cookbook contains more than 250 traditional recipes straight from the kitchens of North Carolina natives. With clear and easy directions to follow, it is appropriate for the both beginner and experienced chefs. Recipes include classic desserts like Brushy Mountain Apple Cake, Blackberry Sonker and Lemon Chess Pie and savory favorites such as Lime Basil Grilled Trout with Appalachian Ratatouille. One recipe of particular interest to the Crier's readers will be the Chorizo Stuffed Pork Chops, a recipe from the folks at Hickory Nut Gap Farm. The cookbook includes descriptions and photos of the recipe submitters; HNG Farm is described as "a haven for people who seek whole food, wholesomeness and a simpler way of life." *Eat & Explore North Carolina* also profiles North Carolina's favorite events and destinations. It is available from Great American Publishers and can be found at greatamericanpublishers.com.



IDENTIFICATION STATEMENT
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**Wrap It Up
Holiday Hooplah**
Saturday, November 29, 10 am - 2 pm
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- ★ **Local Food Truck** for hungry shoppers.
- ★ **Christmas Card Portraits** available.
- ★ **Free Gift Wrapping** available. Bring your gifts from Black Friday and get them wrapped for a donation to Mission Children's Cancer Center

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Sisters: Cynthia Sumner Williams and Margaret Sumner Williams

Cynthia and Margaret Sumner were sisters. They were two of seven children belonging to Samuel Sumner. Samuel Sumner was born around 1794. He was the son of Richard Sumner (1766-1852), the ancestor of the entire Sumner family found in Buncombe and Henderson counties. Richard Sumner lived at the head of Wood's (now Garren) Creek. He owned most of Little Pisgah and was buried in the Sumner Cemetery located on the mountain. The cemetery was destroyed in the 1920s after the Sumner family sold Little Pisgah.

Samuel Sumner died in 1824. He was around thirty years old and his oldest child was around 10 years old. Samuel Sumner's wife died a few months after he did.

Cynthia Sumner was the second oldest child of Samuel Sumner. She was born in Fairview around 1815 and married David Williams around 1832. David Williams was born in Fairview on May 11, 1807, the son of John Williams (1775-1848) and Mary "Polly" Ashworth (1773-1865). David and Cynthia Sumner Williams moved to Bat Cave in Henderson County. David Williams died on Oct. 4, 1876.

Margaret Sumner, the third child of Samuel Sumner, was born in Fairview in 1818. She married Josiah Williams, also the son of John Williams and Mary "Polly" Ashworth. Josiah Williams was born in Fairview on December 10, 1817. They married around 1837 and moved to Indiana for a couple of years, then moved back to Fairview by 1840. In 1859 they moved to Overton County, Tennessee. Josiah Williams died in Overton County on March 18, 1860. Margaret Williams then moved to Marrowbone in Cumberland County, Kentucky.

The letter at right was written by Cynthia Sumner Williams to her sister Margaret Williams.

Cynthia Sumner Williams died about two years after she wrote this letter in around 1888. She and her husband David are buried in the Wilson-Williams cemetery in Bat Cave. Margaret Sumner Williams died on February 3, 1889 in Marrowbone, Cumberland County, Kentucky. She is buried in the Franklin Cemetery.

Local historian Bruce Whitaker documents genealogy in the Fairview area. Contact him by phone at 828 628-1089 or by sending an email to brucewhitaker@bellsouth.net/

Bat Cave, Henderson County, N.C.
November 24, 1885

Mrs. Margaret Williams, My dear and only sister,

Your kind and more than welcome letter came to hand in due time and found all as well as usual. As for myself, I am never well. I do not know what it is to feel well one day. I am troubled with heart disease all the time and seldom clear of headaches. I can neither knit nor sew. It gives me such a headache. I have not cooked a meal of victuals in over five years. I seldom go out of the house unless it is very pleasant weather. I have my meals carried to me in cold weather and you are able to do your own work. What a difference. If I was stout, I would visit you right away. As it is, I can't visit my children. I have not seen Martha in over a year. She lives in Rutherford [County]. The rest all live near enough to visit them occasionally. I have not walked a mile in over five years. The children are all tolerably stout but Martha. She is weak but hardly able to do her work and has six children. The oldest one is down now with his leg broken. Lou has but one child and she is grown. Mark is living with me. He has five children the rudest ever was. Two of the first wife and three of the last. We are getting along tolerably well considering everything. His wife lost her hand four years ago, but she can do almost anything but sew by hand. Can sew on the machine. Mark is gone to Asheville with a load of tobacco. This is the first tobacco farming that has been done in this vicinity. There will be more raised another year. There has been considerable improvement since you left here. The country is becoming very thickly settled. There is a small town at the bridge, two stores and a post office, a merchant mill and a carding factory. Bill A. Conner is badly deranged. He wants to preach all the time and says people won't hear him. Brother Jesse [Sumner] and Uncle Dempsey [Sumner] have been dead some time. Perhaps you heard it. Mat Ledbetter's oldest daughter Sarah Ann also Katy Lyda's daughter Rachel Ann, they were taken to be confined [have a baby] and died. They both left little children. Katy lives with her son-in-law and takes care of the children. Mat comes over occasionally to see us. He is quite a different man to what he used to be. He is a very moral fellow. Joshua Whitaker [1809-1886, son of James Sr.] is in very poor health. He has almost come to poverty.


John Casey (pronounced Kee ze) is dead and Peggy is married again. Jesse Williams married David Walker's widow of Rutherford [County], a very respectable old lady. I seldom see Lizzie. I suppose she is getting along very well. She is married and has three children.

A similar circumstance recently occurred in this country. A girl by the name of Bradley was taken to be confined and went to the woods and laid her baby between two logs and broke a few weeds and laid over it and left it there to die. Next day it was found dead. She is now in the Asheville jail. She is a grand-daughter of Michael Sumner.

We get letters from Mary Ann sometimes. Why is it she always writes so sad? Hoping you is all well. I will close for the present. Write soon and let me hear from you all.


Your affectionate sister until death,
Cynthia Williams

P. S. Please excuse my left hand writing.




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FOOD FOR FAIRVIEW..... by Cassia Imholz

Fairview Elementary, Making it Better

**Unless someone like you cares
a whole awful lot, nothing is
going to get better. It's not.**

— Dr. Seuss

Theodor Seuss Geisel, popularly known as Dr. Seuss, well-known author of children's books, wrote "kids can see a moral coming a mile off," and avoided starting his books by stating an obvious moral at the beginning. Nonetheless, he wove subtle messages about issues he found important into his works, thus influencing generations of children.

The kids of our community have obviously received the message of the Dr. Seuss quote above, loud and clear. Once again, the children of Fairview Elementary School have outdone themselves during the annual Food for Fairview/Fairview Elementary School food drive. This year, the student body collected cans and cash equaling 1,700 cans, or over a half ton of food! What a great service to the community! As always, the adults have been humbled by the caring exhibited by these kids, who are doing their part to make the world a little better.

Each year the grade levels compete against each other to see which one can collect the largest number of cans. This year the winner was: 2nd grade! Congratulations to them and to all who participated.

As a reward for their hard work, the 2nd graders were treated to a wonderful magic show by well-known local magician, Professor WhizzPop. This great event was enjoyed by all.



Professor WhizzPop

Again, many thanks to the kids, parents, faculty and staff of Fairview Elementary for their great service to the less fortunate of our community. You are all winners in our eyes!

New Hours for the Pantry

Starting November 3, the Pantry will be open on **Mondays from 3-6 pm** instead of Friday mornings.

Please help us get the word out to all clients, volunteers, and members of the community who drop by to donate items.

Give Others a Better Thanksgiving

Each year, Food for Fairview provides all the ingredients needed for a Thanksgiving dinner for our clients. Please help by donating:

- French's French fried onions
- Stuffing mix
- Brownie mix

Monetary donations are also welcome, and gratefully received.

Thank you in advance for your support of this project!



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Living Healthier and Longer

By Ed Reilly, DC, Fairview Chiropractic Center



We are losing the war against chronic illness and the promotion of health, wellness and longevity. Cancer, diabetes and cardiovascular disease statistics confirm that. The USA spends on

average \$9,000 per person on health care, and we are last in life expectancy among industrialized nations. In Japan, where everyone has healthcare, they spend about \$4,500 per person and have the highest life expectancy, five years longer than Americans. Healthcare today has become "what's covered by insurance" and is for the management of acute or chronic conditions. Medications are primarily used to manage the above conditions. It has little to do with promoting wellness or increased longevity. Medications sometimes slow the progression of these conditions but rarely is a cure anticipated.

What Can You Do?

If you need more prompting about making changes to your American diet, read *Salt, Sugar, Fat* by M. Moss. The food industry has figured out how to "hook" you on foods by manipulating the ingredients to hit the emotional "bliss point." New recipes are tested on subjects, sitting in PET scanners, to measure activation of the pleasure centers of the brain; when the bliss point is hit, that part of the brain "lights up" and they have the recipes right!

How Can you Defeat This System?

Stop eating processed food. Exercise. Drink half your body weight in ounces of water per day.

The Role of Supplementation

There is considerable evidence that correctly prescribed, high quality supplements can play a large role in promoting health and reducing the effects of chronic illness. A great resource for evidence-based nutritional medicine is the Life Extension Foundation (LEF.org).

The optimal way use supplementation is to start with blood work that establishes a functional baseline. Bloodwork should be rechecked after a round of targeted nutritional supplementation. The LEF provides these services at very low cost. You can read the evidence behind each of these recommendations and their services by going to the link lef.org/protocols/lifestyle-longevity/prevention-protocols/page-les.

I believe we as individuals are responsible for our path to true health and wellness while conventional medicine and medications lead not necessarily to better health but to a slower progression of chronic illnesses, two very different things.

**You Are Responsible for
Your Own 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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Thursday, November 6, 5:15–5:45 pm

PEMF has the promise of helping a wide range of human health conditions through its FDA-allowed deep relaxation to combat stress. Utilizing specific frequencies to create molecular harmony for relaxation, this technology has been featured on "Dr. Oz," used in Europe for over 30 years and more recently has been approved for use with moderate to severe depression. One person will win a free session in the PEMF unit.

Smoking Cessation

Tuesday, November 11, 5:15–5:45 pm

Learn how advanced and ancient technologies can help you quit smoking for good. Learn about this unique approach that may help you make health changes that affect the rest of your life. Lecture.

Neuropathy Relief in 8 Weeks

Wednesday, November 13, 5:15–5:45 pm

Learn how new technology, unavailable anywhere else in WNC, can improve neuropathy pain including peripheral neuropathy, post-hepatic, post-stroke, idiopathic and diabetic neuralgias and nerve injuries. Lecture will be followed by Q&A. One attendee will win a gift certificate toward treatment.

Avoiding Back and Neck Surgery

Thursday, November 18, 5:15–6 pm

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

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Three Brain Exercises to Fight OCD

By Dr. Michael Trayford, Apex Brain Centers



Obsessions (repetitive thoughts) and compulsions (repetitive behaviors) that significantly interfere with daily activities affect over two million American adults diagnosed with Obsessive Compulsive Disorder (OCD), according to the National Institutes for Mental Health.

Millions more are affected by these symptoms than that number suggests, because obsessions and compulsions are often associated with other conditions including eating disorders, tic disorders (i.e. Tourette Syndrome), addictions and phobias.

It is extremely difficult for a brain that is "stuck" on a certain behavior to be productive. Although OCD traits are sometimes seen in "peak performers" such as high-level athletes and CEOs, there is a point where the behaviors become the only focus of the affected individual. This often leads to significant anxiety and distress, essentially crippling an individual psychologically (and sometime physically).

Recent research has demonstrated increases in the "feel good" neurotransmitter dopamine in the brains of those with OCD. Also implicated is a decrease in Serotonin levels, which has a negative impact on mood, memory and learning. Improvement in chemical regulation and brain "wiring" can occur safely and quite cost effectively through a number of approaches.

Exercise. Physical exercise has been hailed by leading scientists as the greatest medication on the planet. One thing is sure: moving our bodies productively can and will have an impact on neurotransmitter regulation; Dr. John Ratey of Harvard Medical School considers the impact of certain types of exercise on specific brain chemicals in his groundbreaking book *Spark*. Exercise also helps to strengthen nerve connections, create new nerve cells and improve fuel delivery to the brain.

Meditation/Relaxation. Mindful meditation, breathing exercises, progressive relaxation, guided imagery, biofeedback and other relaxation techniques give individuals the ability to take the focus off their problem thoughts and behaviors while engaging them in more productive behaviors. This can have a profound impact on brain chemicals and body systems.

Interactive Metronome. A bit more hi-tech, training the brain's internal timing mechanisms through repetitive body movements in concert with sound commands can dramatically improve focus, attention and cognitive control, critical brain "wiring" factors that need to be addressed when dealing with OCD.

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.

To Medsup or Not To Medsup ...

Mike Richard, President, Prime Time Solutions, Inc.



That is the question.

Every year as we approach the Annual Enrollment Period (AEP) some my clients enrolled in a Medicare Advantage (MA) plan want my opinion as to whether they would be better off

with a Medicare supplement. There isn't any cut and dried answer to this question. Here is the initial question I ask them to consider. What gives you the most peace of mind: Lowest cost or best benefits? Inherently, all insurance is simply a vehicle to buy peace of mind.

Inherently, all insurance is simply a vehicle to buy peace of mind ...

Are benefits the most important thing to you and are you willing and able to pay more for them? Or, is your peace of mind determined by the lowest premiums with less consideration to benefits? Of course, everybody wants more for their money and finding that compromise is the challenge.

Determining which is right for you

MA plans are built around the concept of "pay as you go" using cost sharing such as copays, coinsurances and deductibles to achieve a minimal premium. It also features a maximum out of pocket (MOOP) annually to cap your exposure to cost-sharing expenses in case of a catastrophic health event. Once you reach the MOOP, not to be confused

with a deductible, the company pays all remaining expenses for the rest of the year. I've seen MOOP to be anywhere from \$2000 to \$6700 in these plans. I consider MOOP to be the peace of mind value an MA plan will provide. On the other hand, Medicare supplements are the most benefit rich, meaning that you pay up front so that you experience few or no bills later. With a Medsup, the premium essentially is the MOOP.

With a Medsup, you're paying for benefits you may not use; with an MA plan, you pay for only the benefits used in exchange for a lower premium.

By tallying up the total cost for plan premium (excluding Part B premium) and all copays, assuming your plan has Rx benefits, does it exceed the cost of a Medicare supplement that pays for all doctor and hospital expenses plus the premium for a stand-alone Rx plan? You also have to consider if you'll ever see your Medsup premiums again (a rhetorical question). With a Medsup, you're paying for benefits you may not use; with an MA plan, you pay for only the benefits used in exchange for a lower premium which can be significantly less. Which one best fits you?

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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What Kind of Standard is Your Financial Advisor Held To?

Recently, my firm has begun the process of becoming a registered investment advisor (RIA). As I've begun to share this exciting news with my clients, family, and friends, I've gotten a lot of blank stares! So for today's article, I'm going to cover what a registered investment advisor is and what makes it different from other types of financial firms.

An RIA is a firm or individual registered directly with the Securities and Exchanges Commission (SEC) or in the case of smaller firms, their state's securities agency. RIAs offer independent investment advice based on what is best for their clients. They manage advisory accounts that are fee based, where clients are charged a fee based on a percentage of the total assets managed. Some RIAs are Hybrid RIAs, which means they offer both advisory and brokerage services.

It's important to note that people often make the mistake of thinking an RIA is the individual advisor who works for the firm. But the RIA is the firm itself. Any individual advisors working for the RIA are known as "investment advisor representatives."

Of the many differences between RIA's and other firm types, one that stands out is that RIAs are held to a higher standard than many other types of firms. RIAs are held to a fiduciary standard; they must provide proper investment advice and act in their clients' best interests. Ultimately, they must put the client's interests above their own. Additionally, RIA's are held to a "best execution" standard when placing trades. When they trade securities, they must do so with the best possible combination of low-cost and efficient execution. In contrast,

many other types of advisors are held to what is called the suitability standard. These advisors have to reasonably believe that any recommendations they make are suitable for clients, in terms of the client's financial needs, objectives, and circumstances. Unlike the fiduciary standard, the suitability standard doesn't require advisors to place the client's needs above their own.

Another major difference between an RIA and other types of firms is that RIAs can manage assets held at multiple custodians. So for example, if a client has their advisory accounts at one custodian and their 401K at another, the RIA can manage both of those accounts.

If you are unsure if you're working with an RIA, all you have to do is ask your advisor! If you do have an RIA, you will have received an ADV Form from your advisor which will outline the types of services they offer, the advisor's fee schedule, disciplinary information, and background. Before you hire an investment advisor, you should always ask for and read carefully the advisors form ADV.

In the case of our firm, we're transitioning to a hybrid RIA, which means that we will be able to offer both advisory and brokerage services to our clients. The most outwardly visible change from this transition will be our new name, ACT Advisors. I'm very excited about this evolution of our business and what it means for our clients.

Doug English CFP® is a registered representative with, and securities offered through, LPL Financial, member FINRA/SIPC. View the Mid-Year Outlook 2014 at carolinasretirementspecialists.com.

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Here Comes Winter



The Acorn Prediction
One thing stands out to me this fall, at least so far, is the vast quantity of acorns that have fallen from the many oak trees on my property. Remember, last month one of the folklore tidbits was the idea that trees that produce nuts and fruits are predictors of the upcoming winter, based on the abundance of nuts and fruits?

Well, not really ...

The amount of acorns produced this summer and fall by any oak tree in our area is really a measure of last year's summer weather. Trees and shrubs begin to form their growth and fruit buds for next year's crop during the months of July and August so last year we had LOTS of moisture and sunlight and growing conditions were good for oaks and these oaks set a lot of buds for the next growing season. That means the acorns falling from the trees this year were a direct result of LAST YEAR'S growing conditions, which produced a great year for new buds and flower blossoms. In turn, those blossoms bloomed and formed a carpet of acorns on the ground this year.



Snow Leaves photo courtesy of Lynn Stanley

TRIVIA QUESTION

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

This summer, the rainfall is a little above average and that means fewer fruit buds were set on the oak trees. That means fewer acorns in your yard NEXT summer and fall. So while I would like to believe that we will have another cold and maybe snowier winter, I just can't trust the acorns to help me out.

How Cold? How Wet? How Much?

Moving on to temperature: we've had a few early season cold snaps already, with more to come over the next month or so. In terms of averages, they continue to drop as we head through the month, with average highs of about 63 at the start of November dropping to 53 by month's end. The lows drop from 40 at the start of the month to a frosty 32 by month's end. The warmest November day on record was 83 degrees on the first of the month in 1950; the coldest was a numbing 8 degrees on the 25th, also in 1950.

The average precipitation is 3.65 inches of rain, and major snowfalls are quite uncommon in November. The heaviest daily snowfall was 5.4 inches on November 11, 1954 at the Asheville airport. However, last November on the 27th we did see the flakes fly, and had anywhere from a quarter of an inch to two inches of snow in Fairview.

As you all know, we had a tough winter last year, with many arctic cold fronts — we had two separate cold waves with temperatures at or below -5. I don't think it will be quite as severe in the temperature department, but still cold.

Now, I will take a brief shot at the winter forecast. As you all know, we had a tough winter last year, with many arctic cold fronts — we had two separate cold waves with temperatures at or below -5. I don't think it will be quite as severe in the temperature department, but still cold. Our snowfall was a bit below the norm last year, with mainly small amounts with each system and our total seasonal snowfall was only about 10 inches. So I am hoping for a bit more — but hope really isn't a forecast.

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

Trivia Answer

What causes leaves to change color each autumn and then drop thereafter?

Temperatures and frost have nothing to do with it at all; it's a function of sunlight. The bright colors of autumn leaves and the subsequent drop of those leaves are a precautionary tactic used by trees to protect themselves during the rigors of the winter season. It would be difficult in winter for deciduous trees to absorb water as quickly through their roots as it is desiccated from their leaves, so they simply refuse to make the effort. As the amount of sunlight diminishes at the onset of autumn, trees shut down activity in their leaves, drawing in the sugar and protein stored there and ceasing to produce chlorophyll. The color that remains in the leaves are carotenoid pigments that were there all along, but were masked in the warmer season by the bright green of the chlorophyll cells. Leaf fall begins when hormones stimulate a layer of cells at the base of each leaf stalk to die and form a seal between the leaf and its branch. As those cells congregate and die, they form a corky layer of dead tissue. When the seal is complete it takes only a light breeze to separate the leaf from the tree and send it spiraling to the ground.



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Design Elements of a Net Zero Energy Home

Going Green

Building a green or sustainable home is becoming a common practice in Western North Carolina. Taking the home to the level of net zero energy is now within reach for many green building projects. Having a net zero energy (NZE) home means that the total amount of energy used per year is roughly equal to the amount of renewable energy (RE) created on the site. This RE can be generated by wind, solar, geothermal and/or hydro systems. In our region, passive solar, photovoltaic and solar thermal panels are the most popular choices, due to excellent solar availability and affordability. Thus, a solar energy basis for creating a NZE home will be the focus of this article.

The Intergovernmental Panel on Climate Change, which pools the efforts of scientists around the globe, notes in its latest assessment that, "Many RE technologies have demonstrated substantial performance improvements and cost reductions in the past 10 years." For example, since 2008, the price of solar panels has fallen more than 75 percent, while performance has improved significantly. With net metering capability from local utility companies, solar electric production no longer has to be stored in expensive batteries. Further bringing down the prices has been the pooling of buying power with successful programs such as the "Solarize Asheville Campaign." Combining these advancements in technology and local competitive pricing with generous tax credits from federal and state governments (up to 65% of installation costs) makes net zero building very attractive. Below are some creative ideas for home energy con-

sumption, energy conservation through building design and human behavior and energy production.

Energy Consumption

We know a few things for sure about energy: it is expensive, the majority is produced from polluting fossil fuels, and its cost will continue to rise. Major energy-consuming components such as heating, cooling and hot water can constitute up to 60 percent of a home's utility bill. The following design elements can help conserve precious resources.

Heating and cooling: A geothermal heat pump can heat, cool, and if equipped with an optional desuperheater device, can supply the house with extra hot water. The system utilizes the constant temperature of the earth as the heat exchange medium instead of the outside air temperature. This allows the system to reach remarkably high efficiencies. Relative to air-sourced heat pumps, geothermal systems are quieter, have over twice the life expectancy, need little maintenance and do not depend on the temperature of the outside air. Combining the generous state and federal tax credits along with the energy savings, the return on investment for new construction is just a few years. For optimum efficiency all HVAC ductwork should be designed to be within the insulated envelope or conditioned space of the house. This will eliminate energy losses due to heat

transfer and air leakage from the ductwork to the outside.

Water heating: For maximum energy savings, combine a heat pump water heater with the desuperheater option on the geothermal heat pump or utilize solar thermal panels. With this choice, a well-insulated half-loop water recirculation system or a hot water tank placed central to bathrooms and kitchen to minimize (thermally insulated)



hot water runs should be considered.

Lighting: CFL (compact fluorescent lighting) and LED (light emitting diode) lighting uses 75-90 percent less energy than standard incandescent and halogen bulbs. Currently, local utility companies offer attractive subsidies on energy-efficient bulbs, making this choice super affordable.

Ventilation: Energy-efficient, airtight homes require mechanical ventilation to maintain indoor air quality. There are many different ventilation systems to consider,

but the most energy efficient is energy recovery ventilation (ERV). ERV is both an energy recovery and a humidity-balancing process exchanging indoor for outdoor air. Most ERV systems can recover about 70-80 percent of the indoor air's energy and deliver that energy to the incoming air. ERV vents could replace bathroom venting systems and possibly kitchen venting systems, further reducing exterior wall penetrations and offsetting the cost of the ERV.

Appliances: The best choices can be found among the energy star-rated appliances listed on the government-sponsored website energystar.gov.

Energy Conservation by Design

Windows: The strategic placement of windows is crucial in a passive solar house. Designs should include an overall window-to-floor ratio of about 18 percent and a 12-14 percent ratio on the south side. The window area of east, west and particularly the north side of the house should be minimized. South-facing windows should have a Solar Heat Gain Coefficient (SHGC) of 0.5 or greater, in conjunction with appropriate overhangs, to allow for passive solar heat gain in the winter months and shading in the summer months. The remainder of the glass should be a low-emissivity (such as E 366) double- or triple-pane filled with argon/exotic gas with a low heat-transfer rating (U-value) of .15 to .28.

Thermal mass: For successful passive solar design, interior thermal mass is a critical element, maintaining steady indoor temperatures by storing the solar energy later released during cold winter evenings. A popular, low maintenance and economical

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choice is concrete floors with a thickness of 3 to 4 inches. Other high density thermal mass materials could be natural stone, steel (I-beams) and thick granite countertops.

Super-insulated structure: To achieve at least 40 percent higher insulative values than the local building code requires, a rigid foam can be used on the exterior walls over 2x6 studs filled with fiberglass batt or cellulose insulation. This wall profile will greatly reduce thermal bridging (heat loss due to gaps in insulation). A rigid foam such as polyisocyanurate or spray foam should be used in the roof areas, soffits and band board.

Air tight envelope: A continuous air barrier should be installed and all cracks, holes, and exterior envelope penetrations systematically sealed or caulked.

HERS Index: Home Energy Rating System (HERS) index is the building industry standard for measuring a home's energy efficiency. A certified Energy Rater can assess a home's energy performance early in the process. Currently, our local utility company has attractive rebates up to \$4,000 based on the level of the HERS score.



Energy Conservation by Behavior

We waste a lot of energy in the US, and much of it has to do with human behavior. Being conscious of electric use can save up to 25 percent of total energy use in a home. Here are a few common-sense pointers.

- Use water-saving plumbing fixtures and limit shower time.
- Lower the hot water tank temperature to 120 F or less.
- Turn off lights when leaving the room and use dimmers where possible.
- Use energy-efficient front-loading washing machines with very high spin cycles to lower moisture levels, then air dry the washed clothes whenever possible.
- Maintain an indoor air temperature of 58–68 F in the winter and 75–80 F during the cooling months. Keep relative humidity less than 60 percent to avoid indoor mold and musty odors.
- Reduce indoor cooking during the summer air conditioning season — try more outdoor grilling.

Energy Production

Now that we have reduced our energy demand to a minimum, we must generate an equal amount of energy in order to balance to net zero.

Passive solar: If the home site has a southern orientation, utilizing passive solar design has many benefits. It is economical to install, and following the North Carolina design guidelines earns a 35 percent tax credit for associated costs. It can reduce by 50 percent winter heating requirements, and it provides an abundance of natural light,

reducing lighting costs. There are no moving parts and therefore little maintenance. Finally, a passive solar design has an aesthetic appeal, as it brings nature into your home through the materials used and ample views of the outdoors.

Active solar:

Photovoltaic solar panels are economical and a good way to generate electricity. In addition, solar thermal panels can heat water for domestic purposes and provide excess energy to heat the home.

Wood stove and wood burning techniques:

Most environmentalists cringe at the concept of burning wood, but in Western North Carolina, with abundant wood resources such as dead and rotting trees producing CO₂, wood is a viable means of generating supplemental heat for the home. The trick is to burn clean, with firewood that is split into small pieces and seasoned outside for more than two years under cover, and a newer, high-efficiency European wood stove with more than 75 percent efficiency. With these techniques, one rarely has smoke (or particulates) billowing out of the chimney. And it certainly beats coal-fired electricity in terms of efficiency and pollutants.



Final thoughts ... national governments have made only incremental progress in limiting greenhouse gas emissions. Only recently, our EPA has proposed a 30 percent reduction in carbon-polluting emissions from electrical power plants by the year 2030. Our planet cannot wait any longer for real action in fighting global warming. We can make real progress now by taking personal responsibility and reducing the energy use in our homes.

Let's go for NZE!!!

In 2010 John McDermott founded Green Acres, a net zero energy eco-community in southeast Asheville. His vision is a sustainable community with organic gardens, orchards, and energy-efficient contemporary homes. Perhaps best known locally as co-founder of Highland Brewery, the first Asheville microbrewery, John also created Bola Design to showcase his contemporary furniture and home accessories.

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Will Bryant: An Extraordinary Journey of Giving

Everyone has a story, Will Bryant says. He certainly does, and his is both unusual and inspiring.

We met Will during one of his quick turnaround visits to his home in Fairview, parents Bill and Janis Bryant and friends. Will had just returned from a year in Hong Kong, a world away not only in miles but in the culture and landscape in which he worked.

An Early Call

When he was 16 or 17, Will says, he began to be interested in a life of ministry. This inclination led him to major in religious studies at Appalachian State, but then he explored "finding the stories" as a journalism major at UNC Chapel Hill. His first job was in journalism; later he and a friend opened a restaurant. He worked hard and learned a lot, but felt no passion for either occupation. It was a low point in his life.

A Leap of Faith

Will then heard about the Young Adult Service Corps (YASC), a ministry organization of the Episcopal Church, from a friend who was in the program. The YASC is a one-year ministry; successful applicants work and live in widely diverse communities all over the world.

Will took a leap of faith; he applied and was accepted into the program.

A Sea Change

"It might just as well have been Mars." Will was assigned to be a maritime chaplain with the Mission to Seafarers, a 100-year-old Anglican organization that provides help and support in over 260 ports to seafarers of all ranks, nationalities and beliefs. The chaplains offer practical and financial support, advocacy services, family outreach, and many times, simply a chance to talk in a time of need.

Will had never been around the sea, and certainly had never been to Asia. And then he was assigned to a small boat visiting merchant ships in the Hong Kong harbor. "I had spent zero percent of my life on the water up until then, so to find myself climbing up a 15-metre rope ladder in the middle of the South China Sea was quite incredible."

The Hong Kong Mission to Seafarers is a particularly active and supportive group. Will's day at the Mission began with identifying the new ships that they had not yet visited, then starting a day of climbing up and down ladders and meeting with ships' crews from officers to cooks. They visited many ships from the Philippines, Sri Lanka, Egypt and Ukraine, but he never encountered an American vessel.

Often Will was welcomed on board by men who already knew him and his colleagues. "We were famous for giving out DVDs of boxing or soccer match-

es," he said. Many crewmembers, who spent months at sea without current sports programs, were avid boxing fans, and "they would literally hug me for bringing them the boxing matches."

After greeting the crew and perhaps playing a little basketball on deck, Will would go into the crew mess room and "crew would come by as they could and talk. They are very isolated and depressed, but when they talk about their families, they light up and become comfortable."

After the original culture shock of leaving his small mountain city for a metropolis of 7 million, Will came to love Hong Kong. He lived with other Mission staff in a small maritime hotel, the Mariners Club, built in the 1960s. He was warmed by the hospitality and fellowship he found there, and delighted by the sights and sounds and events of the city around him.

A favorite time of day, he says, was the half hour or so traveling on the small launch through Victoria Harbor from pier to anchorage. For him it was a beautiful time of reflection and morning prayer before turning his thoughts to the seafarers he would visit that day.

The Road Now Leads to Rome

As he had felt the call to join, after a year with YASC Will felt a call to stay. He applied for a second year's ministry and was assigned as a parish assistant at St. Paul's Within the Walls Episcopal Church in Rome. His duties there will not include sea



voyages, but will be another type of outreach, a more intense one. Along with everyday church tasks such as organizing acolytes, Will is going to be working in the Joel Nafuma Refugee Center (JNRC) which makes its home in St. Paul's.

The JNRC is a day center for political refugees in Rome. The majority of the clients are from Africa and the Middle East; 90% are Muslim, many fleeing ISIS. The Center gives them one meal a day, distributes basic items, teaches language and computer skills and helps them find temporary jobs. "These are people who have lost everything," Will says. He knows that the stories of these people will be hard to hear, but he also knows how important it is to listen to them.

After his year in Rome, Will says he may decide to study for the priesthood or go on to another type of experience. In the meantime he is fully invested in his life's current story, which is certain to enrich and enlighten all he meets in the future journeys of this remarkable young man.



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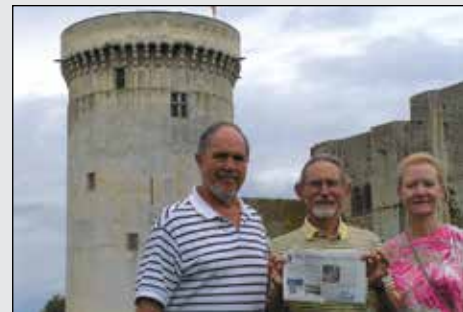


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ON THE ROAD

Falaise, France

Fairview neighbors Bruce and Maryann Jones and Jay and Susan Maveety traveled to Normandy and Burgundy, France in September. The *Fairview Town Crier* traveled with them. Bruce, Jay and Maryann are shown with the *Crier* in front of the castle of William the Conqueror in Falaise, where he was born. (William, not Jay!)



Assisi, Italy



Six High School Girl Scouts from Buncombe County posing with the *Fairview Town Crier* at the Assisi Cathedral in Assisi, Italy. The girls took the trip in July to London, Paris and Italy. They are Mara Dygert (Troop 30017), Lora DeGroat (Troop 30017), Julianne Moore (Troop 30513), Laura Excar (Troop 30017), Michelle and Katie Sharp (Troop 30039).

Fairview Community Center Needs You!

Are you new to Fairview and want to get involved? Are you a child of Fairview with your own family now? The Fairview Community Center offers a way to connect to the community that is both helpful and fun. The Managing Board of the Fairview Community Center is re-organizing and needs new members. The Community Center is the big brick building in front of and separate from the Fairview Elementary School; it hosts all kinds of events and includes a gym floor, a stage, a meeting room and a kitchen.

We need new members, new ideas, and new events. Fairview folks are full of enthusiasm and great ideas, and the Fairview Community Center welcomes you to share them all. Please email Frank Wartman at fairviewcommunitycenter@gmail.com for information/



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As we move into Fall, its time to think about things to do before winter hits. Things such as overgrown trees and limbs that could be dangerous with snow and ice. **We can solve that problem.** How about your road, is it ready for the freezing and thawing of winter? **We can solve that problem.** How about the drainage problem that you never got to over the summer? **We can fix that, too.** Do you need grading or hydroseeding done before all the washing out from the snow? **Again, we can fix that problem.** Or one more big party before the end of the season on your new patio enjoying the fire in your new fire pit? **Uhh... we do that as well.** We do walkways, Steps and Retaining walls, all from your choice of block, wood, rock and pavers. **Why would you call someone else when we can do it all while we are there?** Fairview Landscaping holds a General Contracting license and Ornamental and Turf-Pesticide license. We do both Commerical and Residential work and are fully insured and all of our work is guaranteed. We've been in business here in Fairview well over 20 years. **We're not going anywhere.**

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School, Sports & Kid Stuff.....

Fairview Elementary Moves Forward on All-Inclusive Playground

by Cynthia Palmeri, Jill Frayne, Kristin Scott and FES Principal Jennifer Reed

Fairview Elementary doesn't just want new equipment to our community; their goal is to create a space for all-inclusive play.

Access for All to Play

Most playgrounds in community spaces and schools are made up of generic playground equipment that is purchased and placed in an available open space. An "All-Inclusive Playground" is a play space that is meticulously designed, purchased and installed with all children in mind, including those with physical disabilities (including wheelchairs and walking aids), and sensory, social and cognitive impairments. Most children with physical/emotional/behavioral challenges would be grateful for a playground that gave them the access to just stand/sit/play in the same space in which their peers are playing. Most playgrounds are not accessible in this way.

FES's Special Role

Fairview Elementary School serves as the regional center for Intensive Intervention (II) in our school district. That means that many children with special needs are bused from all over Buncombe County to attend our school. We have a tremendous academic program for the children in the II program but we cannot accommodate them on our playgrounds. Since social/peer interaction is a significant part of Individualized Education Plans (IEPs), the lack of inclusive play areas on our playground is a serious limitation to many children who need the most help.

Design Elements for Inclusion

The plans being developed with the aid of an architect and community members include the following:

- All-ability equipment including designs to promote rotary movement, linear movement and climbing.
- A new pathway system allowing wheelchair and walking-aid access to the green-space.
- Landscaping and sensory components which will engage children on the walkways themselves.
- Seamless playground surfacing to allow easy maneuvering.
- Incorporation of the existing beautiful green space next to the school.
- Added benches and shade structures.
- Updated equipment in existing play areas.
- Play area equipment purchased and /or designed for an overall balance of behavioral/emotional/sensory/physical needs.
- "Buddy benches" that encourage children to sit and talk to others.

The arguments for play go well beyond what our children need physically. *Brain Rules*, by John Medina, strongly suggests that "a lifetime of exercise can result in some astonishing elevation of cognitive performance, compared to those who are sedentary."

We know that increasing physical activity in all our children will increase their

Step Up To the Pie War Challenge

Whipped cream pies are so much sweeter than a bucket of ice, and they don't make you shiver — though you may still want to change clothes.

The FES playground committee has started a Playground Pie War to raise funds for the renovation; the idea is the same as the ALS Ice Bucket Challenge, but this time you can toss whipped cream pies at your friends and family.

Donations are tax-deductible. All money donated will go towards making our playground wheelchair accessible and appealing for children of all abilities. To join the fun and support our caring FES community, go to the school website at buncombe.k12.nc.us/fes and find out how to take part.

ability to focus, to retain information, and to apply what they are learning in the classroom.

The project goal is that all children in our community can come to our school playground, be active and interactive, and find joy and health while playing.

For more information or to offer services in kind or monetary donations, please email fesplayground@gmail.com.

Local Alopecia Awareness Campaign

Alopecia is not a life-threatening disease but it is life-altering. Alopecia is an autoimmune disease that attacks the hair follicles. There is no cure. The Children's Alopecia Project (CAP) was formed to raise awareness of this disease.



Hannah Galbraith, a third grader at Fairview Elementary, has been diagnosed with alopecia. She is a beautiful, warm-hearted girl whose goal is to let everyone in our community know what alopecia is.

Hannah's family gives sincere thanks to the Sunshine Ladies Auxiliary of Pleasant Grove Baptist Church for buying and helping assemble the Knock Out Gloves. Thanks also go to KD's One Stop and to owner Kelly who offered his location to center the Knock Out Alopecia campaign, and to Fairview Outlet, Custom Exhaust and Brakes on Patton Avenue, and Missy with Thirty-One Gifts for having a raffle.

Awareness efforts will continue; FES will hold a CAP day in November to help bring awareness to the school, and businesses are invited to join the effort.

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COMMERCIAL

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



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

LAND RESIDENTIAL

Beautifully wooded 1.94 acre lot in Fairview with views. Build your dream home. \$74,500. MLS #571543 Call Nina.

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

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

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

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

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

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

Private 10.66 acres of unrestricted mountain land with great, long-range, south, southeast, and east views. Power to property. Has expired four bedroom septic permit on file. Southeast facing with lots of potential. Good stand of trees. Property lies from road to top of ridge. MLS #555156 **\$159,900**

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

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

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NEW LISTING



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.**

15 ACRE FARM



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



Desirable Cane Creek Valley Area. 4 bedrooms, 2.5 bath. Master Bedroom on Main Level, Upgraded Kitchen, Covered Porch and Bonus Room over 2 car garage. **\$479,000. Call Nina Kis Bradbury for appointment, 828 242.8029.**

UNDER CONTRACT in 1



Totally remodeled farm house in the Heart of Fairview with beautiful mountain views. 2/1 with wood floors, metal roof, granite counter tops. All new windows, new plumbing, new electrical, new HVAC. Energy efficient blown in insulation in the walls. Ready to move in. 500 sq ft bonus space. **\$169,900**

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REDUCED



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



Nice almost one acre property in a great location in Fairview with a single wide mobile home, 2 bedroom, 2 bath with new floors just installed. MLS#570645 **Only \$57,000**



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**

UNDER CONTRACT



Beautiful home, quality materials, Hardiplank siding, covered front porch, level to rolling large lot. Hardwood floors, stacked stone fireplace in LR. Granite counter tops in kitchen. Mountain views and back deck. Family room in daylight basement with bonus bedroom and bath could be in-law suite. MLS#549013 **\$279,000**

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

Seven lots of level to rolling land with lots of tree coverage and some with views. Great location. Walk to library, bank, grocery, post office, the ice cream shop and dining. Neighborhood green space with creek and picnic tables. MLS#565442 & MLS #567008



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It is hard for me to admit this but people have started telling me I can be mean. They accuse me of saying things that I know will get under their skin. According to my accusers I say stuff in a way that on the surface may sound OK but underneath the words is some hidden and possibly deniable dig. Sometimes I don't get around to things that are important to others even though I know they will be disappointed. I call myself forgetful but I guess at some level I just don't want to do it and don't want to say it directly or guess I just want to aggravate them. I'm not always aware of it but sometimes I am. My wife calls me passive aggressive. She isn't ready to divorce me but I know I hurt her. How can I stop doing this?

Putting this down in writing is a great start! What is called 'passive aggressive' is a learned way to tell people you are aggravated in some way. Passive aggressive behavior is really a combination of negative attitudes and passive resistance, usually aimed at someone. Often the passive aggressive behavior retains some deniability of actually resisting or acting negative. You may have learned this from someone who didn't feel safe saying what bothered them or didn't feel it was OK to feel fearful or angry or to deal with relationship issues directly. Or you may have developed this form of self-expression on your own.

Using the AWAY Concept

If you have read this column before, you know the terms "Path," a particular role you play in your life, "Course," the direction you are headed on each "Path" and

"Level," the way you experience your journey on a physical, emotional, spiritual, sensual, financial, social and intellectual level.

Emotional levels may be experienced anywhere on a continuum from mild to intense. Often with passive aggression, your emotional level has a fear component along with frustration and anger. The passive or deniable behavior creates a kind of protective barrier for you. That means passive aggressive behavior is a form of self-protection. Letting go of protective barriers on your journey can be a challenge, because you become more vulnerable. But fortunately, vulnerability can help you become more open to your emotional potential and give you access to a full range of emotions, including joy and the enrichment of closer relationships.

The transition can be a bumpy one. The trade-off is yours to decide.

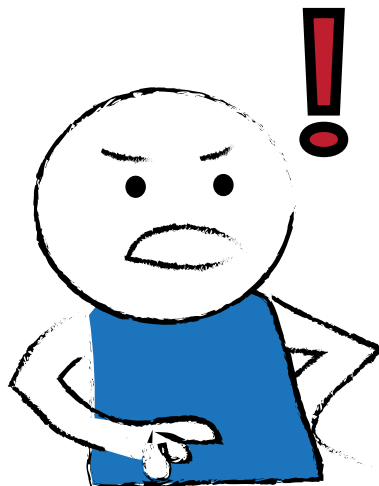
Tips for Changing Course

To get a better view from your "You Are Here" sign, practice acting outside of your routine in non-threatening ways until you have access to your humanity and feel more confident in your ability to alter

course. Try the following:

Spend as little time as possible beating yourself up for being who and where you are.

If you feel stuck, know that confusion usually follows feeling stuck. Confusion is what you experience when you move from "no alternative course" to "perhaps many courses." With a little effort you can move on to become curious about one or two possible altered courses. Although staying on an altered course and evaluating your efforts may not have the results you anticipated, you will gain insight regardless of the outcome, and possibly give yourself a chance to have one of those "Aha" moments.



Pay attention to road signs.

Ask yourself, "What am I afraid of?" Everyone feels fear. Each one of us responds a little differently to fear. Some fear is very old and some is new and current; passive aggressive behavior usually comes from older fear. Some part of you associates fear and self-protection with a belief something like this: "It is not OK to hurt people directly," and you developed an attitude of passive negativity as an alternative.

You have billions of connections in your

brain ranging from very strong to very weak. These connections are tied to all kinds of thoughts and beliefs. Some connections remain helpful on your journey, while some may have lost their value yet still remain connected. Short of zapping out part of your brain, the way to reduce the power of old connections is by creating strong new connections.

Your autopilot seeks direction by looking for the strongest connection, so while you are creating your strong new connections, you will need to access your humanity and consciously choose healthy alternative ways of dealing with your fears.

You can't really change who you are. You can add enough new connections to lessen the pull to revert to old beliefs, thoughts and behavior. Your challenge, should you choose to accept it, is to come up with new beliefs and use your humanity to put them into practice over time.

A Plan for Beginning

Possible New Belief: It is OK to express yourself directly.

Research: Find out more about what constitutes abuse, and what are more healthy forms of self-expression and self-protection.

Pay attention to road signs. Learn from them. Let others know what you are trying to do.

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.

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Dane

I'm a young, active 2-year old pup who had lived in a home. I know basic commands and am almost house-trained. I love Frisbee, and I also love my toys but I'll need to work on my sharing skills. I would be happy with a brother or sister. I like kids, but I jump to give hugs, so school-aged children would be best. I need a family to give me consistency because I get terrified when I'm left alone or put in a crate. So until I gain a sense of security, I'd like you with me as much as possible to hold my paw when I get anxious. With love and patience, I know I will outgrow my fears and be the very best boy.

Gizmo

Gorgeous Gizmo was born around August of 2012. She was a resident of ours when she was a kitten and was quickly adopted, but after some time she found herself in the county shelter. She is now back with us hoping someone will give her the forever home she deserves. Visit her today!



Happy Gilmore

Happy Gilmore is a goofy, curious bunny in foster care. When he goes out for play-time, he runs around for a few minutes, jumps in the air, and then calms down and seeks out people for affection. He likes the bridge of his nose rubbed and he loves to investigate. Please contact fosterpetlove@gmail.com.

Bubbles

Rescued from being given away for free on Craigslist, Bubbles is a 50 lb., 1-year old pot bellied pig whose owners couldn't care for her any more. She is sweet and loving, good with kids and other animals. She is litter box trained! Email janine@bwar.org.



Animal Haven

Call 299-1635 or animalhaven.org



Spirit

I am a four-year-old male neutered Spitz mix with soft brown eyes. I am the perfect size for a family or seniors. I love car rides, soft toys, and belly rubs. I am fine tuning my manners in the New Leash on Life program. Call Animal Haven of Asheville to visit me, Raymond, or Mia.

Raymond

I'm a 3-year-old male neutered Boxer/Hound mix with a beautiful brindle coat. I would love a hiking companion, a basket full of toys, and a soft bed to lay my head on next to yours. I am good with other dogs and people of all sizes.



Mia

I am a 2-year-old female spayed tri-color Hound. I have a face that will melt your heart and a personality to match. I like to play with other dogs and am enrolled in the New Leash on Life program with Raymond and Spirit.



Charlie's Angels Animal Rescue

Call 885-3647
or wncaninlrescue.org

Rico

Rico is a very sweet 4-year-old cat who would love to love you. **Charlie's Angels adoption fee this month is only \$25!**

FOUR LEGS, FUR & FEATHERS!

Please Pass the Turkey

by Dr. Charles Lloyd, DVM, Fairview Animal Hospital

We are approaching the holiday season, which in most households means lots of food and goodies. Not only do we have to be careful what and how much we eat, but it is just as important for our pets. Around all the major "food" holidays (Thanksgiving, Christmas, New Year, Super Bowl Sunday and Easter) there is an increased number of pets with vomiting, diarrhea and other ailments related to consumption of human food. It is never a good idea to feed your pets human food at any time, but around the holidays you need to be careful with not only what is on the table but also what is left out in the open.

During holiday parties, please be sure that your guests are aware that they should not feed your pets.

Dangerous Foods for Your Pets

Thanksgiving and Christmas, for most people, means having turkey as the main course. When discarding the bones and leftovers in the trash, be sure that the remains are not where the pets can get to them. Turkey bones are especially dangerous to pets because they are brittle and tend to splinter more easily. They can cause perforations in the stomach and intestinal tract as well as fecal impactions. Also, for your safety and that of your pets, do not leave the turkey out for any extended length of time due to the possibility of spoiling.

What would the holidays be like without chocolate? Although we humans love chocolate, it can be harmful to your pet. Theobromine is a component in chocolate

that can damage the heart, central nervous system and kidneys. The type of chocolate is a major factor in how much it takes to cause problems. Baking chocolate contains the most Theobromine, while white chocolate contains the least. The lethal dose for a pet is dependent on the size of the pet and the amount and type of chocolate consumed. The smaller the pet, the smaller amount of chocolate it will take to cause toxicity.

Other products to be careful with as you prepare your holiday meals are onions, coffee grounds and beans. Onions, raw and dehydrated, can cause a blood disorder called hemolytic anemia. Coffee products that contain caffeine can cause problems with pets. This also applies to the high-energy drinks that contain large amounts of caffeine.

If you plan on buying treats or snacks for your pets around holiday times, please be very selective of the products you buy. It is especially recommended that you avoid any treats/snacks that come from China. Over the past few years there has been an ever-increasing number of cases of pets becoming very ill (and some even dying) after consuming treats from China. Be sure and check the label for where the product was made.

You now know that during the holiday season not only do you have to watch what you eat but also you need to be very aware of what your pet is getting into. And the most important thing to keep away from both yourself and your pet - fruitcake.

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Brother Wolf November Adoption Events

November 1 – Saturday, 12-5 pm:
Adoption Event at State Farm Agency, 788 Merrimon Avenue, Asheville.

November 8 – Saturday, 12-4 pm:
“Feed the Block” Adoption event and food drive at H&R Block, 891 Patton Avenue.

November 15 – Saturday, 12-4 pm:
Mast General Store adoption and sale, Asheville.

November 23 – Saturday, 12-4 pm:
Mast General Store adoption and sale, Asheville.

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FOR THE BIRDS

by Simon Thompson

Looking for Winter Ducks in North Carolina



When birding here in Western North Carolina, looking for ducks and geese is not one of the activities that immediately spring to mind. The mountains are rich in many bird species, such

as warblers and other woodland birds, but ducks? Aside from the ubiquitous Canada Goose and abundant Mallard, the only wild duck we can regularly expect during the summer months is the beautifully-plumaged Wood Duck.

However, during the winter, searching for ducks does seem a little more worthwhile. As the weather gets colder, as it will undoubtedly do this year, the migrating waterfowl will soon fly down from the north. Although the number of waterfowl here in the mountains and foothills of the Carolinas cannot compare with the vast flocks along North Carolina's coast and Outer Banks, we still manage to attract a reasonable selection of birds on some of the larger rivers, lakes, and reservoirs. Here, if the water remains open throughout the colder months, we can expect small flocks of geese and ducks on many stretches of water.

Once you have found your duck-filled lake, the next job is to go through all of the assorted brown blobs and identify what is out there. Of course this is much easier than it sounds! But there is some help out there

with several good books with excellent illustrations of all our eastern waterfowl. One of my favorites is the *National Geographic Guide to North American Birds*. With regular updated editions, this field guide gets better and better. What's even handier for most of us who live in the East, there is now a version that contains only our eastern birds. Another very handy book is *Waterfowl of Eastern North America* by Chris Earley.

Aside from books, nothing can beat getting out into the field. A helping hand for budding “duck-watchers” is the local workshops that we are holding this winter. Also known as “Duck Days”, these full-day outings take us to many of the best waterfowl lakes and reservoirs in our area of Western North Carolina. There are 2 being held during the colder months of the year — on December 7 and January 25.

By late winter most of the male ducks should be in their full breeding colors in anticipation of the upcoming breeding season. Males are the most distinctively marked of the sexes and the easiest to identify, but we shall also spend time deciphering the cryptic plumages of those look-alike females.

We will examine the birds' structure and biology and improve our identification skills.

Should the weather be very cold and the lakes begin to freeze over, many of the ducks and geese will move to areas of permanent-



Northern Shoveler



Hooded Merganser

ly open water, such as Lake Julian in south Asheville and Lake Osceola in Hendersonville. Some very impressive concentrations of our regularly wintering waterfowl have occurred under these conditions.

The most regularly occurring species are Mallard, Gadwall, American Wigeon, Green-winged Teal, Canada Goose, Bufflehead, Hooded Merganser, Ring-necked and Ruddy Ducks, but we shall also look for Northern Shoveler, Northern Pintail and both Lesser and Greater Scaup. Local rarities in our area have included: Common Goldeneye, White-winged Scoter, and Snow and Greater White-fronted Geese.

Join us for an easy day out birding our local lakes and reservoirs, but remember that the weather may be cold. You will certainly need warm clothing and good boots. For more information on the upcoming duck trips, contact me at the address below or go directly to www.birdventures.com

Simon Thompson owns and operates Ventures Birding Tours, birdventures.com. He and Chris own/operate the Asheville Wild Birds Unlimited Store. For information on birding activities or to ask a birding question, drop by the store or drop an email to us from asheville.wbu.com.

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WORSHIP & COMMUNITY OUTREACH

Thanksgiving Dinner at Bethany United Methodist

Bethany United Methodist Church, 212 Bethany Church Road in Fairview will host a community Thanksgiving dinner on **Saturday, November 22, 5:30 pm**. Turkey and all the trimmings will be served, and everyone is welcome to join in this community meal. Please call 684-4338 for further information.

Angels of Fairview

Holiday Meal Drive

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

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

Tax deductible donations will be gratefully accepted through December 21. Donations may be made through your child's teacher or at P. O. Box 94, Fairview, NC 28730.

Fifty dollars secures a complete meal for a family of 4-6 people. Meals include a 10-12 pound turkey, 2 sides, rolls and dessert. The Angels' endeavors are made possible by the generous donations of the community. Their thanks go to all who continue to support the Angels of Fairview and more importantly, our community.

Fairview Sharon Hosts Fourth Sunday Supper

Fairview Sharon United Methodist Church, 2 Laura Jackson Rd, will host its inaugural Fourth Sunday Supper on **Sunday, November 23, beginning at 4 pm**. The meal, which will be offered free of charge, is intended for seniors and all who would like a good meal and good fellowship. Everyone is welcome.

Caring for Children Collecting Baby Items at Americare

The non-profit agency Caring for Children invites the community to help them collect items for newborns and children up to two years old. They are focusing their collection efforts on items such as diapers, baby wipes, bottles, pacifiers, formula, baby blankets and toys. These items can be dropped off at the Caring for Children collection bin located at Americare Pharmacy, 1185 Charlotte Highway in Fairview, or at the Caring for Children office at 50 Reddick Road adjacent to East Asheville Veterinary Hospital in east Asheville (Oteen).

Knitters and Crocheters Meet for Winter Giving

The WNC Knitters and Crocheters for Others, Asheville's charity knitting and crochet group, will meet on **Monday, November 10, 7-9 pm** at New Hope Presbyterian Church, 3070 Sweeten Creek Road.

Through December the group will focus on creating knitted and crocheted winter scarves and hats for their hat ministry.

If interested, contact Janet Stewart, 828 575-9195, or Janet Pruitt, 828 628-4770.

Christmas Bazaar & Farmer's Market at Fairview Baptist

The Fairview Baptist Church family invites everyone to join them for a day of Christmas celebration and fun on **Saturday, November 15, 9 am-1 pm** at 32 Church Road in Fairview.

Christmas booths will include Winter Wonderland, Christmas Creations, Santa's Claus-et, Yuletide Yummies, The Ho-Ho Holiday Shoppe, Season's Treatings, Christmas Corner, and The Star & Stable Farmer's Market. Items will include gifts for the kitchen, jewelry, Christmas decorations, ornaments, desserts, teas, coffees, bath & beauty and canned items by local farmers.

Basket drawings will be held every hour. Shoppers can take a moment to visit the photo booth and visit our Jingle Rock Café Christmas Concessions: a Jingle Bell Biscuit & Coffee at breakfast is \$2 and a lunch of hot dogs, chips and drink is \$3.

Proceeds will go to support Fairview Missions. For more information please call 628-2908 or 231-5035.



Vegan Thanksgiving Benefits Animal Haven

The Annual Vegan Thanksgiving Dinner to benefit Animal Haven will be held on **Wednesday, November 26, 5-9 pm** at Plant Restaurant, 165 Merrimon Avenue in Asheville. Reservations are strongly suggested; call Plant at 828 258-7500 to reserve or for more information.



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

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

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God of the Beast
Health Talk, Temperance
- Friday, Nov 7...** *Is Heaven Real?*
The Checkered Flag
Health Talk, Air
- Saturday, Nov 8...** *Healthful Living – I I am*
(free meal)
Psychic World – 6:30 pm
(refreshments)
- Sunday, Nov 9...** *Mercy of God*
Tribulation
Health Talk, Rest
- Friday, Nov 14...** *Playing Church*
Questions Answered
Health Talk, Trust
- Saturday, Nov 15...** *One Sin Too Many – I I am*
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Open Enrollment: A Great Time to Review Your Retirement Plan



If you work for a medium-to-large company, you may now be entering the "open enrollment" period — that time of year when you get to make changes to your employee benefits. Your benefit package can be a big piece of your overall financial picture, so you'll want to make the right moves — especially in regard to your employer-sponsored retirement plan.

Take a close look at your 401(k) or similar plan, such as a 403(b), if you work for a school or a nonprofit group, or a 457(b), if you work for a state or local government. And keep these possible moves in mind:

Boost your contributions. If your salary has gone up over the past year, or if you just think you have a reasonable "cushion" in your disposable income, boost your contributions to your employer-sponsored retirement plan. Even if you can't afford to contribute the maximum amount — which, in 2014, is \$17,500, or \$23,000 if you're 50 or older — to your 401(k) or similar plan, try to put in as much as you can afford. Remember the key benefits of these plans: Your money can grow tax-

deferred and your contributions can lower your annual taxable income. (Keep in mind, though, that you will eventually be taxed on your withdrawals, and any withdrawals you take before you reach 59½ may be subject to a 10% IRS penalty.)

Don't miss the match. Try to take full advantage of your employer's matching contribution, if one is offered. Your employer may match 50% of employee contributions, up to the first 6% of your salary. So if you're only deferring 3% of your income, you are missing half the match — or leaving money "on the table," so to speak.

Rebalance, if necessary. You may be able to change the investment mix of your employer-sponsored retirement plan throughout the year, but you might find that the best time to review your holdings and rebalance your portfolio is during open enrollment, when you're reviewing all your benefit options. Try to determine if your investment allocation is still appropriate for your needs or if you own some investments that are chronically under-performing. And always keep in mind the need to diversify. Try to spread your money around a variety of investments within your plan, with the exact percent-

ages of each investment depending on your goals, risk tolerance and time horizon. As you near retirement, you may need to lower your overall risk level, but even at this stage of your career, you'll benefit from a diversified portfolio. While diversification can't guarantee a profit or protect against loss, it can help reduce the impact of volatility on your holdings.

Review your beneficiary designations. Your retirement plan's beneficiary designations are important and, in fact, can even supersede the wishes you express in your will. So if you experience changes in your life — marriage, remarriage, a birth or an adoption, etc. — you'll need to update the beneficiary designations on your 401(k) or similar plan. It won't take much time today — and it can help prevent a lot of trouble tomorrow.

You work hard for the money that goes into your retirement plan — so make sure your plan is working hard for you.

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.

BUSINESS

High Country Truck and Van Relocates to Fairview

After a successful 20 years on Patton Avenue, High Country Truck and Van has moved to Fairview. Owned by brothers Rick and Jim Cardillo, who have been in the car business since 1983, take a great deal of pride in repeat and referral customers. Over the past 10 years, High Country has become very specialized in commercial vehicles and is now the only independent used commercial truck dealership in Western North Carolina. After leasing the lot on Patton Avenue for 20 years, High Country was expanded to the land the Cardillos have owned for 10 years on Highway 74. Rick and Jim Cardillo just celebrated their partnership of 35 years together, and Rick's wife has worked full time for the business for the past 8 years. . From specialized handicap vehicles to box trucks to highly specialized commercial vehicles, High Country has it all, and is open **Monday-Friday from 9 am-6 pm and 10 am-2 pm on Saturdays.** Find them online at Highcountrytruck.com, Facebook, or in person just to say hello.

The Cardillos are excited and pleased by the warm welcome they have received from the local community in Fairview!



The Joint Next Door Opening early November

Fairview's newest addition to its rockin' nightlife (Fairview???) is The Joint Next Door. As of this moment, the opening is scheduled for November 1 but check before going. The Joint Next Door will be open 7 days a week from 3 - 12 pm. They will start out with live music on Thursday, Friday and Saturday nights with an open mic night planned as well. There will be nightly specials and football!

Just like The Local Joint, we expect owners Stephanie and Chris Sizemore to make tweaks and changes based on what the community wants, and ultimately ending up with an awesome and popular addition to the Fairview area. So sometime very soon (if not NOW) you will be able to go out in Fairview and hear live music, hang out with friends and watch a football game, grab some food (take out from The Local Joint), and just chill.

The Joint Next Door is located at the opposite end of the Eblen Short Stop building from The Local Joint at 1185 Charlotte Highway. Look for the giant round window and listen for the warm sounds of friends enjoying a new community hang out.

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The NC General Assembly will reconvene on January 14, 2015. At that time all members will be sworn in and the long session of the legislature will begin. Until that time, interim legislative committees are continuing to meet to consider recommendations that they may make to the next session of the General Assembly. There will definitely be new members, since some current legislators are not running for re-election. Many legislators do not have general election opposition, so they know they will return next year. The NC House will have a new Speaker of the House because Speaker Tillis isn't running for re-election for the State House. The Speaker is selected by a majority vote of the members of the House, and the Speaker by rule doesn't even need to be an elected member of the chamber. But traditionally the Speaker has always been an elected member of the NC House.

I recently had the honor of participating in educator tours of local businesses. Teachers and administrators from Buncombe County Schools visited local businesses AVL Technologies, Baldor ABB, Nypro, and Southeastern Container to see what skills are needed for the high-tech jobs of today. These local businesses are manufacturing products that are used all over the world for satellite communications, food service containers, medical instruments and electric motors.

The workforce skills required in advanced manufacturing are very high and include machinists, engineers, and other skilled craftspeople.

The workforce skills required in advanced manufacturing are very high and include machinists, engineers, and other skilled craftspeople. Buncombe County, AB Tech, Mountain Area Workforce Development Board, NC Workforce Solutions and others are collaborating on an initiative called "Raising Awareness of Manufactur-

ing Possibilities" (RAMP). This effort will help our local businesses find the skilled workers they need.

The RAMP initiative will help those students in middle and high school so they can understand the well-paying job opportunities available in our region. It will also work with people who are looking at a career change. Many of these jobs require some training beyond a high school diploma, but not necessarily a four-year college degree. Most pay over \$15 per hour and some pay over \$25 per hour. For the jobs available in our community, manufacturing still pays one of the highest wages of any sector.

For the jobs available in our community, manufacturing still pays one of the highest wages of any sector.

Arguably the greatest limitation to growing good paying jobs in our community is our ability to provide businesses the high skilled workers they need. It is my opinion that while it is important that NC have a competitive tax and regulatory environment so businesses can locate and expand here, workforce availability will be the greatest challenge going forward. NC is in a good position to be successful. Few states invest more in their community college and university systems than we do. NC ranks near the top nationally in funding for community colleges and universities.

I believe there is much evidence that Buncombe County's public schools are continuing to improve. NC recently released our graduation rates and both Buncombe County Schools and Asheville City Schools recorded near the top graduation rates in history. Also, both systems recorded SAT scores that exceeded the national and state averages. NC's statewide SAT scores ranked just below the national average by three points.

The US Supreme Court has refused to take any cases this term regarding same-sex marriage. Because of that, the Fourth Circuit Court of Appeals ruling that NC's Marriage Amendment violates the US Constitution is

binding law on our state. NC Attorney General Roy Cooper has indicated that he will no longer defend our state's Marriage Amendment. In my view, it is the obligation of the state to defend the State Constitution, and I will continue to work to do that until the US Supreme Court issues a final decision in these cases.

I encourage you and your family to please vote for the candidate of your choice. Most people in this world don't have the right to elect their political leadership. Many members of our military have sacrificed greatly, including giving their own lives to defend our freedoms. The least we can do to honor them is to exercise our sacred right to vote.

I hope you and your family have a wonderful Thanksgiving; may you enjoy the fall colors and appreciate this season of giving thanks to the One who made us. "Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing. Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations." Psalms 100:1-5.

It is my honor to serve you in the NC House, and please contact me anytime.

Contact:

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Fairview Gets Famous

If you're ever wondering what celebrities do on the nights they're not performing at Diana Wortham, Wolfe Auditorium or some other well-known venue, you might just look around you, because they just might be in Fairview!

For instance, on the night before the "Many Moods of McCartney" concert co-produced by Fairview's Misty Masiello with long-time friend Exec Producer Dennis D'amico, a stellar group of academy and grammy award-winning artists gathered at Misty and Bill Butcher's beautiful mountain home to kick off the fundraising event in style. Performer guests included "Little Anthony" Gourdine; singer Emily West; composer Frankie Previetto; and virtuoso composers and pianists Roger Kellaway, Peter Beets and Yongmei Hu. The concert and the Fairview gathering were fundraisers for four local nonprofits including MANNA food bank, Southern Appalachian Highlands Conservancy and Fairview's own Food for Fairview.

Misty Masiello, whose past career experience included the publishing and entertainment industries in New York and London before entering the Asheville real estate field, used her formidable marketing and organizational skills to bring the event together. "Normally an event like this would take over a year to plan," she said, "but I had a three-month window and so that's what I worked with." Still, it was far from a cake walk. Misty said her husband Bill "told me he had begun to think I was a hologram, because I was constantly flickering in and out of the house."

The Fairview evening was spectacular, as guests mingled with the amazing performers who had travelled to town for the benefit concert. The Local Joint catered delicious hors



At left, Yongmei Hu, Roger Kellaway, guest, Misty Masiello and Peter Beets. Top, somewhat star struck Crier editor with Little Anthony, formerly of the Imperials. Photos by Lynnepics.

d'oeuvres and dinner. But the high point of the evening came when Yongmei Hu gave a marvelously assertive interpretation of a Chopin piece, after which Roger Kellaway and Peter Beets impressed and inspired with their own selections of jazz and modern works, closing with a late night duet.

So, next time you're at a fabulous concert in our area and you think you might have seen one of the stars down Fairview way ... you're more than likely right!




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October's Business Meeting

More than 20 members attended the October meeting at John McDermott's net zero green house in the Green Acres Eco Community. John was an amazing host and provided great refreshments including sushi and his home brewed beer and tours of his amazing house. If you missed the meeting, check out the story on John and Green Acres on page 17 of this issue.

November's Business Meeting

The next FBA meeting will be **Wednesday, November 5, 6 pm** at Sonny G's Place located in fellow member business, The Kounty Line, on Charlotte Highway in Reynolds. The meeting will be followed by some tastes of "food you wouldn't expect to find at a gas station." Sonny is an accomplished chef and has found a home at family-owned Kounty Line. Seems breakfast and lunch is the perfect schedule for a chef who values the importance of having time with his family. Hope to see some new faces. After the meeting, we'll learn a bit about new plans in the works for both Sonny G's and Kounty Line.

November is when we vote on new officers for the 2015 term. The current 2015 roster includes Frank Dixon of The Cove at Fairview as president (currently serving as interim president), Mary Palermo of Rainbow International as Vice President, Lisa Pelly as Treasurer, Lacey Pelly as Secretary, Sandie Rhodes as Membership, and Janet Peterson as Meeting Coordinator. Others are encouraged to volunteer for a position. Members will vote to elect new officers at the meeting.

Welcome New Members

- Rent-a-Home of Asheville

Year End Holiday Party

Our 120 members have outgrown any place in our community so we will have our annual holiday party at Highland Brewing Company in River Ridge on **Monday, December 8**. We'll have great food (catered by The Local Joint, Trout Lily Cafe and Deli, and chef Bob Lund). Members are asked to bring side dishes and desserts. Chris Rhodes will provide live music with dancing. And Highland beers, wine and soft drinks will be sold at the bar at very reasonable prices. Members and one guest are free but if you'd like to bring additional people from your firm, it is \$20 per person. **Watch for an email in mid November with all of the details. You must RSVP. Please don't say you are coming and then don't show up. We had 14 people do this at the summer picnic and it cost the FBA money on wasted food. We'll be collecting for Food For Fairview, The Lord's Acre and Toys For Tots as in past years.** Specific items needed will be in info email or visit our website at fairviewbusiness.com after November 15.

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. Bill will be talking to Bart Benne of Floating Ink for some pointers on graphic design on the website. We are looking for pictures of people with their business name/logo to post on the website so we can identify names and faces with businesses.

KEEP IT LOCAL with 120 FBA Members

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Education/Instruction

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Fairview Preschool 338-2073

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Equipment Rental & Repair Services

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Managing That Heavy Clay Soil

Many visitors to the Lord's Acre garden wonder aloud how we are able to grow so much food in such heavy clay soil. I mean, clay sticks to your shoes. It can also be slimy and soggy in spring and slow to warm up, and it crusts over in the heat of summer. When facing these drawbacks I have to constantly remind myself of clay's virtues. Yes, it holds water — which can be a bad thing. But it also — it holds water — which can be a good thing. And it actually is much, much more fertile than most other soil types. It's just temperamental, that's all. We have to know how to treat it right to coax out all those nutrients.

Clay Soil Strategies

Since The Lord's Acre grows crops using many different methods, the garden is, in many ways, an ongoing experiment regarding which practices improve clay soil and which don't. Here's what we've found works. Applying these practices has turned our airless, hard, soggy clay into productive, easy-to-work soil in which we can grow 9.5 tons of produce each year on less than an acre.

- Adjusting the soil's pH to within 6.3–7.0. A pH that is too low or too high 'locks up' nutrients
- No till or low till — Now that our soil is so improved, we do what's called "chop and drop" with our cover crops. That is, we often chop them down and leave them in place as mulch. Then we dig holes where transplants will go, adding soil amendments as we plant.
- Adding organic matter — This is done by adding compost and mulch-

ing materials or by using the "chop and drop" method explained above.

- Never working the soil when it's too wet — working clay soil when it is wet fuses it into clumps that dry out and are nearly impossible to break up. This ruins soil tilth for years to come.

- Adding aeration by making beds — whether your raised beds have solid sides or not, incorporating air into heavy clay allows plant roots to grow and take up nutrients, and allows microorganisms to do their work. Beds are also beneficial because there is no foot traffic to create compaction, and fertilization is put in the same space year after year.

- Cover cropping — Cover crops benefit clay in many ways, but the two most obvious are the fact that their roots are often specially adapted to break up heavy soils, and their roots and above-ground parts add organic material.

- Not stepping on beds and compacting the soil — Plants can't live in soil that does not contain air, and neither can the microorganisms that make fertility available to roots. You can aerate soil by growing cover crops, leaving roots of any crop in the soil after harvest, using raised beds, not stepping on beds and hand digging.

- Not using machinery whenever possible — the difference between our hand-worked beds and our machine-worked beds is starkly telling. Machinery creates hardpan in clay soil that is a barrier to roots. Last year we turned a machine-worked field into hand worked contour beds and we're already seeing the improvement.



- Encouraging beneficial soil microbes — adding compost and organic matter, no or low till, and growing cover crops are just some of the ways to build up populations of these creatures that are ultimately responsible for plants being able to take up the nutrients they need.

- Mulching at the right times — when clay is too wet, hold off on mulching so the soil can dry out, but during the warmer months mulching adds organic matter as it breaks down.

- Improve all the soil in an area, not just where you put individual plants.

Healthy soil is made up of air, water, decayed plant residue, organic matter from living and dead organisms, and minerals such as sand, silt and clay. When soil is predominantly clay, it tends to exclude most of those vital elements, in effect keeping all its fertility locked up. If you have clay soil, give these remedies a try for a few years and look forward to less work and more production.

Questions? Topics you want to see covered? Email us at thelordsacre@gmail.com.

Full Bellies Country Fair Food Contest Winners

Apple Pie

Prettiest Pie — Ashley Epling
Pie That Tastes Most Like My Grandma's — Megan & Brielle
Most Creative Apple Pie We Have Ever Seen — Aline Carlton

Jams & Jellies

Most Creative Jam or Jelly Ever Made in Buncombe County — Keith Holdsworth
Jam or Jelly That Goes Best on a Peanut Butter Sandwich — Bonnie Frontino
Prettiest Jar of Jam or Jelly in the West (of North Carolina) — Sara Sides

Pickles

Most Unusual Pickle We Have Ever Seen — Martha Vining
The Bestest, Sourest Pickle — Alyssa Sacora
The Bestest, Sweetest Pickle — Keith Holdsworth
Most Creative and Prettiest Pickle — Barbara Swell

People's Choice

Apple Pie — Megan & Brielle
Jam & Jelly — Jane Hambley
Pickles — Dan Petersen
Oldest Entrant — Bonnie Frontino
Youngest Entrant — Megan & Brielle
Most Entries — Alyssa Sacora

Scarecrow Contest Winner

Henry's Heroes — Will Henry's class at FES won for their original pterodactyl!



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Kudzu



Autumn is here with winter knocking at the door, and much of the plant world that dwells above the ground has gone to sleep for the season, either setting seed for the next year or simply growing dormant as the roots slumber underground, waiting for the signs of spring to reawaken them to new life.

In the ancient Jewish traditions of the Talmud, there is a saying that "every blade of grass has its own angel that stands and bends over it whispering, grow, grow." Some plants must have rather powerful angels for the way they grow is beyond the world most of us know. Kudzu (*Pueraria Montana*) is one of those plants that seems to have landed on earth from some strange planet and is clearly intent on taking over the universe.

Kudzu is reviled by most people and considered by many humans to be a noxious weed in the same category as Japanese Knotweed, honeysuckle and bittersweet, which are non-native plants that are so invasive they out compete every native plant. Kudzu can grow a foot a day and in most areas where it is well established is nearly impossible to eradicate. When I drive up to lake Lure, Kudzu has taken over so much land, smothering fields, trees and tele-

phone poles and devouring abandoned houses, that it truly looks like some alien landscape. The reality is that these super plants are here to stay and at best can be contained or held back.

Kudzu was introduced into the United States from Asia in 1876 at the Centennial Exposition in Philadelphia; the word "kudzu" comes from the Japanese word "kudzu" which means vine.

American gardeners quickly fell passionately in love with this wild plant; by the early 1900's it was promoted as a forage crop, and was planted heavily during the Depression. By the 1940's, our government actually paid folks 8 dollars an acre to grow it for soil conservation! Within 100 years, kudzu spun out of control and has spread and covered more than 7 million acres, claiming 120,000 more acres a year. So, like it or hate it, we were the ones who brought Kudzu here and it is here to stay, but like most things in life, it has another side.

What many people don't know is that kudzu is a valuable food crop and an ancient medicinal plant still used widely throughout Asia, where it originated. Perhaps it's time to admit defeat, or at least shift our attitude and begin utilizing this resource as a readily and abundantly available utility plant and source of food.

Nearly every part of Kudzu is edible except for the seeds and seedpods. Young leaves can be eaten as a salad green, juiced or dried for tea. The blossoms, which smell

exactly like artificial grape bubblegum, can be used to make pickles or jelly. A good friend decided to take revenge on kudzu and begin eating it, making small batches of purple jelly each year, which tastes similar to apple or peach jelly. Shoots can be eaten like asparagus, and older leaves can be used to wrap foods in baking in the same manner as banana leaves. Raw roots need to be stripped of their woody outer bark but can then be roasted in the oven or ground into flour. Kudzu is also used to make tofu, ground as a flour to thicken soups, and harvested and baled as livestock fodder. Research has shown that the roots, flowers and leaves are filled with anti-oxidants, which enhances its potential use and benefit as a source of food.

Kudzu is also used to make soap, rope, baskets, skin lotions, paper and fuel. Kudzu fiber is known as ko-hemp and has been used traditionally to make clothing and paper. In the South, kudzu is being researched and it may become a valuable asset for the production of cellulosic ethanol. Goats love it, and the state of Tennessee is experimenting with kudzu control by means of goat grazing in the same manner that Oregon and Washington state use goats to control Himalayan blackberries, which are in essence kudzu vines with huge thorns.

On the medicinal front, Kudzu is utilized for controlling high blood pressure,

treating fevers, colds, allergies and digestive problems, and has successfully been used for treating cluster headaches and migraines. One of the more interesting medicinal uses is that for centuries in Asia, kudzu has been used in the treatment of alcoholism, and currently, kudzu is a major player in contemporary research on developing

drugs that repress alcohol consumption in humans. In China, kudzu is considered to be one of the 50 most fundamental herbs in their vast pharmacopoeia.

One caution regarding harvesting kudzu for either food or medicine

is to be careful that you are not picking it from areas where it has been sprayed with highly toxic pesticides, which is the most common form of control throughout the states on a personal and governmental level.

I can't say kudzu is my friend, as I love native wildflowers and habitats too deeply, but I can say that I am willing to re-examine my own relationship to this plant and begin utilizing it as a resource.

Nature is extraordinarily adaptive, resourceful and complex, and does not cater to human desires, whims or fancies. As I said before, kudzu is here to stay, so in addition to trying to control it in safe and sustainable ways, we might as well begin using it in a manner that benefits us all.





NOVEMBER EVENTS:
 Saturday, Nov 1 Kirtan with Chaitanya, Donation
 Friday, Nov 7 7-8:30 pm, Sound Healing with Gong, Donation
 Saturday, Nov 8 2-4:30 pm, Alignment & Refinement, Kundalini Yoga and Meditation with Anahata, \$25.
 Sunday, Nov 9 2-5 pm, Men's Council with Marianne Mitchell, \$40.
 Saturday, Nov 22 2-5 pm, Hips and Low Back Workshop with Nicole Kintz, \$30.
 Sunday, Nov 23 2-5 pm, Divine Feminine Shamanic Circle with Marianne Mitchell, \$40.
 Saturday, Dec 13 Gongs and Healing Bowls with Crown of Eternity

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COMMUNITY CENTER NEWS

SPRING MOUNTAIN

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Senior Citizens/Veterans Luncheon – *Tuesday, November 11, 12 pm* at the Community Center. Free luncheon honoring senior citizens and veterans. Call Charlotte 628-2363.

SAVE THE DATE – *Saturday, December 13* – Christmas Brunch.

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

Spring Mountain Bee – *Tuesday, November 11, 10 am–2 pm*. The Bee meets the second Tuesday of the month unless otherwise noted. Bring your own project this month. Visitors are welcome; call Kay Jenkins, 628-7900, or Kim Thompson, 628-1938.

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

For general information, contact Maria Horton, president, 778-0279. For updates, email Carolyn at flattopcarolyn@att.net. To rent call Bruce at 280-9533.

FAIRVIEW

1357 Charlotte Highway in Fairview

Craft and Gift Fair – *Saturday, November 8, 9 am–3 pm*.

SWA Pro Wrestling – *Saturday, November 15, 7 pm 8 pm match*, tickets are \$6 each.

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

UPPER HICKORY NUT GORGE

Highway 74A in Gerton

Community Thanksgiving Meal – *Tuesday, November 18, 6:30 pm*. Turkey Provided. Bring sides. All Welcome.

Christmas Greenery Workday – *Monday, December 1, 10 am*. Work Day for preparing the Christmas greenery for every street sign in Gerton.

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

JUST PERSONAL

Fairview Native Celebrates Her 100th Birthday

Beatrice (Bea) Nesbitt Marlow will turn 100 years young on Wednesday, November 5, 2014.

Mrs. Marlow was born in 1914 to the late Roy W. and Dora Morgan Nesbitt. She was married in 1935 to the late James Herman Marlow. Her children are: Luther (deceased) of Asheville, Bobby and Ray of Fairview, Sidney of Union Mills, David of Fairview, and Judy of Weaverville. She has 9 grandchildren, 13 great-grandchildren, and 2 great-great-grandchildren.

Mrs. Marlow retired from C.P. Clare in Fairview at the age of 75 and after 33 years of service. She is a lifelong and the oldest living member of Nesbitt's Chapel UMC, where she enjoyed traveling with the Mission Building Team. Her travels took her to Mexico, Costa Rica, Jamaica and Puerto Rico.

Up until she was 96, Mrs. Marlow loved to work in her flower gardens. She also enjoyed cooking and baking. She is known for her delicious homemade cakes and candies. Mrs. Marlow also enjoyed weekly shopping and lunch outings with the women of the



church. She is now an avid reader and enjoys visiting with family and friends.

A covered-dish luncheon will be given in her honor on *Sunday, November 9, from 1–3 pm* at Nesbitt's Chapel UMC Fellowship Hall, 12 Nesbitt's Chapel Road in Fairview. Everyone is invited to join us at this special celebration.

Jacob Whitaker Wins National Tournament

Jacob Whitaker, son of Tim and Lisa Whitaker of Fairview, won the 2014 Carhartt Bassmaster College Series National Championship alongside his partner, Andrew Helms, in Young Harris, GA. The Championship took place in August at Lake Chatuge. Both Whitaker and Helms attend UNC Charlotte, where they belong to the university's club fishing team, The Bass Rats. The total weight of fish caught by the Charlotte duo over three days was 38 pounds, 9 ounces. Jake is also a former Reynolds football player who was a part of the 2009 NCHSAA 4-A championship team. Both Jake and Andrew are excited to bring this type of recognition to their school's program.



Camille Groh Completes Alaska Wilderness Mountaineering Course

Camille Groh, 18, daughter of Drs. Mark and Sumandeep Groh of Fairview, recently completed a four-week wilderness expedition, traveling by foot in Alaska with the National Outdoor Leadership School (NOLS).

Groh, her 12 classmates and four instructors spent 28 days exploring the northern side of Alaska's Wrangell Mountains. This included river crossings, steep terrain, off-trail travel and harsh weather camping. Once on the Nebesba Glacier, students learned crevasse rescue skills and also attempted to summit Mt. Jarvis. Curriculum focused on snow camping skills, glacier travel and tolerance for

adversity and uncertainty. The course culminated in a two-day independent student expedition. This course was long and difficult with tiring days and uncertain weather. Groh and her classmates learned to survive, and then thrive in a challenging environment and work together as an expedition team toward common goals. All students finished this course with a thorough and deep introduction to mountaineering, from long wilderness approaches to dealing with harsh weather on an Alaskan glacier. Groh and her classmates graduated as competent and responsible wilderness travelers and leaders.



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