



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • MARCH 2015 • VOL. 20, No. 3 • FAIRVIEW, NC

Emerging Artists Exhibit 2015



Sunflower by Sandra McClinton, mixed media

Fairview Artist/Instructor Bob Travers teaches both at the Spring Mountain Community Center and the Black Mountain Center for the Arts. The annual Emerging Artists exhibit's opening reception is on **Sunday, March 15, 3-4 pm** at the Black Mountain Center for the Arts, 225 West State Street. The exhibit will run from March 15 - April 8. Gallery hours are Monday-Friday, 10 am- 5 pm. For more information, visit blackmountainarts.org or call 669-0930.

LOST DOG



Please Help Find Robbie!

Robbie is a dearly loved West Highland Terrier who has poor vision and hearing, so he may seem disoriented but is really just trying his best to get home. Robbie was last seen at 581 Morgan Hill Road. If you find Robbie or have seen him, please call 458-7177. There is a \$50 reward for his return.

Town Crier Labeling

Labeling for the April issue will be on **Friday, May 1 at 10 am** at the Fairview Fire Department at 1585 Charlotte Highway in Fairview. Please call (628-2211) or email (office@fairviewtowncrier.com) Candice to let her know you are planning on helping out that day. Thanks for your contribution!

Annual BBQ Fundraiser for the Fairview Fire Department

The annual BBQ Fundraiser for the Fairview Fire Department will be held on **Saturday, March 21, 10 am-8pm**, rain or shine. There will be no shortage of barbecue this year and you can start getting it at 10 am if you've got an early hankering. Plates will cost \$8 each with all the proceeds going to the Fire Department.

There will again be a silent auction (donations needed!) and every kind of dessert you can imagine for sale, as well.

Event organizers Tim and Becky Brewer of Smokey & the Pig Barbecue are looking forward to surpassing last year's success. Tim said, "Last year we made \$4500 for our Fire Department and this



year we're looking to raise \$6,000! What better cause than to help the people that risk their lives to help us!"

Also, Brooke Brewer, Tim and Becky's daughter, will run a "can" trailer as her senior project. So, save your aluminum cans and drop them by that day (or day

before). The Fire Department will get the cash when they are turned in for aluminum recycling.

If you'd like to donate something useful or fun to the silent auction, or if you'd like to donate a cake or cookies or cupcakes or cake pops or fudge or absolutely anything delectable and sweet, please email office@fairviewtowncrier.com and let Candice know. Donation items or certificates may be dropped off at the Town Crier office (1185F Charlotte Highway) anytime (drop slot) or Monday-Friday, 1-5 pm before March 20. Dessert donations should be dropped off at the firehouse on Charlotte Highway by 9 am the morning of March 21 please.

St. Patrick: The Apostle of Ireland

"I want to spend myself for that country, even in death, if the Lord should grant me this favor."

It appears that he was extremely successful. Over some thirty years he is reported to have baptized thousands, ordained numerous priests, and converted many of the ruling families of the Irish kingdoms, encouraging their subjects to accept Christianity as well. Though not the most intellectual of theologians, he is said to have had a magnetism and deep conviction that won the allegiance of many; his humble strength of character shows in his writings.

His path was never completely smooth, however. "Daily I expect either a violent death, or robbery and a return to slavery, or some other calamity."

"Daily I expect either a violent death, or robbery and a return to slavery, or some other calamity."

But Patrick overcame the dangers of his mission for many years, and died in about 461 AD, it is thought, on or about March 17.

But What About the Snakes?

As if what we know of his life isn't exciting enough, many legends have been added to Saint Patrick's story over the years. The most popular myth is that he drove the snakes out of Ireland, and many paintings and stained glass images of him include a tangle of serpents at his feet. It's a great story but there is no evidence at all that it is true, other than that Ireland has no snakes, which could certainly be viewed as a godsend whether Patrick had anything to do with it or not.

Another widespread tale is that Patrick commonly explained the Trinity by show-



ing his listeners a three-leaf clover with a single stem. Again, there is no evidence that this is true, but it is a wonderful symbol, and the down-to-earth Patron Saint of Ireland would probably have liked the idea very much.

Information included in this article may be found on the following websites: ewtn.com, the *Global Catholic Network*; cin.com, the *Catholic Information Network*; britannica.com, the *Encyclopedia Britannica*; and wikipedia.org, *Wikipedia*.

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MARCH

Want to See "Streetcar Named Desire" and Help the Lord's Acre?

Tickets (\$20) for the **April 30, 7:30 pm** show are still available at the *Town Crier* office at 1185F Charlotte Highway to benefit the Lord's Acre. Call Candi at 628-2211 or stop by Monday-Friday, 1 - 5 pm.

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AROUND & ABOUT

Ethical Society Focus on Corporate Ethics

"The Case Against Wal-Mart, Amazon and Any Store Owned by Art Pope" is the subject of the Ethical Society meeting on **Sunday, March 15, 2-3:30 pm** at The Friends Meeting House, 227 Edgewood Road, Asheville (near UNCA). Writer and radio host Fred Flaxman will show how each of these companies acts unethically toward its workers, the government and society, and why they should be boycotted. A time for questions and discussion will follow the meeting, and light refreshments will be available. For more information visit aeu.org, or contact ethicalsocietyasheville@gmail.com or 828-687-7759.

Giant Sale Benefits High School Students

The senior class at Trinity of Fairview Baptist Church will be hosting a Giant Church-wide Yard Sale on **Saturday, March 21, 7 am until noon**, in the Trinity of Fairview Family Life Center located at 646 Concord Road in Fletcher (conveniently off of Emmas Grove Road, Cane Creek Road and Mills Gap Road).

This annual fundraiser helps send high school students to BigStuf Camp in Panama City, Florida, this summer. Items will include clothes, furniture, sports equipment, toys, bed linens, antiques, electronics, games, shoes, stuffed animals, houseware supplies, seasonal items and much more.

Medicare Classes

The Council on Aging, in conjunction with Seniors' Health Insurance Information Program (SHIIP), announces the following information sessions on Medicare Choices Made Easy. The information sessions explain how Medicare works, the enrollment process, how to avoid penalties and ways that beneficiaries can save money. The information presented is unbiased and accurate.

March 18, 2-4 pm: South Buncombe Library, 260 Overlook Road, Asheville

March 27, 2-4 pm: Goodwill, 1616 Patton Avenue, Asheville

The information sessions are free and open to the public. People new to Medicare, caregivers and others who help senior citizens should consider attending.

To reserve your place, register online at coabc.org or call the Council on Aging at 277-8288.

Joint Next Door

Game Night Mondays with 50¢ wings and \$2 PBR.

Open Mic Night Tuesdays with Laura Thurston

Bluegrass Jam Wednesdays

Chris Rhodes featured Thursdays

Friday & Saturday nights will have 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. For details see www.facebook.com/Thejointnextdoor

Free Lending Library at Blue Mandala

The Blue Mandala, a spiritual and holistic event space in Fletcher, is pleased to announce their establishment of a Free Spiritual Lending Library on behalf of their neighbors and community. The Mandala staff will stock the Lending Library with a variety of good quality books, and the community is invited to stop by and borrow whatever they wish, to be returned when convenient. Contributions to the Library are also welcomed. The books may be borrowed without cost, but are not for sale.

The Blue Mandala is located at 1359 Cane Creek Road in Fletcher. For more information visit thebluemandala.com.



Local Naturalist Speaks About Pisgah Forest

The Blue Ridge Naturalist Network will host an event on **Tuesday, March 10, 5:30 pm**, featuring local naturalist, historian, and author Marci Spencer, who will talk about her latest book, *Pisgah National Forest, A History*.

The event will be held at the West Asheville Library, 942 Haywood Road, Asheville. The program is open to the public. For more information contact Brnnetwork2013@gmail.com.

Make-A-Blanket Day for Project Linus

The local chapter of Project Linus, a national organization that provides blankets to children in crisis, is sponsoring Make-A-Blanket Day on **Saturday, March 21, 10 am-2 pm**. This is an opportunity to participate in creating blankets for seriously ill or traumatized children. The event will be held at Eliada Home, 2 Compton Drive, Asheville (1.4 miles north of Patton Avenue). Sewing skills are not necessary as there will be instruction on "no-sew" fleece blankets and an assembly line of volunteers creating quilts on sewing machines. All supplies will be provided. Volunteers who prefer to knit and crochet are invited to bring their own projects.

Chapter members will gladly accept finished blankets or donations of yarn, fabric, or gift cards. Refreshments will be served. For information call Sharon Waltman, 645-7190 or Ellen Knoefel, 645-8800.

Red Cross Month — A Great Time to Give

Blood donors are Everyday Heroes who help save lives. During Red Cross Month, the American Red Cross recognizes these lifesavers, thanks them and encourages others to join them.

All blood types are needed, especially types O negative, A negative and B negative. To learn more about donating blood and to schedule an appointment, download the Red Cross Blood Donor App, visit redcrossblood.org or call 800 733-2767.

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Trout Lily Workshops Treat Tastes and Hands

Trout Lily Market will hold the following workshops in March.

Home Brewing

Saturday, March 14, 3-6 pm: Introduction to Home Brewing and Beer Appreciation 101. The workshop will be held outside the shop and will include:

1. Background on home brewing process, ingredients, and purpose;
2. Walk-through of the entire extract brewing process (including prep, steeping, boil, additions, and fermentation);
3. Information on fermentation process and kegging/bottling; and
4. Sampling of local brews with beer appreciation discussion.

The workshop will be taught by Fairview native Andrew Crosson, a craft beer enthusiast and amateur home brewer with over 5 years and 50 beers worth of brewing experience.

The cost (including light snacks and sampling of local beers) is \$10; the deadline for registration is March 7.

Gardeners' Hand Salve

Saturday, March 28, 1-3pm: Gardeners Salve Making Workshop (Hand Saving Magic Salve)

Somewhere between the planting, weeding and pruning, our winter hands are getting pummeled with scratches, splinters and aches. As spring beckons us to set our gardening gloves aside and feel the sun-warmed soil, we need a pro-

tective and healing solution for our over-worked hands. What better place to look than our own garden?

Indy Srinath is a locally trained herbalist. She is a student of the Appalachia School of Holistic Herbalism and a member of the American Herbalists Guild. Indy is an avid homesteader, brewer, writer and medicine maker.

Attendees will learn how to make a soothing, scented salve with ingredients like basil, comfrey, or rose hips, adding a choice of essential oils for an aromatic, soothing balm. They will learn the healing properties of each herb and oil in the salve and leave with a jar of salve and enough knowledge to repeat the process at home. All ages are welcome for this workshop.

The cost is \$10 per person; pre-registration deadline is March 21.

Register Early, Don't Miss Out!

For each workshop, pre-register via the PayPal link at troutlilymarket.com or in person at the shop during business hours, Monday-Friday 9 am-7 pm, Saturday 10 am-7 p.m., Sunday noon-6 pm.



March Events at the Light Center

The Light Center, a nonprofit center for prayer and meditation, has scheduled the following events for March:

Saturday, March 7, 2-4 pm: Mahavatar Babaji's Kriya Kundalini Yoga Initiation with Mary Nadler. A donation is welcomed.

Sunday, March 8, 2-5 pm: Richard Shulman, Recognizing & Expressing the Divine through Music and in Communication: Workshop Fee: \$20

Saturday, March 21, 11 am-4:30 pm: Mind Body Spirit Day, three relaxing and rejuvenating sessions of healing energy. Suggested donation of \$10 for each.

Friday, March 27-Sunday, March 29, 10 am-6 pm: Living Light Blessings Practitioner Training with Mary and Barry Nadler.

The Light Center is located at 2190 NC Route 9. For more information visit URLight.org.

FFD Auxiliary Meeting

The Fairview Fire Department Auxiliary will meet **Monday, March 2, 7 pm** at the main fire station.

Our February meeting was canceled due to bad weather, so the following officers for 2015 will be installed at this meeting: President, Becky McIntosh; Vice President, Tiffney Conner; Treasurer, Kathryn Kirstein; Secretary, Vera Ray; Chaplain, Pat Conner; and Sergeant At Arms, Clove McIntosh.

New members are always welcome.

Bunny Brunch at SMCC

Here comes Peter Cotton Tail again with loads of fun for children at the Second Annual Bunny Brunch, **Saturday, March 28, 9 am** at Spring Mountain Community Center.



Festivities will start with breakfast served inside the building while eggs are scattered around the outside grounds. There will also be a variety of games and face painting to enjoy. Guests are requested to bring a basket to collect eggs, and six hard-boiled eggs if you wish to decorate them with the materials provided.

"This fun, family event is sponsored by Daylight Asheville, so there will be no charge for participating," said Maria Horton, program coordinator for the Community Center. "We want everyone to be able to come out and enjoy the day. We don't want kids miss out on celebrating with Mr. Bunny."

Save the Date for Books & Bites

Rose Senehi, award-winning author of seven novels, will be speaking on **Thursday, April 16, 2015, 11:30 am** at the Lake Lure Inn. The cost of \$25. Includes lunch. Please call the Mountains Branch Library (828 287-6392) for more information and reservations.

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FROM A HAPPY PATIENT:

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

—Lynda



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FOOD FOR FAIRVIEW By Cassia Imholz

Thanks, Neighbor!

A Harvest of Kindness From Food Lion

Food for Fairview has been the grateful recipient of a bountiful harvest of blessings from our across-the-street neighbor, Food Lion, for many years and in many different ways, ranging from corporate grants to food donations. This past holiday season, however, found us with particular reason to be thankful for our neighbors.

Food Lion recently revamped and renamed their community involvement program, calling it Food Lion Feeds. The name change reflects the company's commitment to making the elimination of hunger in the communities they serve a priority. According to company community relations spokesperson Courtney James, "At Food Lion we believe no one should have to choose between dinner and paying rent, or gasoline and buying groceries. That's why Food Lion Feeds is so important. Together with our customers, associates and partners, we believe we can create a better tomorrow by uniting to eliminate the choices families are forced to make when they are hungry."

This past holiday season, Food Lion partnered with customers from November 19 through December 23 to help solve hunger through its Food Lion Feeds "Holidays Without Hunger" campaign. Customers were able to purchase and donate a specially-marked "Holidays Without Hunger" food box for \$5.00 or make a cash donation at checkout. **We are delighted to announce that our Fairview store was recognized as the first place fundraiser winner in their region, out of 23 stores!**

The store sold 2,142 boxes, and \$1,423.00 in cash donations were collected, resulting in the equivalent of 24,000 meals being donated directly to Food for Fairview!

According to local store manager Scott Prince, "The associates really took ownership and made it happen." For each food box sold or donation collected, the individual associate would announce on the store intercom, "Another Fairview family fed!" greatly contributing to the sense of excitement and interest in what became, essentially, a community event.

Thank you to Food Lion and its customers! Make sure to stop by the store to contribute to their new program, "Groceries for Good" through March 17.

**FOOD for
FAIRVIEW**

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



Left to right: Pam Pride, Amy Fite (back), Kim Bartow (front), Mindy Griffin, Scott Prince, store manager

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Birdwatching with Simon Thompson


Join Simon on *Tuesday, March 3, 7 pm* to discover the birds of WNC and where we can expect to see them. From the high mountains to the lakes and rivers, birdwatching in Western North Carolina offers some of the finest in the state. During the warmer months of the year our forests are full of warblers, vireos and tanagers. During the winter months our lakes are home to a wide range of ducks and geese.

For more information, call the Fairview Library at 828 250-6484.



"Glide" — Great Blue Heron
Photo by Don McCullough 2013

Pi Day Pre-Game Festival: A Teen Library Collective Event

 Hey Tweens and Teens -- Pi Day is celebrated world wide on March 14 (3.14 -- get it?) but the staff at the Fairview Library can't wait that long! Join us on *Thursday, March 12, 4-5 pm* at the Library and celebrate this mathematical constant with a pie throwing contest, a Pi music video, a pin-the-radius-on-the-circle game and more! Brush up on your Pi recitation and trivia from the TV show "Big Bang Theory." Grades 6 & up.

Pi is a Greek letter used to symbolize the ratio of the circumference of a circle to its diameter, which is approximately 3.141519. Pi has been calculated to over one trillion digits beyond its decimal

point, and it will continue infinitely without repetition or pattern. Only 39 digits past the decimal are needed to accurately calculate the spherical volume of our entire universe — see piday.org.

Book Groups

The afternoon book club will meet on *Thursday, March 12, 1 pm*, to discuss *Some Luck* by Jane Smiley.

The evening book club will meet on *Tuesday, March 17, 7 pm* to discuss *The Things They Carried* by Tim O'Brien.

Fairview Public Library
1 Taylor Road, Fairview, 250-6484

MON/WED/THURS/FRIDAY 10-6 PM
TUES, 10 AM-8 PM **SAT** 10 AM-5 PM
CLOSED SUNDAY

MOTHER GOOSE TIME (4-18 MO)
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WEDNESDAYS, 11 AM

PRESCHOOLER STORYTIME (3-6 YRS)
THURSDAYS, 10:30 AM

Children must be with a parent/adult

IDENTIFICATION STATEMENT

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

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

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

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

NEW ARRIVALS

Tom Clancy: *Support and Defend*
by Mark Greaney

Hush by Karen Robards

Agatha Christie: *The Monogram Murders* by Sophie Hannah

A Promise to Protect
by Patricia Bradley

A Place Called Hope
by Philip Gulley

The Sound of Broken Glass
by Deborah Crombie

The Nightingale by Kristin Hannah

Trigger Warning: *Short Fiction and Disturbances* by Neil Gaiman

Crash & Burn by Lisa Gardner

Death of a Liar: A Hamish Macbeth Mystery by M. C. Beaton

NEW GRAPHIC NOVELS FOR ADULTS

Deadly Class
by Rick Remember & Wes Craig

Dragon's Breath and Other True Stories by Mari Naomi

X-Men: No More Humans
by Mike Carey & Salvador Larroca

Black Widow: The Finely Woven Thread by Nathan Edmondson



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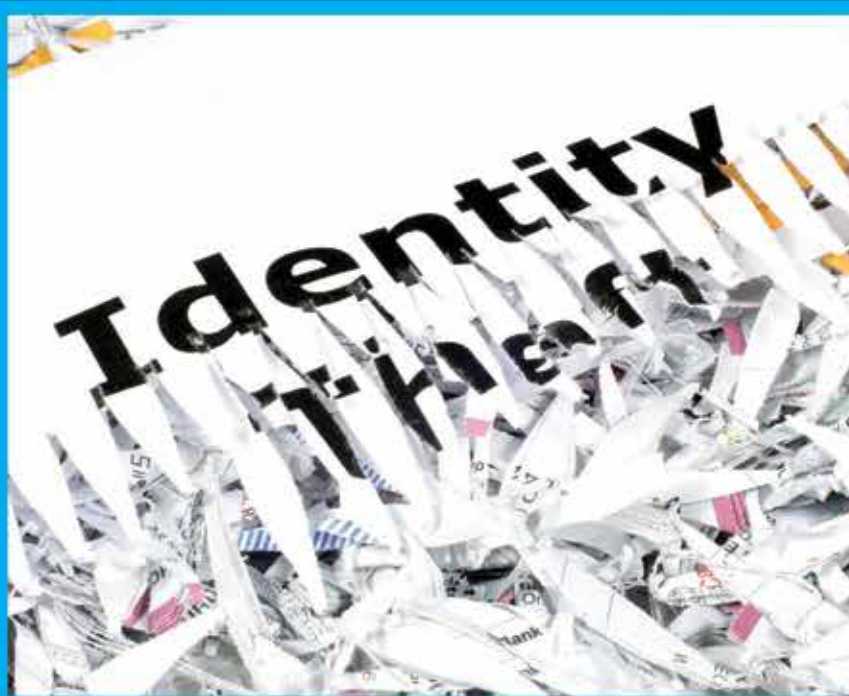
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Spring time will be here before we know it.

Start out spring on your new patio, enjoying your new fire pit at night. Would you like to grow something besides weeds in your lawn? Do you need to get the winter debris out of the flower beds and do some new or fresh mulch? Are you planning on building or clearing this year? We can do the clearing and grading, septic, road building and clearing, and the landscaping. Why would you need to call anyone else? We can do all types of retaining walls and then we can do the hydramulching on those banks. Now lets talk about Drainage. Is your basement wet or do you have standing water around the house? We install catch basins, culverts, all types of storm drains, and replace downspout drains. We are fully insured, a member of the better business bureau, and we are a licensed general contractor. So start thinking about some of these things and call us. We will answer the phone and set up an appointment for a free estimate. We will be there on time and everytime. Now, give us a call.



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COMPUTER BYTES..... By Bill Scobie

Safe, Free and Streamlined



Keep a Secret

File encryption tools exist to keep your work private if someone gets hold of your computer. With files or even your entire hard drive encrypted with a key passphrase only you know, you can protect sensitive financial, medical, or other personal data. The Pro versions of Windows 7, 8 and 8.1 have built-in encryption, as does OS X, but you have to use a third party program for Home versions of Windows. In that case, or if you'd just like to use something different, among the variety of options that exist for Windows and OS X you can find 7-Zip (usually thought of as a file zipping tool), GNU Privacy Guard, and VeraCrypt.

Be Brief

It should come as no surprise that there are ideal lengths for different online content, if you want people to pay attention. The latest figures show tweets should equal 100 characters while a Facebook post does better at 40. Email subject lines should fall between 28-39 characters, while a blog post should be readable in 7 minutes or scan about 1600 words. If you want people to read, listen or view what you produce, pay attention to what lengths grab your attention and keep you reading, listening or watching.

The Earth is Now Free

Google Earth Pro is finally free and has some tricks that can make it very useful. Its variety of accessible data sets includes property parcel data and a large collection

of demographic and geographic information. You can also generate virtual tours as videos that, no surprise, can be uploaded to YouTube.

Time Yourself

Cut wasted time on social media by setting a plan and sticking to it with a timer. It is easy to say that you have to get on Facebook or Twitter to expand your business contacts, but without setting a more precise plan, like getting ten new people to call and then logging off, you may want to start using a simple egg timer to keep you from straying way off into the weeds. A great way to keep focused is to save interesting but unrelated information for later reading with a tool like Evernote or a bookmarks tool or service.

Stay on Task

To organize project with a group of people or just your own life, take a look at **Trello.com**, an online "web board" for placing task cards in lists or categories to shepherd large projects with many different little tasks. Its focus is on group projects, but it could be used for anything that otherwise might require note cards, sticky notes, or big sheets of white paper and multicolored markers. And accounts at **trello.com** are free forever, they say.

Laptop Comparison Chart

Find it at **productchart.com**. Need I say more once you look?

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

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

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



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DAYS GONE BY

Weather Events in Fairview and Buncombe County: Part One

Robert Henry, a Revolutionary soldier, school teacher and attorney, wrote in his diary that in "the summer of 1815 no rain fell from the 8th of July till the 8th of September. Trees died." It has been said that not one drop of rain fell in Buncombe County and Fairview for those two months. Crops were ruined. Hay to feed live stock was almost impossible to find. Many creeks went dry. Henry mentioned that Caney Creek (near Malvern Hills), Tom Moore Creek and Ragsdale Creek all ceased to have any water at all. Robert Henry said it was the driest summer in sixty years, and that the summer of 1836 was the wettest summer in 70 years. The author wrote that the Thursday, Friday and Saturday before Christmas in 1794 were the 3 coldest days anyone in Buncombe County could remember.

John P. Arthur wrote in his *Western North Carolina, A History 1730-1913* that a big snow came in the late 1830's, the snow so deep the deer were almost unable to move; hunters went into the mountains and almost exterminated the deer population. The snow had a hard crust that dogs and men could walk on without breaking through, but the deer's sharp hooves plunged through the crust and left the deer stuck and almost helpless.

A big snow also fell around 1850. The snow was so deep fences and shrubs were

not visible. Arthur wrote "first it blew, then it snowed and then it friz." The snow again had a hard crust that men and dogs could walk on. The deer were trapped in the snow again and were again nearly wiped out by hunters.



The year 1866 brought a record snow to the area. Asheville received three feet of snow, and Fairview received four feet. At the foot of Mine Hole Gap, the roof of Margaret Sales' 1810-1888 house fell in due to the weight of the snow. Here in Fairview people had to take hoes and rakes to drag the snow off their roofs to prevent them from collapsing.

It was two weeks before the ground became visible again. At Samuel W. Davidson's farm on the Swannanoa River, the snow fell so fast and got so deep that a sow and litter of pigs disappeared beneath it. Two weeks later the snow melted enough that it uncovered the pig and her litter, and they were none the worse for their ordeal.

On December 2 and 3 of 1886 a 3-foot-plus snow fell on Buncombe County. It was impossible to travel any distance. R.H. Cole had been elected register of deeds in the November election and J.V. Hunter had been elected treasurer of Buncombe County; both men had defeated incumbents to win their offices. The law stated

that all newly elected officers in Buncombe County had to present their official bonds to the County Commissioners on December 6. Neither man was able to travel to the Buncombe County Court House on December 6 because of the snow. Since Cole did not come in on December 6th, the man he defeated J.H. Patterson, was put in as register of deeds, and J.V. Hunter was also replaced by the man he defeated, J.H. Courtney. I bet that went over big with the voters and the two men who were elected.

The 1880's and 1890's were a very cold period for Buncombe County. This was said to have been the result of a huge volcano eruption in what is now Indonesia. My grandfather, Henry Ingle Sr. (1884-1973) was born and raised on the site of Erwin High School in Leicester. The road to Leicester at that time was Emma Road, which went over Dryman Mountain through Emma to Red Egypt. Red Egypt was the name of the cut that still goes from Emma to the French Broad River. The road did then and still does go under the Smokey Park Bridge to the site of the new beer factory near Smith Bridge. The area was called Red Egypt because so many people were robbed and murdered going through the cut. In the 1880's and 1890's the winters were so cold people riding horses or on wagons would simply go across the river on the ice from mid-December until mid-March, saving over a half mile of travel.

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

Butter My Butt

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

Imperfect

While admitting to your flaws and pointing out no one is perfect, you might say...

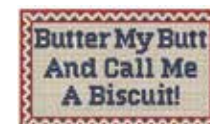
Every dog has a few fleas

Critical

Talking about someone who is always finding fault in others, you might say...

If you blew her a kiss she'd complain you're lazy

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Health Care Insurance vs. Disease Care Insurance vs. Self-Care?

Ed Reilly, DC, Fairview Chiropractic Center



What we typically consider health care in this country is often associated with the notion of health insurance. I have known patients to decide on a risky \$75,000 back surgery instead of a \$500 alternative because “it’s covered by insurance.” However, there is a difference between health insurance and its role in healthcare. It’s my opinion that American healthcare has evolved into a system that emphasizes disease management over health maintenance or improvement. Even though the government is now taking a larger role in health care management, the insurance system is still geared toward disease management instead.

American healthcare has evolved into a system that emphasizes disease management over health maintenance or improvement.

How’s Our System Working?

As part of the Patient Protection and Affordable Care Act, (PPACA), about 7 million people have signed up for insurance through the health exchanges, and another 7-8 million have signed up for Medicaid and the Children’s Health Insurance Program (CHIP). It is a costly system that must be effective to succeed. Judging effectiveness by statistics such as longevity, infant mortality, percentage of GDP and cost per capita shows where effective-

ness needs to be increased. The US is 36th in longevity but first in cost per capita, while many countries with even wider coverage cost significantly less. Further, according to the CDC, the US has the highest infant mortality rates among the 27 wealthiest nations. As our expansion and refinement of the system through the PPACA evolves, I believe it must include changes that will improve on these statistics.

Changing Dynamics?

More people than ever before will now have some kind of insurance, which is an excellent development, but to support this system costs have to be contained. In 2013 our health care system consumed 17% of our Gross Domestic Product, which is a measure of a nation’s economic health. In Japan, by comparison, where everyone has health insurance and life expectancy is 5 years longer, less than 5% of the GDP goes to health care. In my view, these facts point to a need for the government to review and revise



the cost dynamics of the system. Otherwise, physicians, hospitals, nursing homes and providers of all types will be facing dramatic reimbursement and incentive cuts, which may cause them to opt out of Medicare and traditional insurance plans. This would make it more difficult to find a physician, an insurance plan or a nursing home. The financial restructuring of other insurance options such as employer-sponsored plans is also an issue for many families. While opening up the insurance possibilities for many, the new system should not neglect the needs of others.

What Can You Do?

You must take responsibility for your own health — immediately. Exercise, eat healthy and maintain an ideal body

weight. If you have serious health issues, get involved; learn all you can about managing your own health. Minimize medication, find an exercises that you can do safely, avoid processed foods and drink lots of water. Look for health-improvement physicians championing these ideas. One such MD in Hendersonville, Dr. Charles Harpe, has written a book, *Naturvore*, which explains in detail why we need to mix natural health approaches while using traditional medical care where needed. He lives these principles while using his training as an internist and hospitalist to enable patients to transition to healthier lives.

The system being put in place today is huge and complex, and even if the government addresses problems quickly by bipartisan agreement, it will change only slowly.

The system being put in place today is huge and complex, and even if the government addresses problems quickly by bipartisan agreement, it will change only slowly. So for now it’s up to you to be your own health care advocate and take responsibility for your health. It will save you a lot of money, and give you better health in the long run!

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



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TO YOUR HEALTH.....

Taking Care of Your Mental Health

By Julie Bass Ransom, PA-C, MAHEC Family Health Center at Cane Creek

While there are certainly fewer stigmas related to talking about mental health than there used to be, for some in the community this is still a huge struggle. Depression, anxiety, and other conditions can make a person's day difficult if left undiagnosed and untreated. For many people, it takes treating the depression or anxiety for them to actually hold down a job or take care of their diabetes or heart disease. Sometimes there is overlap between depression or anxiety and pain conditions, since one can often worsen the other. Left untreated, many people may turn to increasing use of prescription or illicit drugs for pain, increasing use of dependence-causing benzodiazepines such as Xanax, or alcohol, all of which can lead to additional troubles.

Often the same folks who have trouble affording medicines also have trouble getting transportation to the appointments they need. Fortunately, now many of these medications for mood are available on discounted pharmacy formularies, making them more affordable. The Asheville area has many qualified mental health professionals, and most family practice providers can help with prescription medicines for anxiety and depression. Some also feel comfortable prescribing medications for bipolar, OCD, and other conditions. There are resources available in the area for alcohol and substance abuse too, with some overlap of providers. Smoky Mountain Center can help refer for services for individuals of all ages who have Medicaid or are uninsured. Additionally, some of our

local schools have professional counselors who visit the kids during school hours. School guidance counselors are great resources for students and can also help families decide if additional services and referrals are needed.

When one is feeling down and out, it is easy to feel alone, but all of these service providers are trained in re-achieving your baseline of good health. Call your health provider today if you are having any concerns about your mental health.

Helpful Contacts for Mental Health Services

Smoky Mountain Center – 800 849-6127.

Referrals to a psychiatrist or therapist for mental health, substance abuse, and intellectual/developmental disabilities; for Medicaid or uninsured.

RHA — 828 785-1889. Same day urgent visits for counseling and referral to a psychiatrist.

Mobile Crisis — 888 573-1006

All Souls — 828 259-3369. Sliding scale counseling for uninsured or underinsured.

Neil Dobbins — 828 253-6306. Substance abuse and mental health services.

October Road — 828 350-1300. An outpatient alcohol and drug rehab facility.

ADATC — 828 257-6200. Alcohol and drug rehab services in an inpatient setting in Black Mountain.

MAHEC's Behavioral Health Team - contact your MAHEC provider for a referral.

Individuals with private insurance should contact the number on their insurance card.



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The Link between Low Back & Pelvic Pain

Dr. Elaine Castle, DPT, Western Carolina Physical Therapy

Could your low back pain be the result of sacroiliac joint (SIJ) dysfunction? This type of dysfunction is the chief source of pain in about 10-20% of all people who have low back pain, and one in five Americans will have some form of pelvic dysfunction in their lifetime. It is a problem arising from the imbalance of muscle activation in the pelvic region.

The sacroiliac joint is comprised of two bones: the sacrum and the ilium. The sacrum is comprised of five vertebrae that have fused together, and an ilium sits on either side of the sacrum. The ilium is a part of the pelvic bone. There are about 35 muscles attached to the bones of the sacrum and pelvis, and they can all affect the quality of movement and position of the SI joint.

A dysfunction occurs when one or more of these muscles is either tight, over-active or loose. Usually, if a muscle is tight on one side of the pelvis, the muscles on the opposite side are loose and not providing stability. These imbalances can result in severe pain that presents as low back pain. Two types of common dysfunctions are excessive force closure and reduced force closure. Excessive force closure is a result of increased muscle activity and loading of the pelvic region, usually caused by overuse of bracing or stabilizing muscles. Reduced force closure originates from insufficient muscle forces, causing excessive strain to the involved joints and resulting in motor control defi-

cits. Reduced force closure is usually more common, but can occur in conjunction with excessive force closure.

Treatment for SIJ dysfunction begins with a thorough evaluation of the spine, pelvis, hips and gait (walking) pattern to establish an individualized treatment program for each person. Corrective measures may then include core stabilization exercises, stretching, manual therapy, postural training, mobility training and modalities.

Manual therapy will usually involve the application of muscle energy techniques to promote appropriate contractions of certain muscles to help re-balance the pelvis. As SIJ dysfunction also includes muscles that have been over-worked, stretching and soft tissue manipulation are important to restore balance. Modalities such as ultrasound, electrical stimulation

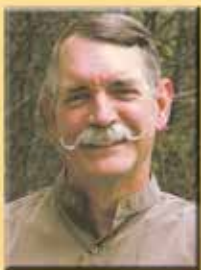
and specialized taping can also be utilized to reduce pain, decrease muscle spasms and restore proper function.

Since SIJ dysfunction can be a source of mild to severe back pain, it is important to have symptoms evaluated and treated by a physical therapist skilled in SIJ dysfunction in order to allow for improvement in pain and functional movement.

To be evaluated by a Doctor of Physical Therapy for low back pain, or any joint or muscle pain, call Western Carolina Physical Therapy at 298-0492 in Reynolds or 669-8643 in Black Mountain.



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Addiction

By Dr. Michael Trayford, Apex Brain Centers



Drugs, cigarettes, alcohol, sex, gambling, food and shopping are just a few of the most common behaviors and substances that people can become addicted to. Why is it that some people never develop addictions while others give up nearly everything (including their lives) because of them? The answer lies in the wiring of the brain.

Addiction is a Disease of the Brain

While the American Psychiatric Association defines addiction as a chronic brain disease that causes compulsive substance abuse, the exact cause of this disease (whether your brain is wired for addiction because of genetics or environment) is still being debated. But one thing is certain — our environment impacts the way our brains work (for better or for worse). How we live has an incredibly powerful influence on the way our genetic tendencies are expressed. More simply put, what you think, consume, and do will determine the severity of your addiction.

Most individuals with addiction also suffer from other disorders including ADHD and OCD. The same brain regions are involved in most of these conditions, including addiction. Whether developmental in nature, related to injury or other circumstance, there is most often measurable compromise in cognitive networks in the brain that deal with

attention, motivation, memory, impulse control, decision making and reasoning.

Neuroplasticity Offers Hope

The tenets of neuroplasticity, the brain's ability to change and grow based on its environment and experience, dictate that we can in fact change function in the key brain regions related to addiction. Add to this the ever-growing body of research on the impact of physical abilities such as balance and eye movements on cognitive function, and we now have a host of methods to address the impact of environmental factors on addiction.

The Brain Training Approach

Brain training is one method of rewiring the brain that offers hope to those suffering from addiction. Neuroplasticity is the core concept that brain training exercises are based upon. Even in the case of addiction, you can change your brain function for the better. What follows are four brain training approaches to rewiring the addicted brain.

1. **Brainwave Regulation:** Delta, Theta, Alpha and Beta are some of the brainwaves that can be measured and trained in individuals with addiction. Through the use of quantitative EEG (qEEG), we are able to map the brain and determine where common patterns of dysfunction seen in addiction exist. Neurofeedback and other modalities, such as transcranial magnetic stimulation, rTMS, are the vehicles through which dysfunctional addictive patterns are broken and

healthier brainwave activity established.

2. **Eye Movement Re-Training:** The eyes are more than a window to the soul. Eye function can reveal a lot about your level of attention, impulse control, and other higher cognitive functions within the brain. Recent research from Tel Aviv University demonstrates how involuntary eye movements are accurate predictors of ADHD, the most common condition that occurs along with addiction. Eye movements can be measured and effectively rehabilitated, leading to improvements in impulse control, attention and ultimately, addictive tendencies.

3. **Vestibular (Balance) Therapies:** Is there a connection between balance and addiction? Absolutely! Over the past half-century or so, the links between our ability to remain balanced and our higher thinking abilities have been well established. A recent paper in *Frontiers in Integrative Neuroscience* explores the connection between the vestibular system (which regulates balance) and cognition. As with many other biomarkers of brain function, balance can be accurately measured with computerized assessment of postural systems (CAPS) testing, and corrected with a number of specific vestibular rehabilitation techniques.

4. **Metabolic Therapies:** Nutrition is often overlooked when it comes to addiction. However, addressing nutritional or metabolic imbalances can be a critical intervention for those suffering from



addiction. Most with addiction have extremely poor dietary habits and their brain fuel is compromised. From malnutrition and dehydration to inflammation and neurotransmitter dysregulation, these problems can be detected and corrected quite easily. Proper nutrition allows for a healthier brain and greater promise for recovery.

By targeting the underlying wiring issues that contribute to addiction, these approaches can increase the effectiveness of more traditional interventions such as cognitive and behavioral therapies and psychotherapy or counseling.

Dr. Michael Trayford is a Board Certified Chiropractic Neurologist and co-founder of APEX Brain Centers in South Asheville. APEX Brain Centers utilizes cutting-edge technology and strategies to optimize brain function. Learn more at ApexBrainCenters.com.

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What's Cookin' at the Fire House

by Sandie Rhodes

No matter where I have lived over my life I have known two things about the local firefighters: 1) They are amazing people who risk their lives daily to help others and 2) they have a strong bond, like a family, and come together at meal time to connect and unwind... and they eat really, really well.

Several times I have run into a group of 3 or 4 of our Fairview firefighters shopping at Food Lion which got me to thinking... *just what's cookin' at the fire house?* And so I scheduled an appointment to find out.

It wasn't hard to get a consensus among the firemen and EMS workers about who was the best cook — hands down it was Jeff Bunn. Others who were known to turn a pretty good spatula were acknowledged as well: Dean Greene, Tony Gowan, Daniel Burcham and Chance Hensley, but this issue we're focusing on Jeff.



Jeff Bunn has been a firefighter for the past 5 years but he has been cooking since he was 9 years old. His specialty was desserts and at 15, torn between being a firefighter like his dad, Herb Bunn, he decided finally he had to pursue cooking.

So a string of restaurant jobs had Jeff climbing the proverbial ladder up the food chain, so to speak. He started as a Fry Cook at TGIF in Orange Park, Florida... worked up to Sauté... Nacho... Salads... Broiler cook... Expediter... Kitchen Manager to Floor Manager in 9 years.

He had an opportunity and went to Jackson Hole, Wyoming and worked under a chef learning how to cook recipes which was different than most of his experience cooking for family. One day, the chef asked Jeff to prepare one of his own recipes and Jeff made his famous (and very complicated) Spinach Dip. Chef was so impressed he added to the menu.

And so it went but life (and success) in the restaurant business is not an easy road

and Jeff knew he had to make a choice — either go to Culinary School so he could get ahead in the food world or go to the Fire Fighters Academy to follow in his father's footsteps. It was a difficult decision but one he says today was "the best decision I have ever made. I love helping people and I love the brotherhood and family we have here."

During our interview, I noticed the counter was loaded with goodies. There were cookies and cupcakes and other homemade food items. Jeff said this was the norm as people in the community, thankful to the firefighters and emergency workers, would stop by often to drop off Food Lion gift cards or baked goods or homemade food as their way of saying "thank you." Jeff mentioned Tylene Carpenter who regularly drops off brownies made with pecans and chocolate Andes mints that are a particular favorite.

These dedicated people work hard — 24 hour shifts — and coming together for a real meal is an important time. All the firefighters pay for their own food and a prepared meal can sit uneaten if the alarm goes off. Pretty much, if there's food on the stove or on the counter, and someone has down time... it's up for grabs. Jeff said, "Any food in the kitch is fair game. If there's a pot or pan on the stove with food left in it, you can be pretty sure there's something wrong with it or it would have been eaten."

But there are those special meals that get everyone's juices going — one of which is "Chef" Bunn's Chicken Alfredo. He graciously shared his recipe with us. Please make yourself a promise before you make it, be sure to take a moment to

thank our firefighters before you chow down on that creamy, delicious, cheesy delectable dish — and let's hope you don't set off your fire alarm!

More next issue!

Chef/Firefighter Jeff Bunn's Chicken Fettucine Alfredo

Ingredients:

Fettucine
Chicken Tenders or Cutlets
Garlic
Salt & Pepper
Pint of Whipping Cream
Parmesan Cheese (fresh grated)
Parmesan Cheese (powder)



Add salt and pepper to chicken breasts. Grill until cooked through but still tender. Add all ingredients to cream and simmer until reduced by 25%. Add powdered cheese to thicken. Drain pasta and place on individual plates or bowls. Add sauce and top with chicken slices.

Serve with Caesar Salad



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Spring Cleaning



I know it is a little early to think about spring cleaning but I always run into the same old issue and wanted to see if you can help.

How deep? I have all this stuff that meant something to me when I put it in that open space in the attic, closet, basement, garage, shelf, box or wherever. It has remained there waiting for that special day when it is needed or wanted or useful again in some way. What if I toss it, give it away, recycle it and then need it or want to show it to some future generation or relative or just want to remind myself of the feelings I once had at a moment in time? I could scan the photos, put the old home movies on some new storage device, get rid of the old toys, give away the old too-small clothes and cull through my boxes with no labels left from a move made long ago. Or I can just open the windows and dust in places I don't usually look and leave it at that. What do you think?

I love the feelings I get from discovering lost memories; I do try to remember that the object initiating the memory is less relevant than the memory itself. I also treasure the feeling I get when I finally am able to let go of what has been and open

myself to having new experiences. I consider both healthy ways to mood-alter.

The issue of clutter and streamlining is a popular subject for the media now. Choosing what to keep and what to let go can be mood-altering. Congratulations on having a journey with snippets of time you want to remember. Congratulations on your consideration of letting go and the potential for creating new experiences and memories. Do you really have to choose one or the other? Can you have both?

Each journey has the potential for altering course and creating new experiences. That is the great thing about being human. The dilemma you may be experiencing is a road sign. Often we are pulled

or pushed away from a particular course because of discomfort. One response to discomfort can be thinking in extremes. "If I let go I will never get it back." "If I keep it I am some kind of hoarder." Most of the time discomfort is simply our autopilot attempting to keep us on a course. Accessing your humanity can help you examine your beliefs and challenge them if needed.

Once you have examined your beliefs about discomfort and possibly challenged some of those extremes, you may be better prepared to address the question, "How deep?" Are you a person who likes to run and jump in the water, let your self in slowly or stay out of the water and just look at it? Willingness, desire and capacity (which may be related to the time you have to devote to the process) determine your answer to "How Deep."

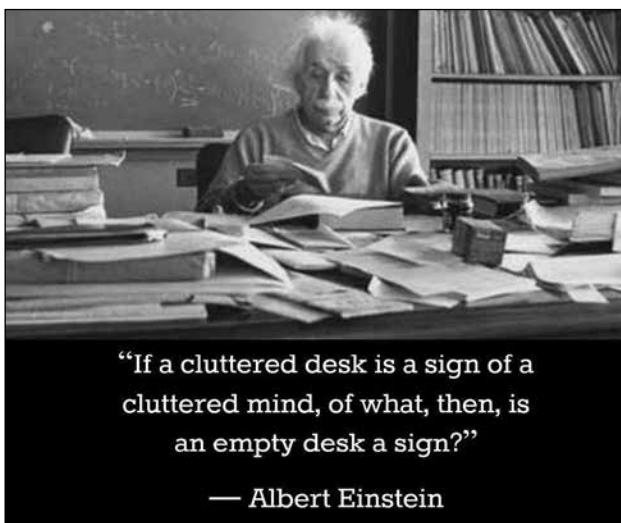
In any case you may want to keep a little journal of this part of your journey. Pulling something out of a closet doesn't mean you have to get rid of it or keep it. By journaling you can track your beliefs, thoughts and feeling about what you find. In this way, even if you get rid of it you retain access to the memories it produced.

If it is a question of value (the Antiques Road Show got many people thinking of this) or usefulness (parents often pass on this one) of an object instead of the memories attached, put a

number in your journal to represent value or usefulness. You determine the cut-off numbers.

There are yard sales for those with the energy, estate sales for the real procrastinators. Places like Goodwill and Habitat ReStore also let you pass on stuff. Letting go, and finding peace in letting go, is an art. If you want to be better at it, practice.

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



"If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?"

— Albert Einstein

Let go and Take It.

A lingering sense of something leaving

The last day of a vacation

Getting the flu

Another season

When the movement of air changes from breeze to the stronger word wind

This is not a day to start

brushing up on carpentry

and gathering two of each animal

Here, I face letting go

Where I notice powers overlooked

when warmer, friendlier days

allowed comfort to be my focus

This day is mine to

contemplate all that is left

To move beyond my feeling of

impending absence to say

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Turning Toward Spring



We had quite a bit of back-and-forth weather in February, which has been our hallmark this winter. March is the month where we start to turn the corner from Winter to Spring.

Sometimes turning that corner involves taking twists and turns in our weather pattern from cold to warm and from dry to wet or even white, but it is a change nevertheless. The main driver of our climate and thus our temperature and rainfall is the amount and intensity of solar radiation we receive. In March those numbers noticeably increase. For example, on March 1st we receive 11 hours and 22 minutes of solar radiation, while on the 31st of the month that number increases to 12 hours and 30 minutes. See the table with the plot for various latitudes; we are closest to 30 degrees North. The increase in solar radiation and length of daylight help drive a rapid increase in our average high and low temperatures, and leading us to begin thinking winter is over.

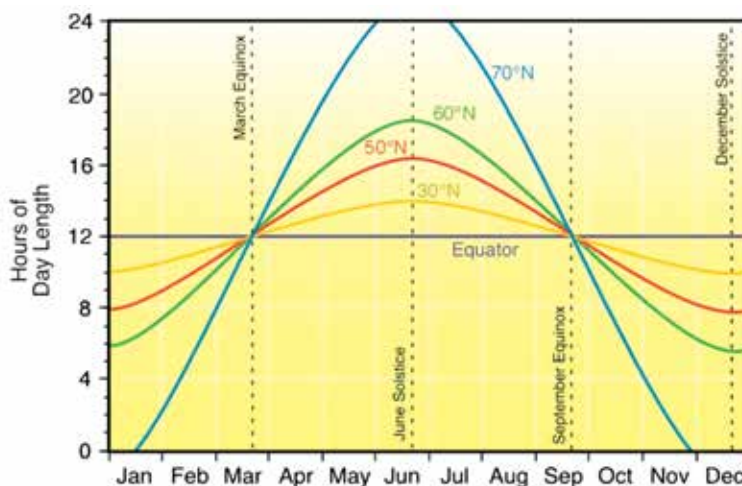
The normal high and low temperatures on March 1st are about 54F for an average high, with the average low about 32F. These averages warm about 8-10 degrees during the month to a high of 63 on the 31st, while the average low checks in at 39 degrees for the same date. However, don't let these numbers fool you. Fairview averages about 4 inches of precipitation for the month, with about 2 inches of snow on average. The last time we had above average snowfall in March was in 2009 when

10-12 inches of snow fell. However, March tends to be either feast or famine in terms of snowfall, and usually one "good" storm can bring us a major dose of snow.

March can be capricious, and for growers of plants and trees it can sometimes set up a scenario for disaster, as it did in 2007. In that year, after a back-and-forth first part of March, spring arrived early. Temperatures generally reached 65-75F by day and 45-55 at night continuously from the 20th or March right through the 4th of April — that's 15 days without freezing temperatures, which caused early bud blooming on all types of plants and trees. Then on April 5th, Arctic air returned to the region and temperatures plummeted to 20 degrees on the 7th, with 2-3 inches of snow and temperatures remaining below the freezing mark continuously for 33 hours. This

Arctic outbreak in concert with the early spring warmth in March was especially devastating because the tender vegetation was just waiting for conditions to change, as they did in April 2007. For a meteorologist and nursery owner like me, this is the worst type of climate/weather pattern one can get in early spring. We had a repeat of these conditions to a much lesser degree in 2012 as well. I will discuss more about late frosts in next month's column.

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 QUESTION

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

FEBRUARY'S ANSWER

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

Groundhog Day is celebrated on February 2. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will persist for six more weeks.

Modern customs of the holiday involve celebrations where early morning festivals are held to watch the groundhog emerging from its burrow. The largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania with Punxsutawney Phil. They have had as many as 40,000 people in attendance at this event.

This year Phil saw his shadow and retreated back into his burrow, predicting six more weeks of winter.

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

Hi! Remember me from Mountain Harvest on 74A at the top of Mine Hole Gap in Fairview? After more than 20 years of helping you choose your flora and fauna, I am now a Real Estate Broker. I love it because I'm doing what I love — helping people! If I can help you determine the value of your home or assist you in finding your special property, give me a call. I'd like to talk with you again!

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School, Sports & Kid Stuff.....

Fairview Elementary Facts and Facets

by Principal Jennifer Reed and Nichole Young

Why choose Fairview Elementary?

Fairview Elementary School serves approximately 700 students in grades K-5. Among Fairview's numerous advantages are the well-trained and nurturing staff, differentiated academic opportunities, instructional technology, enrichment activities and parental involvement.

FES staff agree that all children can learn at high levels and work together to ensure that they do. Teachers work to make sure this happens is through Professional Learning Communities, a weekly scheduled time for teachers to collaborate with their peers on new instructional techniques, analyze student progress and develop intervention plans. Frequent collaboration with special education teachers, arts specialists, a Reading Specialist and a Curriculum Coach gives teachers the tools to reach all students. Teachers also devote time outside of school to various staff development opportunities.

Students are rewarded for their positive behavior through the school-wide Positive Behavior Intervention and Support (PBIS) program...

Students are rewarded for their positive behavior through the school-wide Positive Behavior Intervention and Support (PBIS) program, with its consistent

expectations for students to RISE (Respect, Integrity, Self-Control, Effort) and daily praise for student efforts. Students learn to take responsibility for their actions, reflecting on each choice.

Teachers recognize that each student at Fairview is unique and has a unique learning style.

Teachers recognize that each student at Fairview is unique and has a unique learning style. Daily small group intervention and enrichment focuses on students' specific reading needs. Fairview has an Academically and Intellectually Gifted (AIG) teacher four days a week to provide enrichment classes and extra-curricular opportunities.

Teachers engage students with the use of technology on a daily basis. Each classroom is equipped with a teaching station which has a SMART Board, data projector, document camera and laptop. Students also have access to computer and mobile labs. In each Kindergarten and First Grade classroom there are iPads for small group use. Students create podcasts, conduct research, create multimedia projects, and explore online learning games.

Fairview offers a variety of extra-curricular enrichment activities. Golf squad and the Fairview Flyers Unicycle Team give

physical energy an outlet, while Bricks 4 Kidz, Art Club, Chorus and Spanish classes cater to specific interests. Engineering for Kids and Destination Imagination help children continue their learning after school with the help of distinguished community members. Two strong additions to the Fairview culture are our garden, in which students work throughout the year, and our newly opened Science Lab, allowing students to apply their scientific hypotheses.

Fairview has a rich tradition of community involvement. Last year, we logged 8,631 hours of volunteer service. The fun and praiseworthy happenings of the school are celebrated through monthly newsletters as well as our Facebook page. Parents also have open communication with teachers and accessible administration to ensure that their concerns are heard.

Take a Tour to Learn More

Come check out these qualities and many more and see why you should chose Fairview Elementary School for your child. We will be leading school tours on **March 4, 12 and 18, and on April 8 and 22 from 8:30-9:30 am**. We invite you to come experience FES. Visit our school and teacher websites and school Facebook page for more information at buncombe.k12.nc.us/fes and [Facebook.com/FairviewElementary](https://www.facebook.com/FairviewElementary).

Student of the Month



The *Fairview Town Crier* and AC Reynolds High School are pleased to announce Rebecca Schlottinger as the March Student of the Month.

"Becca is a very hard working and thoughtful student," says nominating teacher Steve Anders. "She undertook golf to help another student who wouldn't have gotten a chance to compete if Becca hadn't said she would be part of the team. She has worked hard and has progressed nicely with her golf game, she had never attempted golf before. She was looking out for the welfare of another student and not herself."

What does Rocket Pride mean to Schlottinger?

"Unconditional support from my peers on the court, in the school and in the world. It also means being someone for others to look up to and rely on."

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867-A CHARLOTTE HIGHWAY IN FAIRVIEW

Kids From Afar Try SMCC's Geotrail

Three separate groups of kids from out of state visited Spring Mountain and Fairview to complete the "Long Ago But Not Far Away" Kids' Historic Geotrail. They earned prize bags, certificates, and geocoins by finding geocaches which highlight several local historic locations. Spring Mountain Community Center sponsors

the kids' adventure series and awards the prizes.

Completing the geotrail takes about a day and is a fun and educational family pastime. Any family interested in this activity may call Spring Mountain Community Center geotrail chairman Ruth Atkins at 628-1625 for more information.



Izzy Pickens and Patrick Lane,
South Carolina



Alex Ward, South Carolina



Brit Dugan, Tennessee

Cane Creek Middle Shines in Mock Trial Competition

Cane Creek Middle School's State Champion Mock Trial Team competed in the Battle of the Carolinas in Pittsboro, NC, February 7 and 8. They were faced with tough competition from the top four teams in South Carolina. The team finished with a score of 2-1, narrowly missing the championship round. Congratulations to this bright and hardworking group.



Fairview Preschool Now Enrolling for Fall

Applications for Fall 2015 are now being accepted at Fairview Preschool. Families are encouraged to visit the preschool between 10-11am on Monday, Wednesday, or Friday. Please call 338-2073 to schedule a visit.



Trinity of Fairview Weekday Kids

Trinity of Fairview offers a very structured curriculum for preschool-age children. Classes are now enrolling for Firecrackers (4- and 5-year-olds), Sparklers (3-year-olds) and Pop-pers (2-year-olds).

Early registration is offered until April 10 for a fee of \$25. An Open House will be held on *Sunday, March 22, 12-2 pm.*

For information about the preschool program, call 628-1188 ext. 208, or email weekdaykids@trinityoffairview.org.



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

Team members are (as pictured): Kenzie Campbell, Jacklyn Allen, Amber Gay, Keaton Dowdy, Amanda Antal, Timothy Dodson, Jayden Mack, Colby Hensley, Addison Thames, Logan Sink, McKenzie Martin, Snezana Spinache, and faculty coach Chuck Palmer.

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A.C. Reynolds Middle School: Building Rockets



If childhood is the tadpole phase of life, middle school is where our kids begin to develop legs and lungs. It can be an awkward and delicate time.

Teachers at AC Reynolds Middle School recognize the challenges and opportunities of the middle school years, and one word sums up their overall approach: relationships. "It's not about them liking you," said Heather Rejzer, eleven-year math teacher at Reynolds Middle and a former student there herself. "It's about them knowing they matter to you." Teachers at Reynolds understand that student success goes beyond academics. "We are dedicated to the whole student," said Rejzer. "When a kid unexpectedly doesn't do well on a math test, I ask, 'What else is happening, and how can I help?'"

Reynolds Middle's small size contributes to this feeling of connection between students and teachers. And the historically low teacher turnover rate allows teachers to develop relationships with entire families. It is one of the two smallest middle schools in the county (Owen Middle is slightly smaller) and is extremely diverse, with 35% minority enrollment and over 58% eligible for free or reduced lunch.

Greg Love, ACRMS Band Director and the "Pied Piper of Middle Schoolers," was also once a student there. He remembers a teacher who changed his own life:

Joyce Brown taught him about mythology and also led his Odyssey of the Mind team, where he met Beth Merlin. "It was the first time I had a teacher I absolutely adored," Love said. "Ms. Brown was like a second mom — she taught me things about what it means to be a person, and guided me down the right path when I was inclined to make bad choices. I still keep up with her." And Love still keeps up with Beth Merlin, as well. She is now Beth Love, his wife and an English teacher at Reynolds High. Their daughter will start sixth grade at Reynolds Middle in the fall.

Dr. Jamie Johnson, Principal of Reynolds Middle, places a particular focus on student behavior. Since she began in 2012, the school has had over 500 fewer student suspension days. School safety indicators are better than the average rates in Buncombe County Schools and across NC. However, Johnson said, "I am most proud of the compassion that we have for our kids. Teachers maintain high expectations for all students, but understand that each student comes to school with unique challenges. They work tirelessly to meet the needs of each individual child."

We can all help these tadpoles make the leap to future success: Reynolds Middle School needs volunteers to mentor and tutor students, proctor tests, coach sports, sponsor clubs, and provide financial donations for school supplies, clothes, field trips, and a new video about the school. Step up! Call 828-298-7484 or visit buncombe.k12.nc.us/acrms.

Asheville Christian Academy Stages "Hello, Dolly!"

Students at Asheville Christian Academy are working hard every day after school and on weekends preparing for their spring production of "Hello Dolly!" Set in turn of the century New York City, Hello Dolly! is the story of a matchmaker who decides to make a match for herself, and features many memorable songs such as "It Only Takes A Moment" and "Put on Your Sunday Clothes" and of course, "Hello Dolly!"



The story will be brought to the ACA stage for five performances in March -- **Wednesday, March 11, 12:30 pm; Thursday, March 12, 7pm; Friday, March 13, 7 pm; and Saturday, March 14, 1 pm and 6 pm.** Tickets are \$15 for adults, \$8 for children 10 and under, and may be purchased by calling Anna Harris at ACA, 828 581-2201 or online at search.seatyourself.biz/webstore.

Asheville Christian Academy is located at 74 Riverwood Road in Swannanoa.

March Public Events Reynolds District

Monday, March 2–Friday, March 6 – FES Read Across America Week: Community members are encouraged to participate in this exciting week of reading by donating books that are new or gently used to help build classroom libraries.

Tuesday, March 3, 7 pm – Reynolds High Spring Choral Concert

Tuesday, March 3, 6 pm – Cane Creek ACRHS Parent Night

Thursday, March 5, 7 pm – Reynolds High Band Concert

Friday, March 6, 1 pm – FES Fairview Flyers Unicycle Team Performance, Southern Conference

Tuesday, March 10, 5:30 pm – Cane Creek Parent Night for feeder schools

Thursday, March 12, 6 pm – Fairview Elementary Second Grade Musical

Thursday, March 12, 6 pm – Cane Creek Band Concert

Thursday, March 12, 6 pm – Cane Creek TCRHS Parent Night

Friday, March 13 – Reynolds Middle Chorus, Biltmore Estate

Thursday, March 26, 8:30 am – Fairview Elementary Boosterthon Fun Run

SPRING BREAK

Monday, March 30–Friday, April 3



Hickory Nut Gap Farm Camp

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Week V July 13-17

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

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

Registration deadline is May 31.

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Baseball contact is Noah Craig
329-2242 | noahcraig65@yahoo.com

Softball contact is Jeff Payne
778-0504 | majorpayne1738@gmail.com

Adult Softball Coming in April
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pressleyracing19@yahoo.com

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Mike Richard, President, Prime Time Solutions, Inc.



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Your bucket would be worth \$219,000. Most policies will pay out a maximum of your daily benefit leaving you with the remainder of the cost. If your costs are less, it will pay for that leaving the difference in your bucket for another day. Your benefits are "triggered" when it is determined that substantial assistance (hands on or standby) with 2 or more ADL's is required for 90 days or longer. Most policies fall under the category of tax-qualified meaning that the benefits received aren't taxable and may have some tax advantages. Recognizing that government can't pay the bill for long-term care, federal and a growing number of state tax codes now offer tax incentives to encourage Americans to take personal responsibility for their future long-term care needs. North Carolina is one of those states. Check with your tax advisor to see if you qualify. Once a person purchases a policy, the language cannot be changed by the insurance company, and the policy usually is guaranteed renewable for life. It can never be canceled by the insurance company for health reasons, but can be canceled for non-payment of premiums.

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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OPEN HOUSE - SUNDAY, MARCH 22nd, 12- 2 PM

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

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Brother Wolf Animal Rescue

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Sugar and Candy

Sugar and her sister, Candy, were surrendered together due to owner illness and should be adopted together. Both of these girls are a joy to be around; they are easy, sweet, loving, cuddly, and get along with dogs and cats, and are friendly with new people. They will use pee pads, but like to go outside to do their business. Candy is slightly more independent, and Sugar asks to be up in your lap the moment you sit down. Contact foster mom at aimee_flynn@yahoo.com for more information



Agatha

Agatha is a gorgeous, petite little kitty with the most unique markings and a skinny little tail. She has a sweet, gentle personality, and is about 1 year old. Stop by the BWAR Adoption Center to meet Agatha today!



Bumble and Jovie

They are best buds and would love a furever home together. Feeding time is always a favorite for these two and they like to express their excitement by "dancing" in a circle. They are one year old. Please contact Lindsey at lindzek22@gmail.com.



BWAR Adoption Events

Saturday, March 14, 3-9 pm: Come out for a fun doggie costume contest at Urban Orchard Cider, 210 Haywood Road in Asheville. Details at bwar.org/events.

Sunday, March 29, 12-4 pm: Mast General Store, Biltmore Avenue in Asheville.

Charlie's Angels Animal Rescue

Call 885-3647 or wncanimalrescue.org

Sonny

Meet Sonny, he is the sweetest cat, loves to be held and cuddled. He enjoys watching the birds outside the cattery at our bird feeder. He is around a year old. If you'd like more information on Sonny, please email us at adopt@wncanimalrescue.org or review our adoption process at wncanimalrescue.org/adoption-process.



Animal Haven of Asheville Call 299-1635 or animalhaven.org

Gingersnap

I am 5 years young, a female, spayed Sheltie mix with a beautiful brindle coat. I love to play with other dogs, am outgoing, walk well on a leash, and am also enrolled in the New Leash on Life program with Badger, my new best friend.



Badger

I am a 7 month-old neutered male All-American mix breed. I am a friendly little guy, good with other dogs, and love car rides. I will be a medium size dog but big on personality. I am currently enrolled in the New Leash on Life program and I love the attention I get there, as well as the new things I learn every day.



Mia

I am a 3-1/2 year-old spayed, female Hound who had been 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.



Leptospirosis

by Dr. Dean Hutsell, DVM, Fairview Animal Hospital

In recent days the new media has reported that human measles, a disease of humans, has resurfaced across the United States. Measles vaccination, once widely practiced as a means of prevention and eradication of the disease in the United States, has decreased. The reasons for not vaccinating vary; reports of eradication of the disease, fear of reactions and personal refusal of preventive vaccination are some of the reasons. Simply put, vaccination for disease prevention is avoided by many. The same applies to our pets and livestock. Vaccines are important to prevent infections that cause continued medical disabilities such as damaged organs or death. There are many vaccines used to prevent disease, and one of those is for prevention of infection and disease caused by Leptospirosis.

Leptospirosis infection in our pet population is a serious threat, and the best way to control infection and the resulting disease is prevention through vaccination. While there is not a vaccine for use in cats, that species can be infected and shed the organism. Leptospirosis infection should be considered when kidney disease is diagnosed in cats.

Leptospirosis is a zoonotic disease, which means it can be transmitted from animals to humans. The mode of transmission can be through a bite wound, but the most common means is via contact with urine voided from an infected animal. The contact can be from food, water, soil and other sources contaminated with infected urine as well. Entrance into the body can be through damaged skin or ingestion of the organism.

It is easy to understand how we could be infected from our pet. *How many times do we clean up after a puppy? Clean a cat's litter box? Work in the flower garden? Lie on the grass in the yard?* There are many ways to be exposed



Wild animals such as raccoons and possums also carry and shed the Leptospira organism.

and infected with Leptospira organisms, both for us and our pets.

Fairview is home to an abundance of wildlife. We get to see a variety of wild animals which we watch, photograph and sometimes feed. Wildlife serve as a reservoir for Leptospira organisms. Our pets are very curious and do smell, lick, drink from puddles, and eat items from the ground that potentially contain shed organisms. Unprotected, the result can be infection.

Infection with Leptospira causes symptoms that can be mild to severe. A mild fever to full blown liver or kidney failure, gastrointestinal bleeding and respiratory issues are all possible, and are symptoms of other medical conditions, as well. While vaccination does not rule out an infection with Leptospira, it is important as your veterinarian works toward diagnosing an illness.

There are valid reasons NOT to vaccinate a pet, but they are few in number. A decrease in vaccination against Leptospira will lead to more pets infected with the organism increasing the risk of infection to people.

Make the right choices for your pet's preventive care by being informed, knowing the risks and then implementing those choices. The results will be healthier pets and people.

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Feeding Those Winter Birds



It's been a strange winter in the bird-feeding world. During the early months of fall people were reporting an almost total lack of birds coming to their feeding stations. Compare that to now in mid-February, when there

never seems to be a lull at the feeders with the constant to-and-froing of hungry birds. The latter has certainly been exaggerated by the invasion of Pine Siskins.

Feeding the birds in the winter can be a very enjoyable and educational pastime. As well as learning more about the birds around you, you are helping the birds survive throughout the colder months of the year when the weather turns cold and natural food and open water become hard to find.

The rules are simple and the rewards are great. For a small outlay of a few dollars, the birds can be attracted right up to the windows and deck of your house, where they can be observed feeding, displaying and protecting their feeding areas.

The main reason that we feed birds is that it is an enjoyable pastime. We like to watch the birds coming to our feeders and it is definitely fun. There is little evidence that feeding birds enhances the wild populations, but bird watchers spend over a billion dollars a year on bird seed alone. Most feeding is done in the winter months, and this is the time of year that finding food can be difficult for many birds. Insects are either dead or dormant, and for a bird, the choices are to stay and search for food or to fly south where food is still abundant. Seeds from



Male Cardinal

trees, shrubs, weeds and grasses provide much of the winter food for the remaining birds, and this food choice makes it easier for us to provide extra sustenance for many species.

Black or oil sunflower seed is by far the most widely eaten seed. This small packet of energy is the favorite food for many species, including chickadees, titmice, nuthatches, grosbeaks and cardinals. The seed coat of the black sunflower seed is thinner than that of the gray, striped sunflower seed, and is easier for small bills to crack. There are, of course, other seeds that are preferred by other birds, and a good selection will ensure that a variety of species will visit your feeder during the winter months.

Mourning Doves prefer cracked corn and millet, as do Rock Pigeons and Northern Bobwhite; American Goldfinches and Pine Siskins prefer the fine seeds of nyjer or thistle, and special feeders can be obtained that prevents spillage of this relatively expensive bird food.

As well as providing seed for seed-eating birds, beef suet is another good winter food for woodpeckers, titmice and chickadees. Commercially produced suet cakes will attract the aforementioned species. Even the normally shy Pileated Woodpecker can be encouraged to approach close to the house with a tempting basket of suet. This is best placed into an animal-proof wire basket and either hung from a tree limb or fastened to the main tree trunk. Also, it is best not to attach the fat directly to the bark as the grease residue may cause insects to damage the tree. Peanut butter inserted into holes drilled in small logs attract the same species, but table scraps such as stale bread and cake may bring in those "unwanted" species like starlings, House Sparrows or even rats.

As well as supplying food for birds, it is important to offer water and shelter. Even during the coldest winter, birds need to drink, and fresh water may bring in birds that do not normally visit bird feeders.

However, during the colder months, the water is likely to freeze over, and a small electrical bird bath heater can be useful in keeping the water open. Again, this can be purchased from a good bird feeding store in your area. Change the water on a regular basis to keep it fresh and scrub periodically with a mild soap solution to prevent algal buildup.

The same maintenance should be used to keep the bird feeders clean. Again, these should be cleaned regularly with soap and water or a mild bleach solution. Rinse them well and allow the feeders to dry before refilling them with seed.

None of this basic maintenance requires a great deal of effort, and the reward can be a pleasure to all of us. As well as just watching the different species that visit the feeding station, we get the chance to have some insight into the often hidden world of bird behavior, and that is a real treat.

Simon Thompson owns and operates Ventures Birding Tours (birdventures.com) and the Asheville Wild Birds Unlimited Store. For more information or if you have birding questions, visit asheville.wbu.com and send him an email.

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Allen Burton & Cool Mountain Realty Team Up

The Allen Burton Team is pleased to announce they are now back in Fairview with Cool Mountain Realty. Allen Helmick was the top-producing Realtor with Prudential Asheville-Fairview Realty for 27 years. When it closed in 2010, Allen and his team (son Burton and wife Valerie) moved to the larger corporate company, Keller Williams Professionals, while still specializing in Fairview properties. After five years, they are looking forward to working with friends at the local Fairview real estate office of Cool Mountain Realty.



Fairview Real Estate Transactions January 2015

Provided by Cool Mountain Realty

Statistic	Jan 2015	YoY	MoM
Total Sold Dollar Volume	\$3,087,990	+ 89.3%	+ 106.2%
Closed Sales	9	+ 50%	+ 50%
Median Sold Price	\$275,000	+ 11.1%	+ 4.3%
Average Sold Price	\$343,110	+ 26.2%	+ 37.5%
Median Days to Contract	61 days	- 30.7%	- 63%
Average Days to Contract	75 days	- 29.3%	- 54.6%
Median Days to Settle	101 days	- 32.2%	- 45.1%
Average Days to Settle	137 days	- 22.6%	- 36.9%
Median Price per Sq Foot	\$113	- 1.7%	+ 4.6%
Avg Sold to Orig List Ratio	93.06%	+ 5.7%	+ 6.5%

FINANCIAL FOCUS

by Stephen Herbert

Look Through This "LENS" In Making Social Security Decisions



Your Social Security benefits can be an important part of your retirement income strategy. But when should you start taking these payments?

You can begin accepting Social Security as early as 62, but your monthly checks will be much smaller than if you wait until your "full retirement age," which will likely be between 66 or 67. And these monthly payments will get even bigger if you wait until age 70, at which point they "max out." So, should you take your Social Security as early as possible and hope that the smaller monthly payments will be justified by the extra years of receiving them, or should you wait until you are older and hope that the bigger checks will be worth the delay?

In weighing this decision, consider the acronym LENS, which stands for Life expectancy, Employment, Need and Spouse. Let's look at each component:

Life expectancy — If your family has a history of longevity, and if you are in excellent health, it may make sense for you to take Social Security later, when your monthly benefits will be higher. You'll also want to consider your spouse's life expectancy.

Employment — If you want to keep working in your "retirement years," be aware that your earnings could affect your Social Security payments. Specifically, if you take Social Security early — that is, before your full retirement age — your benefits will be withheld by \$1 for every \$2 in earned income above a certain amount (\$15,720 in 2015). During the year in which you reach your full retirement age, this withholding changes to \$1 for every \$3 in earnings over the annual limit (\$41,880 in 2015). The withheld amounts could also affect spousal benefits. However, beginning the month you attain your full retirement age, benefits will no longer be withheld based on how much you earn. Also, Social Security will recalculate your ben-

efits at full retirement age to account for the benefits that were withheld. In any case, if you do plan to continue working, and you think you could have significant income, you'll need to understand the effect that earnings will have on your annual benefits.

Need — In deciding when to take Social Security, here's a key question: Do you need the money? If you can support your lifestyle for several years with alternative sources of income (such as a pension) and modest withdrawals from your investments, you may be able to delay Social Security, thereby increasing the size of your monthly payments. Be careful, though, because relying too heavily on your investment portfolio can shorten its own "life expectancy." It's essential that you maintain a reasonable withdrawal rate for your investments throughout your retirement.

Spouse — Your decision of when to take Social Security will affect your spouse's survivor benefit. Surviving spouses can receive their own benefit or 100 percent of their deceased spouse's benefit, whichever is greater. So, if you were to take your Social Security early, when the payments are smaller, your spouse's survivor benefits will also be permanently reduced. If you are older than your spouse, or otherwise expect your spouse to outlive you, it might be a good idea to delay taking Social Security to maximize the survivor benefits.

As you think about when to take Social Security, look at your decision through the LENS described above. It could help clarify your options.

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

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Having lived in Fairview for over 45 years, I have come to realize that maintaining our rural community life is important to everyone, from fifth generation landowner to the newly arrived. We have lost a lot of farmland in those 45 years, and gained a five-lane highway, a grocery store and lots of gas stations.

And yet Fairview still retains a lot of its rural charm. I am proud of the farming community that still thrives in our neighborhood, and proud of the commitment my family and so many neighbors have made to keep the land open and agricultural, and preserved "in perpetuity" with conservation easements. Janice and G.D. Smith are the latest to preserve much of their farm. From the beautiful Ramsey Dairy Farm all the way to Gerton, Fairview offers a photogenic landscape for travelers. Cane Creek has also maintained much of its agriculture, as have other parts of Fairview.

In 2013, WNC consumers spent more than \$170 million on local farm products, a 42% increase over 2012. WNC added farmland, 10,000 acres from 2007 to 2012, while the rest of NC continued to lose agricultural acreage.

I am serving on the Agriculture Committee for the North Carolina House, and I am interested in looking for ways to encourage young, emerging farmers. For years, there have been worries about the aging out of farmers, with the younger generation not often interested in taking over the family land. The average age is now over 58. In just 5 years, from 2002 to 2007, Buncombe County lost 20% of its farmland. Since then, the loss has slowed to only 1%. With the economy picking up, sales of farmland may also start to increase.

But there is something interesting going on in Western North Carolina. Young and innovative farmers are being attracted back to the land, and are supplying more and more of our local produce and meat. Tail-

gate markets are booming and restaurants are driving the "buy local" movement. In 2013, WNC consumers spent more than \$170 million on local farm products, a 42% increase over 2012. WNC added farmland, 10,000 acres from 2007 to 2012, while the rest of NC continued to lose agricultural acreage. I would imagine that this growth has continued up until the present.

In order to continue these successful trends, the NC General Assembly needs to reinstate the Conservation Easement tax credit, which helps to preserve our mountain agricultural heritage and support the rural landscape tourists expect to see when they visit. Along those same lines, the Farmland Trust Fund needs to be generously funded. Moreover, the Present Use Value (PUV) Program needs to be supported. This program gives farmers deferred property taxes on their land; this tax deferment is the most important farmland preservation tool we have.

Finally, farmers have lost their sales tax exemption for inputs and machinery purchases, unless they can prove a \$10,000 annual farm income. This last issue should be revisited, since it has hit our smaller mountain farms very hard.

The rural caucus, of which I am a member, met with Secretary of Agriculture Troxler, who went through his list of North Carolina concerns. The worry about pollinators — honeybees, butterflies, native bees and wasps, and birds — is high on the radar. "At a time when habitat loss, disease and environmental changes have contributed to the decline of pollinators, especially bees, the N.C. Department of Agriculture and Consumer Services is working on several fronts to bolster their numbers. Efforts include expanding and protecting habitats on the farm and educating people on ways to protect pollinators." Honeybee colony decline has been well publicized, and a complicated understanding is emerging that includes pesticides (neonicotinoids are the latest identified culprits) and diseases. Here in Fairview, we have many devoted beekeepers who have struggled through much adversity. All of us need to learn how to be bee friendly.

On another local note, I want to congratulate Chase

Hubbard, the farm manager at Warren Wilson College, for being named the number one college farm in the USA. He has inspired many of his young farmers to pursue agriculture here in the mountains. They are entrepreneurial, concerned about the environment, and willing to work hard. Warren Wilson makes every effort to integrate academic research and farming techniques in a way that creates a lot of innovation. What a great resource for our county and region.

Communities like Fairview benefit in many ways from the retention of our farms; let's not take them for granted. Thank you for being customers to our local farmers.

In conclusion, agriculture is a tough business, but after years of decline there are rays of hope. Rural North Carolina in general continues to lag behind the urban areas of the state economically, and yet agricultural products create \$77 billion of wealth in our state.

Communities like Fairview benefit in many ways from the retention of our farms; let's not take them for granted. Thank you for being customers to our local farmers. When you spend your money in Fairview and Buncombe County, you support your neighboring families and strengthen the preservation of our rural heritage.

John Ager's Contact:

North Carolina House of Representatives

16 West Jones Street, Room 1004,

Raleigh NC 27601-1096

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

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Abiding Savior Lutheran

The following Easter season worship events are scheduled at Abiding Savior Lutheran Church, 801 Charlotte Highway in Fairview.

Sunday, March 29, 11 am: Palm Sunday Worship — Blessings of the Palms and Holy Communion.

Thursday, April 2, 7 pm: Maundy Thursday — Remembering Jesus' Last Supper.

Friday, April 3, 7 pm: Good Friday — The Seven Last Words of Christ.

Easter Sunday, April 5 — Easter Breakfast, 9:45 am; Easter Worship, 11 am.

Cane Creek Missionary Baptist

All are invited to come celebrate the resurrection of Our Lord at Cane Creek Missionary Baptist Church located on Highway 74 in Fairview.

Easter Sunday, April 5 — Sunrise Service, 7 am, with breakfast to follow; and Worship Service, 11 am. Pastor Jon Coffey officiating.

Revival

The Cane Creek Missionary Baptist Church is holding a revival **Sunday, March 22, 6 pm and Monday to Friday, March 23-27, 7 pm** with Evangelist Davy Shelton.

Fourth Sunday Supper at Fairview Sharon Methodist

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, March 22, beginning at 4 pm**. The meal is free of charge.

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

Church-wide YARD SALE

at Trinity of Fairview Baptist

The senior class at Trinity of Fairview Baptist Church will host a Giant Church-wide Yard Sale in the Family Life Center on Saturday, March 21, 7 am-12 noon. This annual fundraiser will help send our high school students to Big-Stuf Camp in Panama City, Florida this summer. Items will include clothes for all ages, furniture, sports equipment, toys, bed linens, antiques, electronics, games, shoes, stuffed animals, houseware supplies, seasonal items and much more. Trinity of Fairview is located at 646 Concord Road in Fletcher (off Emmas Grove Road, Cane Creek Road and Mills Gap Road). There will be plenty of things to choose from, and community support is greatly appreciated.

Diapers for Haiti

Diapers for Haiti, a local Fairview group organized to provide diapers and accessories for Haitian infants in need, is collecting diaper kits to send to organizations such as Children of the Promise, which ministers to sick and malnourished children in Haiti.

The Diaper Kit Challenge invites everyone to donate a kit — or many! — containing two waterproof diaper covers, twelve flat diapers and eight cloth wipes in a carry-all bag. Items in the kit can be upcycled, recycled, or new. Member Nichole Gibson suggests, "Get your friends & family involved and host a little diaper kit party where you live." See Facebook.com/DiapersForHaiti.

The collection for the Diaper Kit Challenge is ongoing. Donations may be sent to Nichole Gibson, PO Box 323, Fairview, NC 28730, or drop off at 351 Village Road in Fairview. Contact Nichole to arrange local pickup or dropoff at your convenience, 776-7029.

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

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Two Days, Two Mardi Gras

Story and photographs by Lynn Stanley

Downtown New Orleans

Whether or not they've ever been to New Orleans, almost everybody knows what Mardi Gras is about: outrageous costumes, spectacular floats, unusual behavior of all kinds, fabulous food, and millions of shiny plastic necklaces raining down from floats and balconies to bead-crazed crowds below.

And it's wonderful fun — loud, tacky, uninhibited fun, but the best part is often

the discovery of a place or a moment that isn't so much Mardi Gras as it is pure New Orleans. My former New Orleanian friend Ann and I loved the crazy costumes and the begging for beads ("It's not about the beads... it's about the chase" as Ann puts it so well), but we agreed that three of the high points of this trip were early-morning Eggs Sardou at a small café, watching the limos disgorge VIPs across the street

at Antoine's; the hour we spent in a small bar listening to a classic jazz singer; and the quiet elegance of a custom perfume shop that looked as if it belonged in 19th century Paris.

The fourth high point occurred the next day, a few miles and a world away, at a very different Mardi Gras in suburban Metairie.



Street Band, Piano Man ... they're Mardi Gras regulars; but Jenavieve the jazz singer and trumpet artist outshone them all, in a little jazz bar called 21st Amendment, where the music just keeps flowing, Mardi Gras or no.



All kinds of strange and alien creatures may be seen on the balconies of the French Quarter at Mardi Gras ... and they're all throwing beads!



Metairie

The community of Metairie, the first established suburb of New Orleans, dates back to the 1700s and the French settlement of Louisiana. Spread along the south shore of Lake Ponchartrain, it's large and diverse, but still retains a residential and family-oriented flavor. The two Metairie Mardi Gras parades wind through streets lined with homes, and families bring out the Frisbees and grills and lawn chairs to their front yards to watch. Beads are handed, not tossed, and the atmosphere is more congenial than frantic. Each Mardi Gras had its own sense of joy, and seeing both made each seem that much more special.



Band flag bearers and ROTC squad members walk for miles to show their spirit.



Fancy floats, beautiful girls, guys at the grill ... and always, beads! In Metairie's Mardi Gras, high school bands and ROTC squads march proud and loud, and the horses will pause a while to be petted. No matter what the weather, the whole family comes out to celebrate.



THE WELCOME TABLE

The Welcome Table Goes Global

Round the World Recipes

"This year, my New Year's 'resolution' for the Fairview Welcome Table was to branch out and explore some cuisines/cultures that don't typically spring to my mind when I am thinking about the weekly menu," writes Barbara Trombore.

The Table's chefs "visited" Eastern Europe in January, and everyone seemed to love the food and asked for recipes. And later they took diners on a ride to Marakesh. "Truth to tell," Barbara adds, "I was a bit apprehensive when planning the menu but, once again, everyone was very open to trying out these new flavors and asked for recipes."

The Welcome Table community can hardly wait to travel together to the next culinary country.

Winter Weather Reminder

If Buncombe County Schools are closed (not delayed) on Wednesday OR Thursday due to inclement weather, then the Welcome Table will not be open.

See you all on Thursdays!

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

The Welcome Table is thankful for any and all financial donations. They have no paid employees; all are volunteers, all committed to our community, and are a 501 (c) 3 nonprofit organization. The address is: Fairview Welcome Table, PO Box 456, Fairview, NC 28730. Volunteers are also welcomed with thanks.

Fresh Cabbage Shchi*

Serves 4-6

- 1 small turnip, cut into matchstick size pieces
- 2 carrots, cut into matchstick size pieces
- 3 TBSP butter
- 1 large onion, sliced
- 2 celery sticks, sliced
- 1 white cabbage, shredded
- 5 cups beef stock
- 1 sharp eating apple, cored, peeled and chopped
- 2 bay leaves
- 1 tsp. chopped fresh dill
- 2 tsp. lemon juice
- Salt and Pepper to taste

Melt the butter in a large cast iron skillet. Cook the turnip, carrot, onion and celery in the butter for 10 minutes. Add the shredded cabbage, beef stock, apple, bay leaves and dill...bring to a boil. Cover and simmer for 40 minutes or until the vegetables are tender. Remove the bay leaves, stir in the lemon juice and season with plenty of salt and pepper.

***A Russian word for their traditional cabbage soup, pronounced "she" — and delicious any way you say it!**

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

BUSINESS NEWS

Dr. Ed Reilly Presents Donations

Dr. Ed Reilly, owner of Fairview Chiropractic Clinic, recently presented a check to Mark Robertson of Asheville Buncombe Community Christian Ministry for \$550 and to Susan Sides, Executive Director of The Lord's Acre, for \$700.

Dr. Reilly and his patients and staff con-

tribute to a number of Asheville-area nonprofits throughout the year by agreeing to donate a portion of certain types of exam fees. Dr. Reilly encourages this practice to benefit the community, but he also hopes to inspire other area businesses to do the same.



Get Organized! with Help from My Vision

Help is on the way for organizing homes and small businesses, packing/unpacking, new home setup, estate sales, staging and small events. My Vision Organizing, owned by Molly

Butcher, has opened in Fairview. She also works with realtors to help older clients downsize into smaller homes or condos.

"What makes me unique," says Molly, "is that I am also a power seller on Ebay and I have added that to my organizing business. I help clients determine what stays, what's donated and what I can help them sell."

My Vision Organizing will soon have a website; everyone is invited to visit the business's Facebook page, and Molly can be contacted at clairenmaddy@aol.com.



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Welcome New Members

- *Jim Donaldson, Financially Complete*
- *Jennifer & Mark Schneider, Brewskies*
- *Erin Chapman, Hummingbird Insurance*

February Member Meeting

The January meeting was at the Fairview Fire Department. After the business meeting, Chief Scott Jones gave a brief presentation providing a good deal of interesting facts about the fire department's history. A lot of new faces were there. Dr. Reilly, Fairview Chiro-



practic Center, brought a table full of excellent office supplies, equipment, etc. and offered it to anyone who could use things. It started a trend so we will continue this at our monthly meetings.

March Member Meeting

We will be meeting on March 10, 6 pm at Long Time Sun Yoga and Wellness Center, 1611 Charlotte Highway across from the Fair-

view Fire Department. Come see the transformation of the former Willow Wisp Farm Art Studio and learn a bit about the new yoga studio. Owner Bob Bauer is in full swing with classes to improve your sense of well-being. Please bring a snack to share during networking at 7 pm, but no alcohol is allowed in the studio. And, please remove your shoes before entering the center. Also, if you have any office "things" or supplies you are no longer using, please bring them for others who might need them. It's our little way of recycling, reusing and repurposing.

FBA Website Slide Show

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

Facebook Page

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

Interested in joining the Fairview Business Association?

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

FBA, PO Box 2251, Fairview, NC 28730. You can also join at the Town Crier office, 1185F Charlotte Hwy, M-F, 1-5 pm.

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

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First Citizens Bank 628-1534
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Aqua Pump Services 450-3900
Balken Roofing 628-0390
Cane Creek Concrete 230-3022
Control Specialties 628-4323
Deck Doctor, The 231-5883
Sugar Hollow Solar 776-9161

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Progressive Profit 628-9021

Cleaning Services

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Rainbow International 333-6996
Steam Master Carpet &
Upholstery Cleaners 628-9495
Two Amazing Ladies 919 427-2706

Computer Services

Scobie.Net 628-2354
MacWorks 777-8639

Contractors/Builders

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

Eyecare Center

Visual Eyes Optometric 628-6700

Education/Instruction

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

Equipment Rental & Repair Services

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

Firelogs – Renewable

Mountain Vapure Renewables 702-8961

Fitness/Exercise

Karakido Martial Arts 712-1288

Home Inspections

Mountain Home Inspections 713-9071

House Rentals – Short Term/Vacation

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

Jewelry Making

Beads and Beyond 222-2189

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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

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of Cane Creek 628-8250
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Riskin, Ted LCSW 338-5020
Skyland Family Rehab Center 277-5763
Western Carolina Physical Therapy 298-0492

Monuments

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Music Bookings

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Newspaper

Fairview Town Crier 628-2211

Non-profits

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Food for Fairview 628-4322
The Lord's Acre Hunger Garden 628-3688

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Fairview Kennels 628-1997
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Pharmacy

Americare Pharmacy 628-3121

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

Property Management/Pet Sitting

Kilgore Property & Pet 989-4274
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Mountain View Healing Hands 628-1539
My Healing Cottage 713-9576
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Two Stellar Conferences in March, Right in Our Own Back Yard

22nd Annual Organic Growers School Spring Conference

For healthy eaters, home growers and farmers, the Spring Conference offers practical, regionally-appropriate workshops on organic growing, permaculture, homesteading, urban farming and rural living — plus a trade show, seed exchange, silent auction, children's program, and pre-conference, on-farm events.

More than 70 sessions will be held per day in themed tracks including Gardening, Soils, Livestock, Herbs, Alternative Energy, Sustainable Forestry, Homesteading, Cooking and Poultry.

The conference will take place **Saturday and Sunday, March 7-8, 9 am-5:30 pm** with pre-conference events on March 6. There will be a keynote speaker on Saturday night.

The event will be held at UNCA. The cost is \$60 for Saturday, \$55 for Sunday and \$115 for both days. Registration may be done online at The Organic Grower's School website, organicgrowersschool.org/



The 2015 WNC

Come to the Table Conference

Come to the Table events bring together members of our all-faith communities with farmers, gardeners, farm workers, educators, health professionals and community organizations, to find ways to relieve hunger and support local agriculture.

The event will be held on **Thursday, March 19, 8 am-4 pm** at Southwestern Community College, 447 College Drive in Sylva.

The theme this year will be "Head, Heart and Hands," with workshops that speak to each of those elements. In addition to demonstration tables on canning, proper use of garden tools, using EBT, and cooking, PLUS the YMCA Food Bus and the Ujamaa Freedom Market Vehicle, there will be workshops on Rescuing Food, Advice for Starting Gardens That Give Away Food, Beyond Hunger Relief, Different Faces of Hunger and Transforming Food Spaces. Rob Brooks will be the keynote speaker. The Lord's Acre speakers will be featured guests.

The cost to attend is \$20; register online at the Come to the Table website, rafiusa.org/ctt/.

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



Diana, Susan and Adam teaching at the 2014 Come to the Table conference



At the Organic Growers' Conference 2014

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Wild Abundance Earth Skills School

Wild Abundance announces the curriculum for its Essentials Program. The 160-hour course consists of one 3-day weekend per month from March to November and explores the fundamentals of eco-homesteading.

Students begin with knife skills, garden planning, and seed starting, then fire-by-friction, foraging edible and medicinal wild plants, harvesting timber with horse power and tours of local homesteads to discover natural building techniques.

In the fall, subjects include food preservation, seed saving, basket weaving, ethical slaughtering and bone tool making.

The classes are designed to appeal to a wide range of people and fit into a full-time work or school schedule. The 2015 Program begins on **March 28**. For information/to register, wildabundance.net.

Garden Club Hosts Discussion of Forests

In the face of environmental threats, including climate, pests and invasive plants, how will our national forests survive? These and other important topics will be discussed by a three-person panel on **Friday, March 13, 10 am**, at Trinity Episcopal Church in downtown Asheville. The three experts, Lisa Jennings (U.S. Forest Service in NC), Sarah Workman (U.S. Forest Service Southern Research Center), and Josh Kelly (Mountain True, formerly WNC Alliance), will share what some of the climate, human, and other threats are to our forests today, and will explain efforts to control or eliminate these threats. A question and discussion period will follow.

Jack in the Pulpit



The earliest signs of spring are here, and even though it was 17 degrees outside at dawn, it warmed up to 60 and the first daffodils are now emerging, a few of them even in bud. Later in the

out good nutrients, it turns into a female but can later in life become a male again.

After the leaves die back, one finds the brilliant red berries on the forest floor. There are many ornamental varieties of this genus for sale, some with dramatic and exotic white- or purple-striped giant spathes and some varieties that are grown mostly for their showy red ornamental berries in autumn.



Jack by Georgia O'Keeffe

Jack in the Pulpits are also classified as poisonous plants, since they contain calcium oxalate crystals in the plant, berries and especially the roots. My mentor said that eating improperly prepared Jack in the Pulpit felt as if he had ingested a "teaspoon of shattered glass" that burned and stuck needles into his throat and tongue. As a result of this information, I decided early on to take his word and

forget about the numerous references to its "edibility." In reality there are many books describing how the Native Americans discovered that boiling the roots was not a solution, but that drying them thoroughly for 6 months apparently yielded an edible root that could be ground and used as a mild cocoa-like flour in breads. The rootstocks are quite toxic raw and although they may not kill you, many references predict that you will wish for death. Some tribes apparently chopped the poisonous rootstocks, mixed them with meat and left them out for their enemies to find. Since you can't tell

you're being poisoned until the reaction takes place, an unknowing enemy might initially consider them a tasty treat.

So in my opinion, it's a great plant to admire for its unique beauty but best to skip putting in the pantry or on the dinner table.

Jack in the Pulpits do have an interesting medicinal history. Over the centuries, tinctures were made for eye aches and also used to treat rheumatism, bronchitis and snakebites. A powder made from the roots in cold water was used to delay conception, and also used in stronger doses mixed with hot water to induce permanent sterility. Some tribes used a form of the ground powder applied to the temples to cure headaches. Additional references cite the making of a poultice for pain relief and a range of skin disorders like ringworm. Other than selective humans — myself not included — turkeys and wood thrushes eat the berries without harm. Indians used the berries to extract a red dye, while the early settlers made starch from the roots to starch their clothes.

Jack in the Pulpit is a magical native wildflower that can often be found growing

among stands of trillium and bloodroot in our diverse, mountain wildflower habitats. These unique flowers are worth learning as they are beautiful examples of the complex, amazing and diverse canvas of creativity and beauty that nature bestows upon us all.

morning I saw flocks of robins in the horse pasture next door, and the red-tail hawks have been much more visible, circling and calling in their lovely high-pitched piercing cry, announcing to the world that they are here and rulers of the sky and wind. Winter is still here, but one can feel the faint but growing pulse of spring slowly pushing forth into the world and inside our hearts. The mountains will soon come alive with abundant new growth.

No matter how many seasons of my life pass by, I am always in awe; I always seem to experience spring as if it were my first. I seem to be in the minority in that I love snow and require winter as a time of rest and renewal, but once I taste Spring, it is like a switch flips and I am no longer interested in cold, ice and snow.

A favorite spring wildflower, Jack in the Pulpit (*Arisaema triphyllum*) is still dormant except for the faded seedpods one might still find on a hike. Throughout fall and winter, I often come upon clusters of brilliant red berries attached to a flopping dried and withered stalk, and realize these are the seedpods of Jack in the Pulpit.

Jack in the Pulpit is a native wildflower which is fairly common in the mountains; it loves rich, moist deciduous hardwood forests and floodplains, although it can tolerate dry conditions as well. I grow a few of them on our property, as they are fairly easy to propagate from seed and transplant well as they grow from a corm, which is a small onion-shaped bulbous root. I like some of its common names such as Parson in the Pulpit, Dragon Turnip, Priest's Pintle, Lords and Ladies and American Wake Robin.

These plants are easy to identify. In spring they send up an arrow-like plant stalk from the decaying leaf mulch forest floor and emerge as three large leaves with one or two stems. The species name "triphyllum" refers to the three characteristic leaves. Mature specimens range in height from 1-2 feet. The flower itself is dramatic and so unusual that I find it stunning when in April or May a spathe appears from a single leaf, varying in color from all green to my favorite green and dark purple stripes. Inside the sheath is a spadex shaped like a skinny finger.

Jack in the Pulpits are long lived and can reach a hundred years in age. Also interesting is that they could really be called "Jack or Jill in the Pulpit" since the plant can change sexes; beginning as a male, after a few years, if it is growing in poor soil with-



Jack in the Pulpit berries

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Cedar Ridge Animal Hospital		Steam Master Carpet	
and Equine Services.....	575-2430	& Upholstery Clean.....	628-9495
Charlie's Angels Animal Res .	606-4335	Strom, Cynthia A., PA Atty.....	296-7550
Child Care Network.....	628-9243	Sugar Hollow Solar	776-9161
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McCrary Stone	649-2008		



SPRING MOUNTAIN

807 Old Fort Road in Fairview

Community Litter Sweep — *Saturday, March 21, 10 am - 12 pm.* Lunch and materials provided. Leave a message for Ruth at 628-1625.

Bunny Brunch and Easter Egg Hunt — *Saturday, March 28, 9 am -12 noon.* Kids, bring your Easter egg baskets!

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

4-H Club — *Thursday, March 12, 6:30 pm.* Students from age 5 to 18, along with a parent or supporting adult, will meet in the Lower Level of the community building. For more info, please call Mary Ann Auer at 712-6857. Unless posted otherwise, meetings will be the second Thursday of each month at 6:30 pm.

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

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

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

For information, contact Mary Ann Auer, President, 628-1364. To post items in this column, call Ruth Atkins, 628-1625.

TO RENT THE SMCC

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

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

FAIRVIEW

1357 Charlotte Highway in Fairview

Brother Wolf Wrestling Event — *Saturday, March 7, 2 pm*

SWA Pro Wrestling — *Saturday, March 21, 1:30 and 2 pm.*

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

UPPER HICKORY NUT GORGE

Highway 74A in Gerton

Community Covered Dish — *Tuesday, March 17, 6:30 pm.* Program: "Forging from the Soul." Award-winning Artist Blacksmith and psychotherapist Dave MacDonald will discuss how he intertwines his passion for the healing arts with his love of forging metal.

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

JUST PERSONAL

Goodbye Doc (aka Clitus)

We answered an ad in the newspaper for a "free Beagle dog." The dog, "Clitus," belonged to a lady in the Sugar Hill Road area of Fairview who had gone into Flesher's Nursing Home. Her friends were trying to find homes for one dog and several cats.

That Sunday in early November 2007, we met Clitus. He was a red and white colored Beagle, about 30 pounds, with a sweet face. We agreed to take him home with us to live in Fairview Forest off Old Fort Road, and so started a 7-year adventure.

We changed his name to "Doc" to reflect his two-sided personality — Dr. Jekyll and Mr. Hyde — but as he mellowed, "Doc" came to mean Doctor, who makes us go out every day for walks and good health.

Doc was slow to adjust to his new home and family and did not bestow his friendship easily, but with time he came to enjoy his comforts, his own bed in the bedroom with soft covers put on him on cold nights, being brushed, the joy of dog toys old and new, and walks. He even went to Obedience School and graduated.

We grew to love Doc over the 7 years he lived with us, even with his cantankerous ways, as his vet Dr. Leigh Ann Hamon of Cane Creek Animal Clinic called them.

Doc started having heart problems in December 2013. With medicine and CPR, he lived until December 20, 2014, when he died of natural causes at his home in Fairview Forest. We believe he was about 14-15 years old.

One of my best memories of Doc was during the last 3 months of his life. I was recovering from cancer surgery and could not lay down flat, but napped sitting up on the couch. Doc would come and lay his old head on my feet and nap with me.

We love him and miss him terribly. Good Bye Doc.

— Vicky and Tarlton Roberts



Paul Purdue Named to Governor's Executive Mansion Arts Board

Congratulations to Paul Purdue, who was recently appointed by Governor Pat McCrory to the North Carolina Executive Mansion Fine Arts Committee for a three-year term. Completed in 1891, the North Carolina Executive Mansion is not only home to the Governor, but is also known as the "People's House" and is used as a meeting space, historic site and event location.



The Executive Mansion hosts thousands of visitors each year; the mansion is filled with many pieces of fine art and antiques, which require constant care and attention so that they may be enjoyed for many years to come. Paul was sought out for the position because of his vast knowledge of art and antique valuation and restoration; he is the only board member from the Western part of the state.

Paul said, "I just recently celebrated my tenth anniversary as a US citizen, having emigrated here from Ireland in 1998. I am so proud to be able to serve the State of North Carolina in my new position and I look forward to doing all I can to help preserve the historical art and antiques that are such an integral part of the North Carolina Executive Mansion."

Paul owns Tyrconnell Enterprises, specializing in restoring and building fine furniture and clocks. His workshop and studio are at his home in Garren Creek.

ON THE ROAD

Tokyo, Japan

Brett Allegra checks out the *Fairview Town Crier* in front of the Tokyo Dome in Tokyo, Japan, on January 4 of this year. He traveled there to watch his brother, Chad, wrestle at the Tokyo Dome with New Japan Pro Wrestling as Karl "Machine Gun" Anderson.

Brett was thrilled to get to see his brother wrestle live and spend some time with him in Tokyo. Brett graduated from AC Reynolds High School in 2001 and lives in Fairview with his wife, Hannah, and two sons, Jordan and Graham.



CLASSIFIED ADS

YARD SALE

Church-wide Yard Sale, Saturday, March 21, 7 am–12 noon at Trinity of Fairview Baptist Church in the Family Life Center, 646 Concord Road in Fletcher (off Emmas Grove Road, Cane Creek Road and Mills Gap Road). Items include clothing for all ages, furniture, sports equipment, toys, bed linens, antiques, electronics, games, shoes, stuffed animals, houseware supplies, seasonal items and much more.

FOR SALE

FOR SALE – 32" FLAT SCREEN HD TV. Excellent condition, great picture. \$75.00 628-4423.

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

FREE

FREE – "BUCK" WOOD STOVE FIREPLACE INSERT fits 33" wide opening. Call if interested and make sure we still have it. 628-7875

SERVICES FOR HIRE

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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.

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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.

Attn: Retirees! HOME AID, LAUNDRY, LIGHT HOUSEKEEPING, CHORES, DR. APPTS., ERRANDS, ETC. Insured, 24 hr schedule, excellent references, reasonable rates. Call Ellen, 628-0189

HOUSE CLEANING

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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.

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GENTLE, NO-FORCE DOG TRAINING in the comfort of your own home. A simple four-week course (only 5 minutes a day!) will effectively remove your dog from the center-of-attention role and create the calmest, best-behaved pet you can imagine! No more frustrated digging, chewing, biting, barking, running away, messing the house! Guaranteed training. Call 512-567-3786

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

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.

WELLNESS CLASSES

SPIRITUAL WORKSHOP & EVENTS SPACE, ROOM RENTALS, HOLISTIC HEALING, INTUITIVE READINGS. Check Our Website for a current listing for upcoming events. Free Lending Library Now Open. The Blue Mandala 1359 Cane Creek Road Fletcher, NC 28732 828-275-2755 www.theblue-mandala.com

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WELLNESS CLASSES

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

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

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Subscriptions

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

Submissions/Announcements/Events/Stories

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

Editorial Policy

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

Letters of 400 words or less may be submitted. All letters may be edited and will print as space allows. No letters will be published anonymously. We will not print letters that endorse or condemn a specific business or individual, contain profanity or are clearly fraudulent. Views expressed do not represent those of The Fairview Town Crier. Include name, address and phone. Email letters to editor@fairviewtowncrier.com or mail to: Fairview Town Crier, PO Box 1862, Fairview, NC 28730.



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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
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BLACK MOUNTAIN: Super views of Mt. Mitchell. Great timber framed house on 3.71 acres with beautiful kitchen, huge green-house, lots of outdoor living space, 1400 sq ft gar, private, MT. 98576224, \$350,000



FAIRVIEW: Spacious 4 BR, 3.5 bath home, office, den, adit room in back, HOME WARRANTY, car porch, 2 car gar on main & garage built, gorgeous, .85 acre lot (adit lot available), MT. 98576224, \$279,000



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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, MT. 98576282, \$255,000



OLD FORT! 1.68 gorgeous, flat acres 4 BR, 2 bath remodeled home, huge covered front porch, large MBR, \$10,475 down payment, APRIL 23rd, 476282, MT. 98576742, \$205,000



REYNOLDS HIGH DISTRICT! Nice 4 BR 2 bath home, open living/dining area, HOME WARRANTY, quiet neighbor, covered porch, near downtown and Blue Ridge Pkwy, MT. 98576326, \$189,900



EAST! Great 3 BR manufactured home on beautiful level .85 acre, HOME WARRANTY, newer roof, heat pump, turn-out windows, possible additional home site, MT. 98576324, \$144,000



SWANNAPOA! 2 BR with huge family room, beautiful lot w/ private back yard, HOME WARRANTY, no maintenance vinyl siding, house approved for USDA financing, MT. 98576326, \$129,900



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Tami Fox-Sales



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Elizabeth Mims
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Ashley Nelson
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Advertising Coordinator



Victoria Vecchia
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Noble Rd.....	Pending in 27 days	Hanover Rd.....	Pending in 13 days
Cameita Lane.....	Pending in 27 days	Pisgah View Rd.....	Pending in 21 days
Lakewood Dr.....	Pending in 7 days	Elk Mountain Rd.....	Pending in 8 days
Weldon Way.....	Pending in 24 days	Blacklock Ave.....	Pending in 35 days
Richmond Ave.....	Pending in 3 days	Beech Spring Dr.....	Pending in 5 days
Mitchell Ave.....	Pending in 2 days	Lynwood Ave.....	Pending in 6 days
Max Street.....	Pending in 7 days	Meadowbrook Ave.....	Pending in 5 days