



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • APRIL 2015 • VOL. 20, No. 4 • FAIRVIEW, NC



Ingles Markets presents the 6th annual Easter on the Green celebration on **Saturday, April 4, 2-5 pm** on Roger McGuire Green at Pack Square Park. This family event is free and open to the public.

There will be age-specific Easter egg hunts throughout the afternoon, as well as giant inflatables including a slide, obstacle course and a mini bounce house for toddlers. The event will also feature kids' karaoke, arts and crafts with the LEAF Easel Rider and giant games from Asheville Plays.

Kids will have an opportunity to meet the Easter Bunny. Icon Media Asheville will be on site all day to take photos of kids with the Easter Bunny, which parents can download for free or purchase as a print.

More information about Easter on the Green, and schedules for egg hunts and Easter Bunny photos, may be found at ashevilledowntown.org or [facebook.com/AshevilleDowntownAssociation](https://www.facebook.com/AshevilleDowntownAssociation) and also at [@Twitter \(@AVLDowntown\)](https://twitter.com/AVLDowntown).

Dust Off Your Dancin' Shoes, Put on Your Thinkin' Cap and Save the Date for the Lord's Acre Square Dance!

Mark your calendar for the Lord's Acre 7th Annual Square Dance, Silent Auction and Pot Luck! The annual event is happening on **Saturday, May 30**, at the Lord's Acre Garden.

We're all asked to please check our closets, shelves, studios and imaginations to see if there is something special we would like to donate to the Auction. Artists are invited to use the opportunity

Cool Mountain Moves to New Spot

Congratulations to Cool Mountain Realty on their new location at 771 Charlotte Highway in Fairview. It's located across from Mountain Mojo and next to Abiding Savior Church.

Stop by and check out their new office and watch for their upcoming Grand Opening.



The FFD Fundraiser a Success Again!

A huge thank you to all the businesses and individuals who contributed to the success of Smokey & the Pig's annual Fire Department fundraiser. A check for almost \$3500 was handed to Chief Jones.

to donate a creation; business people are encouraged to donate a signature item or service. Last year the auction included beautiful paintings, a chicken pot pie meal, Mountain getaways, handmade pottery, dolls, hand-felted pieces and many other wonderful items.

To donate, please contact Mary Dean Beland at 628-3205. All donations are tax deductible.

All Natural Easter Egg Dye Recipes

These all-natural dye recipes are made from household ingredients and create Easter eggs in beautiful subdued shades. Let eggs soak in dye in the refrigerator overnight.

Bluish-Gray

Mix 1 cup frozen blueberries with 1 cup water, bring to room temperature, and remove blueberries.

Blue

Cut 1/4 head of red cabbage into chunks. Add to 4 cups boiling water. Stir in 2 Tbsp. vinegar. Bring to room temperature. Remove cabbage with slotted spoon.

Jade Green

Peel the skin from 6 red onions and simmer in 2 cups water for 15 minutes; strain. Add 3 tsp. white vinegar.

Faint Green-Yellow

Peel the skin from 6 yellow apples. Simmer in 1-1/2 cups water for 20 minutes; strain. Add 2 tsp. white vinegar. Simmer 4 oz. chopped fennel tops in 1-1/2 cups of water for 20 minutes; strain. Add 2 tsp. white vinegar.

Orange

Take the skin of 6 yellow onions and simmer in 2 cups water for 15 minutes; strain. Add 3 tsp. white vinegar.

Faint Red-Orange

Stir 2 Tbsp. paprika into 1 cup boiling water; add 2 tsp. white vinegar.

Yellow

Rich yellow: Simmer chopped carrot tops in 1-1/2 cups water for 15 minutes; strain. Add 2 tsp. vinegar.

Mustard-yellow: Stir 2 Tbsp. turmeric into 1 cup boiling water; add 2 tsp. white vinegar.

Faint yellow: Simmer peels of 6 oranges in 1-1/2 cups water for 20 minutes; strain. Add 2 tsp. vinegar.

Brown-Gold

Simmer 2 Tbsp. dill seed in 1 cup water for 15 minutes; strain. Add 2 tsp. white vinegar.

Brown

Add 1 tablespoon vinegar to 1 cup strong coffee.

Pink

Cut 1 medium beet into chunks and add to 4 cups boiling water. Stir in 2 Tbsp. vinegar and let cool to room temperature; remove beets.

Lavender

Mix 1 cup grape juice and 1 tablespoon vinegar.

From Better Homes & Gardens website at bhg.com

Say "Goodbye and Happy Retirement" to Our Postmaster

It's another "changing of the guard" as our postmaster, Norman Inch, retires. His last day is March 31. By the smile on his face at right, he is very, very happy about entering his next phase of life... and we bet he won't be up at dawn anytime soon. A parting message (besides that he will miss "most" of us) is please understand post office personnel do not make the rules, but must follow them. One of those rules — as a result of tightened security guidelines — is they can't hand over any package without a "Sorry We Missed You" slip. And the reason they must close at 4:30 pm is the truck to pickup mail comes before 5 pm. Please don't get annoyed with USPS staff; they are just doing their jobs as directed.

We'll miss you, Norman. Good luck!



Can You Help Us for an Hour to Label the Town Crier?

Labeling for the May issue will be on **Friday, May 1 at 10 am** at the Fairview Fire Department at 1585 Charlotte Highway in Fairview. Please call the *Town Crier* office at 628-2211 or email Office Manager Candice Yount at office@fairviewtowncrier.com to let her know you are planning on helping out that day. You'll spend no more than an hour, have a good time and your contribution is always appreciated. Thanks for your help!



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Insurance Gap is Ethical Society Focus

"Closing the Insurance Gap in North Carolina — the Health and Financial Benefits to the State" is the subject of the Ethical Society meeting on **Sunday, April 19, 2-3:30 pm** at The Friends Meeting House, 227 Edgewood Road, Asheville (near UNCA).

Presenters for the event will include Jim Tobin, retired pediatrician, and Peggy Hughes Weil, WNCAP Advocacy Coordinator. They will discuss the effects of the state's refusal to expand the Medicaid program.

A time for questions and discussion will follow the meeting and light refreshments will be available. For information email ethicalsocietyasheville@gmail.com, visit aeu.org or call 687-7759.

Knitters & Crocheters for Others Meeting

The WNC Knitters and Crocheters for Others will meet on **Monday, April 13, 7-9 pm** at New Hope Presbyterian Church, 3070 Sweeten Creek Road.

The charitable group has been making handmade items for eight years, donating creations to 18-20 local charities. They make a variety of items such as afghans, men's and women's hats, scarves, baby hats and booties, mittens, knitted dolls, sweaters, and dishcloths. All skill levels are welcome.

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

Wildflower Walk at Pearson's Falls

The Blue Ridge Naturalist Network will host an Early Wildflower Walk at Pearson's Falls, near Saluda, on **Thursday, April 16, starting at 10 am**. Bonnie Arbuckle will lead walkers through this famously rich habitat for spring ephemerals.

The BRNN is a group dedicated to "connecting people who love the natural world." Field trips are for subscribing Blue Ridge Naturalist Network members only. Membership is \$15 for an individual, \$25 per household, and may be purchased at any of their events or by contacting BRNNNetwork2013@gmail.com.

Free T'ai Chi Class for Health and Balance

Easy T'ai Chi Practice, a gentle exercise of sequenced moves practiced in a slow, continuous manner, is perfect for the older adult.

A free series of classes for Silver Sneakers members and a free introductory class for nonmembers is offered **Mondays and Thursdays, 1:30 pm**, at the Fletcher United Methodist Church, 50 Library Road in Fletcher. Wear supportive shoes and comfortable, loose-fitting clothes. Donations are welcomed from non-Silver Sneakers members. The class will be taught by Jana Weed, Certified Instructor, T'ai Chi For Health Institute, tchi.org. For more information contact Jana at 329-9022.

Bluegrass and BBQ to Benefit Disabled Vets

Everyone is invited to help support our Disabled American Veterans (DAV) while tasting many great styles of Asheville's best barbecue from area restaurants, caterers and BBQ competition teams.

"A Taste of BBQ" will be part of the 10th Annual BBQ Cook-off & Bluegrass event at the WNC Farmers Market on **Saturday, April 11, 10 am-4 pm**. Proceeds will benefit DAV Chapters 2 and 14.

A \$10 donation, of which 100 percent goes to DAV, buys 20 tickets. Each ticket is for one approximately 2-oz. sample cup of pork or baked beans. Samples can be redeemed from any or all participating cook-off teams. Vendors will also be on hand to sell sandwiches, dinners, sides, and drinks.

For more information call Brian Roberts at WNC Farmers Market, 253-1691.

Black Art Exhibit at Opportunity House

Opportunity House will host an art exhibit celebrating Black and African American culture and history in our area.

Art will be displayed to the public **Monday, April 13 through Friday, April 17**, during regular operating hours at Opportunity House, 1411 Asheville Highway in Hendersonville.

For more information contact Opportunity House at 692-0575.

Community Indoor Yard Sale at FCC

Fairview Community Center will hold an Indoor Yard Sale on **Saturday, April 18, 8 am-1 pm**. Vendors can reserve a space with an 8' table for a \$10 donation. For more information call 301-3932.

Spaghetti Supper for Brain Tumor Research

WNC Brain Tumor Support will hold its annual fundraiser supper on **Thursday, April 16, 6-7:30 pm** in the West Asheville Presbyterian Church fellowship hall, 690 Haywood Road in West Asheville.

The spaghetti dinner will be catered by Pizza Hut and the cost will be a donation. Proceeds will go to WNC Brain Tumor Support for research into pediatric and adult brain tumors. A portion of the proceeds go to educational and group expenses and allows the group to plan events such as the Survivor's Picnic & Walk. All are invited to bring the entire family for supper. There will be door prizes, as well.

Tax-deductible donations can be given at the door or sent to WNC Brain Tumor Support, 46 Samayoa Place, Asheville, 28806.

Red Cross Blood Drive

Blood donors are heroes who help save lives. On **Thursday, April 9, 1:30-6 pm**, we can all be heroes nearby at the Black Mountain Presbyterian Church, 117 Montreat Road, Black Mountain. For more information or to schedule an appointment call Lisbet Chrisman, 669-2725x110.

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FROM A HAPPY PATIENT:

The emergency room sent this note to my surgeon: "The ugliest knee I've ever seen—Schedule replacement ASAP!" I was dumbfounded. Well, my knee was red, swollen to twice normal, and very painful, but I was looking for treatment to heal. Total replacement had not entered my mind. Next came panic. The swollen knee was not the only joint hosting arthritis. The other knee, plus my back, elbows and fingers all complained—especially at night. Every joint couldn't be replaced. I had to find a way to live with this. Drugs were even less appealing than surgery. My husband—who fell 14 feet from a ladder 10 years ago, suffering 8 broken bones, and who has been helped greatly by Dr. Reilly—suggested I talk to Dr. Reilly before surgery. I was not sure of escaping knee replacement, but hoped to at least find a way to deal with the rest. At this point I would grasp at a straw! Dr. Reilly did not promise the surgery would go away, but did think it could be put off if I gave him some time. He said he would do everything he could to facilitate healing. I would try this. The first treatment gave relief to knee pain as well as back and elbows! By one month, the swelling was down in the mornings—coming back about half during the day. In two months, the swelling was pretty much gone. I continue the daily at-home treatment and exercise as Dr. Reilly instructed. For prolonged standing or walking I use a brace and occasional ibuprophen or Aleve. My life is back to normal. Sometimes I forget I even have a problem. Always, I am thankful to my husband, Dr. Reilly and God for this amazing blessing!

— Linda



Goodwill Offers Job Skills Training Classes

Goodwill Industries of Northwest NC partners with A-B Tech and the Literacy Council to offer free classes on computer skills and medical office support training.

Computer Basics: April 7-May 28 (Tuesdays & Thursdays), 12:30-3:30 pm. Entry-level stress-free introduction to the technology and computer skills for today's job market: online job searches and applications; creating resumes, cover letters and email accounts; and learning basic word-processing.

Medical Office Pathways: April 7-28 (Tuesdays & Thursdays), 1-4 pm. Topics focus on skills specific to a medical office, such as medical terminology, types of insurance, and confidentiality issues.

Classes take place at Goodwill's Workforce Development Center, 1616 Patton Avenue in Asheville. Financial assistance may be available. For more information call Goodwill at 298-9023 x1106.

Good Jobs for Veterans

Veterans and their immediate family members can get free assistance with career assessment, planning and coaching; job skills training; resume preparation; job placement; career readiness certification and more through Goodwill's Operation GoodJobs program. Goodwill holds weekly information sessions on **Wednesdays, 9-11 am** at the Goodwill Career Connections Center at 1616 Patton Avenue in West Asheville. Visit goodwillwnc.org or call Matthew Davis at 298-9023.

Carolina Mountain Cheese Fest

The WNC Cheese Trail's first annual Carolina Mountain Cheese Fest will take place on **Sunday, April 26, 12-4 pm** at Highland Brewing Company in Asheville. This fun-filled, family friendly festival will include hands-on activities for kids and adults, panel discussions, workshops, vendors and cheesemakers. The festival will highlight the non-profit WNC Cheese Trail organization's cheesemakers and members with numerous opportunities for festival goers to learn about, taste and purchase local artisan cheeses.

Tickets are available through the Festival website mountaincheesefest.com. Adult tickets (ages 13+) will be \$12 and children under 13 will be free. Any unsold tickets will be available at the door the day of the festival for \$15. For more information contact Rachel English Brown at rerin.english@gmail.com.

Car Wash House Calls for Make-A-Wish

Members of Trailblaze Challenge, a group supporting the Make-A-Wish Foundation to benefit children with life-threatening medical conditions, will wash vehicles with soap and water at owner's home for a donation to Make-A-Wish.

Call Olaf Snyder at 702-0158 or email oksnyder428@yahoo.com to schedule a car wash within a 15-mile radius of Reynolds High School. For more information visit trailblazechallenge.org.

Fairview Baptist Yard Sale Benefits Mission

Fairview Baptist Church will be holding a Yard Sale on **Saturday, April 4, 8 am-12 pm** to support their "Love Loud" Missions this summer. Fairview Baptist is located at 32 Church Road. For more information please call 628-2908.



Band Concert at Laughing Waters Lodge

The Robert Thomas Band, a new age jazz ensemble based in Asheville, will give a house concert at the Laughing Waters Retreat Center's lodge in Gerton on **Saturday, April 11, beginning 7 pm**.

The band encourages guests to come out at 4 pm, bring a picnic dinner and enjoy the splendid scenery and hiking trails that help make Laughing Waters one of the premier event centers in WNC.

Laughing Waters is located only 17 miles from Asheville, at 3963 Gerton Highway in Gerton. Tickets are \$12 and are available at brownpapertickets.com/event/1387420.

For more information visit laughingwatersnc.com and [facebook.com/Robert-ThomasBand](https://www.facebook.com/Robert-ThomasBand).

FFD Auxiliary Meeting

The Fairview Volunteer Fire Department Women's Auxiliary will meet **Monday, April 6, 7 pm** at the main station. New members are always welcome.

Yoga on the Mountain

Join the Southern Appalachian Highlands Conservancy on **Sunday, April 12, 11 am** for an invigorating "Yoga on the Mountain" session with Kim Drye of Here Now Yoga.

After a moderate hike to the top of Blue Ridge Pastures, attendees will practice sun salutations and other poses, bask in the stunning views of Bearwallow Mountain and Hickory Nut Gap Gorge and learn why conservation is so important in the Fairview farming community.

No prior yoga experience is needed, but participants should bring blanket, yoga mat and sturdy shoes for the hike. Comfortable clothes, warm layers, water, sunscreen and a pack to carry all personal items are also necessary.

This hike is free for SAHC members or \$10 for non-members. For more information or to register, contact Kana Miller at kana@appalachian.org or 253-0095x205. Directions and additional details will be provided after registration.

Constant Prayer April Light Center Event

The Light Center, a nonprofit center for prayer and meditation, has scheduled **Friday, April 3-Saturday, April 4** for 24 hours of constant prayer, from **9 pm Friday-9 pm, Saturday**. Participate in person or remotely. To sign up for a prayer time, call or e-mail the Light Center.

For the full April schedule and more information visit URLight.org. The Light Center is located at 2190 NC Route 9.

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AROUND & ABOUT

Jon Michael Riley at Malaprop's

The August 2014 issue of the *Crier* featured a story about Fairview author Jon Michael Riley's book *Dream the Dawn*. In the article, Mr. Riley expressed the wish that he would eventually have a book signing at Malaprop's book store in downtown Asheville and that dream has come true. On *Monday, April 6 at 6:30 pm*, Jon Michael Riley will be appearing in person for a wine reception, book signing and discussion at Malaprop's. Please come out and support our local author.

See a Streetcar, Help TLA Feed the Hungry

Tennessee Williams' Pulitzer Prize-winning play *A Streetcar Named Desire* will be performed at the Asheville Community Theater *Friday, April 17-Sunday, May 3, 2015, Friday and Saturday nights at 7:30 pm, Sunday afternoons at 2:30 pm.*

See the Play and Help TLA

Thanks to a gift from Charlotte Street Computers, The Lord's Acre has tickets to sell to the *Thursday, April 30, 7:30 pm* showing. All proceeds will go to The Lord's Acre's efforts to provide food for those in need.

Have a night out and help The Lord's Acre by purchasing tickets at the Town Crier office (1185F Charlotte Highway between Elena the Groomer and The Electric Guitar Shop) or mailing a check to The Lord's Acre, P. O. Box 271, Fairview, NC 28730 and they will send you your tickets.

Sale on the Trail in the Hickory Nut Gorge

On *Saturday, April 18, 8 am - 2 pm*, spring shoppers will delight in 19 miles of yard sales through the Hickory Nut Gorge. This event supports the work of the Chamber of Commerce. For more information visit business.hickorynutchamber.org.

Mushroom Log Workshops at Trout Lily

Trout Lily Market will hold three workshops in April on growing your own gourmet mushrooms. The workshops will be held on three *Wednesdays, April 15, 22 and 29, 2-5 pm.*

Learn what it takes to get delicious mushrooms growing on a large or small scale. Discussions will include picking prime locations, preferred equipment, the best strain for you, and much more.

Hardwood logs will be provided for participants to drill and inoculate with a gourmet mushroom species. Participants will go home with a log or two which will produce mushrooms for years with relatively low maintenance.

Deli fare will be provided plus herbal iced tea and sips of wine and beer.

Cost is \$30/person for each workshop with \$10 off for two spots. Class size is limited to 15, so pre-registration is requested. Sign up via PayPal at troutlilymarket.com or call the shop at 628-0402 during business hours: Monday-Friday 9 am-7 pm, Saturday 10 am-7 pm, and Sunday noon-6 pm.

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Lunch and Auction to Support Chaplains

The fourth annual South of Asheville spring luncheon will be held at Lake Lure Inn on **Thursday, April 23, 12 pm**. A small silent auction will be held beginning at 11:30. This fundraiser helps support the chaplains' ministry.

The chaplains at the women's prison in Swannanoa are not state-funded; they serve 340 inmates plus staff under the umbrella of the Ministry of Hope, a community-funded nonprofit organization. The chaplains are the voice and presence of hope to women who find themselves separated from family and especially their children.

Tickets are \$35, of which \$25 is tax deductible. To purchase tickets go to their website, ministryofhopewnc.org or contact Gerton's Margaret Whitt at 625-0264 or mwhitt@du.edu.

Sip & Doodle Art Class

Roger Jones, accomplished artist and owner of the Karakido Martial Arts school in Fairview, is starting a new venture called Sip & Doodle. There will be a class for kids and a separate class for adults.

The idea is to come, get a lesson, enjoy your own beverage with or without alcohol, and paint. Roger will provide all materials except drinks and snacks.

The adult class is on **Tuesday, April 14, 6-7:45 pm**. For the initial art class, the cost is \$45. However, the first 10 callers get it for \$25 and the second 10 get it for \$30.

The kids' class is **Tuesday, April 21, 6-7:20 pm**. The cost structure is the same as for the adults.

All Sip & Doodles will be held at 45 Old Gap Creek Road, Fairview. Please call Roger at 712-1288 for more information and reservations.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (3) (c) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,200+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. The Fairview Town Crier is located at 1185F Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730.

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

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

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

Author Talk and Book Signing by Jamie Mason

On **Tuesday, April 7, 7 pm**, welcome WNC author Jamie Mason for an author talk and signing of her new book, *Monday's Lie*. With pulse-pounding prose and atmospheric settings, *Monday's Lie* is a thriller that delivers more of the "Hitchcockian menace" (Peter Straub) that made *Three Graves Full* a critical hit. For fans of the Coen brothers or Gillian Flynn, this is an author you won't want to miss.



Author Jamie Mason

Book Groups

The afternoon book club will meet on **Thursday, April 9, 1 pm**, to discuss *Nothing to Envy* by Margaret Demick.

The evening book club will meet on **Tuesday, April 21, 7 pm** to discuss *Living With a Wild God* by Barbara Ehrenreich.

NEW ARRIVALS

Mobile Library
by David Whitehouse
Hush by Karen Robards
Mrs. Grant and Madame Jule
by Jennifer Chiaverini
Cold Cold Heart by Tami Hoag
The Assassin
by Clive Cussler and Justin Scott
In Plain Sight by Fern Michaels
No Mark Upon Her
by Deborah Crombie
The Assassination of Margaret Thatcher by Hilary Mantel
Nobody Walks by Mick Herron
At Home in Last Chance
by Cathleen Armstrong
Thief by Mark Sullivan

Fairview Public Library

1 Taylor Road, Fairview, 250-6484

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FOOD FOR FAIRVIEW By Cassia Imholz

Anthony Stokes, Our Webmaster

We always have so much to be grateful for here at Food for Fairview. This month, we want to give a shout-out to one of our most valued but unsung contributors, a man we are truly grateful for — our web master, Anthony Stokes.

Anthony has worked in web development and graphic arts for about 15 years. In addition to creating websites, he is also experienced in search engine optimization, social media, advertising and marketing. He has clients from Los Angeles to New York and everywhere in between. He is entirely self-taught, utilizing seminars, online courses and books to teach himself the needed skills.

His interest in web development began years before he began creating websites for a living. An artist by training (studying at both the Atlanta College of Art and UNCA), Anthony began creating websites to feature and sell both his artwork and that of other family members. While plying his artwork on the side, he was employed as a chef after the completion of an American Culinary Federation apprenticeship. He worked at the famed Grove Park Inn for about 10 years, where he put his award-winning artistic skills to use creating ice and tallow sculptures and was the resort's Chef Garde Manger (a term which today generally applies to the preparation of cold foods).

As time went on, and his parents got older and the grandchildren started coming along, Anthony felt the need to have a work schedule that allowed for more flexibility so he could be available for his family. It was then that he got into web

development full-time. Although he has a wide variety of clients, he has a special passion for nonprofits. Among his local nonprofit clients, he also developed the websites for and works with The Lord's Acre and Asheville New Friends, a group for newcomers to the area.

If you've never seen the awesome website that he's created for us, check it out! We've added lots of new features over the past few years. Here are a few highlights:

All of our articles that have appeared in *The Town Crier* are archived on our site. Included are extra photos that haven't been published in the paper due to space constraints. We also have relevant articles and information from other publications. Social sharing is also available, so you can share any article with your friends or family on social media.

Donations can be made securely and safely on our site via PayPal. You don't need a PayPal account to use this feature!

By the time this article is published, we will have our volunteer and client applications available online. Print and complete in the privacy of your own home and simply bring them in with you.

All this and more is made possible thanks to Food for Fairview's good friend, Anthony Stokes!



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

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wmrichard@bellsouth.net

Weather Events in Fairview and Buncombe County: Part Two

The Official weather forecast from the United States Weather Bureau did not exist until 1891, since the Weather Bureau had no way to get the forecast out to the general public. Radio and television did not exist. Newspapers did not carry the weather forecast; newspapers were not home delivered because of the lack of a means of low cost transportation, and people who bought papers received them days or weeks after they were published. A weather forecast would be useless to include in the newspaper because by the time people got the paper, they would have already experienced whatever weather had been forecast.

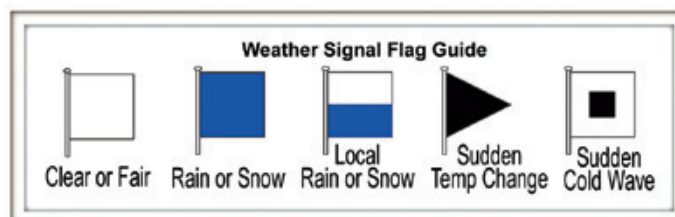
I asked my great uncle Wit Nicholson (1873-1979) what was the first newspaper he remembered in the area that carried national and world news.

I asked my great uncle Wit Nicholson (1873-1979) what was the first newspaper he remembered in the area that carried national and world news. Uncle Wit was 100 at the time, and had just recently retired and moved in with his son. He thought for a minute and said that the Toledo, Ohio, paper was the first real paper he ever remembered being sold in the area. It would come in to Brevard on the train and you could buy it in town. He said that later it was delivered by mail. Some business in Brevard would buy as many papers as they thought they could sell, and mail them out from the Brevard

post office. Uncle Wit said the Toledo paper was what first got people in the area interested in baseball; they would follow and root for the Toledo baseball team, which he thought they were called the Mud Hens. But if you got the Toledo paper in Western North Carolina, even if it carried a weather forecast, it would be worthless here.

The U.S. Weather Bureau decided in 1891 that a way needed to be created to get their weather forecast available to the public at large.

The idea they came up with was weather flags...



The U.S. Weather Bureau decided in 1891 that a way needed to be created to get their weather forecast available to the public at large. The idea they came up with was weather flags, which I had never heard of until the last few months.

The Weather Bureau designated weather observers in every town as "display men." The display man was a person who owned a major business in the downtown area of each town. They

put up a flagpole in front of his business or in a park nearby, and every morning the display man would raise a flag on the flag pole to let the public know what the weather forecast was for the day.

The flags were six foot square.

A white flag indicated clear or fair weather. A blue flag indicated rain or snow.

The flags were six foot square. A white flag indicated clear or fair weather. A blue flag indicated rain or snow. A white flag with paralleled white and blue bars across it let people know that local showers would occur but not a general rain.

A black triangular flag, four feet at the base and six feet in length, would forecast the temperature. When the black flag was not displayed it meant the temperature

would remain the same or vary no more than four degrees from what the temperature was when the flag was raised on that day. This was only true from March to October; from November through February it meant the temperature could vary up to six degrees. The black flag would be put on the same pole as the other flags. If it was hung above the white, blue or white and blue striped flag it would mean the temperature would rise more than four

degrees (six in the winter). If it was hung below the other flags it would mean the temperature would drop more than four degrees (six in the winter).

...a six foot square white flag with a black square in the center indicated that there would be a sudden and major drop in temperature. It also indicated the temperature would drop to 45 degrees or lower.

The last flag was a six foot square white flag with a black square in the center. This flag indicated that there would be a sudden and major drop in temperature. It was supposed to be put up 24 hours before a cold front, and it also indicated the temperature would drop to 45 degrees or lower. It could not be flown if the temperature would still be above 45 degrees. When the white flag with the black square was flown, the black triangular flag could not be flown.

This would have occurred in the very early days of the telephone, and I do not know if all or even most of these display men had a phone. The weather service most likely got the information they received to make a forecast by telegraph more often than by telephone, and sent it on to the display men by telegraph as well. The use of weather flags ended in 1907.

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

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COMPUTER BYTES..... By Bill Scobie

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Make it to the Top

SEO (search engine optimization) can be the life and death of some websites. There is a large, not always honest, industry around how to push certain sites to the top of Google results, using a variety of methods to make a site look well linked and "popular." Google is working to measure and grade sites on their actual truthfulness so that those with more accurate and relevant information to your search, will rise to the top. This should help push down many of those sites that game the Google system but only exist to deliver ads or even malware.

Protect your Privacy

When using public computers, like those at the Library, or even a friend's, it is good to follow certain rules when using them. When you use your webmail account, make sure to uncheck the little box that keeps you logged in. And actu-

ally log out of any site you use, don't just close the browser window. You don't want someone else to have fun on your Facebook account. To avoid having to clear the browsing history, use a private or incognito browsing session. And, take a second to think about what you are doing on this "unknown" computer — can it wait until you get back to your own?

Optimize Your Performance

Here are some lesser-known computer specs that affect performance.

Processor cache is a fast memory place used by the processor for recently, frequently-used data, so the more the better for each of the different levels. Hard drive speed, often 5400 or 7200 RPM, can affect how fast programs load, and this is why solid state drives (SSD) can be so wonderful. SSDs are around four to five times more expensive per GB of storage, but that can still be a wonderful upgrade as most decent processors from three or four years ago are still good if you can feed them data fast enough.

And, there is always the issue of RAM, whether it is enough and whether you have enough. As many of the less expensive computers use RAM for video tasks, reducing screen resolution may improve the perceived speed of things showing up on the screen. Maybe you don't want to buy that 4K or HD monitor without making sure your computer, new or old, can handle all those pixels.

Bill Scobie, of Scobie.net, provides small business and home computer and networking support for PCs and Macs. 628-2354 or bill@scobie.net.

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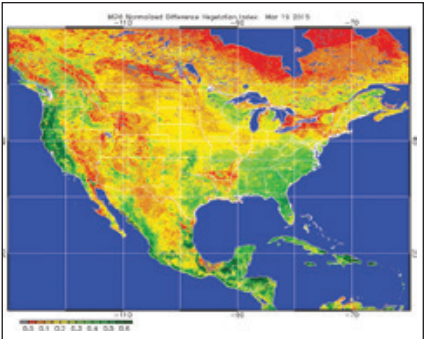
Spring



The equinox (March 21st) is the official start of spring, but the actual beginning — the day when new plant growth rises and migrating birds return — varies from place to place. The season moves north as the sun climbs higher, progressing, according to an old rule of thumb, at the rate of about 100 miles per week. For many people this year, in which we have had a pretty good dose of winter, spring cannot come fast enough.

Spring begins for many folks when we can plant that early lettuce, or perhaps at the first mowing of the yard. For most of us that time is at hand. Our average temperatures really start to take off with the help of increasing solar radiation. Our April averages go from 64 at the beginning of the month to 71 by month's end, with the lows moving on average from 39 to 47 from beginning to end. Plants and trees usually wake up during this period as well, and local farmers markets typically have early season produce during this time as well. April can also be a month of extremes, and one needs to keep an eye out for late-season frosts which can harm tender vegetation, especially if trees and plants "greened" up earlier than usual. This happened during the notorious April Freeze of 2007. March of 2007 was the second warmest on record for the U.S. That set the stage for a bitter outbreak of Arctic cold in early April with over 1500 weather stations breaking or

matching record low temperatures. The magnitude and duration of the cold temperatures was particularly noteworthy in a climatological sense. Low temperatures in the teens occurred throughout the eastern half of the country, and freezing temperatures lasted almost a week in some areas. The duration of the cold combined with strong winds hindered efforts to take freeze protection measures for high value horticultural crops. A complete report can be found at ncdc.noaa.gov/news/month-climate-history-april-2007-easter-freeze.



We can now observe these weather/vegetation events using satellite images. In an effort to monitor major fluctuations in vegetation and understand how they affect the environment. 20 years ago scientists began using satellite remote sensors to measure and map the density of green vegetation over the Earth. Using NOAA's Advanced Very High Resolution Radiometer (AVHRR), scientists have been collecting images

of our planet's surface. By carefully measuring the wavelengths and intensity of visible and near-infrared light reflected by the land surface back up into space, scientists use an algorithm called a "Vegetation Index" or "NDVI" to quantify the concentrations of green leaf vegetation around the globe. Then by combining the daily Vegetation Indices into 8-, 16-, or 30-day composites, scientists create detailed maps of the Earth's green vegetation density that identify where plants are thriving and where they are under stress (e.g., due to lack of water).

The difference between the average NDVI for a particular month of a given year (such as August 1993 on the map) and the average NDVI for the same month over the last 20 years is called NDVI anomaly. (Compare the August 1993 NDVI anomaly to August 1993 NDVI and Average August NDVI in North America.) In most climates, vegetation growth is limited by water, so the relative density of vegetation is a good indicator of agricultural drought.

The map image shows the NDVI anomaly in the U.S. for August 1993. In that year, heavy rain in the Northern Great Plains (North and South Dakota, Alberta, and Saskatchewan) led to flooding in the Missouri River. The resulting exceptionally lush vegetation appears as a positive anomaly (green). Concurrently, in the Eastern U.S., rainfall was very low, and the region exhibited a strong negative anomaly (dark red).

TRIVIA QUESTION

Where and how many thunderstorms do we get across the Western Carolinas in a given year?

MARCH'S ANSWER

What were the two heaviest March snowstorms on record for our region?

March of 1942 and March of 1993 both stand out for record snows. Generally in each there were 18-24 inches of snow reported at several sites in Western North Carolina, with drifts to 3-4 feet. The unofficial record for heaviest snowfall from a single storm was 60 inches at Newfound Gap in April of 1987. The official state record, however, is Mt. Mitchell, where 50 inches of snow fell in the March Blizzard of 1993.

Now that we have at least 20 years of data from satellites we can take a look at the annual greening process that takes place in our area. Take a look at the index and see the "greening" of the U.S. this spring at ospo.noaa.gov/Products/land/mgvi/NDVI.html.

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. Tom currently teaches classes on weather and climate at various venues in Western North Carolina.

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Annuities, Life Insurance and Long Term Care

Mike Richard, President, Prime Time Solutions, Inc.



Who should buy Long Term Care Insurance?

Last month I talked about Long Term Care insurance (LTCi) — what it is, what it isn't, what it covers and how it works. About 78 percent of households will suffer a long term care need, with an average duration of about three years and costing about \$200,000. This kind of coverage is thought to be mostly for retirees. Age 60 is generally agreed upon by financial experts for people having a net worth of between \$50,000 and \$2 million. While it is not particularly unusual for someone to enter a long term care situation at an earlier age (ask Christopher Reeve or Michael J. Fox), one must ponder the considerable cost of obtaining LTC coverage at an age where the probability of such an occurrence is extremely low; plus, in such a scenario, the care would likely be predominantly medical in nature, which would be covered by other means such as health insurance.

What should I buy?

Long term care coverage can be obtained in several ways. A stand-alone policy is one that is exclusively designed for specific long term care situations only. Another way involves dual purpose policies such as a life insurance policy or annuity with a long term care rider. However, most such policies are usually single or limited premium; you'd likely need to have a nearly six-figure chunk of change available to purchase

an adequate one. Medicaid is an alternative as well. It does cover long term care but with significant drawbacks. A person would have to be financially destitute to qualify. "Spending down" one's assets can help a person to qualify for the benefits, but remaining in that destitute condition is required by the government to maintain the coverage. There would be nothing left over for the heirs and there could even be the possibility that Medicare would access the estate for "recovery of LTC costs" if an unauthorized spend-down was discovered.

What should I look for in a LTC policy?

- Buy a policy that's called a "tax-qualified policy."
- Buy a policy that's called a "Partnership-qualified policy."
- Buy a Daily Benefit that is high enough to cover most of the cost of care in your area.
- Buy one that has full benefits for home care if that is important to you.
- Buy one that has a "Policy Limit" equal to the amount of your net worth that you want to protect for yourself, spouse, or heirs.

These aren't all the things to consider when buying a LTC policy but they will give you a good start.

Mike Richard is president of Prime Time Solutions, Inc., an insurance agency serving people across the Southeast specializing in senior insurance products since 1998.

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Early Childhood Exposures

By Mike Coladonato, MAHEC Family Health Center at Cane Creek



Life is a dangerous place, especially for babies. Much of this risk is out of our control, but there are several very important exposures to consider that will help your much-loved little ones have the healthiest future possible.

Breast feeding

Infants who are breast fed (compared to infants who are formula fed) are less likely to be obese as they age, less likely to have respiratory or urinary tract infections, less likely to have ear infections, less likely to develop childhood cancers, and less likely to develop childhood diabetes. Amazing! **Take-home point: Breast milk is better for babies and their families.**



tion impairment, and ear infections. So, an adult smoking around a pregnant woman, a baby, or a child is doing serious harm to themselves and everyone around them. **Take-home point: Stop smoking to prevent you and your loved ones from getting sick.**

Lead exposure

Since the removal of lead from gasoline, lead-based paint has become the major source of lead exposure for children in the United States. This paint tends to dry up and chip off in small squares, and look like "crocodile skin." Other important pediatric lead exposures include elevated maternal blood lead levels during pregnancy, soil, food, or water contamination, and excess lead in toys.

Lead toxicity at low concentrations causes symptoms including vomiting, cognitive impairment, language delay, hearing loss and behavior problems. Colicky abdominal pain, anemia, intellectual disability, seizures, renal insufficiency, and encephalopathy develop at higher concentrations. Home testing kits are available at home improvement stores. **Take-home point: If you live in an older home, consider testing for the presence of lead and contact your local health department if you find any. Don't buy or use anything with lead in it. Read labels, even on toys.**

Brain Games: Exploiting Memory Loss Fears?

By Dr. Michael Trayford, Apex Brain Centers



"Hey Doc...do brain games like Lumosity really work?"

Hardly a day goes by that I do not hear questions like this, and for good reason. Folks genuinely want to know if they can make their brains work better. And they want to know if they can avoid the effects of aging on the brain, dementia, and Alzheimer's disease. Fears? Maybe. Valid concerns? Absolutely!

A recent article in *The Guardian*, "Brain Games Exploit Anxieties About Memory Loss for Profit," references an open letter signed by 73 members of the scientific community that largely condemns the effectiveness of brain games due to lack of research supporting claims made by companies producing them. The signatories acknowledge the existence of brain plasticity — the brain's ability to change — but they felt that the positive impacts from these games do not extend beyond the "training-induced" learning that occurs from playing.

But even if this were in fact the only benefit... is this a bad thing?

A Common Sense Approach

There are brain games to help memory, attention, impulsive behavior, reaction time, and more. Is it advisable to play brain games instead of reading, exercising, managing stress, etc.? The obvious answer to that, and one backed by the letter, is a resounding NO! Nothing should replace

natural "prevention efforts" supported by the literature and our own intuition to build a healthy brain.

What about those who are unable or unwilling to exercise, read, socialize, or partake in typical brain health activities? Should they refrain from playing brain games? Wouldn't learning a new skill by playing a brain game be beneficial? And for the individual at the top of their game, wouldn't it be prudent to practice remembering, focusing, and responding more efficiently? Of course it would!

While they are not a substitute for proven strategies for continued brain health, playing brain games as part of a targeted brain training program for specific challenges and peak performance is advisable, and we recommend it routinely.

A final thought about general condemnations such as these in any area of science is the common caveat that "more research needs to be done" before any positive conclusions can be drawn. Common sense can, and has, trumped the scientific method throughout history. In many areas, particularly in the brain sciences, it can take decades, if not centuries, for the research to prove what intuition has already told us! Start Training Your Brain...

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.



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Ed Reilly, DC, Fairview Chiropractic Center



Baby boomers are aging and their parts are wearing out! More and more of us will be faced with joint replacement decisions. I am asked questions about this topic every day.

The total number of knee replacements will grow to 3.48 million by 2030, or 678 percent, and hip replacements to 572,000 or 174 percent, according to an article on WebMD. If you are considering a hip or knee replacement there are many things to think about before you have the procedure.

Major joint replacement surgery is usually done because of degenerative joint disease or osteoarthritis, which causes the joint cushioning to wear out, making the joint painful and stiff with decreased range of motion. First-time joint replacements have a 90 percent chance of lasting 10 years. Replacing a replaced joint has now become so common that it is called joint revision; but it is more complicated and doesn't necessarily last longer.

I have seen hundreds of people before and after joint replacement. In my practice, patients seem happiest with their joint replacements in this order: hips, knees, shoulders and ankles. It appears that hip replacement patients seem the most satisfied, and those using the anterior approach, (new to Asheville but around for 10+ years) the happiest. Knee replacement patients report good results with a

lot of rehab, but shoulder and ankle report less good results.

Joint replacement surgery is almost always a quality of life issue rather than a medical emergency. Before deciding you should consider these factors:

1. The younger you are, the longer you want to delay getting a hip or knee replaced.
2. Lose weight! Studies show that joint pain decreases proportionally for every 10 pounds lost.
3. Try supplementing with a high quality glucosamine, chondroitin, MSM supplement, give it at least 90-120 days to rebuild arthritic joints. We see it help.
4. Increase your omega-3 intake to 3 grams per day of high quality fish oil. It may decrease joint pain and inflammation — plus do a lot of other good stuff.
5. Put good quality cushioned insoles into your shoes to provide "shock absorption" to your knees and hips.
6. Drink ½ your body weight in ounces per day of water to hydrate your joints.

If you do decide to have a hip replacement, consider a surgeon doing the "anterior approach," in which there is less muscle cutting required and a faster recovery.

We have found that many times avoiding or delaying a joint replacement can be accomplished by the skillful use of advanced soft-tissue release using Graston Therapy and a powerful Class 4 laser. Graston Therapy releases the painful soft tissues and scar tissues surrounding the damaged joints. Class 4 laser therapy can decrease pain, sometimes immediately,

increase blood flow into a joint and stimulate rapid healing. When combining these two technologies the results can be nothing short of dramatic. Fairview Chiropractic is the only place in WNC offering these combined advanced healing technologies.

Free Health Lectures

Reservations Required 828 628-7800
Fairview Chiropractic Center
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Advanced Drs. Weight Loss

Thursday, April 2, 5:15-5:45 pm

Learn how a new doctor-supervised approach to weight loss can help you lose weight, get healthier and feel your best. Free plus receive a \$100 weight loss gift certificate.

Avoiding Joint Replacement

Thursday, April 23, 5:15-6 pm

Learn about technologies that can help prevent or delay hip, knee, shoulder or ankle replacement. Class 4 25W High Intensity Laser Therapy and Graston Therapy may help. Free lecture, technology demo followed by Q&A.

Pulsed Electromagnetic

Frequency

Therapy for Brain Health

Thursday, April 30, 5:15-5:45 pm

Discover how P-EMF therapy help human health. This leading edge technology, used in Europe for over 30 years, is only available in Fairview. One person will win a free session.

Butter My Butt

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

Deceptive

When you try to explain that things aren't always what they appear to be, you might say...

Just 'cause the cat had kittens in the dog house, that don't make 'em puppies.

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Native Hemlocks, Fighting for Survival: Part One

On our Southern Appalachian slopes, stately native hemlocks face a pervasive and deadly adversary — the Hemlock Woolly Adelgid (HWA). Like a tiny, prolific vampire, this aphid-like insect sucks the lifeblood (sap and stored starches) from hemlock trees. Originating in Japan, this particular type of adelgid was identified in Richmond, Virginia, in the 1950s and has now spread across 19 states - from Georgia to Maine - killing hundreds of thousands of native eastern (Canadian) and Carolina hemlocks.

About the Hemlock

Native hemlocks play an important role in forest communities and ecosystems; as a “foundation” or “keystone” species, other species depend on them. Shade-tolerant hemlocks create micro climates and cool headwater streams for trout and other aquatic life. They stabilize soil and provide habitat for other species, and can grow to 150 ft. tall/6 ft. in diameter, with lifespans reaching 800 years.

The threat?

Significant loss of hemlocks from HWA infestation can cause repercussions in ecosystems and forest communities. HWAs have killed so many hemlocks in the eastern US that the International Union for Conservation of Nature placed the eastern hemlock on the Red List of Threatened Species. In Virginia, the Shenandoah National Park lost around 90 percent of mature hemlocks to the HWA.

Invasive species, like the HWA, are more virulent than the average competition in the wild. They come from outside areas and often enjoy unfair advantages, such as



Hemlock Woolly Adelgid. Photo by Michael Montgomery, USDA Forest Service, Bugwood.org

a lack of natural predators. The HWA has numerous predators in its native range, but there were no predators native to the Eastern Unites States capable of controlling the population enough to prevent hemlock decline and death.

Hemlock Woolly Adelgid

Why is it called the Hemlock Woolly Adelgid? These insects are tiny, less than 1/16 of an inch, and hard to see with the naked eye. You’re more likely to spot the waxy covering of wool-like filaments that protect the HWA and its eggs, and give it the characteristic name. This adelgid is most conspicuous when mature and laying eggs; the white, woolly egg clusters can be seen on the underside of hemlock branches.

In early Spring, reddish-brown crawlers emerge from the eggs and search for a suitable place to settle, sometimes carried by wind, birds, deer or other forest creatures.

Once they settle into place at the base of hemlock needles, they insert threadlike mouth parts into the tree to suck its fluids, remaining there permanently. The HWA reproduces in two generations each year: each adelgid is capable of producing 20–30 summer generation offspring in early summer. These begin to feed in late fall, continue feeding throughout the winter, and then each produce 50–100 more offspring the following Spring. Although many die, the density of the reproducing population carries it forward.

The feeding adelgid also excretes fluids toxic to the hemlock, stimulating a hypersensitive response that ultimately kills off surrounding tissue and causes loss of water flow to the stems. The HWA feeds on stored

starches necessary for the tree’s growth and long-term survival. After infestation, a hemlock tree declines in health, dropping needles, failing to grow, and eventually succumbing to death. Once infested, a healthy hemlock can be killed within 4- to 10 years.

So what can we do to halt the spread of these invasive adelgids? Check back next month for ideas, including biological control with predator beetles.


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



HWA infestation. Photo by Michael Montgomery, USDA Forest Service, Bugwood.org

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

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



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Fairview's Talent Shines at Goodwill Event

On February 27, some of Fairview's talented folks made a showing during the Color Me Goodwill event sponsored by The Venue in Asheville. It was billed as a "Fusion of Fashion, Art and Food for a Mission" and it was quite a night. Not only were the 250+ guests entertained

by the fashion show and live art performance, but they learned about many of Goodwill's valuable programs. Designers and artists were assigned colors. Each designer shopped at Goodwill in her color and then up-cycled everything into her own fashion line. Each color represented a different Goodwill program, and a Goodwill graduate or participant of that program was the last model in each group. Artists had 7

minutes on stage to create works of art in the same colors. Even the music was "themed" — Pink Cadillac, Blue Suede Shoes, etc. The night was a hit, in large part to Fairview's talent. Participating were Fairview artists Mary Alice Ramsey (who won Best Artist) working in pink; Lynn Stanley (our copy-editor) working in grey (and then black when that artist didn't show), and Fleta Monaghan (owner of 310 Art) working

in blue. The official event photographer was Catherine Vibert who used to write our photography column and just recently moved downtown. The emcee was novelist and beauty consultant Susan Reinhardt. And the desserts (and one of the models) were from Ruth and Ranshaw. The event was conceived by The Satori Group, also located in Fairview, which handles PR for Goodwill Industries of Northwest North Carolina. Way to go, Fairview!



Mary Alice Ramsey
"Creating a painting in 7 minutes in a spotlight, on a runway, shared by models was one of the most scary and positive experiences I've ever had! It was frightful and delightful! With paints in shades of pink, I moved in a frenzy to create a 24" x 36" image of an Asian lily. Even after practicing, I was still uncertain of the outcome. To my surprise and delight, my work was voted by the audience to be their favorite."



Left: Fleta Monaghan
"It was an honor to be a painter "performer" in Color Me Goodwill with my partner in blue, designer Stina Andersen. What a challenge it was to paint a work of art in 7 minutes! The evening combined the excitement of theater, moving personal stories, a visual feast in cloth and fashion, paint and glitz, and wonderful commentary throughout the program." Fleta Monaghan, 310 ART with studios in the River Arts District, is inspired by contact with the mystery of nature.



Lynn Stanley
"This experience reminded me that spontaneity is one of the essential components of beauty. Asian painting is all about the moment, the immediacy of vision. Out of nervousness I practiced and repracticed for my painting moment, and I think I sacrificed spontaneity to the detriment of the painting. The second time I went up to the easel, I was winging it, feeling the music, and my painting came directly from the moment, through the brush to the paper, and it was a much better painting. I'm going to remember this as a lesson. At the end of the day Goodwill gave more to me than I gave to them." Lynn Stanley works from her Silverpoem Studio in Asheville's River Arts district.



Left: Ruth & Ranshaw
Owned by sisters Colleen Baxter-Jackson and Clair Baxter, Ruth & Ranshaw is Fairview's small one stop shop for all of your dessert needs. For Color Me Goodwill they did colorful macaroons, cookies, cake pops and cupcakes. Ruth & Ranshaw loves working closely with clients to make their visions come true.

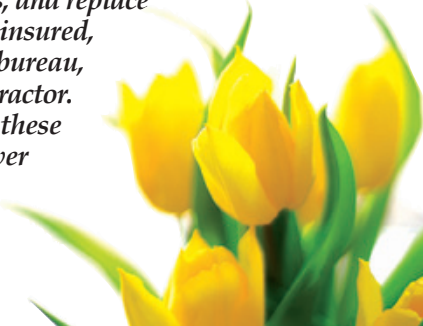
Catherine Vibert:
All promotional photos for Color Me Goodwill were taken by Catherine Vibert of Catherine Vibert Photography. She was the official event photographer and all photos in this article are credited to her — catvibe.com



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Spring time will be here before we know it.

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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**

Prime 1.36 acre lot fronting both US74A and Fairview Hills Drive. Lots of traffic every day for this multi-use lot. City water and natural gas available. MLS#544464. Call Rick 713-7626.

LAND RESIDENTIAL

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7.07 Beautiful rolling acres with view perfect for private estate or small subdivision. **\$140,000.** MLS #551999

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Lightly wooded lot w/potential for mountain views. City water and underground utilities **\$45,000** MLS #568055 Call Karen 216-3998.

Level ridgetop homesite, very little clearing needed. Underground utilities paved frontage **\$55,000.** MLS # 544246. Call Karen 216-3998.

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

3 Adjacent Lots with Potential for Views on both sides of ridge top. **Price range from \$30K-\$55K.** Paved access, driveway roughed in, excellent topography. Call Karen 216-3998.

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 **\$99,000 REDUCED**

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For newest listings, visit www.coolmountainrealty.com

NEW LISTING



Country living at it's best! Located just 15 minutes from Asheville, this beautiful home is in pristine condition with a lovely yard and great views from all sides. Expansive, covered wrap-around deck with French doors help bring the outdoors inside to the large open living space. Fully finished basement with private entrance and bathroom could be converted to an apartment. This property in this market is a great value at **\$329,000.** Call Karen 828.216.3998.

TRIPLEX



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

OTHER LAND LISTINGS

10 acres	\$150,000	MLS#551433
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11.31 acres	\$169,650	MLS#554406
12.74 acres	\$165,620	MLS#554441
59+ acres up to	\$600,000	MLS#554399



NEW LUXURY LISTING!



Incredible home on 19.67 rolling acres. Stucco and rock on the exterior make a beautiful combination. Stone outdoor fireplace to relax and enjoy nature. Attention to detail everywhere you look with solid alder doors, trim, and a built in dinette. Gourmet kitchen with lots of cabinets and solid surface counter tops. Large family room with windows galore. Tiled baths and even a tiled pet shower. Large laundry rm. Fenced property for horses **\$1,250,000** MLS#578796

NEW CONSTRUCTION



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

REDUCED



Beautiful 4 bedroom home w/ 2 bonus rooms with closets. Great Fairview location w/ great room with cathedral ceilings & gorgeous maple flooring. Gourmet kitchen w/ large island, granite counter tops and SS appliances. Master suite on main w/ luxurious bath and his/her closets, plus second bedroom. Beautiful screened porch & private fenced in back yard. Great year-round views. Stone & pebble dash siding with nicely landscaped yard. 2-car gar. on main level. MLS# 573481, **\$525,000.** www.17lonecoyote.com

REDUCED 15 ACRE FARM



Bring your horses to this beautiful farm. Level to rolling pasture with barn. Cute well maintained farmhouse with gorgeous wood floors throughout. Detached double car garage with separate work space. Nice 4 stall barn with tack room. This property has a fantastic potential to be a development. Awesome building sites with views. 2 wells. MLS # 570643 **\$375,000** www.11bayhorse.com

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

The Music Academy Asheville Hits the Right Note

Many of us have a good idea now and then, and some of us are better than others at putting good ideas into action. But a few extraordinary people have a whole string of good ideas and make them all work, fitting one into the other to form an edifice of purpose and effectiveness.

Anne Coombs personifies this third group. She has turned her expertise and passion for music into a multifaceted outreach program of music instruction and awareness throughout the Asheville area.

Anne began her music career when she was 10, and continued playing music and songwriting while attending WVa University and The Music Business Institute Of Atlanta. Her bands have shared the stage with music greats Willie Waters, Johnny Winter, Indigo Girls and BB King.

Living and working in Buncombe County in the 1990s, Anne became increasingly aware of the effects of budget cuts on arts programs, and true to her character, she decided to do something about it. In 1996 she launched the Asheville Music School, transferring ownership in 2001 but continuing to manage and teach into the



An Academy student gets into the music



next decade. In 2006 she began a series of summer guitar camps that quickly grew into the Rock Academy, which now offers both year-round performance studies and week-long summer camps. Recent additions to the curriculum — more good ideas coming to life — include weekly adult classes and Opening Act classes for beginning rockers aged 9-13. Rock Academy students have performed at the Orange Peel, Biltmore Lake Concert Series, Isis Theatre and more.

Rock Leads to Bach

With the Rock Academy thriving, Anne took on another project. She

developed what is now the Music Academy Asheville, offering lessons in a wide range of instruments and vocal styles, music technology and theory. With the invaluable aid of Assistant Director Toni Pisani, who Anne says is “the glue that holds everything together,” surely now she’s gone the distance in bringing children to music and more?

Not at all.

And the Next Act?

The latest addition to the world of music Anne has created is the Songwriters’ Circle, “a judgment-free environment for students and teachers of all ages to perform their songs in a format similar to Nashville’s ‘Songwriter in the Round’ events.”

And up ahead a bit, in her continuing desire to “ensure that all children have access to music education,” Anne envisions



A recent Rock Academy performance

a mobile music school, a bus that will take music education to neighborhoods whose children might not be able to come to the Academy.

We have no doubt: she’ll do it.

“I want to get to the point where no child is unable to have a music education.”

A Gift of Music

The Music Academy’s outreach doesn’t stop at lessons or performances; it includes scholarships, donations of instruments and financial support raised by Give to the Music, a nonprofit organization Anne co-founded, through private donations, grants and fundraisers. Since 2011 the organization has helped over 150 children and donated over 60 instruments.

“I want to get to the point where no child is unable to have a music education,” Anne says.

So while we’re spring cleaning, if we happen to find that stray drum set left by a child gone off to college or that guitar we haven’t played for decades, we’ll know just where to take it. If we can, we’ll include a check to keep the music coming.

And we’ll make sure to thank Anne Coombs for this edifice of wonderful ideas, for making it possible for so many children to be in love with music, and for giving us a way to be a part of it.

For more information, class schedules, contact numbers and donation opportunities, please visit givetothemusic.org, rockacademync.com, and musicacademyasheville.com

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CRAFTS ACTIVITIES GAMES DEVOTIONS

School, Sports & Kid Stuff.....

Multicultural Studies at Fairview Preschool

The preschoolers have been learning about children from around the world. They have enjoyed reading stories, seeing pictures, touching artifacts, playing instruments and eating foods from different countries. China, Africa, England, Ireland, and Mexico are just a few of the countries being studied.



The preschool is open for families to visit. Families are encouraged to come between 10-11 am on Monday, Wednesday, or Friday. Please call 338-2073 to schedule a visit.

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

Parents, if you have children who like to run, or you have some you wish would start running, the 1st Annual Blue Ridge Classic Fun Run Festival is for you. It will be held *Saturday, April 18, 5-8 pm* at Reynolds HS after the conclusion of the well-known high school Blue Ridge Classic Track & Field Meet. It will be a fun-filled evening of races and activities aimed at promoting running, fitness, proper nutrition and good health for children. The entry fee is \$5 per runner online at funrunfestival.eventbrite.org or at the festival.

Organized by the coaches and coordinators who put on the track meet (one of the largest in the South), and supported by major area youth and running organizations, the Fun Run Festival will feature five safe and exciting races for various ages. The emphasis is on having fun, and learning to run.

Each runner will receive a Participation

Fairview Elementary School recently entered eight creative problem solving teams in the North Carolina Destination Imagination in late March. The DI Program provides teams with the opportunity to express their creativity, take risks, focus and solve challenges while incorporating STEM (science, technology, engineering and mathematics), the arts and service learning. Students who participate learn the value of patience, flexibility, persistence, ethics, respect for others and their ideas and the collaborative problem solving process.

Blue Ridge Classic Fun Run Festival

by Lee Pantas, Coordinator

Ribbon and a Runner's Prize Bag containing healthy snacks, a festival wristband, coupons and giveaways from the festival's many sponsors and randomly placed in the bags, super prizes including passes, coupons and gift cards. There will also be traditional podium awards for the Top-three finishers for each grade both boys and girls.

In addition to the races, there will also be free "Learn How To" instruction sessions held on the tennis courts, and hosted by high school champion athletes. These will be short instructional sessions to teach young runners how to stretch and do strength exercises correctly, running drills and more.



The concession stand will also be open all day and evening.

And sure to be a hit with kids and parents alike will be the Festival Race Mascots. High school athletes dressed up as hamsters, raccoons, red foxes, coyotes and black bears will be on the track to cheer on the runners, and in some races actually run with the kids to encourage them. Also in attendance during

both the track meet and the festival will be the famous KIA Hamster to meet the runners and be available for photo ops.

For more information and to register your child online go to funrunfestival.eventbrite.org.

Destination Imagination Goes Global

All Fairview teams earned medals. Three of the five competitive teams placed first and have qualified to advance to the Global Finals, which will be held May 19 - 23 in Knoxville, Tennessee. The global competition features teams from around the world, with more than 1300 teams from 45 states, 7 Canadian provinces and 13 countries. It is a great opportunity for these 21 participants, but as all educational enrichment programs, there are expenses to be paid.

The teams are sponsoring many fund raising opportunities that will help pay for their registration fees and expenses. In addition to monetary donations from the public, the teams are accepting discount coupons or free services from area businesses to place in a raffle. Destination Imagination is a 501© (3) non-profit, donations are tax deductible.

Donations, gift cards or gift certificates may be mailed to: FES Destination Imagination c/o Fairview Elementary School, 1355 Charlotte Hwy, Fairview, NC 28730.

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Student of the Month



James Calvert "Cal" Maxwell

AC Reynolds High School and the Fairview Town Crier are pleased to announce James Calvert "Cal" Maxwell as the April Student of the Month.

Maxwell, a North Carolina native and long-time Asheville resident, has a passion for sports. He has played for the high school basketball team and wants to carry his passion for play beyond the walls of RC Reynolds. After graduating high school, Maxwell plans to attend NC State to study sports management and eventually wants to become an athletic director of a university.

What does "Rocket Pride" mean to Maxwell? "Representing the school beyond the inside of the halls. To spread the greatness this school has and to share its legacy."

Congratulations, Cal.



As a new School Board member, I love visiting schools. The friendly welcome at the door, the energy of students and the commitment of teachers — it is all inspiring. My first visit to Cane Creek brought a particular treat: WLOS arrived soon after I did, to surprise seventh grade math teacher Mark Fulkerson and highlight him on their "Thanks to Teachers" spot. The excitement in the hallways was contagious!

In his first decade at Cane Creek, Mr. Fulkerson has spent five years in sixth grade and nearly five in seventh. He has also coached football, baseball, and Math Counts teams. His true magic, though, is clearly in the classroom. It makes sense that his students nominated him for this WLOS recognition. As one said about Mr. Fulkerson's class, "I used to not like math, but now it's my favorite subject!"

Principal Karen Barnhill is not surprised by this kind of recognition for her school. "Cane Creek Middle School exudes excellence in all areas," she says. "I am proud of the academic excellence, the commitment from our teachers, staff, and parents, as well as the well-rounded fine arts program." She has reason to be proud of the fine arts program: last year, the Cane Creek band was one of only four groups invited to perform at a Carnegie Hall festival in April.

Barnhill points out that CCMS is also unique in other ways. It is the only middle school in Buncombe County that straddles two districts. Students come to Cane Creek from both the Reynolds and Roberson districts, and the eighth grade class will split at the end of the year to attend the two different high schools.

Additionally, Cane Creek's feeder schools enter at different times: students from Fairview Elementary enter in the sixth grade, and Koontz Intermediate students join Cane Creek in seventh grade. Barnhill and her faculty make a special point, she says, of "making sure we are all one school."

Extracurricular activities also contribute to the excellence of CCMS. Last fall, eighth grade social studies teacher Charles Palmer started a Mock Trial team. The NC Middle School Mock Trial is sponsored by the NC Bar Association Foundation, which holds regional and state competitions in real courtrooms presided over by real judges and scored by a jury of practicing attorneys. In their first year, Cane Creek made it to the finals. And then, Mr. Palmer said, "By a narrow margin (4 points out of about 250) we outperformed the second place team to be named the 2015 NC State Middle School Mock Trial Champions!"

Best news of all: you can be a part of Cane Creek's excellence. Drop off school supplies at any time, call the main office (682-0824) to learn how you can volunteer, or make a financial donation to support this fine school. Our children's education is a community-wide effort.

April Calendar Reynolds District

Wednesday, April 8, 8:30 am — Fairview Elementary, School Tours for prospective Fairview families

Friday, April 10, 2 pm — Cane Creek AAA Awards Ceremony

Tuesday, April 14, 6-7 pm — Oakley Elementary "Here I Come" night

Saturday, April 18, 5 pm — Reynolds High Fun Run Festival, Dalton Stadium

Monday, April 20, 6 pm — Reynolds Middle Rising Parent Info Night

Tuesday, April 21 — Bell Elementary Produce Fair

Wednesday, April 22, 8:30 am — Fairview Elementary School Tours for prospective Fairview families

Thursday, April 23, 5 pm — Haw Creek Kindergarten Transition Night

Thursday, April 23, 5 pm — Fairview Elementary Kindergarten Orientation

Thursday, April 23, 6:30-7:30 pm — Fairview Elementary Arts Night in the school theater

Thursday, April 23-Saturday, April 25 — Reynolds High "Into the Woods" 23-25 at 7:30 pm, 25 matinee 2:30 pm

Wednesday, April 29 — Kindergarten Registration, all Reynolds Elementaries



Hickory Nut Gap Farm Camp

Week I June 15-19
Week II June 22-26
Week III June 29-July 23
Week IV July 6-10
Week V July 13-17
Camp runs 9 am-4 pm

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A great way for your child to have fun this summer — at Hickory Nut Gap Farm Camp learning to do things and having a wonderful time! No matter what skill level or interest, HNGF Camp's activities let each child excel in a non-competitive, nurturing atmosphere. Half the day will be spent on horseback and the rest of the day swimming, drawing, painting or theater arts.

Camp is open to boys and girls age 6-13.

Junior Counselor Camp is open to teens 13-15 years-old.

Registration deadline is May 31.

Call Annie at 828 273-6236, 628-2616 or Susie at 273-1628

www.hickorynutgapfarmcamp.com

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- POPPERS- 2 yr olds

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Trinity of Fairview offers a very structured curriculum for preschool age children. If you are interested in information about our preschool program, please call 628-1188 ext. 208, or email weekdaykids@trinityoffairview.org

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ADOPT ME!

Brother Wolf Animal Rescue

Call 505-3440 or bwar.org
Adoption Center at 31 Glendale Avenue



Daisy

Daisy is a 2-year-old Blue tick Coonhound who does fine with most other big and little dogs, and has a polite interest in cats. She would love a family where someone is home most of the time. Please come visit sweet Daisy in the adoption center today!

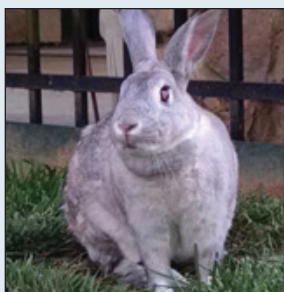
Thistle

Thistle is a gorgeous grey tabby girl born in March, 2011. She likes dogs, cats, and all people! She has Feline Leukemia, but can live a relatively healthy, happy life with just a little extra care in her forever home. Come meet her at BWAR's Second Chances Thrift Store at 49 Glendale Avenue in Asheville today!



Stella

Stella is a big, beautiful bunny — almost 9 pounds! — spayed, and approximately 1.5 years old. She is very smart and has a big heart to match. Stella is excellent with her litter habits, loves playing with a variety of toys, and is great with kids, cats, and small dogs. For more information, please email wildfoxzoo@bellsouth.net.



Brother Wolf Adoption Events

Sunday, April 12, 12-4 pm: Mast General Store, Biltmore Avenue in Asheville.

Saturday, April 18, 10 am-12 pm: Haw Creek Community Association Dog Show, St. John's Episcopal Church, 290 Old Haw Creek Road in Asheville.

Saturday, April 25, 3-7 pm: Urban Orchard, 210 Haywood Road, West Asheville: Meet pets for adoption, enjoy live music, and enter a doggie costume contest.

Sunday, April 26, 3-6 pm: Biltmore Lake Spring Festival: Meet adoptable pets from Brother Wolf, enjoy live music by acoustic artists Al Petteway and Amy White.

Charlie's Angels Animal Rescue

Call 885-3647 or wncanimalrescue.org

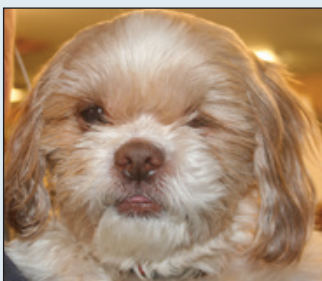


Rex

Hi, I'm Rex! I love seeing new visitors come into the cattery. I get to show them our cat toys and how I have fun playing with them. When there are no visitors in the cattery, I like to watch the activity outside the window, the birds flying, and climb the cat tower with my other cat friends. I'm a young guy of 6-8 months old and I'd like to meet you. Visit me at Charlie's Angels Animal Rescue Adoption Center at 5526 Hendersonville Road, Fletcher.

Animal Haven of Asheville

Call 299-1635 or animalhaven.org



Butler

I am a 5-year-old neutered male Shih-Tzu. I am very laid back, love to cuddle and rest my head on your shoulder. I get along well with other dogs and cats. I am currently enrolled in the New Leash on Life program, honing my social and behavioral skills.

Raymond

"Raymond" - I am a 3-year-old neutered male Boxer/Hound mix. I have a beautiful brindle coat, weigh about 60 pounds and love to play with other dogs. I have a charming personality, and I love treats and car rides. I would do well with an active family. My picture doesn't do me justice so come to see me at Animal Haven of Asheville.



Free Services for Outdoor Cats

Vaccinate, Spay and Neuter Services Provided by Humane Society Grant

Asheville Humane Society has received a \$15,000 grant from Best Friends Animal Society to help spay/neuter and vaccinate Buncombe County cats who live or play outdoors. Spay/neuter and rabies vaccinations are free to all owners or caretakers of cats who spend time outside. Services are provided at Humane Alliance compliments of Asheville Humane Society.

"We are grateful to Best Friends Animal Society for this amazing grant. It's wonderful to offer free services to our community and help prevent homeless pets," said Angie Wilt, Director of Operations. "Whether you feed a community cat in your neighborhood or have an indoor/outdoor cat yourself, these services are free to you. We really want to encourage

our community to get their cats spayed and neutered. An outdoor kitty has access to roam and can easily have up to 12 kittens a year. We need Asheville's help in reducing our pet overpopulation so we can help more homeless pets find their forever family."

Spay/neuter and rabies vaccinations are immediately available to Buncombe County outdoor cats, while funding lasts. Free trap rentals are also available with a refundable deposit. Services are provided at Humane Alliance, 25 Heritage Drive, compliments of Asheville Humane Society.

Buncombe County residents may call 252-2079 or 250-6432 for drop-off times and details.

BWAR Fun Run!

The 6th Annual Run for the Paws 5k Run/1 Mile Walk and Wagging Wellness Fair is a competition in the name of good, clean sport and helping animals in need. Enjoy live music, food, and family fun while supporting Brother Wolf Animal Rescue. On **Sunday, April 26**, the **Wellness Fair begins at 1 pm; 5k Run at 1:30 pm; Fun Walk at 2:30 pm**, at Fletcher Park, 85 Howard Gap Road in Fletcher. Register at bwar.org. The race is limited to 500 participants, so be sure to sign up soon and guarantee your spot and score a sweet race shirt.



\$10 Rabies Vaccines at Cane Creek Animal Clinic in April

Dr. Leigh Ann Hamon at the Cane Creek Animal Clinic will be offering rabies vaccines for cats and dogs for \$10 the entire month of April.

The clinic hours are **Monday, Tuesday, Wednesday and Thursday from 8 am-5 pm**. To ensure that you will not have a long wait, please call the clinic at 628-9908 for the best available times.



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Caring for the Easter Bunny

by Dr. Sarah Hargrove, DVM, Cedar Ridge Animal Hospital and Equine Services

With the hope of spring in the air, images of new chicks, baby bunnies and little birds are all around. Some of these animals can make lovely pets, as long as you are educated about their individual husbandry needs and health care. There are several veterinarians in the area who have experience with working with rabbits and other "exotics."

Pet rabbits can have lively and friendly personalities and can develop into good companions with handling. The average lifespan for a rabbit is 7-10 years, with some living up to 15 years.

Food Favorites and Forgettables

Rabbits are herbivores, designed to live on a diet primarily of grasses and leaves, with treats of flowers and fruits. Their GI (gastrointestinal) tract is a complex environment, allowing them to eat foods that many other pets cannot ingest. Grass hay (timothy, meadow, Bermuda) is the most important part of their diet. Legume hay (alfalfa, clover) has more calories, and should only be given as a treat. Hay should smell fresh, and can be stuffed into hiding areas/toilet rolls/toys to help the rabbits have fun while foraging for food.

Greens are also important in providing micro nutrients and water. The darker the green, the higher the nutritional content. Collard greens, dandelion greens, kale, chard, carrot tops can all be used. Buy or grow organic, feed a variety, and watch for any changes in the animal's stool.

Treats would include fruits and other veggies; feed no more than 1 tablespoon per 2 pounds a day. Apples, berries, pansies or other edible flowers, peaches, squash, and most others can be enjoyed.

Because rabbits like sweets, avoid feeding them much banana or grapes; they need to be eating enough hay! Don't feed foods with high fat or starch, to avoid obesity and GI disease: beans, bread, cereal, nuts, sugar and chocolate are some foods to avoid.

Commercial pellets have a low digestible fiber content, don't help normal tooth wear, and are higher in calories than a primarily hay/greens diet. Feed pellets for only about 10% of your rabbit's diet, if at all. Fresh water should always be available. I don't recommend vitamins or medications in the water, as the rabbits may stop drinking if they don't like the taste.

A Bunny Hop is Healthy

House rabbits need their exercise, just like we do. Although they can be kept in a cage, they can develop problems if not allowed to run and jump, including obesity, poor muscle tone and bone density, issues with their GI and urinary function, and pododermatitis (infection of the feet by sitting in a moist, dirty environment). Rabbits don't have footpads, just coarse hair covering delicate skin, which is prone to damage if sitting only on a wire cage bottom. Mixed flooring options (wire and solid) and moving about the house or yard helps keep their bodies more healthy. They

like temperatures in the 60-70s F, but can overheat in the upper 80s or more. If caged outside, give them shelter to protect them from rain, heat, cold, and predators. If you are keeping your bunny indoors, they can

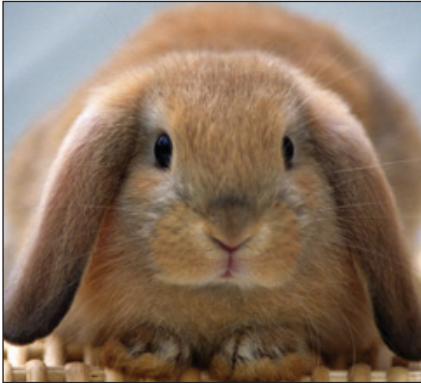
be trained to a litter box, but be sure to bunny-proof it. Block access to wires and cords, remove toxic plants and poisons.

Diseases and Other Problems

Rabbits can also have medical issues. Spaying and neutering your bunnies can help reduce unwanted litters (they have a reputation, you know) and help control some aggressive behaviors, urine marking, and disease of the reproductive organs.

Dental disease such as malocclusion (crooked teeth) and overgrown teeth can be caused by poor diet, nutritional or infectious disease, trauma, or poor genetics. You may see loss of appetite, dropping food out of the mouth, nasal discharge, excessive tear production or salivation, tooth grinding, or bulging eyes. Treatment can include change in diet, trimming/grinding of incisors or molars (cheek teeth), extracting teeth or treating for abscesses.

Respiratory symptoms can signal infections in the respiratory tract, ear infections or environmental causes such as perfumes, dust, ammonia fumes from bedding or a too damp or hot environment.



Rabbits cannot vomit, so GI disease can be revealed by their not eating, or having abnormal stool. This is usually due to issues with diet, but they can get bacterial or viral infections, intestinal parasites, or cancer.

While most "exotic" pets do not require vaccines (some, such as ferrets, can get Rabies vaccines), it is still important to have regular visits to the veterinarian to help establish good husbandry and preventive care. Exams, fecal checks (for intestinal parasites), and spaying/neutering can help improve your rabbit's life. There are also many illnesses that can be treated by experienced doctors. It's not just about dogs and cats; our bunnies, guinea pigs, birds, rats, snakes, amphibians can also make our lives more fun!


Bunny Lore

Rabbit teeth grow continually throughout their lifetime.

Wild rabbits can actually be scared to death by being picked up by a human.

Rabbits have very fragile bones and can break their own backs if not handled properly.

Rabbits produce 2 types of stool: fibrous hard pellets and cecotropes, ("night droppings"), soft, nutrient-rich droppings that a healthy rabbit eats directly from its body and re-digests. If you see a large number of these in the cage, your rabbit may be missing vital nutrition.



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BUSINESS

Fairview's Foley Family Wins Big!

The Foley family (Bill, Sue and daughter Elizabeth) of Fairview have a lot to be proud of... their family owned and operated business, The Chocolate Fetish®, received 6 stars and Grand Master Chocolatier title in the International Chocolate Salon and Taste TV competition. They are now ranked in the top 18 "Best Chocolatiers and Confectioners in America 2015" for the third year in a row.

The Chocolate Fetish won numerous awards in specific competitions including Gold Awards for "Best Taste and Flavor" for their After Midnight Truffle™ and Dragon's Sigh Truffle™ in the Truffle Artistry Competition, and in a range of categories from "Best in Salon" to "Most Artistic Designs."

One judge wrote, "Love, love all The Chocolate Fetish truffles. Such fresh ingredients, blend so well together."

"We are a family owned independent business and proud to have been part of Asheville since 1986. We are especially



(L-R) Elizabeth Foley with mom and dad, Sue and Bill.

pleased to receive this award as we prepare to celebrate our 30th anniversary in Asheville," said Elizabeth Foley, chocolatier and general manager of The Chocolate Fetish, "and I'm delighted to again receive this prestigious award on behalf of our dedicated employees and thanks to our loyal customers."

The Chocolate Fetish is known for its premium American and European style handcrafted artisan chocolates. Order online at chocolatefetish.com or stop by the 36 Haywood Street store in Asheville.

What's Cookin' at the Fire House

The *Town Crier* does its monthly labeling at the Fairview Fire Department now so it's becoming a familiar sight to see one or more of our local firefighters or EMT staff in the kitchen. One of the guys told me "anything on the counter is fair game and people are always dropping things off." Some of our community members just want to say "Thanks for being there for us" and they say it with goodies.

This day, I saw firefighter George Bond (6 years with FF) whipping up a spaghetti dinner. Seems each of the firemen has a specialty and George tends to do spaghetti. When I asked about his recipe he confessed that because of time and circumstance, he was using a pre-made sauce. He did say his wife Katie had the real recipe... for a delicious homemade sauce and he would share it



with us. Still, I know that cooking pasta to the right consistency and not drowning it in sauce is not a given so I give George credit for doing it right and doing it often.

I had heard a high carb diet (not sugar) is essential for firefighters. This was verified in Kevin Malley and David Spierer's book, *Get Firefighter Fit*. "Carbohydrate is the primary source of fuel for firefighting and the

performance of other high-intensity physical activities. It's also the preferred source of fuel for muscles performing moderate to high intensity aerobic work, red blood cells delivering oxygen to working muscles, and brain cells that enable you to think." Well then, better dig into that pasta boys!

Katie Bond Quick & Simple Spaghetti Marinara

4-8 Cloves Garlic, minced
1/2 Cup Extra-Virgin Olive Oil
1 Large Can (32oz) Crushed Tomatoes
2 Tbsp Tomato Paste
1 1/2 Tbsp Dried Oregano
1 1/2 Tbsp Dried Thyme
1/2 Tbsp Rubbed Sage
1/4 Cup Fresh Basil, julienned
1 Lb Ground Beef
Salt and Pepper to taste
8 Oz Spaghetti

1. In large saucepan, heat garlic and oil over medium heat until garlic is strongly aromatic, being careful NOT to brown.
2. Add tomatoes, paste, spices and basil, reducing heat to low. Allow to simmer, stirring occasionally, until tomatoes begin to separate down in oil (approx 20-25 min). The longer the sauce is allowed to simmer, the more flavors will combine but keep an eye on the pan so sauce doesn't thicken too much. Add a dash more olive oil will loosen sauce.
3. Brown meat in separate pan. Drain and combine into sauce, stirring until even. Add salt and pepper to taste.
4. Cook pasta according to package directions. Toss drained pasta with a dash of olive oil and plate.
5. Serve sauce immediately over hot pasta. Top with freshly grated Parmesan if desired. Serves 4.

TIPS: Olive oil in the sauce should cut down on the acidity but if it's a bit too tangy, add a dash of sugar to soften the flavor. Don't be tempted to substitute dried basil for fresh leaves — the fresh basil really makes a difference in the flavor of the sauce! Adding the basil in the last few minutes strengthens the aroma. This sauce is also great with meatballs instead of ground beef.

FAIRVIEW FEBRUARY REAL ESTATE STATS

Statistic	Feb 2015	YoY	MoM
Total Sold Dollar Volume	\$103,364,794	+ 7.2%	- 15.3%
Closed Sales	457	+ 7.5%	- 7.7%
Median Sold Price	\$189,000	+ 12.8%	- 0.5%
Average Sold Price	\$226,181	- 0.3%	- 8.3%
Median Days to Contract	106 days	- 8.6%	+ 3.9%
Average Days to Contract	144 days	- 13.3%	- 7.1%
Median Days to Settle	138 days	- 9.8%	- 3.5%
Average Days to Settle	180 days	- 11.8%	- 9.6%
Median Price per Sq Foot	\$111	+ 4.7%	- 2.6%
Avg Sold to Orig List Ratio	90.02%	+ 2.4%	+ 0.2%

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). They have served the Fairview community for over 11 years. Do you have a real estate question? Wondering what the current trends are in our community? Email Jenny Brunet at coolmntn1@gmail.com or call 628-3088 for a personal response to your question.



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THE WELCOME TABLE.....

Bienvenida!

"Well, I've never been to Spain,
But I kinda like the music....."
Three Dog Night

Welcome to España

Delighted to be able to open again after winter storms, in early March the Welcome Table took its guests to sunny Spain. "When most people think of Spain," said Barbara Trombatore, "they think of Gazpacho, Paella, Flan, and perhaps Sangria. But Spain is made up of 17 different regions (or provinces) and the cuisine is as varied as the cultures and dialects of the language of each region. We tried to present several different regions in our menu." The dishes served came from traditional recipes from La Mancha, Catalonia and Galicia — even the words are delicious.

Galicia, the source of this month's recipe, is located in the northwest corner of Spain, on the coast of the Atlantic and the Bay of Biscay, and bordering Portugal to the south.

Later in the month, the Table came home to America, serving a world-class hamburger with all the accompaniments and an irresistible mac-and-cheese.

Make a Date for Thursday

The Welcome Table lunch is served every *Thursday, 11:30 am-1pm* in the log cabin church on the hill behind Fairview Library.

The Welcome Table is thankful for any and all financial donations. Volunteers are also welcomed with thanks.

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

Caldo Gallego Galician Bean and Pork Soup Serves 6

- 1 1/4 cups dried white beans
- 1 3/4 pounds pork sparerib rack
- 1 pound smoked ham hocks
- 8 cups water
- 1 white cabbage, shredded
- 5 cups beef stock
- 1 large potato, peeled and cubed
- 1 large turnip, peeled and cubed
- 1 bunch collards, kale or leafy turnip tops, torn

Place beans in large bowl. Add enough cold water to cover by at least 3 inches and let soak overnight.

Rub ribs with salt. Place in heavy large pot. Add ham hocks and enough cold water to cover and bring to a boil. Reduce heat and simmer 5 minutes. Drain.

Return ribs and ham hocks to same pot. Add beans and 8 cups water and bring to a simmer. Cover; simmer 1 hour. Add potato and turnip and simmer until tender, about 30 minutes.

Remove ribs and ham hocks from soup. Add greens to soup and simmer 10 minutes. Puree 1-1/2 cups soup in blender or processor and return to pot. Cut meat from ribs and ham hocks and chop. Return meat to pot. Simmer until soup thickens, stirring occasionally, about 20 minutes. Season with salt and pepper.

Can be made one day ahead, covered and chilled.



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Wondering what the 'Flower Lady' has been up to?

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WORSHIP & COMMUNITY OUTREACH

Easter Services

Sunrise Service at Bethany United Methodist

Bethany United Methodist Church, 212 Bethany Church Road, Fairview, will celebrate the resurrection of Christ with a Sunrise Service on **Sunday, April 5, 7:30 am**. Breakfast will follow. Everyone is welcome.

Call 684-4338 for further information.

Send news, events and services by the 15th of the preceding month to copy@fairviewtowncrier.com

Yard Sale Benefits "Love Loud"

Fairview Baptist Church will be holding a Yard Sale for their "Love Loud" Missions that will be taking place this summer. The yard sale will be held at Fairview Baptist on **Saturday, April 4 from 8 am-noon**.

For more information, please call 628-2908. Thanks for your support for our community!

Abiding Savior Church

Maundy Thursday Worship with Holy Communion and Footwashing, April 2 at 7 pm

Good Friday Worship, Seven Last Words of Jesus, on April 3 at 7 pm

Easter Breakfast, Sunday, April 5, is at 9:45 am, followed by Worship at 11 am.

The church is located at 801 Charlotte Highway in Fairview. Pastor David Eck presides. For more information, visit AbidingSaviorLutheranChurch.org

Trinity of Fairview

Easter Sunrise Service will be held at 7 am. A breakfast will be served after worship. Breakfast will be feature bacon, sausage/egg casserole, hash brown casserole, muffins/coffee cake, fresh fruit salad, milk, juice, coffee and water. There is no charge for this meal, but you must register online or at the church if you plan to attend. (To-go plates not offered).

Trinity of Fairview is located at 646 Concord Road in Fairview.

For more information, visit TrinityofFairview.com or call 628-1188.


60th Annual Easter Sunrise Service at Chimney Rock Park



Chimney Rock State Park will again hold a sunrise service to celebrate the glory of Easter with song, scripture and spiritual music as a spectacular sunrise ascends over Lake Lure. Chimney Rock's annual Easter Sunrise Service attracts more than 1,000 early risers from around the Southeast each year. The service takes place beneath 535-million-year old Chimney Rock. In case of rain, the service will be held in the Meadow. Gates will be open from 5-6 AM for the 6:30 AM service. There is no admission charge and guests are welcome to stay and enjoy the Park for the day. This special 60th Anniversary service will feature live music, by park musician John Mason on the hammered dulcimer.

There is no charge to attend. Gates open at 5 am and guests who attend the Sunrise Service are invited to stay to enjoy the park all day.

For information, visit chimneyrockpark.com or call 625-1823.



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A Goose Egg for Easter

A rickety old dock stretches out into our pond from the shore. Virtually condemned for human use, it is a favorite perch for Mallards, Great Blue Herons, and Canadian Geese. Last Wednesday, as I passed the dock, I noticed it: a goose egg sitting out at the very end. No geese. No nest. Just an egg, globbed liberally with goose poop, and waiting for a hawk to snatch it up for lunch. Careful not to step on a rotting plank, I retrieved the abandoned egg. As I cradled it in my hand, I thought, "What am I going to do with this?" An omelet was the first thing to come to mind...but then I realized that the egg might actually have a semi-developed fetus inside. Incubate it? Too late for that. Wash-it-off-and-decide-later won out, and I took the egg back to the house.

I admired its size and perfection, and felt its weight in my hand. Why are goose eggs so abused, anyway? I wondered. How did they get associated with coming up empty-handed, yielding zilch, or getting a lump on your noggin?

Since this was holy week on the Christian calendar, I decided this egg was mine to ponder. Paint it? Dye it? Surely it offered an opportunity for creativity.

Since this was holy week on the Christian calendar, I decided this egg was mine to ponder. Paint it? Dye it? Surely it offered an opportunity for creativity. Feeling the finality of my action, I boiled the egg, still curious about what may be inside.

This egg's creative potential took on a symbolic nature at this point. "God is in the egg," Carl Jung wrote in the *Red Book*. That should be enough, I thought. Just leave it be. This is it: the seed of life, the essence of being. But I had an impulse to gild the seed, so I performed a bit of alchemy and transformed it into a golden egg—a cosmic symbol of wholeness.

The seed of life. Wholeness. Yes, Easter is a celebration of the seed of life, planted in every human being and nurtured toward wholeness.



The seed of life. Wholeness. Yes, Easter is a celebration of the seed of life, planted in every human being and nurtured toward wholeness. A pagan symbol, perhaps, but the words of Jesus when he appeared to followers after his death also testify to the power of the seed. One of my favorite Easter passages comes from the Gospel of Mary, an incomplete manuscript that probably dates to the later part of the first century and is attributed to Mary Magdalene. In this passage Jesus, "the Blessed One" offers parting words (4:2-5:7).

[The Blessed One] greeted [the disciples and Mary]... "Be on your guard so that no one deceives you by saying, 'Look over here!' or 'Look over there!' For the seed of true

humanity exists within you. Follow it! Those who search for it will find it.

"Go then, preach the good news of the domain. Do not lay down any rule beyond what I ordained for you, nor promulgate law like the lawgiver, or else it will dominate you."

After he said these things, he left them.

But they were distressed and wept greatly. "How are we going to go out to the rest of the world to preach the good news about the domain of the seed of true humanity?" they said. If they didn't spare him, how will they spare us?"

Then Mary stood up. She greeted them all and addressed her brothers: "Do not weep and be distressed nor let your hearts be irresolute. For his grace will be with you all and will shelter you. Rather let us praise his greatness, for he has joined us together and made us true human beings."

...it reminds me that the seed of true humanity exists within us.

An abandoned goose egg with poop on it emerges glorious and golden. In both forms, it reminds me that the seed of true humanity exists within us. Easter invites us to emerge from the tomb of the soul and follow the seed of true humanity... to become true human beings.

Author and spiritual director Sarah York wrote this meditative piece as a 2012 Easter season post on her website blog "Reflections on the Journey," and she was kind enough to allow us to reprint it for our readers. Sarah, a former Unitarian Universalist minister, is now an ethics consultant for the church, a professional spiritual director for individuals and small groups, and last but not least, she and her husband Chuck Campbell raise French Alpine goats at their family farm in Fairview. Visit sarahyork.com for more information and to read her informative and inspiring blogs.

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Let's talk about money and taxes. Last week we had a good look at Governor McCrory's budget, which is the first salvo in the budget debate. North Carolina citizens are also filling out their tax forms, and many are surprised at what they owe and how small their state refund will be this year. The General Assembly heard from North Carolina's Chief Justice of the State Supreme Court Mark Martin in a State of the Judiciary speech.

The McCrory budget was NOT a bold document. The University system would be cut again, by 1.2%. Beginning teachers would be paid a little more, \$35,000, but veteran teachers are once again left out. There would be a raise for Corrections Officers and the Highway Patrol. The latter group has sued the State for pay they believe they were promised. There was no across-the-board raise for state employees, but talk instead of targeted raises for hard-to-fill positions such as Information Technology. North Carolina is a growing state, but you would not guess that from this budget. Transportation infrastructure is taken care of in large part with a \$1.2 billion bond issue. Finally, one unusual cap was placed on University fundraising: no University can spend over \$1 million in state funds in their development office. The biggest offender in this category was NC State, which spent \$7 million. The NC House will now begin working on its budget and will present it to the Senate sometime this summer.

I have been contacted by many constituents about their tax liabilities for this year. Several in particular have been surprised that their elderly parents are having to pay taxes for the first time while they are in Long Term Health Facilities. "My mother-in-law is 94 and has Alzheimer's and owes taxes for the first time in many years. What is going on?" The medical deduction was eliminated in the NC tax overhaul, which hits the elderly especially hard.

There is a chance that deduction can be restored for next year. Meanwhile, those with large annual incomes are enjoying a tax windfall this year. The majority in the Legislature wants to broaden the tax base, which means increasing the services that must charge a sales tax. Electric bills, movie tickets, and concerts are now newly taxed. Real Estate agents and lawyers are worried that their fees will be next. These sales taxes hit our working people very hard. They are regressive in that they tax those least able to pay, those raising families and tithing to their churches.

Chief Justice Mark Martin gave a history lesson of all the efficiencies the Judiciary branch has instituted since the beginning of the Great Recession. At the end of the speech, he made a plea to the General Assembly. "We are now approaching a challenging phase in terms of the Judicial Branch's operational needs. Our operations budget is under tremendous stress, and we have been forced to rely on money available from vacant positions to cover shortfalls for basic functions such as payments to jurors, court reporters and expert witnesses. If we cannot pay for these basic services, we cannot conduct

timely trials. The resulting delays erode public trust and confidence in the integrity of the justice system, because they impair our ability to promptly apprehend offenders and see that they are tried and appropriately sentenced. We all know that 'justice delayed is justice denied,' and we are confronting a situation where the justice system is unable to promptly serve those who turn to us for help."

The North Carolina Judiciary, roads and bridges, the public schools, the community college network, health care and the university system are all facing unfunded budgets. At the same time, state revenues are coming in short, although there is some hope for an April catchup.

It is my hope that the General Assembly will be able to take a square look at our revenue situation when it comes time to make the budget, and to restore some of the tax cuts, if that is what it will take to pay for the government services and investments our citizens have come to expect. American government is based on the support and ultimate value of people, and investing in our people has always been the North Carolina way to prosperity.

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16 West Jones Street, Room 1004,
Raleigh NC 27601-1096
John.Ager@ncleg.net or
jagerhng@gmail.com
828 628-2616 / 828 713-6450 cell
NCleg.net

Protect Seniors from Financial Abuse



It's unfortunate but true: The elderly population is targeted for financial abuse or exploitation. In fact, by some estimates, this type of targeted abuse results in billions of dollars in

losses each year. If you have elderly parents, what signs should you watch for to determine their vulnerability? And what can you do to help protect your parents from being victimized?

In regard to the first question — signs of vulnerability — the most important thing to watch for is your parents' mental state. As you know, many people go through their entire lives with their faculties intact — but even if this is the case with your parents, you still may want to be on guard against them falling prey to unscrupulous operators. And if you have noticed your parents becoming forgetful, confused, overly agitated or showing any other signs of possibly diminished mental capacity, you may want to be particularly vigilant for the appearance of financial irregularities.

If you don't think your parents are, as yet, victims of fraud or abuse, you can take steps to help protect them. Most importantly, maintain constant communication with them and be aware of what's going on in their lives. Also, consider the following actions:

- Advise parents on precautionary measures. Suggest to your parents that

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they take several common-sense steps to avoid financial scams. For example, urge them to never give personal information over the phone or in response to emails. Since these types of requests are the most common methods used to perpetrate scams, encourage your parents to put all such solicitations — as well as requests for money — in the “trash” folder. Also, ask your parents to remove paper mail promptly from their mailbox — resourceful identity thieves have been known to steal mail and extract key pieces of personal information from financial statements or correspondence from Social Security. And if your parents don’t already have a paper shredder, present one to them as a gift — and show them how to use it to delete old statements, credit card offers and similar documents.

- Check for legal documents. Your parents, like everyone, should have a will and a durable power of attorney. These documents will enable someone they trust implicitly to handle their finances if they can’t. Discussing these types of issues with your parents may not be easy — but it’s certainly important.
- Review parents’ situation regularly. Many parents are not comfortable sharing the specifics of their financial situation with their adult children. Yet,

as much as you can, try to periodically review your parents’ insurance, banking and investment statements. These meetings give you good opportunities to look for irregularities or suspicious activities, such as significant changes in their spending patterns, unusual cash withdrawals or transfers from their bank accounts, or sudden transfers of assets to a relative or someone outside the family.

- Know the professionals. Your parents may not be totally at ease involving you with their financial and tax advisors. However, using your discretion, see if you can accompany your parents when they meet with their advisors. If these people are legitimate professionals, they will not object to your interest in your parents’ affairs — in fact, they

should welcome it.

Your parents have done a lot for you. You can help repay them by doing your part to help protect them from threats to their financial security.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, who can be reached at 628-1546 or stephen.herbert@edwardjones.com.



WILD EDIBLES

by Roger Klinger

Chickweed



March is a wild and woolly month — yesterday was 73 degrees and I was out in the garden in shorts drinking up the warmth, but last night wild winter winds were blowing down the mountain, and snow flurries and sleet were pelting me as I gathered up a few loads of wood for the stove. This morning, the temperature had dropped to 14 degrees.

“February Gold” daffodils are beginning to bloom, sedums are sending up their spring growth and we are still picking lettuce and spinach from last year, albeit nestled into their cozy cold frames. In amongst the carpet of lettuce are a few chickweed plants, and as usual the wild mints are already growing along with spring cresses that are just beginning to bloom.

Chickweed is a common weed that grows up to 12 inches tall and can form a mat of tangled leaves reaching two feet across. Chickweed is one of the most delicious wild greens one could ask for, and rather than cursing it, pulling it out and tossing it into the compost, it is wonderful to cut it up and add it to a salad, as it tastes so much like spinach and it’s free! Unlike many wild edibles, chickweed leaves, flowers, stems and seeds are all completely edible. Only the mouse-eared chickweed needs cooking because of its woolly texture, whereas the common chickweeds are tender and succulent.

The scientific name *Stellaria media* is perfect for this wild plant, as it means; “little star in the mist.” The small white flowers are indeed like little stars, and these plants are prolific and adaptive; they love to grow in disturbed soils like gardens, in the borders of woods and in the midst of moist woodland habitats. The common name “chickweed” arose because chickens love these greens and will gobble them up whenever they get the chance. Chickweed is found throughout the world, all over North America and as far away as the Arctic Circle and Greenland.

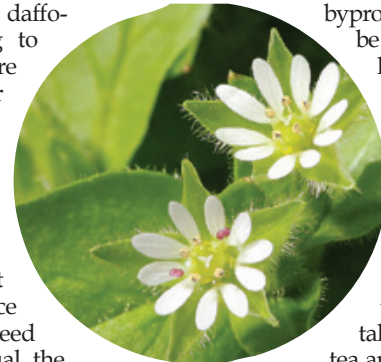
Chickweed leaves fold up at night and when it is going to rain, and the flowers are not exactly early birds; they close up at night and open up late in the morning. One of the other great benefits of chickweed is it often overwinters in many areas, and even when winter is too cold like this year, chickweed recovers quickly and grows vigorously early in the spring, abundant and exceptionally tender and tasty. A friend of mine turned me on to a new idea last year — she shared that chickweed is her favorite wild pesto green. All one need do is substitute the leafy greens for basil to make a delicious and simple pesto. I also use it as a trail nibble and often make a spring tonic of it, gathering a handful of leaves and adding a bit of dandelion and winter cress for a simple vitamin-packed tea that serves as a good purifier for the body.

Chickweed is very high in copper, iron, magnesium, manganese, silicon and zinc. It is also high in calcium, chlorophyll, phosphorus, potassium, protein, Vitamin A and the flavonoid called rutin. It is a good source of Vitamin C, B6, D, A, riboflavin, niacin, thiamine, silica and plant sodium. In essence, it is a vitamin and mineral powerhouse!

Wild chickweed is known to be excellent for cleaning and purifying the lymph system and blood. Lymph nodes throughout the body create lymph fluid so that byproducts and waste material can be channeled and filtered via the kidneys and intestinal tract. Chickweed naturally helps to cleanse the lymph, helping excrete toxins through the urine.

Chickweed is also exceptionally effective at cooling and soothing heat conditions and inflammation in the body. It can be taken internally or made into a tea and applied externally to treat eczema, psoriasis and other itchy skin conditions. Chickweed is also a mild diuretic, helping to cleanse the kidneys and urinary tract, but unlike pharmaceuticals, it is gentle and does not deplete the body of essential minerals.

Historically, chickweed has been used for skin compresses, and it was especially prized in the treatment of rheumatic and respiratory problems. It helps to soften and expel mucus and phlegm from the body, so it is an excellent choice for a tea to treat a cold or congestion. In European folklore, chickweed was used to promote fidelity in a relationship and attract love into one’s life. Sailors used chickweed vinegar to prevent scurvy when fresh citrus was not available.



Evidence of chickweed has been found in Pre-Neolithic archaeological sites in Great Britain; it is native to Europe and eventually became naturalized across the world. According to Culpeper’s famous *Complete Herbal* (published in 1653), chickweed was utilized for the treatment of obesity. The 17th century herbalist John Gerard recommended it as a remedy for mange. Modern herbalists mainly prescribe it for skin diseases and also for bronchitis, rheumatic pains, arthritis and period pain. In Japan, during the festival of the seven herbs, which is called Nanakusa-no-sekku, chickweed is one of the key herbs used in a porridge eaten at the beginning of the year.

Chickweed is a versatile plant and is well worth learning, as it is easy to identify and so common in Western North Carolina. Chickweed is without a doubt one of my most favorite trail nibbles and wild greens.



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Have you been to one of the many tailgate markets in Asheville, where folks shop and mingle while hanging onto their steaming Cup-O-Joe? Stands of farm-fresh food, baked goods and flowers draw you in and great conversation keeps you coming back.

Fairview residents said they wanted a tailgate market in 2011, in The Lord's Acre community-wide survey, but with Asheville nearby, local farmers would actually lose money selling in a small community like ours. So we started a Share-the-Harvest Market instead, where produce is free and beautifully displayed and the atmosphere is friendly. The McNair family, who have poured a lot of love into running the market next to the library for the past two years, won't be able to continue doing so this year. They're helping start a garden that gives away food in Asheville. So we're looking for one or more people with a passion for working with us to run a 2-hour market every week where everyone in our community can enjoy a welcoming atmosphere, learn to prepare healthy meals, be encouraged and inspired, and try new foods.

If you haven't experienced our Fairview market, check it out on Facebook at Share The Harvest. Also at Bounty & Soul in Black Mountain (bountyandsoul.org), a friend, Ali Casperian, works her magic in a market with a similar concept.

"You can find Ali at the markets lovingly displaying the fresh produce, teaching a class, hugging a client, or cooking up an easy, affordable, and healthy dish," says the website

description. "Ali's gentle, compassionate and fun-loving manner keeps people coming back."

Those who attend the market say:

"At my heaviest I weighed 310 pounds. I started eating more fruits and vegetables and less processed foods... not a DIET but a LIVEit, as Ali puts it. I have lost 115 lbs. in 9 months and I no longer show signs of diabetes, my cholesterol is excellent and my blood pressure is perfect. My family and friends have noticed a more positive attitude in me and I love ME more!" - Miranda, Black Mountain



"I have been diagnosed with fatty liver disease. Ali taught us about the importance of eating healthy fats like avocados... I was a meat and potatoes guy and a junk food junkie and didn't even know what an avocado was... now I eat them with everything. I love them. I have given up the junk food, I've lost 24 lbs and continue to lose 4-5 lbs. a week. My doctors and nutritionist are thrilled with my progress. I am on my way!!" - Joe, Black Mountain

"Thank you for giving me the inspiration to cook Swiss chard for the first time. I felt empowered in the kitchen and enjoyed

cooking for my husband and little girl. To my amazement the family LOVED it. I feel so inspired to be creative in the kitchen and continue to cook healthy meals." - Anonymous, Black Mountain

Excited about the possibilities? We'd love to talk with you over coffee. Get in touch with us at thelordsacre@gmail.com.



April Planting Possibilities

From April 1-30 you can plant beans, beets, carrots, corn, kale, leeks, collards, lettuce, onion sets, oriental greens, radishes, spinach, Swiss chard and turnip seed directly into the garden.

You can also plant out transplants of cabbage, cauliflower, leeks, parsley and scallions in April, and around mid-April you can plant corn.

In these times of fluctuating weather patterns, phenology (the study of natural plant cycles) can actually be more accurate than specific dates. What was once chalked up to folklore is actually based more on soil temperatures and daylight hours than even the best chart. Here are a few of the more common phenology sayings:

- Plant corn and beans when the oak leaves are the size of a squirrel's ear or

when apple blossoms start to fall or when dogwoods are in full bloom.

- Plant tomatoes, peppers and eggplant when dogwoods are in peak bloom or when day lilies start to bloom.
- Plant lettuce, spinach, peas, broccoli and cabbage when the lilacs show their first leaves or when daffodils begin to bloom (which is mid-March around here). You can continue to plant lettuce and spinach after these dates into April and early May.
- Plant peas when forsythia blooms.
- Start succession plantings of beets and carrots when dandelions are blooming.
- Plant cucumbers and squash when lilac flowers fade.

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NC tax credits for solar may expire at the end of 2015.

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Welcome New Members

- *Matt & Winslow Dean, Asheville Stone*
- *Brea Gratia, Cabin in Asheville*
- *Brea Gratia, Virtu Skin & Body*
- *Wendy Powers, Berkshire Hathaway HomeServices Lifestyle Properties*

March Member Meeting

The March 10 meeting was at Long Time Sun Yoga and Wellness Center and 19 members attended. Frank Dixon presided. Financial report was made by Treasurer, Lisa Pelly.

April Member Meeting

The next Member Meeting will be held on April 8 at Woof in the Woods, 1451 Charlotte Highway in Fairview. We'll meet in the Specialized K9 Services building in the back and will start at 6 pm. Please bring a snack or beverage to share and enjoy during the social networking time at 7 pm. Steve and Margaret will give a tour and tell us about their businesses directly after the meeting. Bring a friend!

FBA Nametags

If you do not have an FBA nametag yet, this is the time to order. They are magnetic, attractive and only \$10. They allow other members to identify you and your business at meetings and events. Please email Lisa Pelly at fa.treasurer@gmail.com or stop by the Crier office to order and pay.

Website Slide Show

We are looking for pictures of people with their business name/logo to create a relevant slide show on our website. Send a photo of yourself in front of your sign or with your equipment, uniform or whatever can identify you and your business.

Facebook Page

Search for Fairview Business Association on Facebook and join the group. We post reminders about meetings and events and members can post promotions, updates and recommendations to fellow members as well as the public at large. If you've done business with another member, post it here. Snap a photo of a finished job or a happy customer and post on Facebook page. The best advertising is a personal recommendation and if you people can see a photo of you, it's almost like they know you.

2015 Meeting Dates & Locations

April 8th, Woof in the Woods
May 7th, Fairview Forest
June 9th, Lord's Acre
July 9th, The Joint Next Door
August 8th, Picnic at Cloud 9
September 8th, Sunrise Sawmill
October (TBD), Fairview Preschool
November's meeting is open. Email Janet at fa.information@gmail.com if you can host.

Interested in joining the Fairview Business Association?

Join at FairviewBusiness.com or send \$60 check to

FBA, PO Box 2251, Fairview, NC 28730. You can also join at the

Town Crier office, 1185F Charlotte Hwy, M-F, 1-5 pm.

FBA Voicemail – 338-9628 Leave message and someone will return call!

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Kledis & Company, Inc. 258-9616

Artisans

Appalachian Designs 628-9994

Auto/Truck Sales

High Country Truck & Van 222-2308

Banks & Financial Planning

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

Building/Maintenance Services

AA Diamond Tile 450-3900
All Seasons Heating & AC 651-9998
Aqua Pump Services 450-3900
Asheville Stone 628-ROCK
Balken Roofing 628-0390
Cane Creek Concrete 230-3022
Control Specialties 628-4323
Deck Doctor 231-5883
Sugar Hollow Solar 776-9161

Business Services

Covan Enterprises 298-8249
Progressive Profit 628-9021

Cleaning Services

Cinderella Cleaning Service 713-2798
Rainbow International 333-6996
Steam Master Carpet &
Upholstery Cleaners 628-9495

Computer Services

Scobie.Net 628-2354
MacWorks 777-8639

Contractors/Builders

Appalachian Log Homes 628-3085
Bee Ridge Electric 777-4676
Black Sheep Builders 606-6122
Cool Mountain Construction 778-2742
Green Acres Eco Community 681-0851
Moose Ridge Design & Const. 777-6466
Vintage Remodeling 628-1988

Eyecare Center

Visual Eyes Optometric 628-6700

Education/Instruction

Advanced Edu. Tutoring Center 628-2232
Fairview Preschool 338-2073

Equipment Rental & Repair Services

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

Fitness/Exercise

Karakido Martial Arts 712-1288

Home Inspections

Mountain Home Inspections 713-9071

House Rentals – Short Term/Vacation

Cabin in Asheville 348-5488
Cloud 9 Relaxation Home 628-1758
Greybeard Rentals 669-1072
Sabél Apartments 232-1042
The Cove at Fairview 628-4967

Jewelry Making

Beads and Beyond 222-2189

Insurance

Financially Compete 230-8168
Gloria Berlin Agency/Allstate 298-2483
Hummingbird Insurance 919-414-6606
Prime Time Solutions 628-3889
Stovall Financial Group 275-3608
Tammy Murphy Agency 299-4522
Trout Insurance 658-1472

Landscaping/Excavating

B&B Tree Service 778-1987
Beam's Lawn & Landscape 778-4282

Landscaping/Excavating (Cont'd)

Fairview Landscaping 628-4080
Ray's Landscapes 628-3309

Marketing | Promotion | Printing

Delia Design 279-8412
PostNet of Central Asheville 298-1211
Re.Solutions 628-1422

Markets | Farm Stores | CSAs

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

Medical Services

Apex Brain Center 681-0350
Fairview Chiropractic Center 628-7800
Park Ridge Health South Asheville 681-5327
Riskin, Ted LCSW 338-5020
Skyland Family Rehab Center 277-5763
Western Carolina Physical Therapy 298-0492

Monuments

Martin Monuments 298-8282

Music Bookings

Two Gals Booking, LLC 450-5385

Newspaper

Fairview Town Crier 628-2211

Non-profits

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

Pet Services & Supplies

Elena the Groomer 628-4375
Fairview Kennels 628-1997
Specialized K9 Services 290-0923
Woof in the Woods 222-2222

Pharmacy

Americare Pharmacy 628-3121

Photographers

Lynniepics 727-743-5378

Property Management/Pet Sitting

Rent-a-Home of Asheville 676-6764

Real Estate Sales

Berkshire Hathaway HomeServices Lifestyle Properties, Wendy Powers .. 450-1716
Beverly-Hanks, Danielle Vaeth 585-409-8790
Cool Mountain Realty 628-3088
Exit Realty, Melissa Webb 333-4793
Greybeard Realty 778-2630
Sandy Blair, Realtor/Broker 768-4585
Tarri Balog, Keller-Williams 702-9797
The Buyer's Agent 210-4663

Restaurants | Confections | Catering

Brewskies 628-9198
Ruth & Ranshaw 338-9854
Subway Fairview & Reynolds 628-3080
The Cookie Couple 707-1879
The Lobster Club 696-6555

Saw Mills

Lumber & Logs 242-2874
Sunrise Sawmill 277-0120

Veterinarians

Cane Creek Animal Clinic 628-9908
Cedar Ridge Animal Hospital 575-2430
Fairview Animal Hospital 628-3557

Wellness/Healing/Massage

Do Terra Wellness Advocate 713-2798
Fairview Massage & Bodywork 216-1364
Intentional Wellness 919 260-7214
Long Time Sun Yoga 712-8001
Mountain View Healing Hands 628-1539
Pain Roper 209-8981
Virtu SKin & Body 651-2778

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Asheville

Funeral S

Asheville

Asheville

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Blair, San

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Cedar Ric

and Equip

Charlie's

Child Car

Cinderella

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Galloway

Goodwill

of NWNC

Great Wa

GreyBear

Happy Ta

Hickory M

High Cou

Hilltop Ic

Keller Wil

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Long Tim

Looking



SPRING MOUNTAIN

807 Old Fort Road in Fairview

Earth Day Work Day – Wednesday, April 22, 9 am. Come lend a hand with both outdoor and indoor work to refresh the Community Center property.

Monthly Meeting – Tuesday, April 7, 6:30 pm. Meetings will be the first Tuesday of each month unless notified otherwise.

4-H Club – Thursday, April 9, 6:30 pm. Students from age 5 to 18, along with a parent or supporting adult, will meet in the Lower Level of the community building. For more info, please call Mary Ann Auer at 712-6857. Unless posted otherwise, meetings will be the second Thursday of each month at 6:30 pm.

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

Spring Mountain Bee – Tuesday, April 14, 10 am–2 pm. The Bee meets the second Tuesday of the month unless otherwise noted. Bring your own project this month. Visitors are welcome; call Kay Jenkins, 628-7900, or Kim Thompson, 628-1938. We want to encourage all ages and assure everyone that it's really easy to learn to quilt.

Yoga with Sabrina – Monday and Thursday evenings (Ashtanga Based Flow), 6:15–7:30 pm & Tuesday mornings (Yin), 8–9:15 am. \$5–\$10 donation per class suggested. Call 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 information, contact Mary Ann Auer, President, 628-1364. To post items in this column, call Ruth Atkins, 628-1625.

TO RENT THE SMCC

Call Bruce at 280-9533. Leave your phone number and you will be notified if the date is available to rent.

Spring Mountain, a 501 (c) (3) non-profit organization, thanks the community for your continued support. Donations may be sent to: Spring Mountain Community Club, PO Box 73, Fairview, North Carolina 28730.

FAIRVIEW

1357 Charlotte Highway in Fairview

Community Indoor Yard Sale, Saturday April 18, 8 am–1 pm. Space with 8' table for \$10 donation. Info call 301-3932.

TO RENT THE FAIRVIEW COMMUNITY CENTER

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

UPPER HICKORY NUT GORGE

Highway 74A in Gerton

Easter Egg Hunt, Saturday, April 4, 1–2 pm

Community Covered Dish – Tuesday, April 21, 6:30 pm. Program: Jane Lawson will speak about Laughing Waters Retreat.

SALE ON THE TRAIL – Saturday, April 18. 19 miles of yard sales through the Hickory Nut Gorge. Begin your shopping in Gerton with *Breakfast from 8 - 10:30*. The Community Yard Sale runs from 8 – 1 pm.

TO RENT THE UHNGCC

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

ON THE ROAD

Punakha, Bhutan

Sue Stephens is resting by a prayer wheel and catching up on Fairview news in Punakha, the administrative center of one of the 20 districts of Bhutan, a landlocked Southeast Asian country between China and India. Though located at about 4000 feet above sea level, Punakha is warm in winter and hot in summer.

Below is the iconic image of Punakha with its elaborate and beautiful architecture.



Raleigh, North Carolina

Rep. John Ager and Mike Long, Senior Advisor, Office of the Democratic Leader, U.S. House of Representatives at the Legislative Building in Raleigh.

Key West, Florida

Chris and Sandie Rhodes took a much needed break from work to visit Key West, Florida. Chris had never been and it had been 30 years since Sandie had spent time in Key West. Fairview/Key West friend George Fernandez, who owns Key West Butterfly and Nature Conservancy, made sure they saw as much as possible in their 5 days starting with more butterflies than they could have imagined. They also took a trolley tour and spent a day on the ocean and then kayaking around mangrove trees.

Below Sandie gets back in touch with work (literally) on their last day at the beach.



CLASSIFIED ADS

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TWO OFFICES PLUS BATHROOM. Convenient Fairview location in Cane Creek area. \$350 per month. Call Jenny at 779-4473.

FOR SALE

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

GENTLY USED JAZZY POWER WHEELCHAIR includes Bruno Curb-sider wheelchair lift. Can be used in truck, van or SUV. \$995. OBO. Cash only, please. 778-1006.

CAR WASHING

WILL WASH YOUR VEHICLE WITH SOAP/WATER AT YOUR HOME (need your water) for donation to Make-A-Wish. To raise \$ for kids with life-threatening illnesses. Check www.trailblazechallenge.org. Call 702-0158 to schedule. 15 mile radius of Reynolds High School. Olaf Snyder. Email at oksnyder428@yahoo.com.

CONSTRUCTION/HANDYMAN

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

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

CONSTRUCTION/HANDYMAN – Let's make it easy and effortless to solve problems and maintain your home. All handyman services offered from semi-retired contractor/carpenter. Call Jim, 778-0726, 10 percent Senior Discount.

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

JOB OPPORTUNITIES

MANUAL WOODWORKERS WAREHOUSE AND MANUAL WOODWORKERS RETAIL, both locations on Hwy. 74 in Gerton, NC, are taking applications for

seasonal work. Season available – May through December. We are open daily, Monday through Saturday (closed on Sundays). For information contact Paula Flowers at 702-5509 or 692-7914.

JOB TRAINING CLASSES

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

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

LAWN / YARD / CLEARING

COMPLETE LAWN MAINTENANCE. Spring cleanup, mowing, pruning, mulching, clearing overgrowth, tree removal. Call 628-1777 or 242-4444

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

MUSIC CLASSES

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

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WELLNESS CLASSES

ONGOING WORKSHOPS AND EVENTS, for full details visit our website. Available Tues-Sat by Appointment (some evening appointment available)- Intuitive Crystal Readings, Crystal Healing Sessions, Reiki, Massage, Access Consciousness Bars Sessions, Vibrational Sound Healing; Free Spiritual Lending Library, Online Metaphysical Store Shipping coming soon The Blue Mandala 1359 Cane Creek Road Fletcher, NC 28732 275-2755 www.thebluemandala.com.

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YARD SALES

FAIRVIEW BAPTIST CHURCH WILL BE HOLDING A YARD SALE FOR THEIR "LOVE LOUD" MISSIONS that will be taking place this summer. The yard sale will be held at Fairview Baptist on Saturday, April 4th from 8 a.m. to Noon. For more information, please call 628-2908. Thanks for your support for our community!

The Fairview Town Crier

THE VOICE OF OUR COMMUNITY™

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

Submissions/Announcements/Events/Stories

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

Editorial Policy

The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our non-profit community newspaper. Information provided has been submitted and a best effort has been made to verify legitimacy. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier. Email editor@fairviewtowncrier.com or mail to Fairview Town Crier, PO Box 1862, Fairview, NC 28730. Letters of 400 words or less may be submitted. All letters may be edited and will print as space allows. No letters will be published anonymously. We will not print letters that endorse or condemn a specific business or individual, contain profanity or are clearly fraudulent. Views expressed do not represent those of The Fairview Town Crier. Include name, address and phone. Email letters to editor@fairviewtowncrier.com or mail to: Fairview Town Crier, PO Box 1862, Fairview, NC 28730.



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



SALUDA! Beautiful 5 BR, 3 bath home on app. 3 useable acres, well landscaped, barn & garden area, HOME WARRANTY, wrap-a-round porch, HW floors, skylights & gas log FP, *MLS#566820, \$335,000!*



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



NEW LISTING! Swannanoa! Cute 2 BR, 2 bath home near Warren Wilson College, new carpet, level 6.47 acres, mostly pasture, frontage on Swannanoa River, sheds, greenhouse, full bsmt, *MLS#577440, \$249,000!*



OLD FORT! 1.69 gorgeous, flat acres 4 BR, 2 bath remodeled home, huge covered front porch, large MBR, \$10,475 down payment, *APR 4.23%, \$782/mo, MLS#567518, \$205,000!*



NEW LISTING! West Asheville! Stylish 3 BR home, lg kitchen, sunk LR, HOME WARRANTY, storage, patio, cov. side deck, metal roof, cedar siding, garage, *\$8,995 down pyt, *APR 4.25%, \$840/mo, MLS#548480, \$179,900!*



REYNOLDS HIGH DISTRICT! Nice 4 BR 2 bath home, open living/dining area, HOME WARRANTY, quiet neighbor, covered porch, near downtown and Blue Ridge Pkwy, *MLS#573935, \$169,900!*



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Allison Watkins-Sales



Tamra Fore-Sales



Joshua Breneman-Sales



Elizabeth Akins
Closing Coordinator



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Listing Coordinator



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Noble Rd.....Pending in 27 days
Cameila LanePending in 27 days
Lakewood Dr.....Pending in 7 days
Weldon WayPending in 24 days
Richmond AvePending in 3 days
Mitchell Ave.....Pending in 2 days
Max StreetPending in 7 days

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