



# The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • FEBRUARY 2015 • VOL. 20, No. 2 • FAIRVIEW, NC

## Love

### Say it With a Song...

#### Land of the Sky Chorus

A love song delivered in rich, warm a cappella harmony has marvelous effects. The Land of the Sky Chorus offers the gift of song on **Friday, February 13 or Saturday, February 14 until 8 pm.**

The Land of the Sky Chorus, a non-profit organization, is the performance name of the Asheville Chapter of the Barbershop Harmony Society. Their philanthropy is focused on the support of music education in our local schools.

A Men's or Ladies' Barbershop Quartet can serenade your spouse, sweetheart or friend at their home, office or classroom, at a restaurant or almost anywhere. Deliveries can be scheduled in Buncombe, Haywood and Henderson Counties.

An additional gift of roses, specialty chocolates and even tickets to one of the Chorus's wonderful shows can be added to the serenade. Longer programs can also be arranged. For more information, prices and to make an order, visit [AshevilleBarbershop.com](http://AshevilleBarbershop.com) or call Bob at 866 290-7269.

#### Celebration Singers

What could be sweeter than a song...

The Celebration Singers of Asheville will hold their annual "Singing Valentines and Roses" fundraiser on **February 14, 12-4 pm.** This group of talented singers, ages 7 through high school, including several from Cane Creek Middle School and other Fairview schools, will fill prior orders to deliver singing Valentines on Valentines Day along with florist roses and gourmet chocolates.

The Celebration Singers of Asheville is a nonprofit musical education program whose members have performed with the Asheville Choral Society, Asheville Lyric Opera, OAKE National Conference, Modern American Music Project, Billy Jonas and even in Carnegie Hall.

In previous years they have delivered Valentines to the Mayor, a judge and at several nursing homes.

All orders must be placed by February 6. For information or to place an order, call 424-1463.

### ...Or a Puppygram!

A snuggly new puppy with a big red bow might get some serious points with that someone special, but if you're not ready for the morning-after chewed-up shoe, you can still have a furbaby deliver your Valentine's Day love — no strings attached.

Reserve your Puppygram today, and a cute-as-can-be Brother Wolf rescued dog or puppy will stop by for a visit at your honey's home or workplace on **Friday, February 13 or Saturday, February 14**, bearing a rose(s), personalized card, balloon, and locally made sweet treat. Send a Puppygram to family, friends and coworkers too — who doesn't love puppy kisses?

Orders, required the day prior to delivery, can be delivered within 15 miles of Asheville. Visit [bwar.org/puppygrams](http://bwar.org/puppygrams) to reserve some furry Valentine love.



### ... or Sweets for Your Sweetheart

#### The Cookie Couple

The Cookie Couple invites all Valentine gifters to drop by or order their specially decorated Valentine cookies at their shop at 397 Church Road in Fairview. The shop will be open on Valentine's Day, **Saturday, February 14, from 10 am-5 pm.**

For more information or to order visit [thecookiecouplewnc.com](http://thecookiecouplewnc.com).



#### Ruth and Ranshaw

From special cakes to cookies to muffins and beyond, Ruth & Ranshaw will bake a delicious Valentine's gift for the thoughtful giver. The shop at 1207 Charlotte Highway in Fairview is open **Tuesday-Thursday 10 am-6 pm, Friday and Saturday 8 am-6 pm.** For details visit [ruthandranshaw.com](http://ruthandranshaw.com).

### With a Full Heart



Mary Alice Ramsey sent a photo of her collection of hearts which she displays on her mantel every February. The box is either a key storage from an old hotel or a letter sorting box from a country store post office. Mary Alice found it in an antique store in Black Mountain, but it previously came from an estate sale in Weaverville. The hearts have been collected over the past several years, mostly from a variety of yard sales and flea markets.

### In A Word

by Lynn Stanley

"The heart has its reasons that Reason knows not." — Blaise Pascal

February is the month when we celebrate things of the heart. Hearts are everywhere — on cards, in ads, molded in plastic, chocolate, frosting, and often, in gold.

But in the Chinese language, the heart symbol is always present; it is the word itself. The word "xin" began as an ancient pictograph of a heart, complete with arteries and asymmetric form. And even today, it looks quite a bit more like the real thing than the ones on our candy boxes.

And the Chinese would likely also be in tune with Pascal's observation that the heart has its own kind of knowledge. One Chinese word for "to understand" consists of the character for a hand reaching, and a heart-shaped shell; it translates together as "to take into the heart."

Happy Valentine's Day to all, and to all those you hold in your hearts.



### IN THIS ISSUE

Is It Really Colder Now? *See page 6*

More on New FFD Substation *See page 9*

Snowflakes *See page 13*

Yoga Can Turn Grief to Growth *See page 18*

Fairview Lost a Treasure *See page 19*

Travelog: Vortex West *See page 25*

FEBRUARY

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Spiritual Sing-Along with Becky Stone

Intersections: Sing Together offers the chance to sing along with Becky Stone and Beth and Jim Magill on *Friday, February 13, 6:30 pm* in the Forum of Diana Wortham Theatre. The event will feature familiar Freedom and Spiritual songs that have not lost their power and are still relevant today. Admission is \$10. For more information visit [dwtheatre.com](http://dwtheatre.com).

Ethical Society Looks Back at Segregation

“Growing up African American in Segregated Asheville” will be presented by Viola Spells, owner of Zenobia Studio, at the Ethical Society meeting on *Sunday, February 15, 2-3:30 pm* at The Friends Meeting House, 227 Edgewood Road, Asheville (near UNCA). Spells will discuss her experiences from birth through high school, 1945-1963. For more information visit [aeu.org](http://aeu.org), or contact [ethicalsocietyasheville@gmail.com](mailto:ethicalsocietyasheville@gmail.com) or 687-7759.

Us TOO Cancer Support Meeting

Us TOO of WNC, a free prostate cancer support forum for men, caregivers and family members, will meet *Tuesday, February 3, 7 pm* at First Baptist Church of Asheville on 5 Oak Street, Asheville. For more information call 273-7698.

Caregivers’ Workshop on Dementia

A three-part workshop for caregivers of individuals with dementia will be held in three Friday sessions: *February 6, 13, and 20, 1-3pm* at Calvary Episcopal Church’s choir room, 2840 Hendersonville Road in Fletcher. The workshop presenter is Jane Sherman of Memory Loss Collaborative. The fee is \$50 for the three-part series, limited to 20 individuals. For more information and to register contact Cappy Tosetti at 828 707-7203 or [cappyt@att.net](mailto:cappyt@att.net).

Republican Women’s Club Meeting Focuses on Homeless Project

The Buncombe County Republican Women’s Club invites will meet on *Thursday, February 12, 12 pm*, at The Cornerstone Restaurant, 102 Tunnel Road, Asheville. Those wishing to order lunch, please arrive by 11:30 am. The program will focus on Asheville Buncombe County Christian Ministry’s new vision, Transformation Village, which will provide homeless women, children and intact families with a stable, healthy living environment while helping them to become self-sufficient. The public is invited to come and learn more about this exciting new ministry, presented by Mary Sczudlo, ABCCM Director of Homeless Services.

Enjoy “A Streetcar Named Desire” and Help The Lord’s Acre

Thanks to a gift from Charlotte Street Computers, The Lord’s Acre has 50 tickets to sell to the *Thursday, April 30, 7:30 pm* showing of *A Streetcar Named Desire* at the Asheville Community Theater. Tickets are \$20 each. Have a night out AND help The Lord’s Acre grow more food for folks in need. Purchase tickets at the Town Crier office (1185F Charlotte Highway between Elena the Groomer and The Electric Guitar Shop) or mail a check to The Lord’s Acre, P.O. Box 271, Fairview, NC 28730 and they will send you your tickets.

Save the Date for BBQ

The annual BBQ Fundraiser for the Fairview Fire Department will be held on *Saturday, March 14, 10 am-6 pm*, rain or shine, says Tim Brewer of Smokey and the Pig, so start getting hungry now.

T’ai Chi Classes

Bill Muerdter, a T’ai Chi and Qigong master since the 1980s, will share his expertise at The Opportunity House on *Tuesdays and Thursdays, 3:30-4:30 pm*. The 8-week class starts on March 3 and will explore breathing for stress reduction, relaxation, health and longer life. The member cost is \$65, non-members is \$80. To register, call Opportunity House at 692-0575.

Organic Growers School “Home Grown Revolution” Workshop

The Organic Growers School will host “Home Grown Revolution: How Re-Imagining Your Home and Yard Can Transform the World” on *Sunday, February 8, 10 am-5 pm* with speaker Peter Bane. The program features Peter Bane, author of *The Permaculture Handbook: Garden Farming for Town and Country*, and the permaculture teacher/site designer who helped create Earthaven Ecovillage in North Carolina and is now pioneering suburban farming in Bloomington, Indiana. Attendees will learn about adaptations for making home, yard and lifestyle more functional, comfortable, and prosperous during this accessible and practical program on adapting suburban and urban homes and lawns in terms of sustainability and self-sufficiency. The workshop costs \$70 and is at the French Broad Food Coop, 90 Biltmore Avenue in Asheville. For information and to register, visit [organicgrowersschool.org](http://organicgrowersschool.org).

Straightaway Café Full of Life in February

The Straightaway Cafe will be heating up the winter nights this month with live music by diverse artists on *Wednesdays, Fridays and Saturdays beginning at 6 pm*. The Straightaway Cafe is located at 1722 North Carolina 9 in Black Mountain. Visit [thes-aightaway.com](http://thes-aightaway.com) for music schedule.



There are still some unique events happening in Asheville and Color Me Goodwill... a *Fusion of Fashion, Art & Food* for a *Mission* will be one of them. Best-selling author and long-time Fairview resident Susan Reinhardt will be the celebrity host so you know it will be a fun evening. Add to that, six clothing designers, each assigned a color, that have up-cycled items found at local Goodwill stores to create unique designs for a fashion show coordinated by Sarah Merrell. Plus thirty models, six of whom are graduates or participants of Goodwill’s Skills Training, Operation Goodjobs, Project Re-Entry and Community Access programs, filling the runway for the fast-paced show. And to add to the interest, six artists (one our own Lynn Stanley), working in the same colors, will be on stage for live art performances. This event will give new meaning to *lights, color, action!* Color Me Goodwill will be at The Venue at 21 North Market Street in Asheville, a relaxed but elegant locale for this fun night on *Friday, February 27, 6 pm*. Tickets include one drink and apps at \$15. The show starts at 6:30 pm and will run about an hour. Reception afterward to munch and mingle with designers, models and artists. Tickets will be on sale at the Town Crier office at 1185F Charlotte Hwy, 628-2211, or visit [goodwillnwncc.org](http://goodwillnwncc.org) for info.

FFD Auxiliary Meeting

The Fairview Fire Department Auxiliary will meet *Monday, February 2, 7 pm* at the main fire station. The January meeting was canceled due to the death of one of our charter members, Carolyn Nesbitt, so the officers for 2015 will be sworn in at the February meeting. Everyone is welcome.

Joint Next Door Open Superbowl Sunday

Whatever team you cheer for, or if you just enjoy watching the halftime show and the commercials, you can come on down to the Joint Next Door on Superbowl Sunday and share the fun with friends and neighbors. The Joint Next Door offers music or special next nights. The schedule for February features:

- Game Night Mondays* with 50¢ wings and \$2 PBR
- Open Mic Night Tuesdays* with Laura Thurston
- Bluegrass Jam Wednesdays* *Easy Thursdays*
- with R&B, Pop & Jazz by Chris Rhodes
- Friday & Saturday nights* live music by various artists.

Food can be ordered from the Local Joint just down the way, and will be delivered to you at the Joint Next Door. Plans are also in the works for a Sunday Brunch to debut soon. The Joint Next Door is located at 1185 Charlotte Highway in Fairview.

A Gift From the Heart: Donate Blood at SMCC

“Mark your calendars,” Maria Horton writes, “for *February 27 from 3-7:30 pm*, and set aside some time to save a life.” Twice a year the Spring Mountain Community Center sponsors a Blood Drive for the American Red Cross. Donations enable a supply of blood to be available to every person who needs it when a crisis arrives, illness destroys it or surgery demands it. The need never goes away, and the only source for the life giving fluid is you and me. “In years past we would have 40 pints donated at each drive at Spring Mountain,” program chair Horton adds; “now we are lucky if we get 20. What happened? Did the need for blood lessen? Has the community gotten smaller?” “The Red Cross reports an overall drop in blood donations everywhere. People turn out to give if there is a national emer-

David Holt Hosts New PBS Series on Music

*State of Music*, a new PBS TV series hosted by David Holt, premieres *Thursday, January 29 at 10pm* on UNC-TV. The show features some of today’s finest musicians: Rhiannon Giddens of the Carolina Chocolate Drops, Bryan Sutton, Josh Go-forth, Balsam Range and the Branchettes. The one-hour program was shot on location around western North Carolina. Find out more at [davidholtTV.org](http://davidholtTV.org).

Long Time Sun Open House for Valentines

Long Time Sun Yoga and Wellness, 1611 Charlotte Hwy, Fairview, will offer free yoga classes and other activities on *Saturday, February 14*. A variety of classes will be offered from *8 am-4 pm*. All are invited to bring a partner or a friend. For more information on the free classes scheduled for Valentine’s Day, and to see ongoing class offerings, visit [longtime-sunyogaandwellness.com](http://longtime-sunyogaandwellness.com).

10 MILLION AMERICANS FACE THIS

AMD (Age-related Macular Degeneration) is a chronic eye disease that causes loss of the straight-ahead vision that is crucial for activities like reading or driving. AMD affects more than 10 million Americans and is now the leading cause of blindness in adults over 60 years of age.

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## COMPUTER BYTES..... By Bill Scobie

### Update, Clean and Secure



Update or "patch" many Windows programs at one time with Patch My PC. Windows checks for its own updates but not all software will do the same unless you are actually using that program.

And most of us postpone such updates anyway. If you use Patch My PC, you can have it check for needed updates for over 100 commonly used programs. Go to [patchmypc.net](http://patchmypc.net) and click on the Free Tools menu to find the installer.

"To Post or Not to Post" is a humorous decision tool from [onlineclasses.org](http://onlineclasses.org) that can help you decide the wisdom of posting on a particular social media site. Look under their Resources section at the top to find this and many other decision and information graphics.

Scams are all over, including on Facebook. Some common ones might even tempt the most suspicious of us; they include: see who has viewed your Facebook profile; enable new or hidden Facebook features with additional software; get free giveaways or amazingly deep discounts on new products; or see shocking pictures or videos that you must install some software to view. Be careful if you have to install additional software just to see that latest juicy bit of scandal.

Repairing your Windows Registry challenges many people, and is often oversold as a fix to speed up your PC. The Windows Registry is a common location to store many bits of information used by Windows, programs, settings, etc., and Microsoft has tried to make sure that it

remains trouble-free with multiple copies and built-in methods to resolve conflicts. Nearly all computer slowdowns are more likely due to insufficient hard drive space or disk fragmentation, not enough RAM for the number of running programs, bloatware or adware running in web browsers, and not quitting out of software you aren't currently using. If you want to clean up your Registry of orphaned entries, then CCleaner (the free version works fine) from [piriform.net](http://piriform.net) has a good tool for cleaning your Registry, along with other tools for cleaning out many temporary files and disabling programs from automatically starting up.

I have talked about using password managers, like **lastpass** or **1password**, to store complex and different passwords for all those websites requiring logins. To secure that password manager you also need another strong password that you don't have to write down and yet that you can remember. Rules — make it long, use characters other than just lower case letters, use only part of a word rather than any entire word, and use memory triggers that only you would know of. And, think of making up fake answers for those obligatory password recovery questions. One exception to the rule of not telling anyone your master password would be to keep a copy of that password in your safe, in case your estate needs access to your online accounts.

Bill Scobie, of Scobie.Net, provides small business and home computer and networking support for PCs and Macs. 628-2354 or [bill@scobie.net](mailto:bill@scobie.net).

## FOOD FOR FAIRVIEW.

by Cassia Imholz

Hats off to the Fairview Business Association! According to their website:

"The FBA mission is to increase awareness of local businesses and to provide services to support those businesses. Through networking events, members get to know one another and the products and services offered. FBA members support each other with referrals and a surprising amount of business transpires."

During my tenure as Executive Director, Food for Fairview has received support from the FBA in a number of ways, including donations to us by the group. We've had individuals from the group become interested in our mission after meeting with one of us at networking events who then went on to volunteer, and entire businesses who've stepped up to the plate to volunteer as a group or offer support in some way. We are so grateful to all who've helped in any capacity.

Most recently, the FBA held their annual Christmas party at Highland Brewing Company (the group has grown too large for any Fairview-area venue to hold everyone), and donations were collected for several local charities including Food for Fairview. We were so pleased to receive a large quantity of the items we'd asked for, which included paper goods and toiletry items, as well as monetary donations. Not to mention it was a great party!



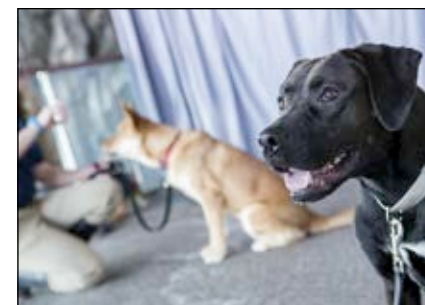
For information, visit [foodforfairview.org](http://foodforfairview.org), email [food4fairview@gmail.com](mailto:food4fairview@gmail.com) or call 628-4322 and leave a message. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation.

## FRIENDS OF THE LIBRARY..... by Lauren Biehl

Saving Lives:

the Asheville Humane Society

Asheville Humane Society's Interim Executive Director, Sarah Hess, will present the lifesaving programs and resources of AHS on **Tuesday, February 3, 7 pm** at the Fairview Library. She will give details about their updated facility as well as volunteer, foster and giving opportunities that help both animals and people in our community. She will be accompanied by an ambassador dog to meet and greet guests, and will lead a community question and



answer session. This event is a sure bet for all the animal lovers of Fairview!

Book Groups

The afternoon book club will meet on **Thursday, February 12, 1 pm**, to discuss *The Storied Life of A. J. Fikry* by Gabriel Zevin.



The evening book club will meet on **Tuesday, February 17, 7 pm** to discuss *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

### 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](mailto:copy@fairviewtowncrier.com). For staff directory, contacts and additional information, please see page 31.

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Baby, It’s Cold Outside

Christmas has passed and January is here. It is now the so called “dead of winter” in the mountains of the South. The temperature at night has dropped into the teens and even the single digits a couple of nights. On a few days the temperature hasn’t even gotten above freezing. The local TV stations and the Asheville paper are in a panic. One would think that Genghis Khan and the Mongol Horde had crossed Swannanoa Gap into Buncombe County. This has only been going on every January, February and March for tens of thousands of years — who would have ever thought it would happen again? The stores can’t keep pacifiers in stock.

The first furnace in Fairview was likely installed at the old Fairview School that was torn down around 2000.

When Warmth Wasn’t the Norm

The first furnace in Fairview was likely installed at the old Fairview School that was torn down around 2000. Most individuals never had a furnace until the 1960’s; the pot belly stove and the old wood cook stove were rare until well after 1900. My grandmother cooked on a wood stove until the day she died in 1969. The only heat the vast majority of people in Fairview had until well after 1900 was a fireplace. The fireplace was not only the only heat you had, it was the only thing you had to cook on. I do not know how many people have been around a “real” fireplace, one without any additions to funnel the heat back into the house. In the fireplaces people

used to have, all the heat would go up the chimney; you could stand in front of the fireplace and the front of your legs would be almost hot to the touch while the back of your legs would be cold as ice. If you wanted a drink of water, often you would have to sit the water bucket in front of the fireplace to melt the ice before you could get a drink.

The temperature could be below zero but you still had to get up before daylight. The cows had to be milked regardless of the weather and the cattle, hogs, chickens and horses had to be fed.

The temperature could be below zero but you still had to get up before daylight. The cows had to be milked regardless of the weather and the cattle, hogs, chickens and horses had to be fed. In fact, the animals required more food in cold weather; their bodies had to burn more calories to keep themselves warm.

The average home consisted of one or two rooms downstairs and a loft upstairs.

Five to a Bed

The average home consisted of one or two rooms downstairs and a loft upstairs. The loft usually belonged to the children. The loft would contain two beds, one for the boys, the other bed for the girls. A couple needed as many children as they could have, for their labor was needed to maintain the home and land. That often re-



Moonshiners Cove in Chimney Rock cave.

quired five children to each bed. The three oldest children slept at the head of the bed, the two youngest at the bottom of the bed. This would work well in cold weather, when he heat from five bodies would keep the bed warm.

Roofs were made of handmade wood shingles. Cold weather would cause the

shingles to buckle up, allowing the snow to come in during the winter. Children would often wake up in the morning with a couple of inches of snow on their covers. Parents would put so many quilts on the beds that the children could barely turn over. If Granny lived with them or came for a visit, the parents would have a grandchild sleep on each side of her to keep her warm on cold nights.

Outdoor Living

Families that moved into new territory often would put off building a house. They needed to clear the land for farming and livestock first. They would live in a hollow tree, sometimes for a couple of years. A lean-to would be built in front of the tree. This would be where the fire for cooking and heat would be, as well as tools etc. The soft rotten wood on the inside of a large hollow tree would be cleaned out with hatchet or knife to enlarge the tree cavity. The family would crawl into the tree at night. The tree would keep them warm in the winter and cool in the summer.

Caves and rock ledges were also often used as shelters. You would crawl in a cave or under a ledge, then build a fire at the entrance and stay warm and cozy all night. In my family, when the farm work was caught up, my father or one of his sisters would meet up with their cousins and go spend a night or two under a nearby rock ledge. They would build a fire in front of the ledge, cook their supper and

by Bruce Whitaker

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](http://amazon.com), [barnesandnoble.com](http://barnesandnoble.com), [calendars.com](http://calendars.com) and [andrewsmcmeel.com](http://andrewsmcmeel.com). Here are a few excerpts from the 2014 calendar:

Reluctant

Explaining to the dentist why your child is kicking and screaming, you might say...

You can't blame a worm for not wantin' to go fishin'.

Gullible

To someone who is easy to fool because she always believes what others say, you might advise...

It's nice to trust people, but always cut the cards

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Butter My Butt And Call Me A Biscuit!

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

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

8 Meadow Hill, family home place, 5 acres, views, close in, will divide, **\$190,000**, **MLS# 553056**

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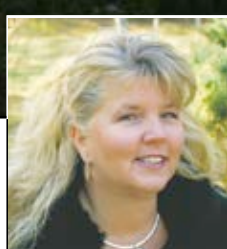
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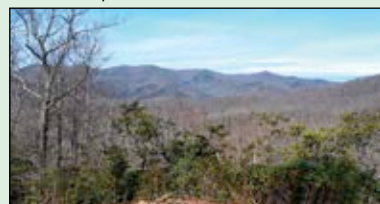
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**Stunning triplex in Fairview** with two 2-BR units and one 1-BR unit with a car in one and let your tenants help pay your mortgage. Triplex in a great location in Fairview. **MLS#A561797, \$350,000**

## FIRE DEPARTMENT

By Scott Jones

### Update on New Fire Department Substation

In response to the recent *Crier* article on a new location for the substation, reader Rosemarie Carangelo wrote to Chief Jones with some followup questions.

*"The November or October issue talked about how the Fairview Fire Department found an alternative location to place a new outpost. The biggest unresolved question I have from that article is the increased tax on Fairview homeowners based on the construction of a new facility on Cane Creek Road. Are homeowners going to see a decrease or refund in their tax costs? Or is the tax multiple under any consideration for reduction in the future? A secondary question: what is the address of this existing building that is now being renovated?"*

*The article was a good followup because I was surprised to see the original property up for sale when I drove along Cane Creek one day. But the Crier may want to consider another follow up that addresses some of the monetary concerns of the Fairview residents."*

*Rosemarie Carangelo*

#### Fire Chief Jones Responds

The Fairview Fire Department has had the lowest fire tax in Buncombe County for over thirty years. We have accomplished many things over the years with the lowest fire tax in the county. When Fairview started experiencing rapid growth, the department began to struggle to keep up with the growth. With the addition of new homes and businesses, the Fire Department must improve its ability to meet its responsibilities with additional Firefighters, additional equipment, replacement of worn out and outdated equipment, additional substations and more.

#### Maintaining our Insurance Protection Class Level

The NC Department of Insurance is responsible for inspecting Fire Departments statewide and ensuring compliance with criteria established by the Department of Insurance. One criterion dictates a minimum level of fire protection and qualifies homeowners throughout the state to be eligible for reduced insurance premium rates. The Department of Insurance provides the information that each department needs to maintain and improve their Protection Class, which regulates the Homeowners' Insurance Premiums.

Having the lowest fire tax in Buncombe County, we were beginning to reach a point where it was extremely hard to maintain and improve our Insurance Protection Class due to the rapid growth in Fairview.

#### With continued growth comes continued growth of responsibility of the fire department.

We were inspected in 2004 and improved our Insurance Protection class, thus saving homeowners in Fairview an average of \$250.00 on their homeowners insurance. Included in the results of the inspection, it was stated that in order to maintain the new Insurance Protection Class, we were required to construct a

substation near the Whitaker Road and Old Fort Road Intersection; we were also required to add an additional fire pump and an additional tanker. We fulfilled those requirements, while still having the lowest fire tax in the county.

#### The Fairview Fire Department has had the lowest fire tax in Buncombe County for over thirty years.

We remain in contact with the NC Dept. of Insurance and they are aware of the continued growth in Fairview. With continued growth comes continued growth of responsibility of the fire department.

We have been planning for this new substation since 2008, when we purchased the property on Cane Creek Road. Financially, however, we have been unable to construct a substation on this property without an increase in our fire tax. When the entire county went through a revaluation, almost all departments in the county had to receive some type of increase in their fire tax to continue to maintain the proper level of fire and emergency medical protection. Even with our increase in the Fire Tax, Fairview still remains one of the lowest in the entire county.

#### Savings and Costs

This new location that became available will save the department approximately \$600,000 in construction costs. Even so, with an additional substation comes additional upkeep, maintenance and utility costs. We already have the personnel on staff, and we already have the

fire apparatus for the new station, so there will not be additional costs associated with those items.

But there will be other additional costs associated with this new facility. We also have numerous items such as turnout gear, fire equipment, rescue equipment, and medical equipment that must be continually maintained, and most of this equipment needs to be updated. We went so many years having the lowest fire tax in the county that we have had to continue to use outdated equipment just because we couldn't afford to replace it.

Further, the fire tax wasn't increased just to build a new substation. The increase in fire tax is also needed to update some of our outdated and unsafe equipment, maintain our current equipment and facilities, and other necessary improvements to existing departments.

If we do not maintain and improve our equipment, personnel and facilities, then we risk losing our improved Insurance Protection Class, which will cause residents to see a drastic increase in their Homeowners' Insurance. I can guarantee that the increase in homeowners insurance would be drastically larger than the fire tax increase.

#### New Site Address

As for the property on Cane Creek Road, we have advertised it as for sale. The money from the sale of this property will be returned to the Fire Department operational budget.

The address for the new site is 133 Upper Brush Creek Road.

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Brain Training for Business?

By Dr. Michael Trayford, Apex Brain Centers



A finely tuned brain is essential for success in business. For many business leaders, and for those just starting out, brain training holds the key to higher performance ability. Your answers to the following questions will reveal if brain training might be right for you:

1. **Do I have a clear vision?** True leaders are visionaries. Visualization is essential for creating a clear vision. When we envision something happening, we create the pathways in the brain needed to make these visions a reality. Through coordinated activity in the frontal, temporal and occipital regions of the brain, the amygdala (emotional experience center) and other key brain regions, what you consistently think becomes your reality. This counts for negative thinking as well!

2. **Am I making the most effective decisions?** True leaders have an uncanny ability to process information swiftly and pick the best choices from countless options. Indecision is a fatal flaw in the business world! Exercises that “work out” decision-making networks can prove fruitful for navigating and excelling in the higher-level business environment. Advanced brain training programs like the Interactive Metronome and neurofeedback can all help with strengthening our business acumen.

3. **How well do I communicate with others?** Effective communication is likely the most important trait for business leaders. If you can’t convey your vision, goals and ethics to your organization, you will not meet or exceed your expectations for success. Understanding of written, spoken, and visual information occurs primarily in Wernicke’s area, in the back left part of your brain; communication is largely a function of the front part of your brain. These areas can be strengthened through targeted neurological exercises.

4. **How mentally adaptable and flexible am I?** Cognitive flexibility, the brain’s ability to process multiple thoughts or concepts simultaneously (i.e. multitasking) has been hotly debated over time. Currently, our brains are being tasked with greater loads of information. How can a brain that has lost cognitive flexibility be expected to thrive in the business world? Neurofeedback and meditation, along with other targeted brain training strategies, are proving quite effective for enhancing cognitive flexibility.

Sense of purpose, clarity of thought, communication skills, motivation and countless other uniquely human brain traits determine the level of success you will achieve in your professional life. Brain training may hold the key to achieving more than you thought ever possible. Are you are ready to elevate your level of leadership by harnessing the unlimited power of your brain?

Cervical Cancer and HPV

By Amy Santin, MD, MAHEC Family Health Center at Cane Creek



Confused about when you are supposed to have your next pap smear? If so, you are not alone. The yearly pap smear, the hallmark of cervical cancer screening for decades, has been supplanted by a more complex system which recommends less frequent screening based on one’s age and other risk factors. This is due to a better understanding of both the role human papilloma virus (HPV) plays in the development of cervical cancer and the length of time it takes to develop cancer after acquiring an HPV infection. This article will focus on the changes in pap screening recommendations and the role that HPV plays in the development of cervical cancer and pre-cancer.

Roughly 12,000 women will be diagnosed with cervical cancer in the U.S. this year, and over 4,000 women will die from it. These numbers are higher world-wide; cervical cancer is the leading cause of cancer death in women in many countries. The most important risk factor for the development of cervical cancer is the HVP virus. HPV is a group of more than 150 related viruses that can cause a wide range of ailments depending on the strain of the virus. Some low-risk strains can cause common warts on the skin, in the mouth, or on or around the genital organs. Some high-risk strains are strongly linked to various cancers, including oral cancers. These high risk HPV strains are

responsible for the vast majority of cervical cancers.

HPV is spread through skin to skin contact of infected areas. For those infections involving the genitals, the virus is usually transmitted through sexual activity. HPV is so prevalent that most sexually active people will be exposed to it at some point during their lifetime. While the body clears these infections on its own in the majority of people, much the same way it clears a common cold infection, sometimes infections persist. It is these persistent infections which can lead to cancer.

Cervical cancer is highly treatable if detected early, and the pap test is the screening test designed to detect pre-cancerous changes of the cervix. Cervical cancer generally takes many years to decades to develop after an HPV infection. Given this length of time and the fact that most women will clear their HPV infections on their own, pap tests are no longer felt to be necessary to perform every year. In fact, frequent pap tests can cause harm by over-treating infections that would otherwise resolve on their own. The guidelines now recommend that pap screening not start until age 21. Women under 30 should have a pap test done every three years as long as all pap tests have come back normal. Women ages 30-65 can space this out to every five years if an HPV test is also performed and both are normal. Women over 65 no longer need to have a pap test performed unless they have a history of

The Shifting Paradigm of Energy Medicine... It is For Real!

Ed Reilly, DC, Fairview Chiropractic Center



Energy medicine is real, in use daily in all hospitals and doctors’ offices. Energy has been used for healing since ancient Egyptian light rooms. Energy medicine has an unfair “woo woo” con-

notation for various reasons. However, MRIs, X-rays, ultrasounds, CT scans and Lasik eye surgery all use different forms of energy. Some people, like me, consider prayer to be a form of energy medicine. Energy therapy is like tuning a radio; there are multiple stations or frequencies. Each frequency or station can have a diagnostic or health improvement potential. The brain has four key energy waves: beta, alpha, theta and delta.

Many medical treatments use energy as the basis for their effectiveness as both diagnostic and therapeutic tools. For example; ultrasound (sound waves) are used for imaging developing fetuses or treating elbow tendinitis. X-rays are used to diagnose a broken bone or shrink a malignant tumor. Energy waves/medicine can be absorbed by or pass through human tissue. Recently the FDA has approved pulsed electromagnetic therapy to treat moderate to severe depression, and its use for PTSD is currently under review. Humanity has evolved in two primary fields of energy, while our bodies have developed the ability to absorb and metabolize energy. The first field is Earth’s geomagnetic field (the spinning iron core

creates a gigantic magnetic field) and the Schumann Resonance, a kind of bubble around the earth. Our cells require these subtle energies to stay healthy. We learned this when the early astronauts found they needed energy generators (Schumann Resonators-developed by NASA) on our spacecraft to keep healthy.

Using the radio station concept to simplify what energy medicine is, there are many energy frequencies that affect our bodies just as there are many radio programs. Some frequencies can make us sick (like heavy metal rock or gamma rays) and some have the ability to help us with their diagnostic utility or their health improvement (therapeutic benefits).

The study of what type of energy therapy our bodies need at what time has been going on since ancient times; acupuncture and Qi Gong are over 5,000 years old. For example, our skin has evolved to absorb sunlight and convert it into Vitamin D, and our cells have chromophores which absorb light and convert it into ATP, the energy currency of our bodies. There are many other examples of how our body absorbs and utilizes energy.

Newer forms of energy medicine include lasers (a form of light energy) and magnetic resonance therapy (also known as pulsed electromagnetic frequency), both of which are very familiar to us in this office. Lasers can be used to cauterize a bleeding wound or blood vessel, cut steel, speed up wound healing and decrease inflammation. Magnetic Reso-

nance therapy taps into the basic earth-based frequencies in which all life has evolved. We have found enormous health benefits to both. In my opinion both these technologies will be used in many homes and health care offices over the next five years. We have information about both these technologies on our website, [fairviewdc.com](http://fairviewdc.com).

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## TO YOUR HEALTH

### Acute Care vs. Long Term Care

Mike Richard, President, Prime Time Solutions, Inc.

**Medicare does cover nursing home care, doesn't it?**

I get this question quite often, and the answer is yes and no. Confusing, yes? You see, Medicare is considered acute care insurance, which is for short term care only. The confusion exists over a Medicare benefit called Skilled Nursing Facility (SNF), care which is defined as skilled nursing care and rehabilitation services provided on a continuous, daily basis, in a skilled nursing facility. Examples of skilled nursing facility care include physical therapy or intravenous injections that can only be given by a registered nurse or doctor. Skilled nursing facility care is covered under Part A Hospital benefits. You have to be admitted to a hospital for three or more days (unless you have an Advantage plan) to be eligible for this coverage, which lasts a maximum of 100 days per benefit period. It is designed to bridge from hospital to home, more expensive to less expensive care, to provide a healing pathway so as to allow you to resume your normal life style.

**So what's the difference?**

The difference can be found in the definition of long term care, which is also called custodial care. Custodial care is non-skilled personal care, such as help with activities of daily living like bathing, dressing, eating, getting in or out of a bed or chair, moving around and using the bathroom. It may also include the kind of health-related care that most people do themselves, like using eye drops or even cutting their toenails. This kind of care can take place at home, in an assisted living facility or nursing home. Many of us take those daily activities for granted until we need help to do them. For these people, doctor or hospital services don't or won't provide the kind of care they need. In most cases, Medicare doesn't pay for custodial care.

Many people think this is an old age problem, and to some extent it is. However, a paralyzing accident or debilitating illness such as a stroke can create a lifetime need for such care at virtually any age. The expense can be massive. Long term care insurance can help. We'll see how next month.

*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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## WEATHER CORNER

by Tom Ross, Meteorologist

We have had a wild ride weather-wise this winter. It seems like our months have been reversed. It has been several months since we had our biggest snowfall for the season (at least up through mid-January) back on November 1st, 2014, when 3-4 inches of snow fell. In fact, November of 2014 actually turned out colder than December — that has actually happened only a handful of times, the last time being 30 years ago in 1984, based on the complete records we have dating back to 1903 for the Asheville area. November 2014 average temperature was 42.5 degrees F (-4.8 degrees below normal) while December's average was 44.2 degrees F (+4.8 degrees above normal).

**A Mostly Normal 2014...**

In terms of a wrap-up for last year, according to data from the Asheville airport, the average annual temperature was 55.5 degrees F, which is right about normal. In terms of precipitation across the Fairview area, we also had a fairly normal year, with most places receiving about 52-58 inches of rain, depending upon location. While this was slightly above normal, it wasn't even close to the 70+ inches of precipitation we had in 2013.

**... But Now, A Seesaw Season**

So we have had a topsy-turvy winter so far. January has been a wild ride, with alternating periods of Arctic cold and Pacific warmth. December was certainly on the milder side with no real winter weather — I bet that will change over the next month or so; odds favor us getting some additional snows or ice over the next 2-3 months, and winter isn't over yet. Snowfall in February in Fairview averages about 3 inches, with more on the higher ridges. Last February we had a heavy snowfall with 7-10 inches reported in the area on the 12th of the month. But once again, look at the variability that can and usually does occur: only a week after that snowfall on the 12th, the temperature soared to 72 degrees on the 19th. If anything, that has been the hallmark of this winter season — quite a bit of variability with alternating periods of cold and milder air.

*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.*

### TRIVIA QUESTIONS

**Where did the Groundhog folklore come from? How many actual Groundhogs are in the weather prediction business each February 2?**

**December's Trivia Answer**  
**How are the Different Types of Snowflakes Classified? What is the largest snowflake ever recorded?**

The shape of snowflakes is influenced by the temperature and humidity of the atmosphere. Snowflakes form in the atmosphere when cold water droplets freeze onto dust particles. Depending on the temperature and humidity of the air where the snowflakes form overhead, the resulting ice crystals will grow into a myriad of different shapes. Wilson Bentley (1865-1931) from Jericho, Vermont, was the first person to capture photographs of snowflakes through the use of a microscope attached to a camera. His collection of 5,000 snowflake images introduced many people to the astounding diversity of snow crystals.

Research and extensive observations of how water molecules get incorporated into snow crystals has been done over the last 100 years. Many researchers have found that the most intricate snowflake patterns are formed when there is abundant moisture in the air. Snowflakes produced in drier (and colder) conditions tend to have simpler shapes. How about the largest snowflake? Theorists, weather historians and field observers are concluding that most of the reports are true, and that unusually large snowflakes two to six inches wide and perhaps wider fall regularly around the globe, surprisingly big and fluffy, even if seldom witnessed or celebrated. Guinness World Records lists the largest snowflakes as having fallen during a storm in January 1887 at Fort Keogh, in Montana. A rancher nearby, the book says, called them "larger than milk pans" and measured one at 15 inches wide. But no corroborating evidence supports the claim and in my opinion this record is dubious at best.

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So, What Does a Land Trust Do, Anyway?

Often, when I tell someone that I work with a local land trust, the Southern Appalachian Highlands Conservancy (SAHC), the response is a politely quiz-zical, “Oh, what is that?” Then I pause. Hmm, how to explain, in a nutshell, the complicated and multifaceted layers of land trust work, which could readily fill a lecture series? Here’s a stab at the “nuts and bolts” answer:

SAHC’s work basically has three components: Land Protection, Stewardship, and Outreach.

- We preserve unique forest and farm lands in the Southern Appalachians.
- We responsibly steward and manage those lands for posterity.
- We organize recreational outings and volunteer opportunities for people to enjoy and connect with the amazing places that we have protected.

**What is a Land Trust?**

A land trust is a nonprofit organization that preserves land and water resources

through acquisition or voluntary conser-vation easements. Land trusts like SAHC also commit to stewarding and monitor-ing properties in perpetuity. This com-mitment to long-term stewardship is key to success in our mission to permanently preserve critical resources.

There are a variety of different ways to accomplish land protection — generally by purchase, conservation easement or assist. Sometimes, a land trust pur-chases a tract or accepts a donation of land. In other cases, the landowner prefers to retain the land but wants to benefit by selling certain development rights. In this case, they may be interested in a con-servation easement — a legal agreement between a landowner and a land trust that permanently limits uses of the land in order to protect its conservation val-ues. This method allows the landowner to continue to own and use the land and to sell it or pass it on to heirs. In “assists,” SAHC’s name does not appear in the title chain of land own-ership, but we play a key role in the process, such as negotiating the sale of land to another conservation partner, like a state park.

Each project is differ-ent, and SAHC works with landowners to determine the best method. To qualify for conservation, the land must possess certain “conservation values”



SAHC’s Farmland Stewardship & Sustainability Director Allison Kiehl leading an educational group tour on our Community Farm.

benefiting the greater public good, such as sources of clean water, rare habitat, or productive farmland. In order to purchase land or do a conservation ease-ment, SAHC raises funds through donations and grants, and selling landowners often donate part of the land value. Land trusts like SAHC work with willing land-owners to accomplish conserva-tion goals — that means we will not pursue conservation against a landowner’s wishes.

Once a particular tract has been successfully protected, SAHC’s stewardship team comes into play. Land protection is really just the first step; to make conservation work meaningful, our stewardship staff has to monitor each SAHC-owned property and con-servation easement, every year. As the number of properties and acreage pro-protected grows, so does the task of mon-itoring and management. We also host volunteer workdays throughout the year to remove invasive species, perform trail work, clean up trash and restore or main-tain wildlife habitat.

To many, our membership and out-reach programs are the most exciting aspects of our work. SAHC recognizes that connecting people to nature is in-creasingly important to the long-term success of conservation. We lead outings to unique, protected places throughout the year; host educational workshops including programs and demonstrations at our Community Farm, and organize



A View of Fairview

special events to celebrate and share our achievements. We also partner with hike leaders from the community to create special offerings, such as “Yoga on the Mountain.”

To help the farming community suc-ceed and grow, we created a Farmer In-cubator Program to support beginning farmers.

**What Can You Do?**

We invite you to join us! Go on a hike, make a donation, volunteer. Contact us to find out more about how to help your community protect the land that you think is culturally, economically or envi-ronmentally important.

*The Southern Appalachian Highlands Conservancy is an Asheville-based, nonprofit land trust dedi-cated 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.*

What Next?

*I am looking for a way to decide what to do with my life. I am in my 20s, unmarried, and I have faced some challenges so far. I feel like I am getting over the dregs of most of those challenges and I am slowly finding myself looking beyond just getting through today. I am wondering about my journey. I used the word journey because I thought it would improve the chances you would respond.*

*So how do I know where my life is tak-ing me? I haven’t spent much time thinking about where I might want to go until now. How do I figure out where I am headed, where I want to go and what it will take to get me there?*

I am impressed by your questions, and not just because you used the word *journey*. Using the word journey to appeal to my ego does, however, identify a tool in your tool kit and demonstrates your skillful use of this tool. Asking the journey-related questions about where you’re headed, where you want to go and how to increase the odds of getting where you want to go also demonstrates the use of tools.

When you were dealing with your “challenges” you probably also spent some time learning to use some valuable tools called senses (including emotions). Tools, if used skillfully, will help you gain focus and probably offer new perspective. Identifying tools and developing the skills to use them can give you some say in the course of your many paths.

AWAY would say that you have also been learning the skills needed to acquire information from road signs. Recognizing road signs, determining which ones are useful and which are distractions, is an-other example of using tools and develop-ing skills.

You have experienced many firsts on your journey, and now you are getting to a place on your journey where newness may be giving way to the known, to rou-tine; this indicates that your autopilot is beginning to mature. School/job, relation-ships, the acquisition of stuff, additional responsibilities like children, bills, and the maintenance of all of these paths are com-mon denominators for many of us. Your journey is filling with activities like eating, sleeping, working, watching television and/or reading, sex, relationships, par-enting, other mood-altering activities and possibly some form of spiritual seeking. Your autopilot will eventually run much of your day-to-day travel on your jour-ne-y, and will keep you on an established course for many of your paths. Your auto-pilot will also determine the primary lev-els you will use to interpret your journey, such as physical, emotional, spiritual, sen-sual and intellectual.

Your autopilot can be a great tool and a not-so-great master. You may ask the question, “Do I seek more comfort in my routines (autopilot) or do I choose more of a student role, exposing myself to more challenges and developing my skills for breaking with routine?” Your answer to the above question will determine if you will need to develop your skill with the

**The Ridge**

*When was the last time I stopped to see if who I am is how I feel?*

*Wake, work, food and rest*

*all run together, now here’s my test*

*Will I climb the hills*

*that border the valleys of my mind?*

*Or will I follow the river*

*seldom questioning, just flowing*

*Will I take what appears to be the easy route,*

*accepting the occasional rapids when they come*

*instead of exploring what might be beyond my view?*

*I know I must rest, flowing from time to time*

*I ask what will I miss if I rest too long?*

*So I have been known to climb the bank*

*and make my way up to the ridge, just for the view*

*I know the hardships are greater*

*and it takes longer to walk the ridge*

*Then I tell my self*

*life is filled with challenges regardless of my choices,*

*so why hurry to the end*

Blair Holland Clark

Blair Clark is a Licensed Professional Counselor Supervisor and author of “Answers to What Ails You (AWAY) which can be found on Amazon. com. Reach Blair through Facebook or by email-ing copy@fairviewtowncrier.com

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School, Sports & Kid Stuff.....

Cane Creek MS Mock Trial Team Wins State

The Mock Trial Team from Cane Creek Middle School won the State Championship in this year's competition. They first won regionals, held last month at the courthouse in Marion, and on January 16, they traveled to Charlotte and competed against all of the other regional winners at the Mecklenburg County Courthouse. The Mock Trial is an extracurricular program in which students participate in rehearsed trials to learn about the legal system in a competitive manner. Interscholastic mock trials take place on all levels including primary school, middle school, high school, college, and law school. Cane Creek's Mock Trial team coach is Mr. Palmer, an 8th grade Social Studies teacher. The students and



Fairview Students Receive UNCA Honors

Eleven students from Fairview have been named to UNC Asheville's Fall 2014 Chancellor's and Dean's Lists. The Chancellor's List is made up of full-time students who have achieved a 4.0 grade point average. The Dean's List is made up of full-time students who have achieved between 3.5 and 3.99 grade point average. **Chancellor's List:** Marie Bonnie Baxter, Kayla Renee Blair, Lindsay Nicole Bostic, Kevin Nicholas Carballo, Jourdan Mae Dealy, Elizabeth Janice Harper and Melinda Kaye Schueneman. **Dean's List:** Andrew Samuel David Allen, Joseph Landon Anderson, Alana Juliette Gerlach and Matthew P. Rose. Congratulations to these fine scholars.

Fairview Elementary Scholastic Book Fair

Fairview Elementary will host a Scholastic Book Fair from *Monday, February 23-Wednesday, March 5, 7:30 am-3 pm* in the school's theater. Funds raised will help provide supplies and books necessary to enrich the students' classrooms. Families, faculty, and the community are invited to attend this fun reading event that helps inspire children to become lifelong readers. The Book Fair offers specially priced books and educational products from more than 100 publishers. **Family Night Dinner and Show** At a special Family Night on *Friday, February 26, 4:45-6:15-pm*, dinner from Chik-Fil-A will be available in the school cafeteria throughout the evening. Vouchers to save your spot for the dinner will be available in the school's front office and also sent home with the students. A short PTA meeting in the gym at 6:15 will feature a live performance from the spectacular Fairview Flyers Unicycle Team. **New This Year: an Online Option** This year the Fair will be available online open February 18th to March 10th. All

sales will be included in our fundraiser. Visit [bookfairs.scholastic.com/homepage/fairviewelementaryschool73](http://bookfairs.scholastic.com/homepage/fairviewelementaryschool73). **... And Other Ways to Share the Wealth of Reading** Book Fair customers may also help the school build classroom libraries by purchasing books through the Classroom Wish List program, which will be located in the book fair. The Book Fair will also feature the All for Books™ program, through which kids can share the thrill of reading by donating loose change toward the purchase of books from the Book Fair for the home libraries of kids who aren't able to buy books. A box for donations will be in the front office of the Elementary School from February 9th to February 13th. These monetary donations will be matched by the Scholastic Publishing Company with a donation of up to one million books to national non-profit organizations dedicated to helping families in need, such as the Kids in Distressed Situations and Kids In Need Foundation.

Trinity of Fairview's Small Sweethearts

Trinity of Fairview preschoolers are busy making Valentines for homebound community members as a service project in conjunction with a unit on loving others. Trinity of Fairview Preschool provides an excellent beginning to a child's education in a Christ-focused environment. Classes are designed for children ages 2-5 and are focused on preparing children for success in kindergarten and beyond. For information call 628-1188 or email [weekdaykids@trinityoffairview.org](mailto:weekdaykids@trinityoffairview.org).



Student of the Month



The *Fairview Town Crier* and A.C. Reynolds High School announce Ben Gott as the February Student of the Month! "He overachieves, works hard, great work ethic, reliable, responsible, and I would recommend him for a job which I do not do for just anyone," says nominating teacher Ernie Kuster. Ben loves working with animals and plans to study agriculture and natural resources in college after a brief stint of skiing in Colorado. He also has plans to hike the entire Appalachian Trail. After graduating he wants to get a job raising cattle, perhaps on his grandparents ranch in Madison County. What does "Rocket Pride" mean to Gott? "Coming to school every day, working with your friends, and always coming back here to family."

EDUCATION UPDATE.....by Cindy McMahon, Reynolds District Representative, Buncombe County School Board

A.C. Reynolds High School: Rocket Pride

How much do you know about A.C. Reynolds High School? In last month's column I introduced you to the Reynolds School District. This month we're diving deeper to learn about our flagship high school. Did you know that Holly Headrick, who brings you the morning news on WLOS and offers the "Thanks to Teachers" feature, graduated from Reynolds? Chase Rice, country music singer, reality TV star and former UNC linebacker, is another of our accomplished alumni. Did you ever wonder what the A.C. stands for? Alonzo Carlton Reynolds (1870-1953) was a student, teacher, principal and superintendent of our school system. He went on to become the president of Cullowhee Normal and Industrial School (now Western Carolina University) before coming back to Buncombe County to finish his career. Reynolds also led the effort to establish the Buncombe County Junior College, which became UNC-Asheville. A.C. Reynolds High School was built in 1955 (the original building is now Reynolds Middle), and moved to its current location in 1976. With over 1,300 students, Reynolds is the second largest high school in the county. T.C. Roberson is the largest. When talking about the essence of Reynolds High, Principal Doris Sellers emphasizes "Rocket Pride Inside." "What makes our school great," she says, "is the commitment of our students, faculty, and commu-

nity to the three A's: academics, athletics, and the arts. Our school and community expect to be the best in all three areas." Statistics prove Sellers correct: Reynolds students' SAT and ACT scores exceed county and state averages, and last year 87% of our graduates went on to pursue higher education opportunities. In 2014, the women's soccer team won the MAC conference, and the cheerleaders won the state championship in both 2013 and 2014. Reynolds consistently outranks other schools in the number of students chosen for All-County, All-District, and All-State Honors bands. When asked about their experiences, the faculty consistently comment on the supportive atmosphere and the improvements in classroom technology. Carol Baldwin, math teacher and 1979 graduate, says, "A.C. Reynolds High has always had a reputation for excellence. I enjoy being part of a faculty that cares for one another and are always striving toward excellence." She adds, "As a young girl, I often came to this property with my father to feed our cow! My grandfather used to rabbit hunt on this very property. It was a great place to play as a little girl." The best way to get to know A.C. Reynolds High School is to get involved. The athletics calendar can be found at [acreynoldsathletics.org](http://acreynoldsathletics.org). Volunteer tutors are always welcome, and the Reynolds website lists other needs for volunteers as they arise. If you want to help but don't have time to volunteer, consider donating school supplies (paper, pens, pencils, and spiral notebooks), tissues, or teenage personal hygiene items. Financial donations are always welcome as well! To find the best way to get involved, check the website or email [Stephanie.Brigman@bcsemail.org](mailto:Stephanie.Brigman@bcsemail.org).

February Public Events Reynolds District

- Thursday, February 12, 5-7:30 pm** – Reynolds High Open House
- Saturday, February 14, 5 pm** – All-District Band Concert, WCU
- Tuesday, February 17, 6 pm** – Cane Creek Middle Parent Evening for 8th Grade Parents
- Thursday, February 19, 5-7 pm** – Oakley Parent Curriculum/Celebrate Diversity Night (K-2)
- Friday, February 20, 8:15 am** – Fairview Advisory Council
- Tuesday, February 24, 3:15-8 pm** – Reynolds High MANNNA Benefit Dinner (Covenant Community Church)
- Tuesday, February 24, 7 pm** – Elementary & Middle All-County Chorus Concert, First Baptist Church of Asheville
- Thursday, February 26, 4:45-6:30 pm** – Fairview PTA Family Night
- Thursday, February 26, 5-7 pm** – Oakley Parent Curriculum/Celebrate Diversity Night (3-5)

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

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Call Annie at 828 273-6236, 628-2616 or Susie at 273-1628  
[www.hickorynutgapfarmcamp.com](http://www.hickorynutgapfarmcamp.com)



From Grief to Growth....Transformation begins with Relaxation



Evidence has mounted through clinical studies during the past 15 or 20 years that the single most significant measure one can take to exact changes to health and overall happiness begin with regular deep relaxation. What is meant by deep relaxation is not just the kind we get while sitting down with a good book or a favorite movie. Although these activities can be worthwhile and often needed, the studies point to specific practices that break the train of our everyday thinking mechanisms. When we make a shift from normal waking awareness to something deeper, measurable changes take place in our brain frequencies. It has been found that when the brain slows down to frequencies that are common just before sleep, a world of physical, emotional and mental disorders can be significantly reduced, from blood pressure and anxiety to chronic pain, memory loss and more. Of course, yogis have known this since ancient times. Centuries ago they developed techniques to relax the mind, revitalize the body and free the spirit, and have passed down teachings that survive and thrive in modern yogic communities everywhere. The Buncombe county area is

lucky to have a plethora of such communities, in yoga studios from Weaverville to Arden, Candler to Black Mountain. Fairview's first comprehensive yoga studio opened its doors this past summer to share a wide range of practices that support our health and vitality. Long Time Sun Yoga and Wellness is located on Charlotte Highway, just south of Cane Creek road near the Fire station. Will I have to stand on my head? One of the abounding myths about what goes on in a yoga studio is that it is where young, healthy bodies assemble to show off their fit forms. While most people do leave the studio feeling more fit than when they arrived, it is most often the nagging health problems or lack of energy that leads them to the practice. There are yogic practices for all states of health and all body types, and there is no required ability or belief system to begin. "If you have a body and a mind, you can begin some kind of yoga practice," says Katherine Caldwell, yoga instructor and wife of studio manager Bob Bauer. In addition to a range of physical yoga practices such as Kundalini, Ashtanga, Flow and Yin, there are practices that require little or no physical stamina, such as restorative sessions for those who are feeling ragged after a long work week and

want some well-deserved down-time. Also, powerful sound healing events such as gong baths or native flute can be taken in passively, as tensions melt and a sense of calming joy transforms us. Katherine also teaches a variety of meditation techniques for those who have always wanted to meditate but need some support getting started or sustaining the practice. Daily meditation practice has been proven to assist life changes large and small, and keep us in the flow of life. Yoga of the Mind Katherine Caldwell specializes in a practice called Yoga Nidra, which translates to "sleep of the yogi," done lying down in complete stillness, leading into a refined state of deep relaxation. Yoga Nidra can be practiced by anyone, even those who are physically disabled and can't join a regular yoga class. Katherine's Yoga Nidra begins with a fairly gentle physical practice to warm the body and settle the mind, and finishes with a deep relaxation. The Yoga Nidra portion is done in a resting position that quiets the mental chatter and approaches the brain frequencies where all healing begins. lives after a significant person has died. Yoga practice can be of tremendous aid to those who are living with grief. "There is a sense of losing our way in the world," says Katherine, who has spent the last decade working in CarePartners Bereavement department and found that yoga practice provided uplift to the bereaved on many levels. "It is difficult to maintain balance, to stay calmly in our bodies, to find peace in our minds. Grief challenges us to re-organize our entire being, and that's hard... but coming together as a group to practice gentle yoga in a safe, understanding environment is a place to start moving the energy in a positive way."



For more information about classes and events at Long Time Sun Yoga, visit [longtimesunyogaandwellness.com](http://longtimesunyogaandwellness.com).

Fairview Lost a Treasure Recently — Ridgeway Trimble Lynch 10/10/15–1/15/15

Fairview lost one of its treasures this past January. Ridgeway Trimble Lynch, born in 1915 at Biltmore Hospital, died on at age ninety-nine. He had enjoyed good health until very recently and passed quietly. Mr. Lynch's curiosity and knowledge of the worlds around him was a gift to the people around him. He spent time enthusiastically helping his church, All Souls, scouting, and in his studies of native american cultures. Ridgeway's friend John Ager wrote: "Ridgeway Lynch was our remarkable and beloved neighbor and friend in Fair-

view. He had wide interests, was curious about almost everything, unafraid to try something new, and a joy to be with. He was a link to Fairview's past, roaming the countryside as a boy with wonderful tales to tell." That captures the essence of the man. We encourage our readers to check out the History DVD from the Fairview Library to hear and watch Ridgeway describe some local history in his own voice. He will live on forever in our hearts and memories.



Photo left: On the occasion of Ridgeway's 97th birthday with two Chaco cylinder jars. Below left: An article that appeared in the Crier in March of 2009 announcing Ridgeway's Oral History recording. Below right: An article that ran in the Crier in October 2010 about the unveiling of Ridgeway's sculpture in honor of his wife, Mary. Read Ridgeway's entire obituary at [legacy.com/obituaries/citizen-times](http://legacy.com/obituaries/citizen-times) and type in Ridgeway Lynch.

Ridgeway Lynch Oral History Interview

An indepth interview with Ridgeway Lynch for the Fairview Oral History Project is now available at the Fairview Library in the DVD section. Ridgeway recalls early times in Fairview in the 20s and 30s. He talks about his ancestors the Toms family who settled the Fairview Valley. Ridgeway discusses his WWII experience designing gyroscopically controlled gun mount systems on battle-ships while working for the Sperry Corporation in New York and much more. Five other oral history interview are available at the Library including *Faces of Fairview* which contains highlights from eight oral history interviews. Check them out! The Fairview Oral History Project is a project of the Friends of the Fairview Library.



"Entwined" in Fairview



On September 2, Ridgeway Lynch presented his most recent creative endeavor, a large concrete sculpture named 'Entwined'. The luminous sculpture perched upon the knoll aside Lynch's longtime residence was unveiled to an applauding group of family and friends. Ridgeway, a retired engineer, used knowledge acquired from his background to design the sculpture using a mathematical sequence so the curve on each side would turn 12 degrees with every six inch rise. He created a skeletal model to scale using cardboard cutouts to get the curve and size perfect. He chose to make one side of the sculpture shorter so the two parts take on a male and female persona. Photos from the display board show (L to R) Ridgeway explaining the numbered system used to design "Entwined", constructing the metal skeleton, and the sculpture with styrofoam fill as a base to trowel on concrete.

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Long Time Sun Yoga and Wellness Center

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9:00-9:45 – Kundalini Yoga with Heather Houskeeper  
9:45-10:30 – Intro to Tribal Style Bellydance with Sami Te  
10:30-11:15 – Yin With Sabrina Mueller  
11:15-12:00 – Ashtanga with Sabrina Mueller  
12:00-12:45 – Yoga Nidra with Katherine Caldwell  
12:45-1:30 – Flow with Lorie Saltzman  
1:30-2:15 – Restorative Yoga with Sabrina Wells  
2:15-3:00 – Intro to Bellydance with Sera Sahara  
3:00-3:45 – Gong Relaxation with Bob

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For additional information, and a full schedule of classes, please visit our website:  
[www.longtimesunyogaandwellness.com](http://www.longtimesunyogaandwellness.com)  
1611 Charlotte Hwy in Fairview

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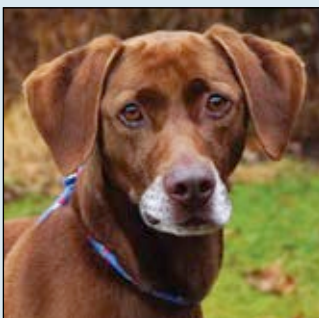


## Brother Wolf Animal Rescue

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

### Duke

Duke is a very loving dog who likes to go for long walks and hikes. He sleeps very well in his crate. He loves to snuggle and crawl up in your lap. If you want a companion who always likes to be with you, he will be perfect for you! He loves to go for rides in the car. Duke gets along well with people and other dogs. Duke is house-trained. Contact his foster dad at [mallenveg@aol.com](mailto:mallenveg@aol.com) for more information about this loving, handsome dog.



### Jessie

Jessie was born around August of 2014. She is ready for a home of her own. She is the runt of her litter, is very tenacious and independent, but loves to play and interact with people, too. She is available for adoption at PetSmart, 150 Bleachery Boulevard, Asheville, during adoption hours: Saturday 12-4 pm and Wednesday 6-8 pm. Contact her foster mom Bobbi at [bobbi.rosell@gmail.com](mailto:bobbi.rosell@gmail.com) to meet her and confirm she'll be there.



### Bumble and Jovie

Here is what Bumble and Jovie's foster mom has to say about them: "These are my sweet foster buns! They are best buds and would love a forever home together. Feeding time is always a favorite for these two and they like to express their excitement by "dancing" in a circle. It makes me smile every time!" They are 1 year old. Please contact Lindsey at [lindzek22@gmail.com](mailto:lindzek22@gmail.com).



## Charlie's Angels Animal Rescue

Call 885-3647 or [wncanimalrescue.org](http://wncanimalrescue.org)

### Pedro

Pedro is a 1- or 2-year-old Boston Terrier mix., active and loves to play. He's friendly with most dogs and enjoys walking adventures with our volunteers. If you're interested please contact us at 885-3647 or [charliesangelsanimalrescue@gmail.com](mailto:charliesangelsanimalrescue@gmail.com).



## Animal Haven of Asheville

Call 299-1635 or [animalhaven.org](http://animalhaven.org)

### Raymond

I am a 3 1/2-year-old neutered male Hound/Boxer mix with a beautiful brindle coat and white on my chest to accent it. I weigh 63 pounds, love to play ball and tug and take long hikes. I am good with other dogs, learning about cats, and enjoy the company of humans. I'm a graduate of the New Leash on Life program so I know how to behave.



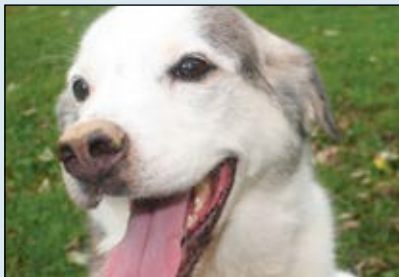
### Mia

I am a 3 1/2-year-old spayed, female Hound who was best buds with Raymond in the New Leash on Life program. I have the sweetest disposition, love to play with other dogs and people. Come visit me at Animal Haven and one look from me with these big, brown eyes will melt your heart.



### Daisy

Everyone who visits me can't believe I am a senior dog at 10 years old. I am active, healthy, love car rides, and a long walk or hike. I will always greet you with a smile and lots of exuberance as I love being around people.



## FOUR LEGS, FUR & FEATHERS!

### Does My Dog Really Need Heartworm Prevention in February?

by Dr. Margaret Moncure, DVM, Cedar Ridge Animal Hospital

The short answer to this question is YES. ABSOLUTELY. The longer answer is that the benefits of year-round heartworm prevention are numerous, and it is one of the most important elements of responsible dog ownership.

Heartworms are worms that are transmitted by mosquitoes and live in the heart and pulmonary veins of infected animals. Dogs are the natural host and therefore are the most commonly affected animal. Cats are susceptible also, so prevention is recommended for them as well. These worms can be up to a foot long and resemble cooked spaghetti noodles. Additionally, they breed inside the vessels of the heart and lungs of infected dogs and produce baby heartworms called microfilaria. When a mosquito bites an infected dog, these heartworm babies are picked up by the mosquito and then transmitted to the next dog bitten by the mosquito.

**There are at least 70 species of mosquitoes that are known to be able to transmit heartworms, and many of them are found in North Carolina.**

There are at least 70 species of mosquitoes that are known to be able to transmit heartworms, and many of them are found in North Carolina. Adult female mosquitoes feed by biting an animal and then gorging on blood. These adults are most active at temperatures greater than 80°F, but can remain active in temperatures as low as 60°F. Most adults die in the winter, but some adults do overwinter, with periods of activity when the temperatures are warm, or in small warm microclimates around heat sources. As we have a very mild climate, it is not unusual to have days in the middle of winter when the temperatures exceed 60°F and mosquitoes come out to feed.

Left untreated, the damage to the veins in the dog's heart and lungs caused by the worms gets worse over time. Dogs with heartworms commonly develop chronic inflammation leading to immune-mediated problems in other parts of the body. Dogs with untreated heartworms also commonly die from congestive heart failure secondary to the damage from the parasites.

Heartworm prevention is most often a monthly pill given to kill any immature

heartworms spread to the dog from mosquito bites in the previous month. When given year round, the dog is protected year round, even on those warm days in January. When given only part of the year, the dog is only protected for part of the year, and the treatment period may or may not correspond with actively feeding mosquitoes. Monthly heartworm preventions also typically treat and prevent intestinal worm infections, and some will even kill fleas and mites.

There are no homeopathic, over-the-counter, or alternative medications in the United States that are effective at preventing heartworm infection in dogs (in some countries these products are sold over the counter). Additionally, indoor dogs and outdoor dogs are all at risk for heartworm infections, as mosquitoes easily enter homes through open windows, doors, and screens not only in the summer, but on those warm winter days as well.

The best way to keep your furry friend parasite-free is with a monthly heartworm prevention pill every month of the year. Show the furry love of your life some extra love this month by making sure you are keeping him or her safe from heartworms!

### Websites With Reliable Information

Companion Animal Parasite Council  
[capcvet.org](http://capcvet.org)

American Heartworm Society  
[heartwormsociety.org](http://heartwormsociety.org)

### Easy Ways to Remember to Give Monthly

- Put the stickers that come in the box on your calendar.
- Use [remindmypet.com](http://remindmypet.com) to get a free email reminder each month.
- Program your smart phone calendar to remind you when the pill is due.
- Have a pill shipped to you each month from Cedar Ridge Animal Hospital's online pharmacy. There is no shipping charge for monthly delivery.



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## FOR THE BIRDS

by Simon Thompson

### A Winter Escape to Jamaica



What better than a trip to enjoy some tropical sunshine just before Christmas? Also, Jamaica just happens to have the largest number of endemic birds of any Caribbean island, and the winter home

to many of our summer birds, so off we went on one of our Ventures Birding jaunts.

Starting off on the north coast near the second largest city of Montego Bay, our first few hours were spent viewing shorebirds and ducks in the rain at the local sewage ponds. Highlights had to be the Ruddy Duck in their gleaming breeding plumage, along with plenty of Blue-winged Teal and Northern Shoveler, both winter visitors to this part of the Caribbean. There were good numbers of Black-necked Stilts, as well as a few Greater and Lesser Yellowlegs and good numbers of Common Gallinules, so we were well into North American wintering birds on our first day!

We awoke the following morning and looked out to see the normally blue Caribbean gray and overcast with bands of rain sweeping ashore every few minutes – ugh! A few breaks in the rain enabled us to wander around the lovely

Silver Sands neighborhood. The lushly planted gardens attracted Red-billed Streamertail and Jamaican Mango (our first of Jamaica's 28 endemics), as well as Black-throated Blue, Prairie and Northern Parula Warblers. Some of us managed to go for a swim, which was a good thing as the next day the weather was even worse, making swimming conditions almost impossible.

This area of karst limestone is heavily forested and the trail above Stewart Town enabled us to get a real feel for this part of the island. Along the way our local guide, Wendy Lee, showed us several more of Jamaica's endemics, including a locally rare Ring-tailed Pigeon, both Black-billed and Yellow-billed Parrots and the immaculate Arrowhead Warbler, which feeds slowly in the leaves as it searches for insects. Another highlight was the beautiful Cockle-

shell Orchid that was growing alongside the trail.

We managed to get to the end of the trail before the rain once again took over and we splashed our way back to Stewart Town. A Red Stripe beer at the local bar was in celebration of some good birds and even the sun came out for a brief time, enabling the local Tur-



Red-billed Streamertail



Woodside, Blue Mountains

key Vultures to attempt to get airborne.

The rain was still with us the next day as we took a walk along Ecclesdown Road, a local birding hotspot. Our guide, Lyndon Johnson (yes, that's his real name), was excellent, and we had a very pleasant morning walking along this very quiet stretch of road. A low growl announced the presence of a Chestnut-bellied Cuckoo skulking in the vine tangles. With a little bit of patience we all managed good views of this great-looking bird. We thought this was spectacular until a couple of hours later when we found a Jamaican Lizard-Cuckoo. With its long bill and striking pattern, we almost had it voted "bird of the trip" there and then!

Thursday and Friday, our two days in the Blue Mountains, offered birding in dry conditions at 4500', although the road over the mountains left a bit to be desired. As well as some great birding, with views of Blue Mountain Vireo, Crested Quail-Dove and Jamaican Becard, we visited a local coffee farm. Here some of the finest (and most expensive) coffee in the world was grown. Coffee is virtually a reli-



Blue Mountain Birding

gion in these mountains and the industry, although small, is slowly regaining the position it had over 100 years ago. It was also good to see several of the older historic buildings being maintained; our own lodging, Woodside, was originally built

by the British back in the early part of the 20th Century. It was surprisingly cool at this elevation and we were glad of a log fire in the evenings spent at Woodside, our charming guest house, after we had been out birding all day long. This time we were in the very capable hands

of Paul and Mark, our staff at Woodside, who kept the house and gardens looking immaculate, as well as preparing meals for any visiting guests.

This was a very different style of accommodation on a birding trip, but I believe that it fitted very nicely into the makeup of the tour, adding a lot of history and personal contact, and we did not have to race around looking for dinner at the end of a long day. Thanks to Lynda Lee for putting on a great tour – we will be back.

*Simon Thompson owns and operates his own birding tour company, Ventures Birding Tours ([birdventures.com](http://birdventures.com)) and the Asheville Wild Birds Unlimited Store. For more information or if you have birding questions, visit [asheville.wbu.com](http://asheville.wbu.com) and send him an email.*

*All photos by Simon Thompson.*



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REAL ESTATE STATS

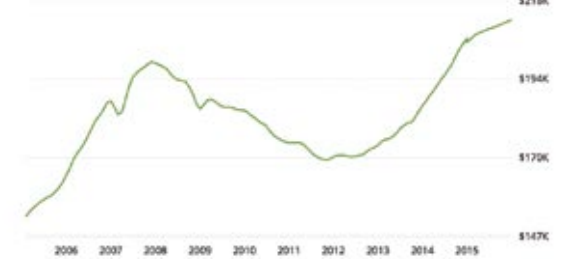
Fairview Real Estate Transactions  
December 2014

| Statistic                   | Dec 2014      | YoY     | MoM     |
|-----------------------------|---------------|---------|---------|
| Total Sold Dollar Volume    | \$171,509,207 | + 43.7% | + 20.7% |
| Closed Sales                | 682           | + 28.9% | + 12.9% |
| Median Sold Price           | \$196,575     | + 6.3%  | + 0.8%  |
| Average Sold Price          | \$251,480     | + 11.5% | + 6.9%  |
| Median Days to Contract     | 103 days      | + 28.8% | + 14.4% |
| Average Days to Contract    | 152 days      | + 4.8%  | - 3.2%  |
| Median Days to Settle       | 128 days      | + 4.9%  | + 12.3% |
| Average Days to Settle      | 176 days      | - 5.4%  | + 1.2%  |
| Median Price per Sq Foot    | \$112         | + 2.8%  | - 2.6%  |
| Avg Sold to Orig List Ratio | 90.13%        | + 0.9%  | - 1.3%  |

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). Cool Mountain is located at 1004 Charlotte Highway and has served the Fairview community for over 11 years. Do you have a real estate question? Wondering what the current rends are in our community? Email Jenny Brunet at [coolmnt1@gmail.com](mailto:coolmnt1@gmail.com) or call 628-3088 for a personal response to your question.

Some Real Estate Trends from Zillow.com

The median home value in Asheville is \$206,700. Asheville home values have gone up 10.8% over the past year and Zillow predicts they will rise 2.8% within the next year. The median list price per square foot in Asheville is \$169. The median price of homes currently listed in Asheville is \$253,800 while the median price of homes that sold is \$209,450.



FINANCIAL FOCUS

New Contribution Limits Make 401k Plans Even More Attractive



If you are interested in saving for retirement, here’s some good news: For 2015, the IRS has raised the maximum contribution limits for 401(k) plans from \$17,500 to \$18,000. And if you’re 50 or older, you can put in an extra \$6,000, up from \$5,500 in 2014.

These same limits also apply to 403(b) plans, for employees of public schools and nonprofit organizations, and to 457(b) plans, for employees of state and local governments and other governmental agencies, such as park boards and water districts. So, in other words, a lot of workers have gotten a “raise” in their ability to contribute to tax-advantaged retirement plans.

Although you may not think you will ever contribute the maximum amount to your retirement plan, you may still benefit from making small increases each year. Unfortunately, many people don’t do this. In fact, approximately 30 percent of eligible workers don’t even participate in their employer’s 401(k)-type plan, according to the Employee Benefits Security Administration, an agency of the U.S. Department of Labor. And the median savings rate for these plans is just six percent of eligible income, with only 22 percent of employees contributing more than 10 percent of their pay, according to a recent report by Vanguard, an investment management company.

In any case, you do have some pretty strong motivations to put in as much as you can possibly afford. First of all, your 401(k) earnings grow on a tax-deferred basis, which means your money has more growth potential than it would if it were placed in an account on which you paid taxes every year. Eventually, though, you will be taxed on your withdrawals, but by the time you start taking out money, presumably in retirement, you might be in a lower tax bracket.

But you can also get a more immediate tax-related ben-

efit from contributing as much as you can to your 401(k). Consider this hypothetical example. Suppose that you are in the 28 percent tax bracket. For every dollar you earn, you must pay 28 cents in taxes (excluding state and other taxes), leaving you 72 cents to spend as you choose. But if you put that same dollar into your 401(k), which is typically funded with pre-tax dollars, you will reduce your taxable income by one dollar — which means that if you did contribute the full \$18,000, you’d save \$5,040 in federal income taxes. Your particular tax situation will likely be impacted by other factors, but you’d have that \$18,000 working for you in whatever investments you

have chosen within your 401(k) plan. If you kept contributing the maximum each year, you will be giving yourself more potential for a sizable fund for your retirement years.

Even if you couldn’t afford to “max out” on your 401(k), you should, at the very least, contribute enough to earn your employer’s match, if one is offered. (A common match is 50 cents per dollar, up to six percent of your pay.) Your Human Resources department can tell you how much you need to contribute to get the greatest match, so if you haven’t had that conversation yet, don’t put it off.

As we’ve seen, investing in your 401(k) is a good retirement strategy — you get tax benefits and the chance to build retirement savings. And with the contribution limit increasing, you’ve got the chance for more savings in the future.

*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](mailto:stephen.herbert@edwardjones.com).*

RALEIGH REPORT

by John Ager, District 115 North Carolina House of Representatives



The 2015 Long Session of the North Carolina General Assembly began on January 28 and is expected to last long into the summer. Education funding and education reform will be a primary focus for all of the lawmakers, and certainly for me in particular.

Education drives the modern economy of our globally connected world. We talk about the knowledge economy. We know that a community with talent will prosper, especially talent that collaborates. Information can be recalled in an instant, but requires a lot of judgment as to its reliability. How we learn is changing as well. We can access free course offerings from our finest universities, but do we have the discipline to really learn what is being offered? It can be exciting and confusing all at the same time.

The primary responsibility of the North Carolina General Assembly is to oversee and pay for public education in our state. During the depression, our state government boldly stepped up to pay public school teachers when local governments were unable to. A state base salary for all evened out school quality across our rural and urban schools. Moreover, our university system was the envy of the South, and well regarded throughout the world.

Our legislators are now overseeing a retreat in its support for education in North Carolina, and it will contribute to a steady decline of our economy if allowed to continue. North Carolina is no longer a tobacco state, or a textile state, but a knowledge-based diverse economy with many thriving urban areas and generally lagging rural regions. Our state is the 28th largest economy IN THE WORLD, with almost 10 million people, and likely 13 million by 2030.

I attended a fascinating 2-day seminar led by the Hunt Institute that presented a wide array of current education issues in North Carolina. I learned about the two waves of education reform in the 1980’s and 1990’s, and that between 1992 and 2002, our state led

the nation in measured gains. Since then, there has been a plateau in our curve, while other states have taken the lead.

The strongest indicator of student success is teacher quality, a criterion which outpaces race and parental involvement combined. North Carolina was once a pioneer in teacher development and retention, with the teaching fellows program a prime example. After seven years, 75% of teaching fellows were still in the classroom. The NC Legislature ended this program. Teaching education programs at our universities have lagging enrollments. Many of our best teachers are moving to other states because pay scales and working conditions in our state are deteriorating.

What can be done? It is time for a new wave of education reform and time for the North Carolina Legislature to fully fund the effort.

The Hunt Institute along with a business group, BestNC, have a strong plan based on best practices learned from the world’s most successful education programs. I am looking forward to learning more about their plan, and expect to support it in the North Carolina House. Our children and grandchildren deserve the best education possible, and they need to be college- and career-ready so they can support their own families.

John Ager’s Contact:

North Carolina House of Representatives

16 West Jones Street, Room 1004,

Raleigh NC 27601-1096

[John.Ager@ncleg.net](mailto:John.Ager@ncleg.net) or [jagerhng@gmail.com](mailto:jagerhng@gmail.com)

Phone: 828 628-2616 / 828 713-6450 cell

Website: [NCleg.net](http://NCleg.net)

Burial Fund for Aida Bytyqi




Many in the community have heard the sad news about the tragic death of Aida Bytyqi. Molly Hamilton and Annie Louise Perkinson, along with the Agers and Hamiltons, are close friends of the family of this dear girl who had such a bright future in the country. Molly sent her story and we are sharing it for those who knew her.

Aida was 3 years old when she moved to Fairview with her family as refugees from the military turmoil and genocide in Kosovo. She grew up to be a lovely young woman who valued education and her family. She worked two jobs while putting herself through school at AB Tech, planning for a major in Business. She was hard-working, responsible, ambitious and very kind.

She went missing on December 29, and her body was found in her car in the French Broad River on Tuesday, January 20, the result of an accident.

Her family wishes to have her buried in her native Kosovo and they need help covering the cost of transport, travel, burial and associated expenses.

A fund to help with burial and associated expenses for Aida Bytyqi has been set up with Eblen Charities as well as through a Facebook page: Aida Bytyqi’s Fundrasing Page. A check (with Aida Bytyqi in the memo) can be mailed to Eblen Charities, 50 Westgate Parkway, Asheville, NC 28806. Donations can also be made online at [eblencharities.org](http://eblencharities.org). When donating online please put Aida Bytyqi in the “Other” designation on the online form.



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Fairview Sharon Methodist  
Hosts Fourth Sunday Supper

Area seniors and all community members who would like a good meal and good fellowship are invited to Fairview Sharon United Methodist Church's Fourth Sunday Supper on *Sunday, February 22 beginning at 4 pm*. The meal is free of charge. Sharon United Methodist Church is located at 2 Laura Jackson Road in Fairview.

Father-Daughter Dance at  
Reynolds Baptist Church

Reynolds Baptist Church will hold its first annual Father-Daughter dance on *Saturday, February 14, 4-6 pm* at the church, 520 Rose Hill Road in Reynolds. Sponsored by American Heritage Girls, guests will enjoy an ice cream sundae bar, crafts, photo booth, and lots of dancing. Girls of all ages are welcome to enjoy a special date with their dads. Please contact Sarah at 545-9092 or Anitta at 545-2461 for more information and to reserve a place.



Balken Roofing Free Roof Giveaway Taking Applications

Balken Roofing is now accepting nominations for its No Roof Left Behind Campaign. This nationwide program provides free roofs to local community members in need. Nominations are being accepted at [NoRoofLeftBehind.com](http://NoRoofLeftBehind.com) through March 23. The process is simple. Anyone can nominate a friend, neighbor or family member in need of a new roof. From the nominations, four finalists will be chosen for the final online public voting campaign. The four finalists' stories and photos will be displayed on Balken Roofing's No Roof Left Behind homepage. From April 1-April 17 the public will able to vote for the finalist they feel is most deserving. The winner will be revealed online on April 24. Nominees must own the home they are living in and be a resident of Buncombe, Henderson, Haywood, Madison, Transylvania or McDowell counties. Also, the free roof recipient must be current on his/her mortgage payments. Balken Roofing joined the No Roof Left Behind initiative as a way to give back to the communities that have brought them success for more than 20 years. Owner Bob Balken said about the program: "We are proud to be part of No Roof Left Behind. The direct positive impact this initiative has on members of the community is something that can't be described. It is an honor to be able to launch this here. We look forward to seeing our neighbors and customers come together to help one of our own in need." Other local businesses are invited to participate as sponsors or volunteers. For more information about Balken Roofing and their No Roof Left Behind program please call 828 628-0390 or visit [BalkenRoofing.com](http://BalkenRoofing.com).



Vortex West: Searching for a Desert Connection

Story and photographs by Lynn Stanley



Cathedral Rock outside Sedona.



The Coconino National Forest

I swear I didn't go to Phoenix to find the vortex. At least I don't think I did. I went to Phoenix to see my daughter, who lives in the enormous suburb of Mesa ("Mesa: Next 17 Exits") with its large back yards and dogs, wide straight streets and smooth sidewalks, and little attention paid to vortices. But even before my plane touched down I had begun to feel a sort of mysterious connection between my well-worn, well-clothed, well-loved Carolina mountains and this spiky, half-naked and sharp-angled Arizona desert.

It is strongly believed, of course, that Asheville has its own vortex, a fountain of upwelling inspiration, love, and, well let's just say it, weirdness. Who among us has sat munching kale at a sidewalk cafe, watching Sister Bad Habit on the Nun-cycle, waving at the purple LaZoom bus, and not felt the fizz of the vortex sparkling around us? And I believe I have felt that sparkle too, while driving through the mountain passes toward my Fairview home.

Well, actually, most of the time it turned out to be just a call on my cell phone that



Sometimes it seems that when you spend a lot of time near a vortex, you might begin to forget which way is up...

I had forgotten to take off silent vibrate; but now and then I know there was a true wisp of sparkle, shimmering behind a birch tree or drifting across the road ahead of me. And so as my plane descended into Sky Harbor (Best name ever for an airport, right? Vortex inspiration, maybe?) I decided to make cosmic connection research part of my desert visit.

The Color of Air

The first connection was evident immediately, in the sky. We rightly call our mountain home the Land of Sky; the exquisite concert of clear blues and jewel-box colors well deserves the name. The desert sky is not more beautiful, but it is stunning in its vastness. If ours is a symphony, Arizona's is the Super Bowl of skies. The sunsets are filled with colors that have not yet been named. And though you may get only five drops of rain from it, you can see a little rain cloud coming for days; then after ten seconds of drop-and-dry, you get a rainbow the size of Florida.

It's Not Easy Bein' Green

Walking around my daughter's neighborhood with a water bottle in each hand (the five drops did not fall on Mesa that day), I couldn't help but notice that Arizona's main crop seems to be rocks. Very slow-growing but extremely drought-resistant, they are a staple of desert landscape design. And they're showy rocks, too: claret red and rust and sorrel, mixing or alternating in bands and splashes; the colors shout rather than soothe. I began to think that if I did find a vortex out here, it would be of a different flavor.



Bell Rock, just south of the town of Sedona, is considered to be the seat of one of the most powerful vortices in the area.



The desert's flowering trees only appear delicate

There is certainly green to be found in Arizona, but it is not the luxurious green of the Blue Ridge. Green is thrifty in the desert; from leathery cactus to lacy acacia, the green inhabitants of the desert take their moisture seriously, giving the sun and the dust-dry air as little encouragement as possible to steal it away. As I wandered my thirsty way along the sunny sidewalks, water bottles emptied, I began to wish (out loud, possibly; I got a strange look from a man planting a rock nearby) that I too could slam my pores shut and suck up water through my feet.

Though not as flashy as the red rock cliffs, the greens of Arizona can still be lovely, and the sole fact that they can grow and flower at all in this dry land adds to their beauty. It's easy to imagine that their subtle stamina, and also their occasional downright oddness, might have some mystic source.

Oh. Oh my. Oh Wow. Towering above the desert floor, looking like a spaceship designed by one of Pharaoh's architects, was Bell Rock (okay, apparently it doesn't look like a spaceship to everyone who sees it). Rising 4,919 feet into the clear

but it was definitely not my cell phone this time. It felt a little like achievement, a little like strength, and a lot like wonder.

As to whether there truly are vortices in Asheville or in Arizona, and if they affect us with some energy as they swirl and stir, I've come to the conclusion that I can't come to a conclusion.

But on the admittedly skimpy evidence in my totally subjective study, I think that if they exist, they are quite different from each other. That sparkle of inspiration and delight that appears now and then in our soft and supple Carolina mountains feels like an invitation to me. The desert's energy feels more like a plume of smoke rising in that waterless air, under that sun challenging life to survive and even thrive in a harsh land; it feels less like an invitation and more like a dare.

It's a dare I'll gladly take again.



Courthouse Butte



It is said that the bark of trees near a vortex will begin to spiral as they grow

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

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Market Outlook 2015:  
Money to be Made in Stocks



Our forecast is for 5-9% stock market growth and near flat returns for the bond market in 2015. We think 2015 will be a modest year for investors with increased volatility and marked by transitions.

Likely changes in monetary policy around the world, and the recent shift in the political balance of Congress, could mean 2015 is a year that will have the global economy, markets, and central banks all on the move.


A recent report from LPL Financial Research details significant transits we may see in 2015 including:

- The U.S. economy continues its transition from the slow gross domestic product (GDP) growth of 2011-2013 to more sustained, broad-based growth. On-going progress in the labor market, an uptick in wage growth, and continued improvement in consumer and business spending have propelled an uptrend in U.S. economic output.
- Central banks around the world will also be on the move in 2015. The Federal Reserve (Fed) is likely to begin raising interest rates, albeit gradually, for the first time in nine years. The Eurozone and Japan could benefit, as central banks in those regions embark on more aggressive policy actions aimed at restarting their long-dormant economies.
- Washington shifts from a relatively quiet 2014 to take a bigger role in 2015. The Republican takeover in the Senate and approaching debt ceiling limit might provide the opportunity for some movement out of the gridlock that has plagued Washington in recent years.
- Against this backdrop, LPL Financial Research forecasts the following:
  - The U.S. economy is expected to expand at a rate of 3% or slightly higher in 2015. This forecast matches the average growth rate over the past 50 years, and is based on contributions from consumer spending, business capital spending, and housing, which are poised to advance at historically average or better growth rates in 2015.
  - Tempered by increasing levels of volatility, stocks may be poised to advance 5-9%. LPL Research expects continued

*Doug English CFP® is ACT Advisors. His Asheville office is located at 37 Haywood St., Ste. 200, Asheville, NC 28801. For a detailed look at what's anticipated for 2015, investors can download LPL Financial Research's Outlook 2015: In Transit at Act-Advisors.com.*

*The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual security. To determine which investment(s) may be appropriate for you, consult your financial advisor prior to investing. All performance referenced is historical and is no guarantee of future results. Indexes are unmanaged and cannot be invested into directly. Economic forecasts set forth may not develop as predicted. Stock investing involves risk including loss of principal.*

*This research material has been prepared by LPL Financial.*



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BUSINESS NEWS  
National Award for Looking Glass Creamery

Connemara, an original goat cheese made by Fairview's Looking Glass Creamery, has been selected as a 2015 Good Food Award winner in a national competition organized by Seedling Projects to recognize responsible producers crafting exceptional products in various food categories. The 140 notable judges hailed from all corners of the food world.

Looking Glass Creamery was the only North Carolina Cheese Producer recognized for the honor, and was one of only 130 winners nationwide. Connemara was also "a top-scorer at the Blind Tasting amongst a pool of 1,462 entries," according to Seedling Projects Director Sarah Weiner.

The cheese was named in honor of Lilian "Paula" Sandburg, a pioneer in the world of dairy goats and the wife of poet Carl Sandburg. Their nearby Flat Rock farmstead, named Connemara, is now a National Historic Site.

The recipe and process for Connemara was developed and refined in 2014. "I knew right away when I tasted the first batch of Connemara that this was going to be a very special cheese," said cheesemaker and Looking Glass co-owner Jennifer Perkins. Made in small batches from goat's milk and aged for two to three months, Connemara is a white cheese with a creamy texture and real depth of flavor, but without an overpowering sense of the goat.

The milk to produce the cheese comes from nearby Round Mountain Creamery, which is the source for all the goat milk used in Looking Glass Creamery production. "We are proud to work with two small, local and independent dairy farms in the area that provide us with some of the best cheesemaking milk available. It takes good milk to make good cheese," says co-owner and sales manager, Andy Perkins.

Connemara, as well as others of the Creamery's delicious line of products, can be sampled and purchased at the cheese shop on the Looking Glass Creamery property at 57 Noble Road in Fairview; cheeses can also be ordered online and shipped. For more information and ordering, visit [ashevillecheese.com](http://ashevillecheese.com).





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**NOTICE TO PAST MEMBERS: If you plan on renewing, please do it now. After February 15 files will be archived and you'll have to start from scratch and join all over again.**

Welcome New Members

- Bob & Heather Balken, Balken Roofing
- John Dickson, MacWorks, Inc.
- Brandi Lytle, Control Specialties

January Member Meeting

The January meeting was held at Fairview Forest Community Center and was well attended. President Frank Dixon hosted and Sandie Rhodes kicked off the new 10 minute mini seminars with examples of a great marketing tool at little expense.

February Member Meeting

We will be meeting on February 10, 6 pm at the Fairview Fire Department, 1586 Charlotte Highway across from Long Time Sun Yoga. After the business meeting, we'll here some updates from Fire Chief Scott Jones and even get to explore a big fire engine if we're good.

After the meeting, and tour, there will be social networking with snacks and non-alcoholic beverages. Please bring a snack or beverage to share.

FBA Facebook Page

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Gloria Berlin Agency/Allstate..... 298-2483

Prime Time Solutions..... 628-3889

Stovall Financial Group..... 275-3608

Tammy Murphy Agency ..... 299-4522

Trout Insurance ..... 658-1472

Landscaping/Excavating

B&B Tree Service..... 778-1987

Beam's Lawn & Landscape ..... 778-4282

Blacksmith Landscaping ..... 777-1901

Fairview Landscaping ..... 628-4080

Graceful Designs ..... 712-8147

Marketing | Promotion | Printing

Delia Design ..... 279-8412

Floating Ink..... 512-567-3786

PostNet of Central Asheville ..... 298-1211

Re.Solutions..... 628-1422

Markets | Farm Stores | CSAs

Cane Creek Asparagus & Co..... 628-1601

Flying Cloud Farm..... 768-3348

Hickory Nut Gap Farm ..... 628-1027

Trout Lily Deli & Cafe ..... 628-0402

Troyer's Amish Blatz ..... 280-2381

Medical Services

Apex Brain Center..... 681-0350

Fairview Chiropractic Center ..... 628-7800

MAHEC Family Practice at Cane Creek..... 628-8250

Park Ridge Health South Asheville ..... 681-5327

Riskin, Ted LCSW ..... 338-5020

Skyland Family Rehab Center..... 277-5763

Western Carolina Physical Therapy ..... 298-0492

Willow Creek Medical Transportation .. 301-7651

Monuments

Martin Monuments ..... 298-8282

Music Bookings

Two Gals Booking, LLC ..... 450-5385

Newspaper

Fairview Town Crier..... 628-1422

Non-profits

Charlie's Angels Animal Rescue ... 704-506-9557

Food for Fairview ..... 628-4322

The Lord's Acre Hunger Garden ..... 628-3688

Pet Services & Supplies

Elena the Groomer..... 628-4375

Fairview Kennels..... 628-1997

Kilgore Property & Pet ..... 989-4274

Specialized K9 Services ..... 290-0923

Woof In The Woods ..... 222-2222

Pharmacy

Americare Pharmacy ..... 628-3121

Photographers

Catherine Vibert Photography ..... 280-9373

Lynnepics ..... 727-743-5378

Property Management/Pet Sitting

Kilgore Property & Pet..... 989-4274

Rent-a-Home of Asheville ..... 676-6764

Real Estate Sales

1 Source Realty..... 338.0525

Terri Balog, Realtor ..... 702-9797

Beverly-Hanks, Danielle Vaeth ..... 585-409-8790

Cool Mountain Realty ..... 628-3088

Exit Realty, Melissa Webb..... 712.4838

Greybeard Realty..... 778-2630

Sandy Blair, Realtor/Broker..... 768-4585

The Buyer's Agent..... 210-4663

Restaurants | Confections | Catering

Mountain Mojo Coffee Shop ..... 209-8621

Nachos & Beer..... 298-2280

Ruth & Ranshaw ..... 338-9854

Sonny G's Place..... 298-4888

Subway Fairview & Reynolds ..... 628-3080

The Cookie Couple ..... 707-1879

The Lobster Club..... 696-6555

The Local Joint..... 338-0469

Saw Mills

Cloud 9 Portable Sawmill..... 272-5507

Lumber & Logs..... 242-2874

Sunrise Sawmill..... 277-0120

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

Mia Elias Massage ..... 279-4788

Mountain Oasis Day Spa..... 628-2060

Mountain View Healing Hands..... 628-1539

My Healing Cottage ..... 713-9576

Pain Roper ..... 209-8981

Web Design

Ayutopia International, LLC..... 202-599-0890

Handwoven Webs..... 367-6424



A New Year in Your Garden

New Year’s resolutions started about 4,000 years ago when the Babylonians celebrated for 11 straight days. We have nothing on the rugged Babylonians, so instead of celebrating for 11 days straight, here are some sure-fire garden resolutions to make 2015 the year of YOUR garden.

**Just START.**

- If you’ve never grown a garden, this is a New Year’s resolution that can impact more parts of your life than most any other. Don’t feel you have to know it all. Start no smaller than a 4’ X4’ bed and you’ll be amazed at how much you grow and how much you learn.
- Recycle. Look before you toss. From old purses to golf bags. From old bathtubs to old toilets. Will it hold soil? Will it drain? Voilà – a planter. A quick image search will show you how attractive and artsy such containers have become.
- Build a small wood sided bed. Four 6” wide boards of oak, locust or cedar will hold loads of vegetable plants. Not handy? No excuses. Four old logs pushed into a square shape work too. So does using straw bales for the sides of your bed.
- Buy a metal watering trough at a local agricultural supply store such as Fletcher Lawn & Garden, Southern States, Valley Ag or Tractor Supply. They come in all sizes. I’ve seen some amazing front yards in Asheville with these as raised planters.
- Buy one good book. I recommend *The Vegetable Gardener’s Bible* by Edward C. Smith for beginners.
- Check out the books *Lasagna Gardening* by Patricia Lanza and *Square Foot Gardening* by Mel Bartholomew at your local li-

- brary to see if these simple methods interest you. There’s also lots of info on these methods on the web.
- Remember the soil.**
- If you’ve never done a soil test, go for it. Then you can do one every few years. We like A & L Labs, but there are many good labs out there, and state labs are free during the off season.
  - Feed the soil, not the plant. Soil is NOT dirt. It’s alive and the organisms that make their home in the soil are working for you around the clock to provide your plants the nutrients they need.
  - Add organically approved soil amendments as recommended by your soil test. 5th Season has an easy-to-use book-let you can access online that tells you what’s what.
  - Till less, mulch more.
  - Never till clay soil when wet. Ever.
  - Look into using compost or manure teas.
  - Use cover crops or mulch – never leave soil bare.
- Work smarter. Not harder.**
- Raised beds, tubs and planters all make for easier maintenance.
  - Garden with friends. In some communities neighbors each grow one or two crops, then share with each other so each family has a full bounty. Research “Shared Gardens” and “Neighbor Gardens” online for more info.
  - Install drip irrigation. There are many books and online articles on how to do this simply.
  - Mulch to keep down weeds and improve soil.

- Weed early when weeds are young. (many are edible delicacies).
  - Plant using honeycomb spacing in wide beds. This shades the soil to retain moisture and shades out weeds.
  - Grow what you need (with a little to share). Most gardeners maintain way too much garden. Learn how much to plant by keeping a copy of a chart that tells you how much to plant for how much yield. Such charts are found in many gardening books and are easy to search for online.
- Build in Enjoyment**
- Sip and Stroll – take your coffee, tea, lemonade, beer or wine to the garden. Daily sipping and strolling takes a few minutes a day, lowers blood pressure and is one of the most effective ways to improve your garden.
  - Grow beauty. Plant flowers. Growing flowers attracts pollinators and insects that help eradicate garden pests. Flowers also attract birds and people.
  - Add garden art – Birdhouses from thrift shops, homemade scarecrows, old wheelbarrows, etc.
  - Hang out – add a bench, swing, shade, hammock, anything that brings you to the garden.
  - Think of the garden as an outdoor room. Write letters, watch the kids in the kiddie pool, paint, write poetry, picnic in the garden.

This article appeared as our January 2nd Lord’s Acre Newsletter and can be found online at the-lordsacre.org under ‘Connect With Us’. It has links to many of the article’s suggestions.

ASAP Business of Farming Conference and Workshops

ASAP (Appalachian Sustainable Agriculture Project) kicks off the new year with their annual Business of Farming Conference on **Saturday, February 14, 8 am-5:30 pm** at UNC Asheville. The conference, which focuses on the business and marketing side of farming, promises to offer more learning and networking opportunities for regional farmers than ever before.

What’s new this year? Returning farmers will discover a new conference location at the beautiful Sherrill Center at UNC Asheville, featuring an expanded exhibitor hall and larger classroom spaces, allowing for more farmers to attend the annually sold-out conference. Pre-conference workshops are available for farmers to investigate a variety of current topics including agritourism, value-added processing and food safety.

The conference features 17 workshops, including new options such as “Accepting SNAP and EBT at your Farmers Market” and “Managing Risk on Your Farm.” During the two-hour lunch break, farmers will meet one-on-one with marketing, media, and business consultants as well as lawyers from Ward and Smith, P.A. The popular Grower-Buyer Meetings also return with more than 15 restaurant owners, grocers, and distributors.

Registration is now open at [asapconnections.org/conference](http://asapconnections.org/conference); attendance is \$75 with a discount for multiple farm registrants. Pre-conference workshops can be registered for separately.

White Birch



We have enjoyed a fairly warm and mild December in the mountains, but winter seems to be roaring back this evening with big winds and temperatures expected to drop down to the single digits again. That means it’s time to put back some extra coverings on our fall and winter gardens, so we can continue to enjoy the bounty of fresh greens and root crops into the spring season of renewal and new growth.

I was in the back of our barn selecting a few more white birch branches to make “Yule logs” for friends, an old tradition that I enjoy sharing with others. I wrap the beautiful, snow-white log with sage, cedar greens and a sprig of rosemary and lavender as a way of honoring the Spirit of winter. The white birch symbolizes snow to me, and the purity and clarity of winter, a season that I need as a time of celebration, rest, and renewal. When the Yule log is placed in our wood stove, it is magical to watch the flames burst forth and to drink in the fresh aromatic essence of all the evergreens and herbs.

White birch (*Betula papyrifera*) is one of the most important trees in our history. Although it thrives in the northern latitudes, it is often grown here as an ornamental for its beauty; but this far south it is prone to the birch borer as it approaches maturity. In general, 30 years would be the average lifetime for white birch in the Carolinas. We still have a large cache of birch logs generously given to us from a couple at Echo Lake who had taken down a magnificent tree a year ago. The peeling layers of the bark are easily utilized for art and are quite stunning; in our home we have a wonderful lamp made from birch bark.

Etymologically the name Birch derives from the Sanskrit *bhura*, meaning “shining tree,” which clearly is an allusion to the striking white bark and luminous, golden autumn cloak of leaves.

Birch trees grow in a fairly wide range of habitats, extending from Alaska southward into North Carolina. These trees are easy to recognize with their white bark, often peeling in layers with thready black striations woven into the tree trunks. Another name for white birch is “canoe birch” as these trees were prized by indigenous peoples for thousands of years for their rich, resinous and waterproof inner bark often utilized in the making of lightweight birch bark canoes. The inner bark was also used extensively to repel water from wigwams, tee-pees and other structures for living. Birch was used for making water buckets, kettles to cook food, baskets, funnels, utensils and bowls. The thinnest paper bark has been prized around the world for writing and scrolls, from Rome to India. Ancient hieroglyphics tell us that people recorded medicine lodge



Birchbark Sheep

rituals, histories, and spiritual teachings on the outer bark of Birch.

The wood is fairly hard and highly flammable, and has a high caloric value. Birch will burn well even when frozen, so it was also was prized for making torches and tinder in fire starting. Even green branches will ignite fairly easily, so it is useful on the trail, especially under damp or wet conditions.

Extracts of birch are used in making leather oil and put into cosmetics and shampoos. “Russian Oil,” or birch tar, is an extract from the bark that is thermoplastic and completely waterproof. It was used as a glue for arrows and added into medicinal tonics. In addition, birch tar has been used as a healing salve for cuts and sores and as a mosquito repellent.

Birch wood is most often used as a veneer; it is pale and light in color with an almost satiny sheen and is quite lovely. The famous Hughes H-4 Hercules airplane, better known as the “Spruce Goose,” built for transatlantic transport during World War

11 and still the largest flying boat ever built, was actually constructed almost entirely out of birch rather than spruce.

The inner bark is rich in sugars, oil and Vitamin C. It provides welcome winter nourishment for deer and rodents when everything else is covered in snow. Native Americans used to prepare a type of flour from it, which could be used for baking. Many tribes also used to burn very thin pieces of birch bark inside, as the smoke was believed to provide healing properties to the sick by purifying the air and killing germs from infectious diseases.

Birch trees are one of the first trees to put on their spring cloak of new leaves, and for centuries in Europe the birch tree was chosen as the centerpiece for the May Day-Beltain celebrations that date back to pre-Christian times. Often a birch tree was selected as a maypole; cookies, ribbons and feathers would be tied to it as a symbol of spring, fertility, love and life.

Spring right now feels like a distant dream, as it was 1 below zero this morning, the pond has a layer of ice on it and the birds are busy throughout the day at all the feeders trying to keep warm. And yet, underneath the frozen ground, hidden growth and renewal is always taking place, a few daffodils have popped up through the mulch and before we know it, that distant dream of Spring will become a living reality.



Birches Near Novosibirsk in Autumn

Advertiser’s List Clip & Save

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| Appalachian Realty, Carol Holcombe.....              | 779-8748     | McCrary Stone .....                          | 649-2008 |
| AA Diamond Tile.....                                 | 450-3900     | McDade, Dawn Realtor .....                   | 337-9173 |
| Allen Burton Team, KW .....                          | 329-8400     | McKinney Insurance .....                     | 684-5020 |
| Americare Pharmacy .....                             | 628-3121     | Mitch Contracting.....                       | 252-0694 |
| Apex Brain Center .....                              | 708-5274     | Moores Pond Farm .....                       | 712-2753 |
| Asheville Area Alternative Funeral Services.....     | 258-8274     | Moose Ridge Construction....                 | 777-6466 |
| Asheville Savings Bank .....                         | 250-7061     | PerPetual Care Pet Sitters .....             | 684-5146 |
| Asheville Stone.....                                 | 628-ROCK     | Perry James, CPA.....                        | 628-2000 |
| B&B Tree Service .....                               | 778-1987     | PostNet of Asheville.....                    | 298-1211 |
| Beams Lawn & Landscape ....                          | 778-4282     | Primetime Solutions .....                    | 275-5863 |
| Beverly Hanks, Christie Melear.....                  | 776-1986     | Rainbow International .....                  | 333-6996 |
| Blair, Sandy Realtor .....                           | 768-4585     | Ruth & Ranshaw.....                          | 338-3786 |
| Cane Creek Animal Clinic .....                       | 628-9908     | Scobie.net.....                              | 628-2354 |
| Cane Creek Concrete.....                             | 230-3022     | Shampoodles .....                            | 628-9807 |
| Cane Creek Tire & Auto.....                          | 222-2310     | Silas’ Produce .....                         | Visit Us |
| Carolina Retirement Specs....                        | 398-2802     | Smokey & the Pig.....                        | 242-1624 |
| Cedar Ridge Animal Hospital and Equine Services..... | 575-2430     | Sonny G’s Place .....                        | 298-4888 |
| Charlie’s Angels Animal Res. ....                    | 606-4335     | Southern Style .....                         | 628-9596 |
| Child Care Network.....                              | 628-9243     | State Farm, Tammy Murphy ..                  | 299-4522 |
| Cinderella Cleaning Service ..                       | 776-7350     | Steam Master Carpet & Upholstery Clean ..... | 628-9495 |
| Cloud 9 Farm.....                                    | 628-1758     | Strom, Cynthia A., PA Atty.....              | 296-7550 |
| Control Specialties.....                             | 628-4323     | Sugar Hollow Solar .....                     | 776-9161 |
| Cool Mountain Construction. ....                     | 628-3082     | Surrett, Mike Landscaping.....               | 230-8494 |
| Cool Mountain Realty .....                           | 628-3088     | The Cookie Couple .....                      | 707-1879 |
| Creative Touch.....                                  | 628-0401     | The Cove at Fairview .....                   | 628-4976 |
| CS Repair Services .....                             | 230-5822     | Thomas, Scott, DDS.....                      | 299-8960 |
| Deck Doctor .....                                    | 231-5883     | Tractors on the Creek.....                   | 628-0735 |
| Diane Grenfeld Photography. ....                     | 335-0236     | TP Howards Plumbing Co.....                  | 628-1369 |
| Eblen Short Stop.....                                | 628-9888     | Trout Lily Deli & Cafe .....                 | 628-0402 |
| Edward Jones Investments ...                         | 628-1546     | Visual Eyes Optometric.....                  | 628-6700 |
| Electric Guitar Shop.....                            | 628-1966     | Western Carolina Physical Therapy .....      | 298-0492 |
| Elena the Groomer .....                              | 628-4375     | <b>PUBLIC SERVICE:</b>                       |          |
| Fairview Animal Hospital .....                       | 628-3557     | Sheriff’s Department.....                    | 255-5000 |
| Fairview Business Assoc.....                         | 681-1029     | Fairview Fire Department.....                | 628-2001 |
| Fairview Chiropractic Center. ....                   | 628-7800     | Garren Creek Fire Dept.....                  | 669-0024 |
| Fairview Kennels.....                                | 628-1997     | Gerton Fire & Rescue .....                   | 625-2779 |
| Fairview Landscaping .....                           | 628-4080     | <b>SCHOOLS:</b>                              |          |
| Fairview Massage/Bodywork ..                         | 216-1364     | Cane Creek Middle School ....                | 628-0824 |
| Fairview Outlet.....                                 | 691-6702     | Fairview Elementary .....                    | 628-2732 |
| Fisher Hydraulic Services.....                       | 651-9200     | Reynolds Middle School .....                 | 298-7484 |
| Fleshers Healthcare .....                            | 628-2800     | Reynolds High School.....                    | 298-2500 |
| Floating Ink.....                                    | 512-567-3786 | <b>POST OFFICES:</b>                         |          |
| Flying Cloud Farm.....                               | 768-3348     | Fairview Post Office.....                    | 628-7838 |
| Galloway Masonry .....                               | 776-4307     | Fletcher Post Office .....                   | 684-6376 |
| Goodwill Industries of NUNC .....                    | Visit us!    | Gerton Post Office .....                     | 625-4080 |
| Great Wall Chinese Takeout ..                        | 298-1887     | <b>COMMUNITY CENTERS:</b>                    |          |
| GreyBeard Realty .....                               | 298-1540     | Cane Creek CC .....                          | 628-2276 |
| Happy Tails Country Club .....                       | 628-8510     | Fairview CC .....                            | 338-9005 |
| Hickory Nut Gap Farm.....                            | 628-1027     | Spring Mountain CC .....                     | 628-2363 |
| High Country Truck & Van .....                       | 222-2308     | Upper Hickory Nut Gorge .....                | 625-0264 |
| Hilltop Ice Cream .....                              | 489-2506     | <b>MISCELLANEOUS:</b>                        |          |
| Keller Williams, Jim Buff .....                      | 771-2310     | Fairview Town Crier .....                    | 628-2211 |
| Kounty Line Station .....                            | 298-4889     | Fairview Business Assoc.....                 | 338-9628 |
| Local Joint.....                                     | 338-0469     | Fairview Library .....                       | 250-6484 |
| Long Time Sun Yoga .....                             | Visit us!    | Food for Fairview .....                      | 628-4322 |
| Looking Glass Creamery .....                         | 458-0088     | The Lord’s Acre Garden .....                 | 628-3688 |
|  |              | Meals on Wheels .....                        | 253-5286 |





## SPRING MOUNTAIN

807 Old Fort Road in Fairview

**4-H Club** — *Thursday, February 12, 6:30 pm.* Baking & decorating cupcakes for Valentine’s Day. Welcoming students ages 5-18 in the Lower Level of the Community Center; contact 828 712-6857.

**Red Cross Blood Drive** — *Friday, February 27, 3–7:30 pm.* Contact Bruce Whitaker at 280-9533 for an appointment or walk in upstairs at the Spring Mountain Community Center, 807 Old Fort Road. Please join our community in our effort to replenish blood supplies. Donors will be eligible for a \$50 gas card drawing.

**SAVE THE DATE** — *Saturday, March 28, 9 am-12 noon.* Easter Egg Hunt and Bunny Brunch.

**Monthly Meeting** — *Tuesday, Feb 3, 6:30 pm.* Meetings will be the first Tuesday of each month unless notified otherwise.

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

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

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

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

## TO RENT THE SMCC

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

## FAIRVIEW

1357 Charlotte Highway in Fairview

**SWA Pro Wrestling** — *Saturday, February 21, 3 pm.*

For calendar, visit [fairviewcommunitycenter.blogspot.com](http://fairviewcommunitycenter.blogspot.com), leave a message at 338-9005 or email [fairviewcommunitycenter@gmail.com](mailto:fairviewcommunitycenter@gmail.com)

## UPPER HICKORY NUT GORGE

Highway 74A in Gerton

**Community Covered Dish**— *Tuesday, February 17, 6:30 pm.* “How to make yourself healthy the natural way,” presented by Gloria Black Anders, a clinical herbalist who works for the American Herbalist Guild and is trained in the science of herbalism.

To rent, call or email Margaret Whitt, UHNGCC at 625-0264 or [mwhitt@du.edu](mailto:mwhitt@du.edu)

## JUST PERSONAL

### Six Sisters — Six Widows

by Kay C. Harris



Years ago Lunnie & Jannie Wright were blessed with 9 children, 6 of whom were girls. These children grew up moving around a lot and were taught to be hard workers. They attended many different schools and sometimes had to walk to school. They worked hard in the fields to raise their own food. Their mother taught them how to can and preserve the food. This tradition has carried over to today. They still get out in the garden and work hard to raise food. In the summer you will find them at each other’s house canning vegetables, making jelly and all that good stuff.

They didn’t have much growing up, but they had each other. Now all of the girls are widows and sometimes have to depend on each other for help. Allene, Maves, Edith, Thelma, Carolyn and Martha still enjoy life with the help of their children, grandchildren, great-grandchildren, brothers and church family. These women are truly a blessing from God and are great prayer warriors. They all attend the same church in the Fairview area with the exception of one who is a member of a church in Black Mountain. During the church services you will find these ladies sitting on the same pew and are known as the “white headed sisters”.

They were blessed with 3 brothers, Oates, James “Jaybird” and Daniel. Eight of the nine children (ages 69-84) are still living.

These siblings are a very close-knit family and spend as much time as they can together. They care for each other when they are sick, go grocery shopping, take each other to get their

hair done, give each other rides to the doctor and go out to eat after church on Sunday.

They attend the annual Wright Reunion, celebrate birthdays and get together for Christmas. There is one thing you can say about them, they are always there for each other, and that is what family is all about.

As part of your family we appreciate having the opportunity to share our lives with you as you are our heroes. Growing up we were all taught about the Lord and raised to live as close to Him as we possibly could. What more could we ask for? Thank you for your love, the acts of kindness you have shown, teaching us the right path to travel and for always being there for us. We certainly wouldn’t be where we are today without all of you. It is our prayer that we will have many, many more events to celebrate with all of you.

We Love You!

Your Children,  
Grandchildren  
and Great-Grandchildren

### Congratulations to Hannah Sayles

The family of Hannah Sayles (A.C. Reynolds High School, 2010) wish to announce her graduation with Honors on December 13, 2014 from UNC-Charlotte. She received a Bachelor’s Degree in Nursing and a Minor in Public Health. Hannah has accepted a position with Cone Health System in Greensboro, NC and will enter their “Academy Program” for new grads near the end of February. Until then, she will be studying diligently for the arduous national nursing licensure exam.

Your course has been demanding and challenging. Moreover, you have endured...YOU DID IT!

We are so proud of the beautiful, accomplished, fine young adult that Hannah has grown to be.

“We love you!”



### Happy 8th Birthday



180  
February 4



Love  
Mom and Dad

## CLASSIFIED ADS

### WANTED

**WANTED: SMALL, LIGHTWEIGHT ROW OR JON BOAT FOR POND MANAGEMENT.** Cane Creek area. Call Nels at 628-1622

### WANTED TO RENT

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

### FOR SALE

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

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

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

### SERVICES FOR HIRE

#### CHILDCARE

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

#### CONSTRUCTION/HANDYMAN

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

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

#### HOME CARE / CNA

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

#### HOUSE CLEANING

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

**GENERAL HOUSEKEEPING DONE EXCEPTIONALLY WELL.** Experienced, also references. Call Peggy 628-3634

#### LAWN / YARD / CLEARING

**PRAYTOR’S LANDSCAPING** Gen-

eral Landscaping, Grading, Retaining Walls, Plantings, Mulch, Erosion Control, Drainage Work. Please call 674-4339 or email [mattpraytor@yahoo.com](mailto:mattpraytor@yahoo.com)

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

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

#### TRAVEL

**VAGABOB TRAVEL** – Small group guided journeys in Europe – culturally immersive – reasonably priced. For more information, visit [www.vagabob-travel.com](http://www.vagabob-travel.com).

### CLASSES

#### MUSIC CLASSES

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

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

**PIANO LESSONS AT YOUR HOME OR MINE.** Call Sarah Hagan 628-2761

#### 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 [goodwillnwnc.org](http://goodwillnwnc.org) for class listings. Free and/or Financial assistance available.

#### WELLNESS CLASSES

**CLASSES - SPIRITUAL WORKSHOPS & EVENTS, HOLISTIC HEALING, INTUITIVE SPIRITUAL READINGS.** The Blue Mandala 1359 Cane Creek Road Fletcher, NC 28732, 828-275-2755 [www.thebluemandala.com](http://www.thebluemandala.com)

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

**WELLNESS CLASSES - NEW CLASSES FOR THE NEW YEAR AT ECCLESIA BAPTIST.** PiYo classes are now being offered in addition to Zumba, Pilates and Toning. Call for more information 828-674-3563.

# The Fairview Town Crier

THE VOICE OF OUR COMMUNITY™

**OFFICE OPEN**

**MONDAY – FRIDAY 1 – 5 PM**

**1185-F Charlotte Highway (office)**

**828 628-2211**

Mailing address:

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

[www.fairviewtowncrier.com](http://www.fairviewtowncrier.com)

**OFFICE MANAGER — DISPLAY/CLASSIFIED ADS / SUBSCRIPTIONS**

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**BILLING**

828 628-2211 | [billing@fairviewtowncrier.com](mailto:billing@fairviewtowncrier.com)

## CRITER CLASSIFIED ADS WORK!

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

**Classified Ads must be PREPAID**

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

Email ads to [office@FairviewTownCrier.com](mailto:office@FairviewTownCrier.com)

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

**Subscriptions**

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

**Submissions/Announcements/Events/Stories**

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

**Editorial Policy**

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





## Keep your car. Trade in your loan.

**Tammy Murphy, Agent**  
State Farm Agent  
135 Charlotte Highway  
Asheville, NC 28803  
Bus: 828-299-4522

### Refinancing with us could save you hundreds.\*

Before high car payments get you down, give us an opportunity to help bring them down – with great rates and no closing costs or hidden fees.

**GET TO A BETTER STATE.®**  
CALL ME TODAY FOR  
MORE INFORMATION.



\*Hypothetical savings example over life of loan based on reduced interest rate. Actual savings amount will vary depending on your individual circumstances.

1303063 10/13

State Farm Bank, F.S.B., Bloomington, IL

## The Fairview Town Crier 2015 Advertising Rates

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

### COLOR DISPLAY ADVERTISING RATES

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

### BLACK DISPLAY ADVERTISING RATES

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

**NONPROFIT AD RATE IS 20% OFF APPLICABLE RATE.**

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

### CLASSIFIED ADVERTISING RATES

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

**All classified ads must be prepaid.**

Notices and personal ads not selling anything are free.

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



**Jim Buff, CRS**  
828 771-2310  
www.jimbuff.com  
email@jimbuff.com  
86 Asheland Avenue  
Asheville, NC 28801



*Put Success on Your Side... Call Jim!*

**Fairview Resident Since 1992**



**NEW LISTING - Black Mountain!**  
Views and more Views! Timber framed house on 3.71 acres, scenic mtn views, great kitchen, big greenhouse, lots of outdoor living space, 2 car gar, private, **MLS#575524, \$600,000!**



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



**NEW LISTING! South Asheville!**  
Superb spacious 3 BR, 3.5 baths, private 1.2 acres, updated kitchen, master on main, office, hobby room, big patio, cov front deck, HOME WARRANTY 2-car gar, **MLS#575717, \$345,000!**



**WEST IN COUNTY!**  
Beautiful 4 BR, 3 bath home, a lot of versatility, plenty of storage, newer roof, two heat pumps, HW floors, large front porch, 2 master BRs, **MLS#573443, \$340,000!**



**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!**



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



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



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



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



Jim Buff—Sales



Allison Watkins—Sales



Tamra Fore—Sales



Joshua Breneman—Sales



Lynne Brown—  
Listing Coordinator



Ashley Nelson—  
Listing Coordinator



Sherry Byrd—  
Advertising Coordinator



Amber Roberts—  
Field Coordinator

## RESULTS!

Overlook Dr.....Pending in 7 days  
Noble Rd.....Pending in 27 days  
Cameila Lane.....Pending in 27 days  
Lakewood Dr.....Pending in 7 days  
Weldon Way.....Pending in 24 days  
Richmond Ave.....Pending in 3 days  
Mitchell Ave.....Pending in 2 days  
Max Street.....Pending in 7 days

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

\*Assuming a 95%conventional loan with 5%down payment, 30 yr loan, Calculations courtesy of Mindy Runion, mrunion@primelending.com