



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • NOVEMBER 2015 • VOL. 19, No. 11 • FAIRVIEW, NC

In This Issue



A walk through Paris. See page 19



Sara Fletcher with a Monarch-to-be. See page 28



12th Annual Fairview Craft and Gift Sale

Saturday, November 14, 9 am–3 pm

Great handcrafted gifts made by local artists are waiting for the holiday-minded shopper, with the bonus of the Fairview Library Book Sale, at the Fairview Community Center on Route 74A next to Fairview Elementary School. Refreshments and lunch will also be available. For more information call 301-3932.

Christmas Bazaar and Farmer's Market

Saturday, November 14, 9 am–1 pm

Fairview Baptist Church will hold its third annual Christmas Bazaar & Farmer's Market at Fairview Baptist Church, 32 Church Road. Christmas booths include gifts for the kitchen, jewelry, decorations, desserts, teas, coffees, bath and beauty products and canned items by local farmers. Due to so many contributions, this event is sure to be the best one yet. There will be a Say Cheese Photo Booth, and The Jingle Rock Café Concessions will serve Jingle Bell Biscuits and coffee for \$2, and hot dogs, chips and drink for \$3. "Yule love the myrrh-chandise!" For more information call 628-2908 or 231-5035.

Sugar Hollow Artisans Market

Saturday, November 21, 9 am–5 pm

Exceptional handcrafted holiday gifts and special indulgences for self-gifting are just around the corner at the third annual Sugar Hollow Artisans Holiday Market at High Meadow Events Barn, 200 Sugar Hollow Road in Fairview. From nature-inspired jewelry, woodworking, and fiber art, to intricate quilts, hand-crafted soaps, and whimsical dolls, a dozen friendly, award-winning artists and members of the Southern Highlands Craft Guild will offer a multitude of gift choices for family, friends and yourself, as well.

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

Artists will be: Ken Abbott, Author, *Useful Work: Photographs of Hickory Nut Gap Farm*; Syb Adcock, Clayworks; Vicki Bennett, Fiber Art; Annie Cicale, Calligraphy; Tim Fischer, Chocolate Truffles; Sydney Green and Molly Hamilton, Goat Milk Soap & Beauty Items; Paddy Lynch, Felt & Fiber Art; William Palmer, Woodworking; Rebecca Kempson, Collectible Dolls; Barbara Swinea, Quilts & Hand-knit Socks; and Lynn Wright, Hand-felted Tapestries. All major credit cards will be accepted.

Angela's Artworks Show & Sale

Saturday, November 7, 9 am–3 pm

Creations by six talented artists will greet holiday shoppers at Angela's Artwork, 106 Lytle Road. Artists are Carrie Sircey, crocheted items; Karen Harold, painted tote bags and more; Angie Wright, beaded jewelry; Christina Wilson, candles; Keith Wright, silver gemstone jewelry; and Angela Pressley, clay jewelry and stained glass.



After days and days of fairly gentle rain, the ground was thoroughly saturated in and around our community. Then one big blast of wind coupled with more rain saw the downing of many trees; not the usual pines but our beloved, old red oaks. The "mighty oak" is mighty because of a strong "tap" root. As the tree ages, the tap root weakens from age or disease and there are only shallow roots to hold the tree up. So with a big gust, down it comes. There were 5 or 6 huge old red oaks that were downed just in the Hollywood Road/Sugar Hollow area alone. Above, Rod Kuykendall and brother-in-law Rick Annette came out with chain saws to clear several downed trees on their cousins' property, Worth and Elfrida Frady. While they were working, one came down next to them. At left, how many years do you think this beautiful red oak has stood watch over the Frady's field?

Important Notice About the Town Crier!



We are closed... but just for a few days. The Crier office is moving next door. Construction has been underway behind the scenes and now it's time to physically relocate, just a hitch to the left. Rather than have the girls wear face masks, ear plugs and worker's overalls, it seemed practical to **close the office from Monday, November 2 to Thursday, November 5**. If all goes well (and we know how often *THAT* happens with construction), we'll be back **open on Friday, November 6**. We will monitor the phone and return calls promptly, plus you can still use the dropbox in the window during the week. Give us a few weeks for some primping and stop by to see the new office.

We'd like to thank those of you who sent in a donation after reading in October's issue that the Crier is a non-profit and needs your support to continue to afford to mail the paper free to everyone. Every donation is appreciated. As a convenience, we've included a donation form on page 35 that just needs to be cut out, completed and dropped in the mail with your check. Cash donations should be dropped in the mail slot for security reasons. Additionally, donations can always be made securely online via our website at www.FairviewTownCrier.com.

Thank you, bless you, and a healthy and happy Thanksgiving to you and yours.

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COMMUNITY EVENTS

NOVEMBER 5 (THURSDAY)

Embroiderer's Guild Meeting
The Laurel Chapter of the Embroiderers' Guild, 9:30 am–12 pm, Cummings United Methodist Church, 3 Banner Farm Road in Etowah/Horse Shoe, NC. If interested, contact Carol Foster 686-8298 or Janet Stewart 575-9195.

NOVEMBER 6–8 (FRI–SUN)

The Light Center
A Gathering of Joy, a celebration with Jonna Rae Bartges, Mary Nadler, Rev. Heidi Peck, Rev. Kiah Abendroth and others. Special concerts on Saturday by Richard Schulman and Jonn Serrie. Rt. 9 in Black Mountain, 669-6845 or dome@urlight.org.

NOVEMBER 6–22

Attic Salt Theatre
The Tony-award-winning comedy *Vanya and Sonia* and *Masha and Spike*, Fridays and Saturdays 7:30pm, Sundays 2:30pm at 35below, 35 East Walnut St. General admission, all tickets \$20.00. Tickets sold at Asheville Community Theatre box office, ashevilletheatre.org or 254-1320.

NOVEMBER 7 (SATURDAY)

Pancakes with a Purpose
The Fairview Elementary Dads Club will host a pancake breakfast fundraiser, 8–10 am at Chili's on Tunnel Road. \$5 per plate, proceeds to provide supplies for building stand-up desks for FES classrooms. (See page 31)

Garren Creek FD Turkey Dinner

Garren Creek Fire Department's annual Turkey Dinner, 5:30–7 pm. Everyone is invited to share good home-cooked food at 10 Flat Creek Road. Donations are appreciated as this is an Auxiliary fund-raiser. For info, call Elizabeth Simmonds at 669-2846.

Angela's Artworks Show & Sale

Six artists will be on hand to show and sell their creations at 106 Lytle Road, 9 am–3 pm. (See page 1)

Cane Creek Cemetery Decoration Day

If anyone would like to bring decorations to place on graves any time this day, please do so. Flowers will remain for several weeks depending on wind and weather.

NOVEMBER 10 (TUESDAY)

Evening with Ken Abbott
A meet and greet with the author and photographer of *Useful Work: Photographs of Hickory Nut Gap Farm*. Book signing and refreshments at the Fairview Library. (see page 7)

NOVEMBER 12 (THURSDAY)

Insomnia: Natural Alternatives
The insomnia epidemic and natural treatments. Fairview Chiropractic Center, 2 Fairview Hills Drive. 5:30–7:00.

LUNCHEON TO HONOR VETS & SENIORS NOVEMBER 11

Spring Mountain Community Center (807 Old Fort Road) will host a luncheon at 11:30 am to honor and thank all Veterans and Seniors who have given so much to our community. The meal will be served to all military folks and those 65+ who live in and around Fairview. It will be followed by entertainment for the afternoon. Veterans Day is a time of remembrance of those who have answered the call to defend our country and a way of life we cherish. This is an event to acknowledge them and say "Thank You." Please call Maria at 778-0279 by Friday, November 6, so we will know how much to prepare. There is no charge for the meal. Bring a story to share!



NOVEMBER 14 (SATURDAY)

Fairview Craft & Gift Fair, Fairview Library Book Sale
Local crafters/artists will sell everything handcrafted. Plus a huge Friends of the Fairview Library Book Sale. Refreshments and lunch available. 9 am–3 pm, Fairview Community Center. (See page 1)

The Light Center
A Taste of Soul Infusions with Joy Drake. 2–4 pm, Rte 9 in Black Mountain, 669-6845 or dome@urlight.org.

NOVEMBER 14 (SAT CONT'D)

One Stop Christmas Shop
Local artisans, food, jewelry, decor, stationery, crafts, and more, 9 am–3 pm at Trinity Presbyterian Church, 17 Shawnee Trail, Asheville. Visit "One Stop Christmas Shop" Facebook page.

Fairview Baptist Christmas Bazaar & Farmer's Market
Christmas Booths with gifts of all kinds and canned items from local farmers at Fairview Baptist Church, 32 Church Road, 9 am–1 pm. Photo booth and concessions. For details call 628-2908 or 231-5035. (See page 1)

Hope for the Children Fundraiser
Help 8-year old Charity Williams collect donations for a safe house for children. Drop off donations, enjoy food and activities, 6–8 pm at the Fairview Community Center. (See page 17 for details)

Montford Park Players Masquerade Ball
The Montford Park Players will hold their annual ball at Asheville's Masonic Temple, 80 Broadway, doors open at 6 pm, ball 7–10. Food and beverages, dancing, and a Silent Auction. Details and tickets at montfordparkplayers.org.

NOVEMBER 14–15 (SAT–SUN)

River Arts District Studio Stroll
180+ working artists in all varieties of media open their studios and galleries from 10 am–5 pm. Demonstrations, fine art, holiday items, gifts and cards. Ample parking; free trolley carries visitors among the studio centers. Be sure to stop by Lynn Stanley's (copyeditor for the Crier) studio at 375 Depot Street to see her beautiful Asian brush art. For info and map visit riverartsdistrict.com.

NOVEMBER 15 (SUNDAY)

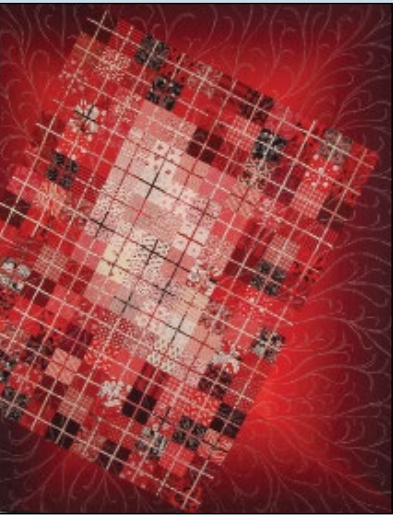
Ethical Society Meeting
"Good Without God: Humanism in Western North Carolina" will be presented by panelists from the Ethical Humanist Society of Asheville and WNC Humanists, 2:00-3:30 PM, at The Friends Meeting House, 227 Edgewood Road. For details visit EHSAsheville.org

NOVEMBER 17 (TUESDAY)

Upper Hickory Nut Gorge Community Thanksgiving Dinner
This year's Gerton Community Thanksgiving dinner will be at 6:30 pm and the community center. Turkey and dressing will be provided. Guests should bring sides. Everyone is welcome.

SUGAR HOLLOW ARTISAN HOLIDAY MARKET

Exquisite handcrafted holiday gifts and special indulgences for self-gifting are what you'll find at the second annual Sugar Hollow Artisans Holiday Market on November 21, 9 am–5 pm at High Meadow Events Barn, 200 Sugar Hollow Road in Fairview. From nature-inspired jewelry, woodworking, and fiber art to intricate quilts, hand-crafted



soaps and whimsical dolls, the Market will feature the work of a dozen friendly, award-winning artists and members of the Southern Highlands Craft Guild. Shoppers will browse in High Meadow Events' beautiful post-and-beam barn, located just up the road from Hickory Nut Gap Farm. Signs will lead to the barn and valet parking will be available. All major credit cards will be accepted. (See ad page 7 for list of artists.)

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2 The Fairview Town Crier November 2015

The Fairview Town Crier November 2015 3

ASHEVILLE HOLIDAY PARADE & JINGLEFEST

The 69th Asheville Holiday Parade, presented by Bojangles of WNC, will roll, dance and march through downtown Asheville on

Saturday, November 21 at 11 am. This year's theme is "Joy to the World" and will feature almost 100 entries including three helium balloons. Asheville-native and Atlanta Braves star, Cameron Maybin, will serve as grand marshal this year. The parade starts at the foot of Biltmore Avenue, heads up Biltmore to Pack Place and turns left to go down Patton Avenue. There are two performance stops: one at Pack Place and another just past Pritchard Park. Parade entries include a little something for everyone with decorated floats, adoptable pets, the Honored Veterans float sponsored by Express Employment Professionals, marching bands, live music, performances, ending with Santa Claus' float, sponsored this year by the NC Arboretum's Winter Lights!

After the parade, attendees are invited to Pack Square Park from 1-4 pm for Ingles JingleFest. Activities include bouncy houses (\$2 wristband), games and activities, and live entertainment from the stage. Plus, free photos with Santa and Cameron Maybin will sign autographs from about 2-3 pm.

A free bus pass for parade for Asheville's ART transit system can be picked up at City Hall (5th Floor). For more details and a map, visit ashevilledowntown.org/holidays.



COMMUNITY EVENTS

NOVEMBER 17 (TUES CONT'D)

Back Yard Chicken Care

An important presentation for current and future chicken owners by Ethan Henderson, Area Livestock Officer, NC State University. 6 pm at the Spring Mountain Community Center.

4-H Club Meeting

Students age 5–18, with a parent or supporting adult, should meet upstairs at the Spring Mountain Community Center, 6:30 pm. For info call Mary Ann Auer, 712-6857.

Long Time Sun Book Club

Twelve by Twelve, by William Powers, a journal exploring sustainable development, philosophy and the simplicity of living in a tiny house in modern-day NC. Long Time Sun Yoga and Wellness, 1611 Charlotte Highway, 1 pm. Free to passholders or \$2 donation suggested.

NOVEMBER 20 (FRIDAY)

Beacon Blankets

"Beacon Blankets: Portrait of a Swannanoa Textile Mill," is an evening of film, music, and stories about the rise

and fall of the Beacon Manufacturing Company in Swannanoa. At the Center for Craft, Creativity & Design, 67 Broadway St., Asheville, 5:30–7:30 pm. For info, craftcreativitydesign.org/made-in-wnc.

NOVEMBER 21 (SATURDAY)

Sugar Hollow Artisans Market

A huge variety of handcrafted and holiday gifts from dazzling, award-winning very-local artists and members of the Southern Highlands Craft Guild, 9 am–5 pm at High Meadow Events, 200 Sugar Hollow Road, Fairview. Major credit cards will be accepted and valet parking is available. (See page 1)

69TH ANNUAL ASHEVILLE HOLIDAY PARADE

"Joy to the World" is the theme of this year's parade which kicks off at 11 am. The Grand Marshal is local Atlana Brave's rising star Cameran Maybin. After the parade, walk to Pack Square Park for photos with Santa, bouncy houses, performances, autographs from Maybin and more. Visit ashevilledowntown.org or Facebook. (See sidebar at left for more information)

NOVEMBER 21 (SATURDAY CONT'D)

Bethany United Methodist Church Thanksgiving Meal

Bethany Church will host its annual Thanksgiving meal for the community, beginning at 5:30 pm, 212 Bethany Church Road. Everyone is welcome. For details call 684-4338.

NOVEMBER 25 (WEDNESDAY)

9th Annual Vegan Thanksgiving Meal to Benefit Animal Haven

Dinner to benefit Animal Haven of Asheville. A delicious and humane 3-course meal by award-winning Chef Jason Sellers and his staff at Plant restaurant, 165 Merrimon Avenue, 5–9 pm. \$45/ person, wine pairings available. Call 258-7500 to reserve, event sells out.

ONGOING EVENTS

Hickory Nut Gap Farm in Winter

Shop the farm store while warming up with a hot cup of cider. Visit the pigs deep bedded in the hoop barn. Catch a glimpse of the cows out on pasture, grazing their stockpiled fescue. No admission fees during winter. Slides and picnic areas open year-round, 9–6. Visit hickorynutgapfarm.com.

Welcome Table Community Lunch Every Thursday

A community lunch every Thursday, 11:30–1 pm in the Community Room of Fairview Christian Fellowship behind the Fairview Library. A donation of \$10 (if possible) allows others who cannot afford it to enjoy a meal with neighbors. Visit fairviewwelcometable.com or Facebook.

Spring Mountain CC Events

Yoga: Monday mornings 9:15–10, Thursday eves 6:15–7:30, \$5–10 suggested donation. Call 243-8432 or email sabrina.alison.mueller@gmail.com.

Quilting Bee: Second Tuesday of each month, 10 am–2 pm. Bring your own project. Call 628-7900 or 628-1938.

Monthly Meeting: Usually the first Tuesday of each month, 6:30 pm.

Brain Tumor Support Group

Meets every third Thursday at MAHEC at 6 pm. Refreshments served. For info visit wncbraintumor.org or facebook.

Adult League Dodgeball Signup

Sign up until December 28; games will be played Tuesdays January 5–February 22. For details email Jay Nelson at jay.nelson@buncombcounty.org or call 250-4269.

BLUE GRASS OYSTER FEST NOVEMBER 15

Trout Lily Market brings back its popular Oyster Fest and takes it outside to the new "Lily Patio" garden area, 2–5 pm. Featured are steamed fresh oysters courtesy of Cape Fear Seafood, a couple free for tasting or \$5 a plate — a great opportunity to support these loyal suppliers of fresh seafood. Also on the menu are Trout Lily Deli meats and veggie treats; samples from new local vendors Woogie's Special Mustard, UliMana truffles, and Wadadli vegan carrot cakes; and a local beer and cider sampling. And of course, local blue-grass music to make the evening perfect!



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 8,400+ 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 may be purchased for \$30 per year and 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 38.

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"So happy to have worked with Melissa and now to call her a friend. She was very thorough in explaining all aspects of things we should consider. She was cheerful and upbeat and kept us fully informed. She worked tirelessly and effectively in making our dream come true. Thank you Melissa!"

— Kevin & Jan K, Black Mountain



Glenn Entwistle

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"Glenn helped us find and purchase our home in the Fletcher area. He is very familiar with local availability and pricing and was extremely helpful in the search process, which was important to us since we lived out of state. He was kind, courteous, and prompt throughout our search and the closing process. I would recommend him to anyone and hope he receives a find to us."

— Mark and Theresa Green



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At closing, to your favorite charity is our way of giving back to OUR Community!

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4 The Fairview Town Crier November 2015

The Fairview Town Crier November 2015 5

COMMUNITY EVENTS

ONGOING EVENTS (CONT'D)

Sip & Doodle Art For Fun

Bring a favorite beverage to sip, and paint a masterpiece, November 3, 17, 22 from 6–8 pm, 45 Old Gap Creek Road, Fairview. For details, 712-1288.

Prostate Cancer Support Group

Us TOO of WNC: a prostate cancer support forum meets the first Tuesday of the month, 7 pm at First Baptist Church of Asheville, 5 Oak Street. Free. For info call 273-7698 or wncprostate@gmail.com.

GENERAL NEWS

Garren Creek Fire Department Auxiliary Annual Nut Sale

Pecans (halves & pieces) and black walnuts, great for holiday baking and snacks, cost \$10/pound bag. Order and pick up at the *Town Crier* office, M–F, 1–5, or call Elizabeth Simmonds at 669-2846 or Jodi Dill at 545-7563.

SAVE THE DATE!

December 1 & 2: Daybreak With Dad for Fairview Elementary dads and their kids, 7–7:45 am either day, at Fairview Elementary School. (See page 31)

December 5: Breakfast With Santa, 8:30–10 am. Photos with Santa, Children’s crafts. Pancake Breakfast, Adults \$3, 12 and under free. Fairview Community Center.

December 6: Soul Vision Gospel Quartet will be at Emma’s Grove Baptist Church, 417 Emma’s Grove Road in Fletcher, at the 10:45 morning service.

December 7: Fleshers Fairview Health Care Center Holiday Fair, 1–4 pm. Homemade crafts, baked goods and other vendors. For info, call 628-2800 or email at Staffing@Fleshers.net.

December 10: AC Reynolds needs volunteer judges to assess graduation projects. For info or to sign up, call 298-2500. (See page 16)

December 12: 27th Annual Christmas Jam at the US Cellular Center, 7 pm. Visit xmasjam.com for info.

December 19: Spring Mountain CC Christmas Breakfast with Santa, 9 am, followed by caroling to elders.

December 19: Quilt Raffle Drawing at Spring Mountain Community Center, 9 am at Santa event. Call 778-0279 or 712-6857 for tickets (\$5 or 5 for \$20). Proceeds will go toward a heating system for the community center building.

FOOD FOR FAIRVIEW.....by Misty Masiello

Are You the Next Food for Fairview Executive Director?

Food for Fairview is in search of an executive director (ED). The ED is responsible for leading the operation of the food pantry, with duties including community outreach and fund raising. The ED is the link between the community and the food pantry. Through articles in the *Town Crier*, the ED keeps the community updated on the needs of the pantry.

Good communication and organizational/people skills are needed. No prior experience as an ED is necessary. Good computer skills are helpful as well as the ability to work with the pantry’s volunteers and all levels of personnel in the community.

This is a volunteer position. The time requirements are variable but would usually not exceed 5 to 10 hours per month.

If you feel a special calling and would like to find out more about the pantry and becoming the Executive Director, please call 628-4322 or email foodfor-fairview@gmail.com. Applications/resumes may be sent to the email address or PO Box 2077, Fairview, NC 28730. Deadline: December 1, 2015.



Some of the volunteers at Food for Fairview

HOLIDAY FUNDRAISER

Watch your mailbox for our Holiday Fundraising letter! Food for Fairview is entirely supported by our neighbors. The holiday season is particularly difficult for struggling families, and we see a large increase in the number of family visits during November and December.

Please consider including us in your year-end charitable gifts.



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.

A Book to Help Us Create and Refine Our Bucket Lists

Yes, author Chuck Werle saw the *Bucket List* movie. He says it was both hilarious and inspiring. There are several scenarios in the movie about taking chances, and this book is one of them. Thus the title: *A Lifetime in Reverse: What’s on Your Bucket List?*

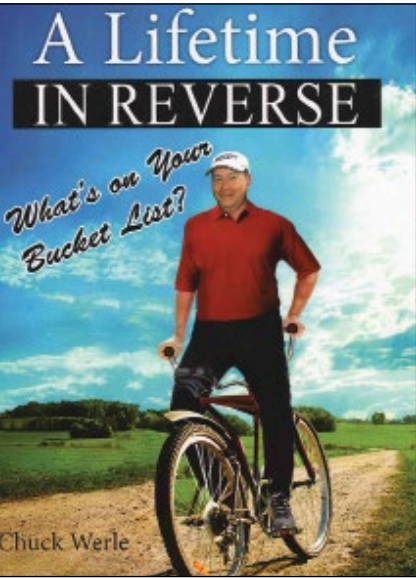
Answering that title question gave the author insights, courage and determination to create his own list. He writes that creating your own will require creativity and include coming up with your own definition of “bucket list.”

The book is divided into two sections — *Mine* and *Yours*. *Mine* evolves from the author’s experiences of family incidents, travel adventures, the real world of public relations and previous exploits as a sports writer, especially about golf and bowling.

In the *Yours* section, readers will be able to form their own list by choosing from more than 70 suggestions. The entire book features 38 episodes or chapters, often including lessons to be learned.

Potential items are divided into five sections to help readers through the process: personal, humor, adventure/travel, career/occupation and sports/hobbies.

Werle retired — “sort of” — to Asheville from Chicago in 2000. He authored his first book, *From Tee to Green in the Carolina Mountains*, in 2009,



during his time as a golf columnist for *The Laurel of Asheville*. He wears many hats these days, concentrating on helping other authors while writing his next book. And he hopes to ride a bicycle backwards one of these days.

The book is priced at \$9. It can be ordered online at createspace.com, using the title or the author’s name. The ISBN is 9781508835752.



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

Book Sale!

The Friends of the Fairview Annual Book Sale will be November 14. Looking for gifts or escape reading? The Friends will help you with your shopping list! Please consider donating books, especially children’s books, by bringing them to the library. We are only able to sell gently used clean books that are 5 to 10 years old. Please, no books that have been marked or are moldy. Thank you for helping us serve our library!

HNG Photo Book Event: Useful Work

Join us on Tuesday, November 10 at 7 pm, for a behind-the-scenes look at Ken Abbott’s book *Useful Work*, containing photos of Hickory Nut Gap Farm taken over ten years, capturing the spirit of community leadership, respect for the

land and appreciation for beauty. Books will be sold for \$40 and will be signed by the author. Free to the public; refreshments served courtesy of Friends of the Fairview Library.

Holiday Giving Tree

You can make the holidays bright for a child in Fairview! The Friends of the Library Giving Tree program places books in the hands of local children in need. Beginning October 30, visit the Fairview Library and select a child from the Giving Tree. Purchase a new book (\$10 minimum retail value) and bring it to the library by December 4 or donate \$10 and we will do the shopping for you. Please bring donated books unwrapped. The donations will be given to children at Fairview Elementary School. For more information, call 250-6484.

Book Groups

The afternoon book club has been postponed until further notice. The evening book club will meet on **Tuesday, November 17 at 7 pm** to discuss *The Gathering* by Anne Enright.

NEW ARRIVALS

After the Storm by Linda Castillo

The Storms of War by Kate Williams

The Dark Forest by Cixin Liu

No Comfort for the Lost by Nancy Herriman

Love Love by Sung J. Woo

The Cartel by Don Winslow

The Automobile Club of Egypt by Alaa Al Aswany

House of Thieves by Charles Belfoure

The Aeronaut’s Windlass by Jim Butcher

Dishing the Dirt by M.C. Beaton

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TUES, 10 AM-8 PM SAT 10 AM-5 PM
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MOTHER GOOSE TIME (4-18 MO)
TUESDAYS, 11 AM
BOUNCE ‘N BOOKS
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WEDNESDAYS, 11 AM
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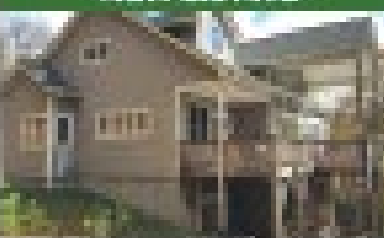


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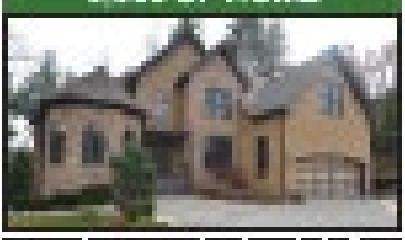
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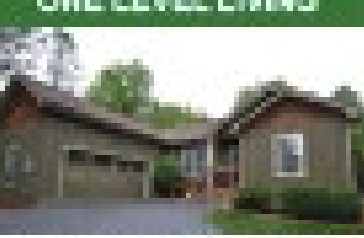
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NEW LAND LISTING



NEW LAND LISTING
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ONE LEVEL LIVING



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WITH A PORCH. THE PROPERTY
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DAYS GONE BY

Zebulon Brevard Jr. and James Brevard of Fairview

Zebulon Brevard Jr. was born in what is now Iredell County, NC on February 21, 1769. He was the son of Zebulon Brevard Sr. (1724-1798) and Ann Templeton (1733-1804). Zebulon's parents moved to Burke County when he was young. They appear to have lived in what is now southwest McDowell County. According to court and road records, they lived south of Old Fort near Crooked Creek.

Zebulon Brevard Jr. married Isabella Edmundson (Edminston) around 1790. Isabella was born around 1773. She was the daughter of James Edmundson (Edminston) (1730-1806) and his wife Margaret (1744-1803). Zebulon and Isabella Brevard may have moved to Sumner County, Tennessee not long after their marriage, as Zebulon Brevard's father had received land in Sumner County for his service in the Revolutionary War. In the late 1790s a Zebulon Brevard was listed on the tax rolls of Sumner County. Brevard was not listed on the 1800 Buncombe or Burke County, NC census. He may have lived in Tennessee until his wife Isabella died around 1804.

Zebulon Brevard Jr. was living in Fairview by 1805 or 1806. He then married Phe-

be McCrary Burton. Phebe was born in Rowan (now Davidson) County, NC around 1780. She was the daughter of Boyd McCrary and Nancy Merrill. Phebe first married Thomas Burton (1771-1802). Thomas Burton was the only child of John Burton, the founder of Asheville, and Jane Forster. Zebulon and Phebe Burton Brevard are listed on the 1810 Buncombe Census. They appear to have been living on the southern side of Fairview near Gap Creek.

Zebulon and Phebe Burton moved to Miami County, Ohio in November 1816. They first lived in Elizabeth Township, then Lost Creek Township and finally Troy Township, where Zebulon Brevard Jr. died in October 1840. Phebe McCrary Burton Brevard died August 28, 1841. They were both buried at Casstown in Miami County, Ohio. Phebe had one son, William Burton, who was born in Fairview December 23, 1799. William Burton died in Miami County, Ohio in 1883. Zebulon and Phebe Brevard had two children, Zebulon Brevard III and Thomas Brevard.

James Brevard was born in 1794. It is not known for certain where his father,

Zebulon Brevard Jr., was living at the time of his birth. It was likely in Burke (now McDowell) County. James Brevard remained in Fairview when his father moved to Ohio, and married Ruth Ashworth in Fairview on March 1, 1823. Ruth, born in Fairview on January 15, 1805, was the daughter of John Ashworth Jr. (1775-1827) and Celia Nettles (1778-1850).

James Brevard became a leading citizen in Fairview, a well-to-do farmer who represented Buncombe County in the State Legislature in 1831. In October 1844 James Brevard, his brother-in-law Joshua Whitaker, Peter Freeman and Lambert C. Clayton secured the \$4,000 bond that was required when Brevard's son Thomas A. Brevard was appointed constable for Cane Creek (Fairview). James Brevard died in Fairview on January 25, 1847. Ruth Ashworth Brevard died on March 5, 1855. Both James and his wife Ruth Brevard were buried in Cane Creek Cemetery in Fairview.

James and Ruth Brevard had ten children.

Thomas Ashworth Brevard was born in Fairview on April 21, 1824. He married Susan Selina Harris, born on January 7, 1830, the daughter of Abel Harris and Elizabeth Mashburn. Thomas Brevard served as constable of Cane Creek (Fairview), and was elected Sheriff of Buncombe County in 1854. He died in Swannanoa on May 31, 1859. He is buried in Cane Creek Cemetery in Fairview. His wife Susan died June 10, 1902 in Shelby, Cleveland County, NC.



Susan Harris Brevard (1830-1902)
Wife of Thomas Ashworth Brevard

Zebulon R. Brevard was born in Fairview in 1826. During the Civil War, he was captured by the Yankees and put in prison. He was released and died one day after he returned home, on March 29, 1865. He is buried in Cane Creek Cemetery. He was not married.

Nancy Ann Brevard was born in Fairview on December 9, 1827. She was married on February 10, 1849 to Peter A. Redmon (1816-1884). Nancy died on January 11, 1894. Both were buried in Cane Creek Cemetery.

Joseph Brevard was born in Fairview in 1831. He was a brick mason. Joseph was engaged to marry Mary

continued on page 11

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Insomnia

by Ed Reilly, BA, MBA, DC, CCSP, FIAMI, GT-C, Fairview Chiropractic Center



Insomnia affects 60 million Americans, or about 1 in 4 of us, and some studies suggest the numbers are even higher. Women and people over 65 suffer disproportionately. The CDC calls insufficient sleep a pressing public problem, yet the causes of this widespread problem remain elusive.

Symptoms include difficulty falling asleep, waking often and having trouble going back to sleep, waking too early and feeling tired upon waking. Insomnia can be divided into two types: primary insomnia consists of having sleep problems unrelated to any other health problem or condition; secondary insomnia occurs when some other mental or physical problem, such as depression or asthma, contributes to poor sleep. Secondary insomnia can also occur due to medications that might disrupt sleep or substances such as alcohol or caffeine.

Insomnia can be further classified based upon how often it occurs and how long it lasts. Acute (short-term) insomnia can last from one night to a few weeks. Causes can include life stress (such as job loss), illness, emotional or physical pain, environmental factors, medications and disruption in the normal sleep schedule (such as jet lag or changing shifts on the job). Chronic insomnia is defined as occurring at least three times a week for a month or more

due to such things as depression, chronic stress and pain or discomfort at night.

The effects of insomnia during waking hours include sleepiness, general tiredness, irritability and problems with memory and concentration. Medications typically prescribed for sleep problems may have side effects ranging from a “hung over” feeling to heartburn to more serious ones such as dependency and addiction.

Practicing good sleep habits may help you alleviate insomnia. These include:

- Getting up and going to sleep at the same time each day.
- Avoiding caffeine, alcohol, and nicotine before bed.
- Getting regular exercise – but not too close to bedtime.
- Avoiding heavy meals close to bedtime.
- Making your bedroom comfortable.
- Following a routine prior to going to bed each night.

If none of these things helps, and you want to avoid drugs such as Ambien and their dangerous side effects, consider neurofeedback. Recent studies suggest that the brains of insomniacs may be in a constant “on” state even when they should be dialing down at night. Neurofeedback helps regulate this pattern, returning the brain waves to a normal range and allowing for restful sleep.

Dr. Reilly has served Fairview since 1998. Reach him via fairviewdc.com.

Staying Healthy over the Holidays

by Irene Park, PharmD, MAHEC Family Health Center at Cane Creek



Fall colors abound and the holiday season is rapidly approaching. For many of us, this means new and old temptations to cheat on an otherwise healthy diet. Managing chronic health conditions such as diabetes, high blood pressure or heart failure is a year-round task, and changes in diet over the holidays can lead to serious health issues.

Watch your salt intake — Limiting salt intake is an important piece of managing chronic conditions such as high blood pressure or heart failure. With so many holiday activities centered around food, this is a challenge. It is easy to add just a bit more salt to your meal to add flavor, but this can wreak havoc on your blood pressure or cause you to gain significant weight in fluid. Sodium also hides in other foods besides table salt. Lots of processed foods contain sodium as a preservative, as do frozen dinners. It can be helpful to taste food before adding any salt and then add only a minimal amount, and check food labels for sodium content on packaged foods.

Don’t cheat too much with sweets — People with diabetes likely know that managing carbohydrate and sugar intake is essential to maintaining good blood sugar control. The holidays can be a major temptation to cheat, and moderation and portion control are vital in making it through with stable blood sugars. It’s OK to have a dinner roll or some of that pumpkin pie, but limit yourself to just one roll or half a slice of pie. Monitoring blood sugars during this time is also important, especially if they have been out of control or you take medications like insulin. It can be a great opportunity to learn how some of these foods affect your blood sugar. However, be sure to talk with your doctor before making any adjustments to these medications.

Drink alcohol in moderation — The holidays are a time for celebration, and for many people that means drinking alcohol. While alcohol is not inherently bad, drinking excess amounts can be harmful for many reasons. One big concern with consumption of alcohol in large quantities is the potential for interactions with medications. For example, alcohol can make blood thinners work too well and put people at increased risk of serious bleeding. It can also alter your balance, putting you at higher risk of falls, which can sometimes be devastating to older adults. A good rule of thumb for alcohol is no more than one drink per day for women or two drinks per day for men.

With so many holiday activities revolving around food, it can be difficult to find ways to maintain a healthy diet, but awareness of what you are eating and portion control can go a long way toward enjoying the holidays in a happy and healthy manner.

The holidays are a time to celebrate, so cheers to your good health!

Concussion: Mild and Chronic Brain Injuries

by Dr. Michael Trayford, Apex Brain Centers



As the buzz that is surrounding the release of the movie *Concussion* grows, evidence continues to mount against this “silent epidemic.”

Continued reporting from a trusted news source, PBS’s *Frontline*, demonstrates the urgency of the matter at hand, and the extremes to which it can lead, including dementia and, in severe cases, death.

The most recent *Frontline* update (September 18), based on research from the Department of Veterans Affairs and Boston University, can be viewed in their article entitled “New: 87 Deceased NFL Players Test Positive for Brain Disease.” The most shocking finding is that the disease, chronic traumatic encephalopathy (CTE), was found in 87 of 91 player’s brains tested. Let that soak in – 96% of brains in this study showed signs of a potentially avoidable killer disease.

Here are some definitions, facts, and stats to ponder.

1. A concussion is a traumatic brain injury (TBI) altering the way your brain functions.
2. A median 2.7 million TBIs are reported in the US each year — and think about how many go unreported — at a cost of nearly \$50 billion annually.
3. Most sport-related concussions (almost 90%) occur with no loss of consciousness.
4. Symptoms of concussion include headache, dizziness, balance and speech problems, nausea, light and noise sensitivities, memory and concentration difficulties, behavioral and emotional struggles and anything out of the ordinary that was not an issue prior to the event.

The most shocking finding from the study of deceased NFL players is that 87 of 91 brains tested had evidence of chronic traumatic encephalopathy – that’s 96%.

Did you know?

Those with ADHD are significantly more likely to experience worse outcomes with a concussion than their non-ADHD peers. This is extremely important for parents to know, as many children are placed in sports to control problematic behavioral and academic challenges.

5. Risk factors for concussion include prior concussion, vertigo/dizziness, alcohol/drugs, high-risk behaviors and sports (e.g. football, hockey, soccer), military conflict, abusive relationships, driving, and high-risk occupations (e.g. construction, utility work).

6. Mild traumatic brain injury (mTBI) is another word for concussion, even though, in my opinion, there is no such thing as a “mild” brain injury.

7. CTE is a progressive degenerative disorder of the brain found in those with a history of repetitive brain trauma.

8. Symptoms of CTE include memory and executive function decline, depression, irritability, impulsivity, aggressiveness, suicidal behavior, and eventual progression to dementia.

Tune in next month for further commentary on the NFL study, discussion of the often ineffective “wait and see” approach, and what should be looked at when one has a head injury.

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.

Days Gone By

continued from page 9

Hamby when he left to fight in the Civil War. He was a captain in the CSA Army; he became sick and died at a hospital in Atlanta.

David Lafayette Brevard was born in Fairview in 1832. Lafayette moved to Georgia and married Candice (1833-7). He moved back to Fairview just before the Civil War. During the war he worked at a gun factory in Columbia, SC. He came back to Fairview after the war and died soon after. His wife moved back to Georgia.

James Alexander Brevard was born in Fairview on February 13, 1834. He married Julia Matthews. James died on January 29, 1880 in Burleson County, Texas.

Harriet Isabella Brevard was born in Fairview on April 1, 1836. She married Joseph R Reed, son of Eldad Reed III. She moved with her husband’s family to Sullivan County, Missouri. She died there on July 9, 1893.

Celia Brevard was born in Fairview in 1838. She married John Casey (pronounced “Keezey”). Celia died on March 4, 1890 in Fairview.

Margaret E. Brevard was born in Fairview in 1839. She was a schoolteacher. Margaret never married and died on April 1862 in Fairview. She was buried in Cane Creek Cemetery.

Mahalia Brevard was born in Fairview in 1842. She married Thomas Trantham, son of Joseph Trantham and Mary Whitaker. They moved to Missouri soon after the Civil War. They later moved to Arkansas.

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



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“Useful Work” Starts at Home: Photos of Hickory Nut Gap Farm

by Ken Abbott



In fall 2004, I began photographing the Big House and the family at Hickory Nut Gap Farm. I discovered the place while chaperoning my daughter's preschool field trip a couple of weeks earlier. I remember Annie Ager leading the kids around the house and the gardens that bright morning, and I remember noting her delight with the task – sharing this place where she had been a child.

Inside we viewed the distinguished portraits of family ancestors, the fires in fireplaces in many rooms, the homey, warm kitchen, and the mural room, where Annie's grandmother, Elizabeth McClure, had painted murals depicting the house's pre-history as Sherrill's Inn. Of course the high point of the tour came in the library. There, as if the old inn were the original source for all the best and deepest of great house lore, we witnessed – all of us feeling like preschoolers now – a bookshelf that with a gentle push actually swung back and away to reveal a hidden room beyond. Elizabeth McClure, almost a hundred years earlier, had determined that for her husband James' birthday he should have his own office; and so that it would be a surprise she had it built into a small room off the library, which itself had been part of the original cabin, and designed it so that it would be hidden behind the shelf until his birthday.

**Freud might tell us that
when we dream of houses
we dream of our
subconscious selves...**

Freud might tell us that when we dream of houses we dream of our subconscious selves – the hidden rooms of our minds organized in the dream to reveal understanding beyond our grasp in our waking lives. Did I mention that Elizabeth also instructed the workmen to add a dumbwaiter so that breakfast could be brought more easily to the second-floor bedrooms, and that it was sturdy enough to lift small, delighted children? Annie and John Ager's boys – and she with her siblings before them, I'm sure – must have raised themselves hand over hand that fifteen or so feet many times through the years.

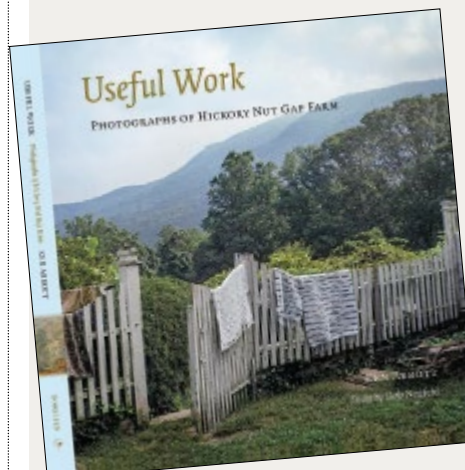
**We stood in the pasture
later that morning, looking
out over the valley and
across at Little Pisgah
Mountain. I remember
smelling the boxwoods,
and I felt I knew the place
by that smell in a deep
down, way-back way.**

We stood in the pasture later that morning, looking out over the valley and across at Little Pisgah Mountain. I remember smelling the boxwoods, and I felt I knew the place by that smell in a deep down, way-back way. There had been boxwoods at my grandparent's house on Long Island – that Ur-house of my own childhood, with its hidden stairway like a shortcut direct from the second floor to the kitchen where in the morning I would find sugared, jelly-filled donuts, and bagels with cream cheese – exotic delicacies – and my grandparents would be there, too, of course, sipping strong morning coffee and reading the *New York Times*.

Since *Useful Work: Photographs of Hickory Nut Gap Farm* was published earlier this summer many people have told me about the houses in their past, and I've been reminded that though the Big House is special, it is one of many, many houses that have their own lore and captivating bits of magic. This shared experience is part of why Hickory Nut Gap Farm has made such an impact on Fairview and Western North Carolina, and part of why my book has found a ready and appreciative audience. I've been asked to write about my experience making the photographs and the book, in a regular column for the *Fairview Town Crier*, and I am looking forward to doing these short pieces.

Ken Abbott received his MFA in photography from Yale University in 1987, and received a North Carolina Arts Council Fellowship Award for his photography at Hickory Nut Gap Farm in 2006. Prior to moving to Asheville he was the Chief Photographer for the University of Colorado at Boulder. His work has been published and exhibited widely, and is in many collections, including the Museum of Modern Art, in New York, and the Yale University Art Gallery. He lives in Asheville with his wife and two children. Reach Ken via kenabbottphoto.com.

GET YOUR COPY!



In his new book *Useful Work: Photographs of Hickory Nut Gap Farm*, Asheville photographer Ken Abbott captures the spirit of the land and the people who love and honor it, from the original owners to the families who now live and work there. The book is filled with spectacular color photos and historical information. It also includes three short, historical essays by Rob Neufeld. The books are available at Hickory Nut Gap Farm Store, Trout Lily, and the Town Crier office, as well as online and downtown stores. If you purchase the book from the *Town Crier* office, M-F, 1–5 pm, 50% of sales will be donated to the paper.

Community Gathers to Honor Susie Hamilton

Daniele Albert's Memories

A legacy celebration was held at Smith Farms in late September to honor Susie Hamilton, aka Miss Susie. Miss Susie has always been a fixture in the Fairview community. All her adult life, she has opened her home and her heart to generations of children through her after-school program, summer camp and art classes. She provided an increasingly rarefied space for kids to be kids. Those lucky enough to spend time at Susie's got to explore their artistic talents through pottery, drawing and painting. Their exploration of art and imagination was filtered through a natural lens of experience that included salamandering excursions, battling pirates with bamboo swords, games of shark and minnows, visits to Cow Island, collecting eggs and rounding up loose chickens. Kids came home from Susie's dirty, tired and happy with a belly full of warm, homemade bread and a foundation of creativity, kindness and experience that they will carry with them forever.

Daniele remembers vividly the swings and tree houses, art tables and drama field where campers staged plays for parents at the end of camp week, all on the grounds of Susie's house.

“We baked thousands of loaves of bread,” Daniele recalls. “The kids would make loaves and we would bake them... and it was a lot of effort to make certain each child's loaf made it into a paper bag with their name on it. Of course, kids who had forgotten to shape their bread mysteriously had a bag to take home too.”

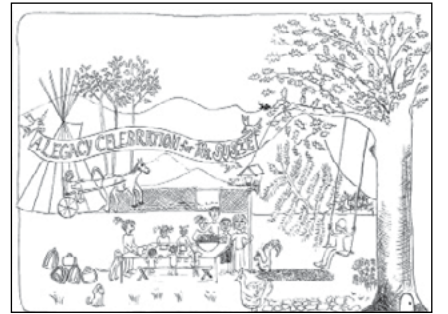
Though many of the activities took place outside, there were treasures inside Susie's house as well, such as “the dollhouse upstairs with chairs in front for small people to stand on and peer into the old house that had gotten so much use, with its working lights and

Liberty liners. [They were able] to look into the interior of the home, the bedroom, the attic and at the people, where quiet minds can find the deep silence of the imaginary world... a microcosm of a macrocosm.”

There were adventures galore – to the peacock field, to Mr. Lynch's to see the old cars, down to the motorcycle shop by Cane Creek Road to paint the motorcycles on the side of the building, or for library projects inside the window. But Daniele notes, “play time would not happen unless we worked in our sketchbooks or participated in a project.” Over the years she saw the results of this discipline, as the children improved not only in art, but in focus and self-control.

Daniele is glad that Susie's house still exists “with all these memories... a safe place for working parents' children.” This safe, nurturing place and Susie, the person who created it, deserve to be celebrated every day.

If you enjoyed time with Miss Susie and want to send her a personal note, she can be reached at: Susie Hamilton, 1860 Charlotte Hwy, Fairview, NC 28730.




(above) Daniele Albert's original event postcard. (below L-R) A huge crowd came to the pot luck supper and dance in honor of Miss Susie. The band (including Susie) played on. Art and snack times were important at Miss Susie's after school camp.



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Santiago Ramón y Cajal, 1852-1934
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by Blair Holland Clark

Recognizing Connection



This year summer gave up its dry, warm, clear weather to a fall with some life-impacting torrential rains. Many will have their own story to tell about how many inches of rain came down where they were. My story includes a family trip south and some time to think about how I am connected on my journey, with the rain and wind and drought-ending days as a frame for both my journey and the journeys of us all, travelers in our own ways, on our own paths.

The weather people all said it was going to be bad as I was packing the car and small trailer I would pull. I looked at the projected track of the storms and my route. They matched exactly. I could see a strip of red, orange and yellow on the weather map a couple of hundred miles wide and covering almost the entire Highway I-26 east route through Columbia and I-95 south towards Savannah. It looked like it ended just north of Florida, where we were headed. A part of me wanted to take on Mother Nature with a bring-it-on attitude: "A little rain cannot stop me." But my family hadn't signed up for Blair's battle with nature, so we waited. After a day it was still storming, so we took a vote; everyone wanted to get the vacation started, so we piled in and took off.

Lakes had formed where there were none before. Water was up to the edge of the highway in places. We could only see a few car lengths ahead at times. We traveled at safe speeds but it was still a

harrowing drive. The rains continued and parts of the interstates were shut down after we passed. It rained off and on in Florida after we arrived but the sun finally shone through.

The joys and sad times stand out in our memories, but it is actually routine that fills the vast majority of our journey.

The wait to leave, our driving experience and down time in Florida gave me time to reflect on the ways our life journeys are connected to the people and world around us. We are connected to our families by love, protectiveness, desires, fears, tears, carin, and shared dwellings (and automobiles) as well as shared memories of joy, sadness and routine. The joys and sad times stand out in our memories, but it is actually routine that fills the vast majority of our journey. Work and other schedules and all the regular recurring aspects of life take up most of our trip through time together. I believe this is true of most human families across the globe.

We don't always embrace disruptions to our routine. Disruptions create stress even when they bring joy to a journey; they push us to pay attention to connectedness in ways that we can often miss when living on autopilot. When we step out of our routine, whether out of choice or accident (torrential rains, for example), we can focus on the stress produced by the disruption, time, whether out of choice

continued on page 34

Cherokee Heritage: Arts and Crafts

by Lynn Stanley

"The Cherokee Indians are in some respects the most remarkable natives of the United States. Their tenacity and recuperative powers as a tribe have scarcely a parallel in the native history of our country."

The history of Cherokee art, like that of many ancient civilizations, is inextricably tied to the history of their life. Our knowledge of both begins with Hernando De Soto's ill-fated search for gold along the Savannah River in 1540. Journalists traveling with De Soto admiringly described the Cherokee gifts of sturdy and attractive baskets, expertly tanned and softened leather and pottery vessels used to store walnut oil and honey.

As interaction increased between the native tribes and the white settlers and explorers, the Cherokee turned their functional crafts into successful trade items, and by 1820 this trade was a thriving industry.

In his book *Arts and Crafts of the Cherokee*, Rodney Leftwich writes, "The Cherokee Indians are in some respects the most remarkable natives of the United States. Their tenacity and recuperative powers as a tribe have scarcely a parallel in the

native history of our country. Their work in the arts has been outstanding in spite of the fact that their towns were repeatedly destroyed by war parties in early times, forcing them to flee to the mountains, and in spite of the fact that in 1838 the largest part of their nation was forced to leave their beautiful mountain country and move west of the Mississippi."

Perhaps the best-known of the Cherokee craft arts are the baskets made of river cane, white oak and honeysuckle and colored with black walnut, native bloodroot or other vegetable dyes. The weave is traditionally a combination of warp-and-weft and twilling, a special technique that creates diagonal patterns. These intricately woven vessels are often double-walled and even watertight, in a variety of shapes and sizes to serve many purposes from fishing to storage. "They were even used in elaborate gambling

games where six beans were cut in half to serve as dice and shaken inside baskets," Leftwich writes.

Beadwork, unlike basketry, has always been a decorative rather than functional art. Early Cherokee bracelets and necklaces were made using corn and seeds, bones and bears' teeth; particularly striking were the beautiful gorgets (disc-shaped neck ornaments) and bead jewelry made by grinding and polishing white or mother-of-pearl shell pieces. Their appreciation for beauty led the Cherokee to readily incorporate the glass beads

introduced by European traders beginning in the 1600s, and today glass and metal beads are an important part of Cherokee decorative art.

The art of weaving has been less practiced historically by the Cherokee, though rug-making was once common; but the tradition is now revived, and finger weaving in particular has re-emerged as a major art form. This technique uses dyed wool yarn, the strands anchored at one end and then braided diagonally



back and forth across the work: a skilled weaver is able to manipulate 200 or more strands at one time.

Many other crafts such as woodcarving, leatherwork and pottery attest to the artistic talent and vision of the Cherokee, as do the emerging contemporary painters and sculptors who are breaking new artistic ground in their expression of Cherokee perspectives and designs, taking their art to new and unknown places.

What is certain is that the well of creativity of this native people is deep and powerful, and shows no signs of ceasing.

Sources: Leftwich, Rodney L., *Arts and Crafts of the Cherokee, 1970*; nativeamericanart.com; *Cherokee Official Website*, southerncherokeeok.com; *Cherokee NC website*, visittherokee.com; quallaartsandcrafts.com; *Wikipedia*; littlegagletraders.com.



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Student of the Month

The *Fairview Town Crier* and A.C. Reynolds High School are pleased to announce October's Student of the Month for Academic Excellence, Rose Wuertz. Rose's nomination came from her English teacher, Ms. Molinari, who said, "Rose shows persistence and excellence through her academic achievements and her careful consideration for others every day." Rose has been studying dance in the Asheville area since age 4, and is interested in attending a college with both a strong dance and academic program. In addition to a career of dance, she's also interested in occupational therapy. Over the summer Rose taught dance and created choreography for children ages 4-9; she still teaches dance to children once a week.



Her senior project is focused on choreography as well. When asked what Rocket Pride means to her, Rose spoke enthusiastically about how much she appreciates Reynolds High School, the beauty of the surroundings and kindness of faculty and staff. She praised the helpful and caring media specialists, cafeteria staff, custodial staff, and the teachers who do their best to accommodate student schedules and stay after school to offer help. She said, "Teachers here definitely go above and beyond classroom teaching." Rose also expressed her gratitude for the many opportunities to get involved at Reynolds. Congratulations and best wishes for a wonderful year, Rose!

Can You Bake Holiday Cookies?

Each holiday season the AC Reynolds High School PTSO distributes cookies to every faculty and staff member at the school, and they need the community's help to make this happen. Anyone who can contribute to the needed 130 dozen cookies, please bring



your cookies on December 16, 2015. Someone will be available to receive these from you in the car pool line. Cookies can also be dropped off early in the office December 14 & 15. The cookies are always a welcome show of appreciation for everyone who works at AC Reynolds.

FES Kindergarten Classes Give to SC Schools

Rebecca Reeves and Caitlin Sullivan, kindergarten teachers at Fairview Elementary, are very proud of their students for many reasons, but one in particular stands out this month. "This week," Caitlin writes, "our class brought in things like school supplies, clothes, toiletries, and food that we will be sending to a school in Lexington, SC. This school was greatly affected by the flood; some classrooms lost almost everything." Caitlin says she can't take credit for the idea. "It was totally Rebecca Reeves's idea, as she did it with her class. Our kids really got into this and brought

in some amazing things, and we drew pictures and wrote letters we will be sending to students in the school. The kids really enjoyed helping out other students and people in a community in need." We think these two teachers and their students all deserve a great deal of credit.



The kindergarten classes of Mrs. Sullivan and Mrs. Reeves display the items they will send to South Carolina.

New Kid's Activity Box

The *Crier* is so thrilled to have friend Stu Helm, who publishes the *Asheville Flyer for Kids*, create a special activity section for our young readers. If you'd like to find out more about the Flyer, visit their Facebook page or website at ashevillflyerforkids.com. We're holding a contest, too. Have your children (age 3-8) color in the Whistlepig below, mail or drop off at the office at 1185F Charlotte Hwy, Fairview, NC 28730 with name, address and age and we'll select several winners in different age groups to win a special prize. Entries must be received by 11/20.

Be an ACRHS Judge for Senior Projects

AC Reynolds needs volunteer judges to assess graduation projects on Thursday, December 10, beginning at 5:30 with free catered dinner; judging begins at 6:30. These projects represent hours of hard work by seniors and completion is required for graduation in Buncombe County. Training will be provided. For information or to register, call the school at 298-2500 or visit buncombe.k12.nc.us/acrhs.

by Cindy McMahon, Reynolds District Representative, Buncombe County School Board

Can You Read This?



It's November, time for pumpkins and those colorful turkeys created by elementary schoolers, just the size and shape of their little hands. And perhaps more importantly, it's the season of gratitude, when we pause and take stock of our blessings. As you list the many things you're thankful for this year—whether you are a parent, grandparent, friend or neighbor of children in our public schools—take a minute to reflect on our teachers. Consider a day for a typical teacher, perhaps at Cane Creek Middle School. She gets up early, before 6 am, so she can go over her lesson plans before her own children arise. After making sure they have a good breakfast, she takes her kids to school and then gets to her school well before the students. She wants to make sure everything is in order in the classroom, and often she'll tutor one or more children before the first bell rings. The day is non-stop — it's like being on stage for seven hours, with barely time for a bathroom break. She's concerned about one of her students because she knows there have been problems at home, and he may not have dinner tonight. She brought him an extra lunch, just in case. Two of her students are really struggling with a new math concept. Last night she researched new ways of presenting the material and hopes this will be the key to their understanding. Another has arrived particularly angry today, bringing behaviors that

could disrupt the entire class. She makes it through the day, and after the last bell takes a few minutes to reflect, celebrating the day's successes and noting the challenges, thinking through how she might address those challenges differently next time. After school there is a meeting of her Professional Development team, an opportunity to gain a few more ideas for addressing the special learning difficulties of those two students. From there she drives to Target to pick up a few supplies for her classroom. She pays with her own credit card, trying not to worry about the mounting balance on the account. On the weekend she'll go to her second job to help pay the bills, but today she picks up her children from their after-school program and heads home to grade papers, plan for tomorrow, cook supper, and put up her feet for some much-deserved rest. Karen Barnhill, principal at Cane Creek, knows how much her teachers give: "Our teachers recognize the need to provide a high-quality education for our students in an effort to help them become contributing members of society. I am thankful our students have the opportunity each day to learn from such intelligent, conscientious and compassionate people." Amy Wamsley, co-chair of WNC for Public Education, also recognizes the blessing of our public school teachers: "Nothing embodies the spirit of giving like teaching. Next to a parent, teachers are the most influential forces on our children's lives. Every day, they choose to put

their students first simply because they care. They invest their time and careers, and we should, in turn, invest in them." Be sure you thank a teacher this month. And to really support them, we need to share our voices as advocates. Non-partisan organizations like WNC for Public Education keep an eye on issues like funding, instructional assistants, classroom supplies and testing. They let us know when we need to speak up in support of our teachers. Follow them on Facebook at [facebook.com/WncForPublicEducation](https://www.facebook.com/WncForPublicEducation) or sign up to receive emails at wnc4pe.org. **Reynolds District Events in November**

- November 3: All-County Chorus Concert, 7 pm, First Baptist Church of Asheville
- November 5: Fairview Elementary STEAM night; see how K-5 teachers and specialists at FES teach Science, Technology, Engineering, Arts and Math, 5:30-7:30 pm
- November 11: Veterans Day Holiday
- November 16-18: Reynolds High production of *The Dining Room*, 7 pm
- November 17: Countdown to Kindergarten Kickoff at Asheville Outlets, Brevard Road, 4-7 pm
- November 19: Fairview Elementary School Improvement Team, 3 pm

Thanksgiving Holidays
November 25-November 27

Hope For the Children

Charity Williams, an 8-year-old from Fairview, is certainly living up to her name. Her mom, Samantha Williams, said Charity came up with the idea for a fundraiser — Glorifying God by Caring for Children and Families, on her own. The fundraiser will be held on Saturday, **November 14, 6-8 pm** at the Fairview Community Center, 1337 Charlotte Highway in Fairview. When children are abused, neglected, abandoned or mistreated, there is a home in Black Mountain to provide a safe environment. Black Mountain Home for Children, Youth and Families is a local, private, non-profit organization that always needs support in various ways. Besides raising awareness and helping children in need, the fundraiser will provide a donation site for items needed, as well as a place for monetary donations. There will be food and activities as well. A speaker from the children's home will be at the event to explain the organization and its mission. All proceeds will go directly to Black Mountain Home for Children, Youth and Families. If you can help, items needed are: *Gift Certificates to Wal-Mart, Ingles or other grocery stores; AA and AAA Batteries; Personal Care Items (Shampoo, conditioner, toothpaste, toothbrushes, deodorant, etc.); Laundry Detergent; Paper Products (tissues, toilet paper, paper towels and napkins); Towels and Washcloths; Pillows and Twin Bedding; Recreation Equipment (jump ropes, softballs, kickballs, etc.); Digital Cameras; Porch Furniture; Weed Eaters and Leaf Blowers; Youth Bibles; Gift Cards, and New Sleeping Bags.* Make monetary Donations at the event or at gofundme.com/hopeforourchildren.

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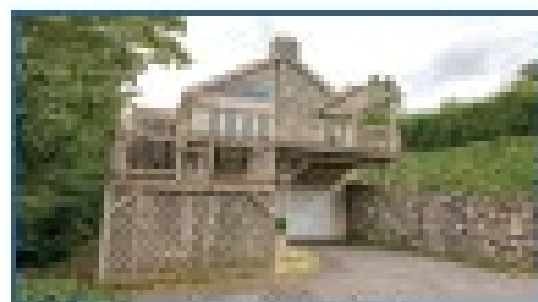
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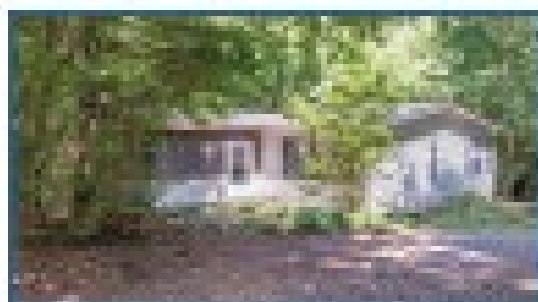


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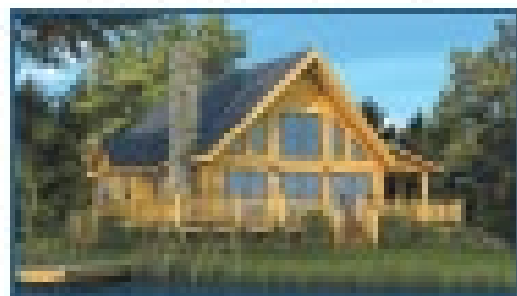
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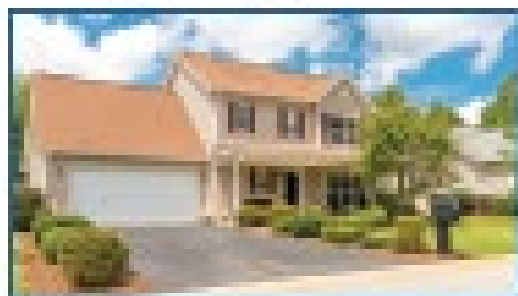
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GUEST WRITER

by Steve Norris

A Hunger Fast for the Earth

Introduction by Pat Stone

When I learned about the 18-day protest fast Fairview's Steve Norris participated in last September, I asked if he would be willing to share his reflections about the experience in the *Town Crier*. The fast was part of a protest by Beyond Extreme Energy, a nonviolent action network working to combat climate change by reducing our dependency on fossil fuels. Reader, whether you agree with Steve's political views or not (indeed, especially if you agree with them), I ask you to read this piece for its compassion and commitment. Watch how open and caring Steve is towards everyone. May we all learn to think and act kindly — even towards those with whom we don't see eye to eye.

Lee Stewart, a 28-year-old faster wise beyond his years, wrote, "To fast is absurd." But Gandhi said, "Fasting is the purest form of prayer."

I recently finished an 18-day, water-only fast in front of the offices of the Federal Regulatory Energy Commission (FERC) in Washington, D.C. Sometimes my fast did feel absurd; at other times, indeed like prayer. I often wondered what it meant, even while I was doing it.

I spent 18 days literally emptying myself of food and then of about 20 pounds of fat. Emptying myself to the point of weakness, so that climbing stairs in the last week became dizzying. At times even sitting became painful, as if fists

had repeatedly pounded on my back.

Pope Francis has said that fasting is a way of experiencing a part of the suffering of the poor, so that we may be opened to new ways of understanding what must be done. In our final ceremony in front of FERC on the last day, Reverend Yearwood, a fiery Afro-American leader who has become one of the most passionate voices for social and environmental justice, talked about how we hunger strikers had experienced a taste of a crucifixion.

As we broke and ate bread afterwards, I realized that the burly security cops standing off to the side had been left out of the ceremony. Some of these men had helped arrest me in a previous action back in May — sending me into the worst jail experience of my life. I took some of the bread, went over, and offered it to them. None accepted it, but all of them had the biggest smiles on their faces I'd ever seen.

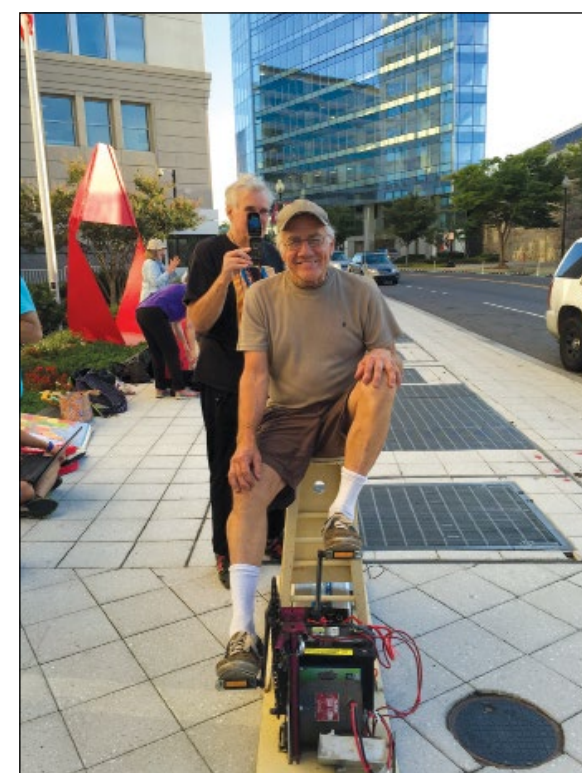
And that's what moved me the most in my experience — not my suffering, but the kindness of other people. The off-handed, spontaneous comments from FERC workers and passersby ("Thank you for raising this issue," "God bless you"). The FERC employee who initially refused to talk to me but eventually, after I got him to tell me about himself, smiled like an old friend every time I saw him. The young black security officer who watched us hold signs and distribute leaflets for three weeks. On the 15th day of our fast, she told us, "Some women came by yesterday and asked me, 'What

are they doing here?' I told them, 'They are taking action for all of us.'"

Fasting for 18 days took me into something new, hard, unpredictable and uncertain, shining a different kind of light on injustice. Trying to understand it all when I returned home, I met with Mahan, a wise older friend — and former radical preacher. Mahan showed me a letter Thomas Merton once wrote to a young activist that gave me much to ponder. It said in part:

"Do not depend on the hope of results. When you are doing the sort of work you have taken on, essentially an apostolic work, you may have to face the fact that your work will be apparently worthless and achieve no result at all, if not perhaps results opposite to what you expect. As you get used to this idea, you start more and more to concentrate not on the results but on the value, the truth of the work itself. . . . In the end, it is the reality of personal relationships that saves everything."

So where does all of this lead? The people we touched in various ways, the silent people who have walked past our



Steve Norris in front of the Federal Regulatory Energy Commission, pedaling Franklin Sides's bicycle-powered generator to power the protesters' cell phones and computers.

signs reading "Day 12 of 18-day Hunger Strike," the police, the FERC employees, the others — what will they all do with this? Was our fast an absurd prayer? Will they hear it? Will it touch their hearts, as it touched mine?

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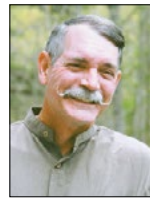
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OF INTEREST TO SENIORS

by Mike Richard

Inside the Ball Park



Ever since I started offering Medicare Advantage plans, I've witnessed a lot of volatility from year to year, ranging from small co-pay and premium increases to the complete withdrawal of a company from the marketplace. Original Medicare (Part A & B) has traditionally been a very stable insurance, but Medicare Advantage (Part C) is a whole different animal. Don't get me wrong: I find it to be a very good option for many people on lower fixed incomes, those who want coverage but have health issues precluding them from qualifying for a Medsup, or someone who is healthy and doesn't feel the need to spend a lot for coverage...as long as they don't mind the threat of constant changes.

Follow the Money

I'm consistently asked: "What happened to my plan?" or "Why is my Rx or premium going up so much more?" There are a multitude of reasons for these changes, not the least of which is "star ratings." Medicare uses the star rating system (1 - 5 stars, with 5 being the best) to prod insurance companies to take better care of Medicare beneficiaries. The higher the star rating, the more money the insurance company receives from Medicare to provide better benefits such as gym memberships and complete annual physicals, as well as to help keep premiums low. There are more than 60 parameters by which insurance compa-

nies are judged, and I was surprised recently to learn that Rx programs garner a significant share of attention. For example, to earn a higher star rating, a more commonly used medicine may be moved to a lower-priced tier, so as to encour-

Medicare uses a star rating system – like movie reviews – to get better coverage for you.

age people to buy them and take them. Home "health assessment" visits are another tool utilized to help determine if meds are being taken as prescribed.

Why does a Plan go Away?

Medicare is encouraging proactive preventive and wellness care through star ratings. It is easier to do that with a managed care approach involving HMOs and PPOs, where healthcare providers within a network are credentialed by the insurance company and a primary care doctor is utilized to more effectively manage a program of individual care. This isn't as effectively done with a non-network plan like a Private Fee For Service (PFFS) plan where costs are greater, proactivity of care is less controlled and good star ratings are harder to come by. Lower star ratings equals less money for the provider, so bye-bye plan.

Mike Richard is president of Prime Time Solutions, Inc., an insurance agency serving people across the Southeast specializing in senior insurance products since 1998. 628-3889.

Time for Spring Cleaning?

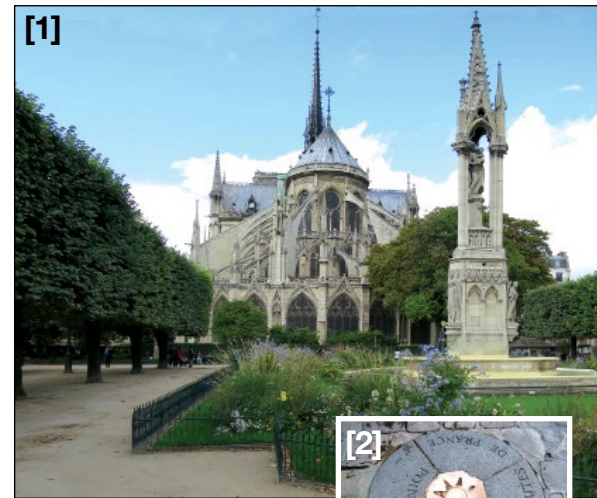


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In the Cluny Museum, the art of two cultures



A Walk in Paris

by Lynn Stanley

Paris! I'm finally here again after years away. Paris, ever the same but always new... and yet after the delight of discovering the new, I'm always drawn back to my favorite places; not towering monuments or museums, but smaller gems among the city's jewels. One of my greatest pleasures is retracing the familiar walk that takes me from one to the next, through the heart of Paris. You're invited to come, too ... so allons-y! Let's go!

We start at Notre Dame Cathedral [1] on one of two islands in the Seine. It's the Point Zéro of France, and not just in the minds of the Parisians – it's official, in the form of a stone disc [2] in the square facing the cathedral, marking the point where all the roads in France begin counting distance. And if you suggest that some French citizens probably think "world" instead of "France" ... well, I won't argue.

But we won't linger here among the milling crowds; we'll go around back to the small and amazingly quiet park behind the Cathedral, where French families stop to let children scamper free, retirees on benches read the newspaper, birds bathe in the fountain, and the view of Our Lady's windows and flying buttresses is to me just as beautiful.

We cross the Seine from the island on the 19th century Pont de l'Archevêché, noticing the accreted Locks of Love [3] we've heard about; charming at first, they're now a danger to the old bridges and are being removed. I for one won't miss them; I'd rather see more of the Seine on this favorite walk, wouldn't you?

Just across the river we stop at Shakespeare and Company, [4] the English language bookstore continuing the tradition of the original opened in 1919 by an adventurous young American in Paris, Sylvia Beach, who came to be known and loved by Hemingway, Fitzgerald and numerous other writers of the time. I always find something to buy at S&Co, in tribute to brave Sylvia and the writers she supported in their early days.

If we're getting hungry we'll drop in to Le Petit Châtelet, the sidewalk restaurant next door, for a cheese plate [5]... but look at this! Now this is a seriously *blue* cheese! The server says it's flavored with lavender, and it's as delicious as it is pretty.

Fortified, we stop in the lovely nearby Square René-Viviani to salute the Oldest Tree in Paris, [6] a locust planted by Jean Robin in 1601, and now supported by two concrete crutches. It lost its upper branches to a shell during World War I, but still it blooms every year, as true a monument as any made of stone.

Next we'll visit the small Musée de Cluny, originally the residence of abbots in the fifteenth century; but the history of the site reaches much further back, as the abbots' mansion sits atop the remnants of third-century Gallo-Roman baths. After gazing for a while at the enormous, spectacular Unicorn Tapestries [7] upstairs, we can go down the ancient stone steps to see the multi-person tubs and benches of the hot and cold water baths. I'm often amused to find myself imagining them together in time – the pale medieval maidens stitching endlessly above while Roman senators cavort below. In passing we say hello to the Roman version of the Green Man, [8] which reminds us of a certain beer in Asheville and makes us yearn for news of home. Fortunately we brought the *Crier* with us, so we can stop in the Cluny courtyard [9] for a quick read.

Not all my favorites are millenia or even centuries old, though. The Embâcle Fountain [10] near the Eglise St.- Germain on the Left Bank was given to France by Québec in 1984. Yes, there's a fountain in there; you just have to bend down and look under those slabs! An embâcle is a logjam, reportedly common in the rivers of Canada, and it does look like one ... once you know it's supposed to. The first time I saw it, though, I immediately thought of crazy rides in theme parks I've known; I almost expected King Kong to climb up out of the sidewalk, grab a strolling Parisienne and climb a church spire. But now I cherish the Embâcle as a wonderful burst of whimsy among the classic façades and cafés.

Speaking of cafés, it's starting to rain, so perhaps it's a good time to stop for a glass of wine in one of the famous spots along the Boulevard St. Germain. I usually pick the Café de Flore, [11] where the painfully serious Existentialists used to commandeer a table and philosophize from morning to night. Let's agree to think deep thoughts for a full five minutes, and then relax and enjoy the view. Paris is also very beautiful in the rain, as numerous artists [12] have shown. In that painterly frame of mind, after the rain stops we'll wander along the Seine to the art store Sennelier, [13] which looks much the same as it did in the 1880s when it was the preferred supplier of the Impressionists. When I go inside and stand at the counter, [14] it's always my hope that I'll breathe in some stray Monet molecule of genius.



Paris, rainy day, iPhone, 2015.



Paris: Rainy Day, Caillebotte, 1877. Wikipedia



Buying a bit of history at Sennelier



Last, we'll cross the Seine again and the Louvre's Tuileries Gardens; but we'll leave the Mona Lisa for another day, and instead head for my favorite Métro stop, Palais-Royal [15], another monument to whimsy constructed of glass and aluminum in 2000.

And where now? Well, like the roads from Point Zéro, we can go anywhere from here! It's your turn to choose – allons-y!



The Legislative Session is over in Raleigh, and the citizens of North Carolina can finally breathe a sigh of relief... and so can I! Let me just say once again that it has been a pleasure to serve my community, and to be a part of the law-making process in our state. I have been a long-time student of history, and to be able to serve in this legislative body has been one of the many highlights of my life.

And now I think it might be time to dream a little about an even better Fairview.

First of all, let's be thankful for the successful institutions we have in our community, and we can all think about ways to support and enhance them. In importance, I will lead off with our public schools: Fairview Elementary, Cane Creek Middle, Reynolds Middle and Reynolds High School. There may be opportunities for each of us to help out at these schools, offering individual tutoring, talking about our careers or working with sports teams. We also have first-rate volunteer fire and rescue departments in Fairview, Garren Creek, Reynolds and Gerton.

We have a great library in Fairview, with an active Friends group bringing special programs to our community. We have the Welcome Table, which can always use more volunteers, as well as the Lord's Acre Community Garden. There is the Community Center, which has been a great hub of local activities for many years, along with the Fairview Business Association. The *Town*

Crier needs monthly labelers and writers. The Boy Scouts, Cub Scouts and the Girl Scouts are begging for help, along with the Fairview Athletic Association. Fairview is blessed with many churches that would welcome your participation, all with their own special ministries, both local and foreign. I have probably

I have always wondered if it would be possible to create an alternative transportation option for Fairview. My simple vision would be to find a driver and a vehicle similar to an airport rent-a-car bus that would go back and forth from the Food Lion to River Ridge and Asheville.

not even named all there is to do in our community in a volunteer capacity, but the possibilities are clearly varied, with something for everyone. Teaching our children and grandchildren to serve can be a life-changing experience.

With all of these activities, what more can we do? Here are a few ideas of mine, and maybe you can think of some more.

1. Monthly Ministers Meeting: I would like to convene a monthly meeting with as many churches represented as possible. Each month would be devoted to seeking out families who are in particular distress; for instance, maybe a parent is in jail or very sick. We could meet with local school of

ficials, the Sheriff's Department and Social Services. It would open up communication with these agencies, and I think we could find good Samaritans to learn how to minister to the sometimes desperate needs of families in our community.

2. Todd Royal, the minister of Fairview Baptist, has for many years prayed for a "Safe Home" in Fairview for anyone experiencing abuse. Would there be anyone in Fairview interested in working with Pastor Royal on this project?
3. I would like to see a Fairview Fund created, possibly through the Community Foundation of WNC, for contributions from our generous donors. We could then build up the capacity to help our current institutions and others needing to be created.
4. I have always wondered if it would be possible to create an alternative transportation option for Fairview. My simple vision would be to find a driver and a vehicle similar to an airport rent-a-car bus that would go back and forth from the Food Lion to River Ridge and Asheville on the hour every hour. Perhaps the driver could even have a little leeway when someone calls by cell phone for a pickup or two on the way to town. I would be interested in exploring this idea or maybe a better one (such as arranging a bus route with Asheville Transit).
5. And here is one final grand idea. I have always wanted Fairview residents to have a way to express their

needs and aspirations to the political powers that be. Since we are unincorporated, the Buncombe County Commissioners exercise jurisdiction over our community. There are also reasons to contact the Department of Transportation, the NC General Assembly, Duke Power, Asheville water and who knows who else. How can we seek out and prioritize the needs of Fairview in a fair and equitable manner? I believe that we all want to keep Fairview with a rural feel, so how do we join together in that endeavor? Can we create neighborhood groups that could poll their residents about specific issues that affect them? There are other community groups in Buncombe County, and I think there could be ways to make our voice heard in order to bring improvement to Fairview.

There are more great ideas out there than these, and a lot more committed people who would find a great deal of satisfaction in serving Fairview. Thank you for your interest.

John Ager's Contact:
NC House of Representatives
16 West Jones St, Room 1004,
Raleigh NC 27601-1096
John.Ager@ncleg.net or
jagerhng@gmail.com
628-2616 / 713-6450 cell
NCleg.net

Fall Hiking: When and Where to Go... Part 3

Last month's article referenced a few future trail projects that are coming soon to Chimney Rock State Park. First on the agenda is building a trail to the top of Hickory Nut Falls. Before the state park system acquired the land, there was a legendary trail that traversed the sheer cliffs and climbed to the top of Hickory Nut Falls. From there it doubled back towards Exclamation Point, but not without taking hikers to one of the best views in the Hickory Nut Gorge: Pere-



Hickory Nut Falls seen from Peregrine's Rest.
Photo by Steven McBride.

grine's Rest. As its name suggests, it's a high perch with a commanding view of the waterfall and the surrounding landscape (see photo).

The Cliffs Trail and a section of the Skyline Trail were closed due to safe-

ty concerns when the state purchased the park in 2008. This closure officially blocked access to the top of the falls. Locals and visitors alike clamored for the park to re-open this "crown jewel" of Western North Carolina hiking. Well, the time has come for the access to the top of the falls to be opened. The new trail will take a different route that will lead hikers away from the dangerous cliffs while still offering excellent views, overlooks and access to the top of Hickory Nut Falls.

The plans for the trail have been approved and much of the money needed for trail construction has been appropriated. However, there is still a financial shortage. The Friends of Chimney Rock State Park (FCRSP) is a non-profit group dedicated to supporting the park and committed to assisting to finance this long-awaited project. To learn more, donate or volunteer please visit the website at friendsofchimneyrockstatepark.org.

In addition to the trails at Chimney Rock State Park, the town of Lake Lure also offers a diverse range of hiking options. Because of its lower elevations (approximately 1,000 feet above sea level) the fall colors will hang on well into November. One of my favorite easy hikes is located at Morse Park. This 23-acre lakeside park offers some of the least strenuous hiking in the

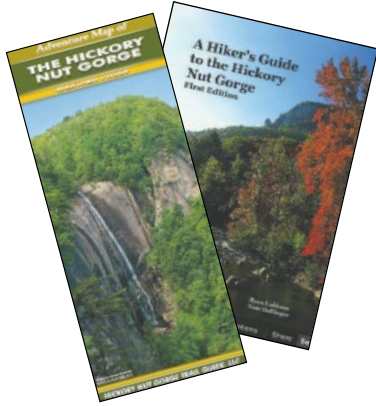
Hickory Nut Gorge. The park is usually full of wildlife due to the variety of thriving wetland habitats found here. Over 100 species of birds can be observed throughout the year as well as beavers, mink, deer and a variety of turtles. Fishing is also allowed from shore, and anglers have the opportunity to catch large and smallmouth bass, white bass, sunfish (bream), crappie, catfish and more. With all this combined with a marina, visitor's center, basketball and tennis courts, open fields and impressive mountain views, it's no wonder this place has become a favorite spot for a family picnic or mellow waterfront stroll.

If you are looking for a little more action and haven't yet visited the newly created Buffalo Creek Park, then it is well worth the drive to the other side of Lake Lure. This is the only mountain biking trail system within a 20-mile radius. If you bring your bike you will be rewarded with a professionally built trail that provides a smooth and flowing ride over some steep terrain. Totalling nearly five miles of trail, this is the first phase of a much larger trail system that will connect to 1,500 acres of conserved land. Buffalo Creek is not exclusively for mountain bikers, though. Hikers, trail runners, dog walkers and rock climbers are welcome to explore the park as well. There is about 1,000 feet of elevation change from the parking area to the highest point on the trail, so be prepared for a moderately strenuous adventure.

Fall hiking is a favorite pastime for so many outdoor enthusiasts. Our area

offers such a great range of hiking opportunities, from the high peaks on the Blue Ridge Parkway to the middle elevations around Bearwallow Mountain, and even down to the piedmont around Lake Lure. With more prospects on the horizon for the Hickory Nut Gorge in the foreseeable future, this is an exciting time for conservation and recreation in our area. Please consider joining a local land conservancy and/or friends group to help make these dreams into realities, and make some time this fall to get out and explore a new trail.

Ryan T. Lubbers, co-author of *A Hiker's Guide to the Hickory Nut Gorge*, works as a Naturalist and Trail Guide at Chimney Rock State Park and is a general outdoor enthusiast (especially in the Gorge).



Stop by the *Town Crier* office at 1185F Charlotte Highway and purchase a Hickory Nut Gorge Trail Map and Guide Book. A portion of sales is being donated to the *Crier!* Map and book also available at Chimney Rock Park and Amazon.com.

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VISION SOURCE

Bartonella

by Dean Hutsell, DVM, Fairview Animal Hospital

Bartonella bacteria infects around 30 percent of healthy cats in America, and causes a disease in people that is commonly referred to as Cat Scratch Fever. In the late 1970s Ted Nugent recorded a song called “Cat Scratch Fever,” but these bacteria have been around a lot longer than that. Bartonella’s spread can be reduced by screening with a blood test and treating those infected.

Cats get Bartonella from flea and tick bites, and transmission occurs to other cats by these vectors. People get Cat Scratch Fever when their infected cat scratches or bites them. Also, we humans can get infected from a tick that attaches to us if it is infected with the bacteria.

Cats that are detected with Bartonella

infection fall largely in areas of the US where the climate is generally hot and humid. These areas are popular homes for the fleas and ticks that transmit the Bartonella bacteria.

In humans, the Bartonella bacteria cause twenty-two diseases, with Cat Scratch Fever being only one. These diseases can mimic other diseases and should be considered when people have had tick bites or have cats in their household.

Out of the 22,000 cases of Cat Scratch Fever diagnosed each year in the country, nearly 10 percent of the patients have to be hospitalized. The most common evolution of the disease is the development of a red swelling at the bite or scratch site, with the lymph node that is

associated with that body part swelling and becoming very large and sometimes abscessing. Other body systems can become infected, with the eye being a common organ for the disease to localize. Pinkeye or inflammation of the tissue around the eye is a manifestation of Bartonella infection as well as some brain, heart, musculoskeletal, skin, gastrointestinal tract and lymph node swelling. If infected with Lyme disease, the symptoms can be more complex.

Dogs, like people, can be infected with Bartonella bacteria. Transmission to dogs appears to be more common from tick bites than flea bites, but both are possible, as well as from altercations with an infected cat. Dogs can be tested for this bacteria when they develop sim-

ilar symptoms to those seen in humans. Sometimes when the only symptom is a fever, this may be the causative organism for both human and dog.

Prevention is the key, and that means veterinarians will recommend screening healthy cats for Bartonella when they come from a shelter environment, have fleas at any time in their life, exist as an indoor and outdoor kitty, or come from a cattery/breeder that does not have their cats screened.

Since Western North Carolina falls into the area where fleas and ticks thrive, it is strongly recommended that your pets be screened for Bartonella. A blood test is required and even though several tests are available, the screening test used will depend on your vet.

FOR THE BIRDS

by Simon Thompson

Warblers: Reflections from Both East and West

“Another small brown bird in the bushes,” my friend muttered to me under his breath as we hiked another mosquito-infested trail in the Camargue. This vast wetland complex in the south of France is an excellent place to look for birds, as well as enjoy some fine food and wine. In addition to the large water birds, such as White Storks and Greater Flamingos, we were looking for migrant songbirds moving south from their breeding grounds in northern Europe. This vast river of birds pours through the Mediterranean region to winter in Africa’s varied habitats.

“I’ve got it,” I replied, as I struggled to get any details on this skulking bird. I could see a few brown feathers in the bottom of the bush that may have been part of a bird, but it was difficult. Every few seconds it would offer a soft call, and that was all we got.

This is one perfect example of looking for warblers in Europe.

On another day, another bird

It was fall as I walked down the trail along the Blue Ridge Parkway, in the orange-leaf-turning time that signifies the changing of the season. A quick movement caught my eye as a bright yellow bird flitted into view; it was a male Canada Warbler, still in fairly bright color after the breeding season. The diagnostic black necklace had faded, but the yellow was still intense. Another bird appeared, a male Blackburnian Warbler. No yellow this time, but a faded pattern of pale orange and black. In the breeding season male Blackburnian Warblers are among the brightest of the New World warblers,

and finding their flame-orange faces in the spring-green treetops is always a treat, but at this time of year those breeding colors are subdued. An American Redstart joined the flock and almost begged to be watched. Its hyperactive flight pattern mimicked a falling leaf as it snapped any late-season insects from the air.



Chiffchaff from England; right, a Blackburnian Warbler from NC. Photos by Simon Thompson

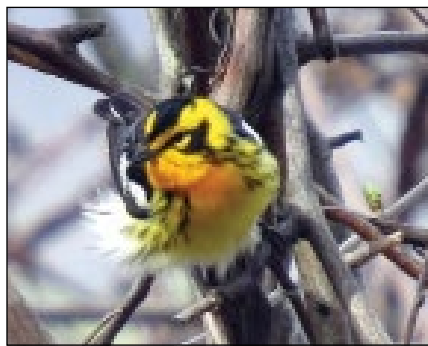
This is a typical warbler encounter in eastern North America.

So why are both families of birds called warblers? Much the same reason as American Robins are named after European Robins; both species have red breasts, but that’s where the similarity ends. Take a look at a Christmas card robin if you are unsure of the latter, as even today, robins at Christmas are invariably European Robins!

Anyway, I digress. Warblers in the New World were probably named by the early explorers for their similarity in shape and

habit to European Warbler, not due to any other features, such as color or song. This is where the real differences occur.

The Blackburnian and Canada Warblers are brightly colored and seem to advertise their presence. Their songs are fairly simple and repetitive and don’t compare to the somewhat complex and intricate songs from over the Atlantic. Their extravagant colors are a direct result of sexual selection, and obviously the brighter males are preferred by their prospective mates — which may prove again that color trumps song here in the New World.



Now back to those “small brown birds” in European woodlands, forests and marshes. Most of the time they are just voices. The dense vegetation does a great job of hiding the singer, plus the singer really does not really want to be seen. He can do all of his work through his voice to attract the female, and some voices can be spectacular. Blackcaps, Garden and Icterine Warblers are nothing to look at and

won’t win any prizes in a beauty contest, but the complex, rich songs certainly work to attract the female. Plus they probably also do well to keep other males at bay.

Of course, like many examples in the bird world, these are generalizations. There are some brightly colored European warblers and some dull New World birds. A few North American species, such as the Swainson’s Warbler, are mostly brown, while the European Chiffchaff is hardly going to win awards for its monotonous song.

You Just Can’t Have It All

There you have it. It’s tough for a bird to have everything. Color and song are not mutually exclusive, but it’s rare for a brightly colored species to be a stunning singer. North American birders can be challenged by the “small brown birds” in Europe, and the Europeans, who differentiate their warblers by song, can be somewhat taken aback by the bright colored warblers found on this side of the Atlantic.

And the mystery brown bird we were watching in France? It did eventually show more than a few feathers, and we were able to identify the skulker as a Savvi’s Warbler, a tough to bird to find when it’s not singing, but a great find anyway.

Simon Thompson has lived in WNC for the past 20 years. He owns and operates his own birding tour company, Ventures Birding Tours. WWW.birdventures.com. If you have birding questions, please drop him an e-mail at the above site.

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Padget

I am an approximately 4-year-old, neutered male Westie with a zesty personality. I am super cute, walk well on a leash, and like other dogs but prefer not to be in the company of cats. I weigh 23 pounds — kind of chunky, I know — but I love my treats.



Badger

The holidays are fast approaching and there is nothing I would love more than to share them with you! I graduated from the New Leash on Life program, so I have great manners and love to play with other dogs and people. I prefer not to be in the company of cats, however. I love going on hikes, as I have some energy to expend. Oh yeah, I am a neutered male mix about a year and a half old, weighing in at 30 pounds.



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Cookie

This little boy is one of the dearest Chihuahua mixes we’ve ever met! He lives to please his family. When going on walks, he keeps watching his owner to be sure he or she is happy. He just loves people! Cookie is 4–5 years old and weighs just 12 pounds. He is very friendly, loves other dogs, and is not a barker or jumper. His one bad habit is that he’s an escape artist. He longs for a family who will love and appreciate his loving nature. Older children okay. (Call first — he is in a foster home and not at our shelter).



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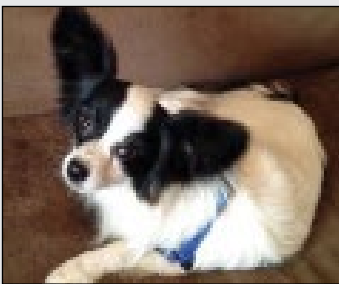
Wobble

Wobble is a very special kitten born this March. She loves to snuggle and is quite goofy when she plays. Wobble, however, is a special needs kitten and is going to require a very special home! She’d prefer a home with no small children, no stairs, and mostly carpeted floors. She has, however, learned how to do a super cute bunny hop that is her way of running and allows her to move pretty fast. For more info about this pet, email klarinet01@aol.com.



Baxter

Baxter is such a sweetie! He’s shy, but it’s obvious that he really wants to be a part of whatever is going on. He’s good with a small dog and cat in his foster home, but would prefer a home without small children. Baxter likes his crate and will take toys/chews in there and hang out.



Bella

Bella is a small, female guinea pig born around July 1st. She’s a very sweet baby and loves carrots and oranges. For more info, email Susan at vardimans62@gmail.com.



Sweet Pea

Sweet Pea is a 5-month-old bunny available for adoption from Brother Wolf Animal Rescue. Please send an email to contact Lisa at lisah2358@hotmail.com for more information about this pet.



Brother Wolf November Events

Adoption

November 1: Mast General Store, 15 Biltmore Avenue, 12–3 pm

November 7: Petco, Brevard Road, 12–3 pm

November 14: Edna’s of Asheville, 870 Merrimon Avenue, 12–3 pm

Fundraising

November 1, 15, 29: Free Beer Sunday at the Regeneration Station, 12–5 pm, donations to BWAR

November 28: Artists’ Market, 3869-B Sweeten Creek Road, 1–5 pm, percentage of sales to BWAR.



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FINANCIAL FOCUS

Avoid Problems by Updating Beneficiary Designations

by Stephen Herbert

 Like many people, you might not particularly enjoy thinking about your estate plans, but such planning is necessary to make sure your assets go where you want them to go. And it's just as important to regularly review your plans with your tax, legal and financial professionals in case any changes are needed. For instance, some of your wishes expressed in your will may be overridden by beneficiary designations you filled out years ago. If these designations become outdated, your assets could be passed to those you didn't intend.

You might be surprised at how many of your financial assets and legal documents have beneficiary designations tied to them.

You might be surprised at how many of your financial assets and legal documents have beneficiary designations tied to them. If you have an IRA, a 401(k) or other employer-sponsored retirement plan, a life insurance policy, an annuity, a transfer-on-death (TOD) arrangement or any of a variety of other assets or accounts, you almost certainly named a beneficiary. And this beneficiary designation offers a simple, direct and efficient way to get assets in the hands of your loved ones who survive you.

However, as time goes by, you may experience many changes in your life — and when your life changes, your beneficiary designations may need to follow. But if you are like many people, you might forget to update these designations after a marriage, divorce or other change in your family situation. And because the beneficiary designation is a legally binding document, the asset will go to the person you once named as a beneficiary, regardless of your current relationship status.

It really doesn't take much effort to look over your accounts and legal arrangements to ensure that your beneficiary designations are current — and if they aren't, it's pretty easy to change them. In fact, for some financial accounts, you may be able to update the beneficiary designations online. In any case, plan on reviewing your beneficiary designations regularly, but especially when you experience a change in your life.

Here's one more thing to keep in mind: Make sure your current beneficiaries are informed that they will eventually be receiving your 401(k), IRA, life insurance proceeds or other assets that require a beneficiary designation. This advance knowledge may help your loved ones as they plan and maintain their own financial and investment strategies.

Although it's clearly important for you to update your beneficiary designations and to communicate your actions, you will still need to attend to other areas of your estate planning, such as providing care for minor children or dependents, deciding who you want to receive specific items that do not carry a

beneficiary designation, naming someone to manage your affairs should you become incapacitated and specifying the control you wish your beneficiaries to have over their inheritance. These are just a few examples of estate planning considerations.

Because everyone's situation is different, you will need to consult with your legal advisor to determine the level of estate planning you require. As we've seen, updating your beneficiary is one piece of the puzzle — but to leave the legacy you desire, you've got to complete the picture.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, who can be reached at Stephen.herbert@edwardjones.com or 628-1546.

BUSINESS

Silas' Produce to Open for Christmas Trees

Silas's Produce on 74A has closed for the season but will reopen to sell Christmas trees around Thanksgiving. As always, Nate is grateful for the community's support throughout the growing season.

Monday is Lasagna Night at Piazza's

Reza Satayesh has sold Piazza to long-time employee Justin and his wife Abby Bell. The menu is the same for now but the Bell family has decided to open on Mondays at 3:30 pm for family Lasagna night. For \$9.99, customers get a good-sized slab of lasagna and a salad. Piazza is in Eastwood Village in Reynolds, 298-7224.

SEPTEMBER FAIRVIEW REAL ESTATE STATS

		High \$	Low \$	Avg \$
Houses listed	17	1,200,000	75,000	360,306
Houses sold	17	700,000	23,334	303,267
Land listed	13	1,500,000	29,000	280,015
Land sold	2	310,000	82,500	196,250

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). They have recently relocated to their own building at 771 Charlotte Highway in Fairview. If you have questions concerning real estate in our community, email Jenny Brunet at coolmnt1@gmail.com or call 628-3088.

Family Care of Fairview Adds New Doctor

Family Care of Fairview is excited to announce the addition of Dr. Rebecca Clemenzi to their practice located at 136 Charlotte Highway. She joins Dr. Diana Bradley, Dr. Paul Chang and Rick McIntyre, PA-C.

Dr. Clemenzi is a graduate of the University of Florida School of Medicine and completed her family practice res-

idency in Asheville at MAHEC. Since then she has practiced exclusively here in WNC. She retired from full-time practice at The Family Health Centers in 2014 and will be working part time at Family Care of Fairview.

"I'm excited about returning to family practice, especially here in Fairview, which is my home," Dr. Clemenzi said.

Habitat for Humanity 3D-Print Holiday Ornament Contest

Asheville Area Habitat for Humanity is partnering again with Spectra3D Technologies to host its second 3D ornament design contest. The winning ornament will be printed in multiples and sold to the public at the Asheville Habitat ReStore. All proceeds from sales related to this contest will benefit Asheville Area Habitat for Humanity. The winning designer will have his or her choice of a \$100 ReStore gift card or a 3Doodler, a 3-dimensional printing pen.

3D printing is the wave of the future; 3D novices are encouraged to approach the contest as a learning opportunity, as this contest includes a how-to webinar

and other resources to get started in the 3D world. The contest is underway and runs through *December 1*. All are welcome to compete.

Contest guidelines, an instructional webinar and resources to learn how to use free software to design 3-dimensional objects are available online at HabitatOrnamentContest.com. The announcement of the winning design and a live 3D printing demonstration will take place on *Saturday, December 5, 10 am-2 pm* at the Habitat ReStore, 31 Meadow Road in Asheville. The winning ornament will be available for sale at the ReStore beginning December 5.



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Monarch Butterflies

In a field growing with Joe Pye weed, purple thistle and goldenrod, there is one particular plant that holds the object of Sara Fletcher’s desire: milkweed. Fletcher, of Fairview, is scouring the milkweed plants with a gentle hand and a keen eye for either a creamy jewel of a monarch butterfly egg or the stunning contrast in yellow, black, and white stripes of a monarch caterpillar. Milkweed is the only host plant the monarch butterfly will lay eggs on and the only plant the caterpillar eats.

Sara finds the eggs or caterpillars and brings them home, where she can raise them in a controlled environment to become butterflies and then release them into the wild.

From the start of the summer to the end of the monarch migration season this fall, Fletcher will have released over 400 monarchs.

She has always loved the monarch butterfly. Growing up in New Hampshire, “pillaring” – as she calls it – was something her whole family did. Sara and her dad especially loved to raise the caterpillars into butterflies. She has continued doing this for the love of the monarch, but it now takes on a whole new meaning. The monarch butterfly is on the verge of becoming endangered.

The story of the monarch butterfly is pretty extraordinary. Every fall as far north

as Canada, millions of monarchs east of the Rockies begin to migrate towards their roosting sites in the Oyamel fir forest in central Mexico. To think that something that weighs as little as a paper clip can travel thousands of miles is pretty amazing.

The monarchs mate as they migrate south. But Mother Nature can be harsh, and only 10 percent of eggs will become butterflies.

There are a few reasons for the decline of the monarch butterfly. Deforestation in Mexico, recent bouts of bad weather near the roosting sites and the growth of herbicide-based agriculture destroying crucial milkweed in the Midwest are the three main factors. The use of Roundup-resistant crops in the Midwest has drastically reduced the milkweed population, as well as that of all the other perennial flowering plants that would normally surround the farmland. So not only does the monarch not have the milkweed to lay eggs on, it does not have the necessary flowering plants providing nectar to feed on – not to mention all the other life that is supported by the nectar of wildflowers. The loss of milkweed in acres is estimated to be roughly the size of the state of Illinois.

The site in Sara Fletcher’s house is awe-inspiring. Life is everywhere! Nearly 300 caterpillars are making their home there. Clear plastic cups covered with a coffee filter and held securely down by a rubber band cover her dining room table. In each cup is a caterpillar, or two or three, depending on how big they are. From an egg the size of a small freckle the caterpillars grow to almost 2 inches long.

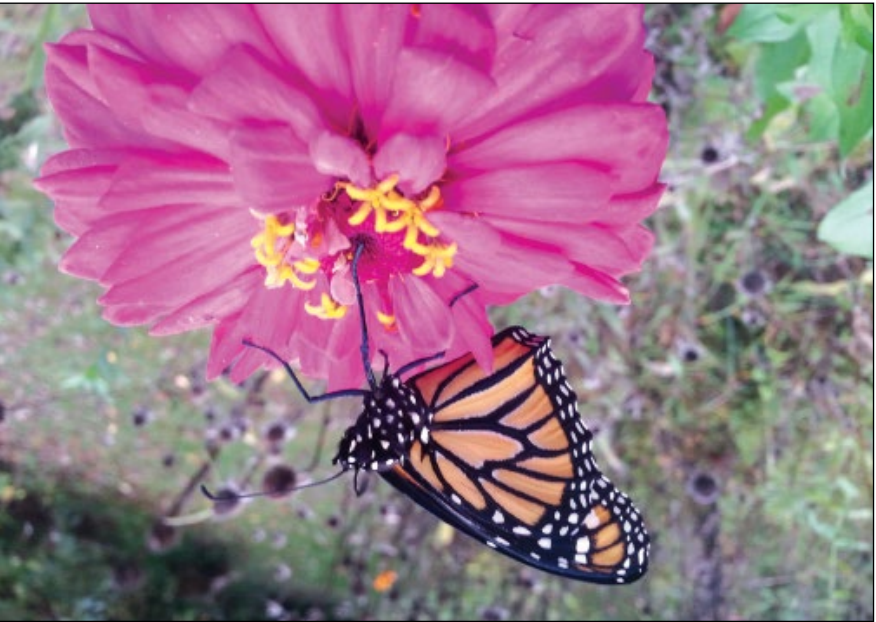
Sara has three hanging nets and two mesh laundry hampers. In two nets and one hamper are mature caterpillars with their thick yellow, black and white stripes, munching away with voracious appetites on milkweed leaves in preparation for the third cycle of their life,



Chrysalises hanging in Sara’s window.

ing their home there. Clear plastic cups covered with a coffee filter and held securely down by a rubber band cover her dining room table. In each cup is a caterpillar, or two or three, depending on how big they are. From an egg the size of a small freckle the caterpillars grow to almost 2 inches long.

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healthy. In a controlled environment the caterpillar’s chance of becoming a butterfly significantly increases.

Once a caterpillar gets big enough, it graduates from a cup to a net designated for either wild caterpillars or those from eggs. It takes Sara about two hours every night to clean the nets and cups and feed the caterpillars. She also has to drive to the milkweed field and collect the freshest leaves to feed the caterpillars every day.

Sara participates in Monarch Watch’s citizen science project by tagging 100 butterflies which, if found, can be tracked back to Fairview, and data can be collected to better understand the monarch migration. Sara also did a presentation for one of Fairview Elementary’s kindergarten classes in which she brought in caterpillars and allowed the

students to release some monarchs. She does all this for the love of the monarch.

Everyone can join the fight to save the monarch. Although we have no control over the weather or the destruction of the forest in Mexico, we can plant milkweed! There are organizations from which you can get milkweed seeds and even special programs for farms and landowners with substantial property where milkweed can be obtained. Monarch Watch is a national conservation organization and is a great resource for further information. Monarch Rescue is an organization in Asheville dedicated to the monarch.

And please remember that Roundup kills not only the unwanted but also the beneficial plants.

For more information visit monarch-watch.org and monarchrescue.org.



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WORSHIP & COMMUNITY OUTREACH


Bethany United Methodist Church Thanksgiving Meal



Bethany Church will host its annual Thanksgiving meal for the community, *Saturday, November 21*, beginning at 5:30 pm, 212 Bethany Church Road. Everyone is welcome. For details call 684-4338.

Gospel Quartet to Perform at Emma’s Grove Baptist

The Soul Vision Gospel Quartet concert had to be postponed. The new quartet will now perform at Emma’s Grove Baptist Church, 417 Emma’s Grove Road in Fletcher, on Sunday, *December 6 at the 10:45 morning service*. Everyone is welcome. A love offering would be appreciated.



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Evening Worship - 6:00 p.m.
Wednesday - Prayer Meeting/Youth/TeamKids - 7:00 p.m.

Be a Project Linus Blanketeer

The local chapter of Project Linus, a national non-profit organization that donates handmade blankets to children in crisis, is seeking volunteers to create blankets. The new “blanketeers” can contribute knitted, crocheted, quilted, no-sew fleece or flannel blankets.

The chapter has distributed over 54,000 blankets during the past 16 years and there is still a need for additional blankets.

If interested contact, Ellen Knoefel, chapter coordinator, at 645-8800.

“Dining for Women” Support Chapter to Form in Fairview

“Changing the World One Woman, One Girl, One Dinner at a Time” is the motto of the organization Dining for Women. The group’s mission is to celebrate the power of the individual to see an injustice and act to change it, and to see a need and act to fill it.

The organization started in Greenville, SC and is now nationwide; there are 5 chapters in our area, and much interest in forming a chapter in Fairview.

Dining for Women’s members are deeply involved in the programs they support and the problems they seek to address; the group’s education component is equally as important as the fundraising. Although more than \$4.1 million was raised between 2003 and 2014, members are generally not wealthy; the average donation is \$35 – just about the price of a weeknight dinner out.

Dining for Women’s collective-giving model is proving that small contributions, aggregated together, can make a huge difference. This is especially true in the most impoverished areas of the world, where some subsist on less than \$1.25 a day.

For more information about the group and the formation of a chapter, visit diningforwomen.org/about-us or contact Britt Allen at itsbrittallen@gmail.com or 450-8166.

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Evening Worship	6:00
Wednesday Evening	7:00

Angels of Fairview

Holiday Meal Drive

There are angels at work in Fairview. Angels of Fairview, a group of community members who want to make a difference, formed a non-profit to help families in need identified by the counseling departments at Fairview and Cane Creek schools. All of their efforts are funded by the generous donations of this community.

This year is the 9th Annual Holiday Meal Drive of Angels of Fairview. A donation of \$50 provides a complete meal for a family of 4–6 people, including a 10–12 pound turkey, 2 side dishes, rolls and a dessert.

In addition to supplying holiday meals, Angels of Fairview have provided assistance to families for power bills, car repairs, eyeglasses and clothing. They have also supplied gas and restaurant gift cards to families with loved ones in the hospital and helped several victims of house fires.

To support the Angels’ efforts, donations (tax-deductible) are needed before December 21. To make a donation, please mail to Angels of Fairview, PO Box 94, Fairview, NC 28730; drop off with your child’s teacher; or drop off at the *Town Crier* office (open 1–5 pm daily or use the window drop slot 24/7). Checks should be made payable to Angels of Fairview.

The Angels thank you for your continued support of them and most importantly our own community. If you have questions, contact Ron Gortney at 775-7750, Laura Booth at 216-6002 or Katherine Demetris at 712-4069.

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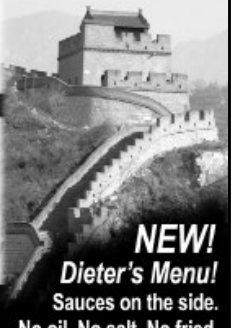
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FES Dads Club Helping School and Community

by Brian Fuchs

When my daughter entered kindergarten two years ago I wanted to be as involved as possible in the school and her classroom. I wanted to also find a few other dads who had the same passion to see what we could do to help increase the male presence inside the school. I sent flyers home asking any interested dads to come have breakfast with their kids before school from 7:00 to 7:45 am, and I called it Donuts with Dad.

While hoping for just a couple responses, you can imagine my surprise when we had 300 men RSVP that they were all in. My efforts went from a dozen donuts and a pot of coffee to finding a way to get food and drink to more than 600 people. Principal Reed was super supportive, and we broke it into two days, packed the gym and were just in awe of these dads’ desire to make the effort to be with their kids for breakfast.

Over the last two years, this event has evolved into Daybreak with Dad, which consistently brings 150 to 200 dads to the school for time with their kids and a quick agenda that runs from 7:15 to 7:45 am. It has been awesome to see the consistency and the excitement in both dads’ and kids’ faces at this event.

We have formed a Dad’s Club Board and I now have a few dedicated dads who are constantly looking for ways to be involved in the school and their kids’ lives.

One dad heard about a teacher who had a passion for getting stand-up desks in her classroom, and the Dads Club has committed to get this process started.



For details on this desk visit visualedtech.com. We would appreciate any and all support for the fundraising event noted in this article.

In addition to this, we also look out for single dads in need; and when we see or hear about his kind of case, we pull together to support him as a group. I have been overwhelmed with the generosity of the other Fairview dads who give above and beyond for a single dad in need they do not know. It has been such a blessing to see the process and how great the community is that we have right here in Fairview.

Pancakes for a Purpose

A group of guys and a bunch of kids want to serve everyone pancakes for a purpose.

The Fairview Elementary Dads Club is holding a pancake breakfast fundraiser from *8-10 am Saturday, November 7* at Chili’s on Tunnel Road. Dads will be cooking up pancakes, eggs, bacon, and sausage, and the kids will be offering customer service with adorable smiles.

The cost is \$5 per plate, and the young servers will also be accepting tips. All the money raised will buy supplies for the dads and kids to build stand-up desks for Fairview Elementary. Studies have shown those desks can increase students’ focus and attention spans, and have been credited with benefiting children with issues such as attention deficit disorder.



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FES Dads Club

Mission Statement

The Dads Club at Fairview Elementary School is dedicated to providing our time, energy, effort and support so that we may build stronger relationships with our children and other children in our community, and so that we may also demonstrate our ongoing support of their education.

Habitat for Humanity Needs Office Volunteers

Individuals with outgoing personalities and basic computer knowledge are needed to volunteer in the Habitat administrative office. Tasks include greeting visitors, answering phones, data entry, bulk mailings and more. A commitment to one 4-hour shift each week (9 am–1 pm or 1–5 pm) is required for this position. Help make Habitat visitors feel welcome and help the Habitat office run in an orderly and efficient manner.

For details please visit ashevillehabitat.org or email Abby at asuares@ashevillehabitat.org. Habitat thanks you for your help.



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Fed's Cautious Tone Does Little to Alleviate Expensive Bond Market



Late last quarter, the Federal Reserve (Fed) passed on raising interest rates, pointing to concerns that the global economy is slowing and downward pressure on inflation is increasing. The Fed downgraded its forecasts for the pace of future economic growth, inflation, and the timing and pace of future interest rate hikes.

Fed Chair Janet Yellen spoke to the Fed's decision stating that even though the economy is close to full employment, inflation is undershooting target — most likely due to the effects of falling energy prices and a strong dollar. Yellen also anticipates that a rate hike will happen sometime before year end. In an interview on CNBC's "Squawk Box," former Fed Chair Ben Bernanke reiterated the importance of the inflation target and supported the Fed's decision to delay raising rates.

Fed dovishness (not being inclined to raise rates) is typically positive for financial markets — pulling up both equity and bond prices. However, the tone in markets in early October has been decidedly risk-off. While the Fed's statement didn't tell us anything we didn't already know about the downside risk to the global economy, the Fed's message appears to have focused market attention

on it. Continued weak Chinese data, the emissions scandal at Volkswagen and expectations of a U.S. government shutdown next week all added to the bearish tone in markets.

We see the equity markets at a crossroads, trying to find a direction to finish out the year. Our forecast remains that we see a substantial 4th quarter rally to finish the year with a modest single-digit return for the U.S. equity markets. However, if this market breaks and sus-



Doug English recently met with former Fed Chair Ben Bernanke at a conference in Boston.

tains below the level hit in the S&P 500 on August 25th, we will have to revise our forecast down and take risk down in our equity allocations.

Doug English is a CERTIFIED FINANCIAL PLANNER™ with ACT Advisors. His Asheville office is located at 37 Haywood St., Ste. 200, Asheville. The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual security,

Use Your Inside Voice



If you have been looking for a quick way to dictate notes, and if you already use Chrome, try Voice Recognition in the Chrome web store. Based on Google voice recognition system, with accuracy claimed of 92%, it could be a decent way to get something for free.

Too Big to be Free

If you are looking at the iPad Pro — that big one from Apple — and thinking it would be a great way to run the still-free Microsoft Office apps (Word, Excel, Powerpoint and more), you should know that you will end up having to buy an Office 365 license because the screen size is larger than 10.1 inches. But those Office apps are still free for the regular size iPad and the iPad mini.

App Begone!

In Windows 10, when you are looking at the list of apps and want to remove one, just right-click with the mouse on the icon for the app and from the resulting menu left-click on Uninstall.

Collaboration from home means you don't have to brave the weather or traffic.

Let's Chat About It

Collaboration from home means you don't have to brave the weather or bad traffic, and Skype is one of the granddads for video conferencing. Some of you may have used it for seeing the grand-

kids, but you can add more than one other person, or computer, to the mix. And, of course, Google has Google Hangouts. Both do require that all participants have an account on that particular service. Sometimes, just using an online chat is better; and though you are probably familiar with Yahoo Messenger or Facebook Messenger, there is another one called Slack (slack.com) that is used by many companies to provide both group and private chat. Try their free version first to see if it can work for you.

slack.com is used by many companies to provide both group and private chat.

Other times, you just need to work back and forth on the same document, and Google Docs seems to offer the most accessible way to manage simultaneous editing of the same document without edits crashing together. Of course, you can simply share those documents back and forth with Dropbox or Google Drive if you don't need to all work at the same time.

iCloud at a Discount

If you are in the Apple ecosystem but have stayed away from their cloud syncing service, iCloud, because their prices were too high, it might be time to look again. Apple has dropped prices, and now 50 GB of storage costs less than \$1 per month.

Any questions, call Bill Scobie, of Scobie.Net; fixing computers and networks for small businesses and home. 628-2354 or bill@scobie.net



NEW MEMBER SPECIAL!

Membership Special

New members joining now pay annual dues of \$60 and get the rest of 2015 for free! New membership will be good until 12/31/2016.

New Members

Welcome to three new members who took advantage of our membership special to join in 2015 but pay only for 2016:

- Lynn Stanley of Silverpoem Studio
- Mark Gibson of Bugtec LLC
- Sheena Black of The Garden Spot

October Member Meeting

The October meeting was held on Thursday, October 8 at the Fairview Forest Community Center and was hosted by Frank Dixon of The Cove at Fairview. The co-host, Appalachian Log Homes/Cool Mountain Realty, offered a tour of a log home built at the top of Fairview Forest. The shuttle took about 15 people up the mountain to tour the amazing house.

During the social networking after the meeting in the clubhouse, Frank gave everyone a tour of the koi ponds, gardens and waterfall. See the December issue of the *Fairview Town Crier* for a closeup look at the huge log home.

November Membership Meeting

The November member's meeting will be held on Monday, November 9, at Fairview Preschool, located in the community room of Fairview Christian Fellowship Church behind the library. Meeting starts at 6 pm with tour and social networking at 7 pm. Bring a snack and beverage to share if you like.

FBA Holiday Party

Members voted unanimously to pay \$10/couple rather than bring a side dish to attend this year's party to be held on Monday, December 7 at Highland Brewing's new event space. Additional guests are \$20/person. **Prepay and make your**



reservations early. Live entertainment and dancing, a buffet dinner and desserts will be provided.

Watch your email early November for details and link to rsvp.

Upcoming Meetings and Locations

Monday, November 9, Fairview Preschool

Monday, December 7, Holiday Party at Highland Brewing

Meeting Minutes

Member Minutes are always available by logging into FairviewBusiness.com.

Interested in Joining?

Join at FairviewBusiness.com or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730. Or join at the Town Crier office, 1185F Charlotte Hwy, M-F, 1–5 pm. FBA Voicemail – 585-7414

KEEP IT LOCAL with 119 FBA Members

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Silverpoem Studio (Lynn Stanley) 782-7984

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All Seasons Heating & AC 651-9998
Aqua Pump Services 450-3900
Asheville Stone 628-ROCK
Balken Roofing..... 628-0390
Cane Creek Concrete 230-3022
Control Specialties 628-4323
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Visual Eyes Optometric..... 628-6700

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Fairview Preschool..... 338-2073

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Beverly-Hanks, Danielle Vaeth 585-409-8790
Cool Mountain Realty 628-3088
Exit Realty, Melissa Webb..... 712-4838
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Sandy Blair, Realtor/Broker 768-4585
Terri Balog, Keller-Williams 702-9797
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Spiders in Sky Islands — The Spruce-fir Moss Spider

Did you know there are tarantulas in the Southern Appalachians? But don't worry — you'll probably never run into one. Considered one of the world's smallest tarantulas, the spruce-fir moss spider (*Microhexura montivaga*) is an endangered species found only in the mossy habitats growing on rocks under high-elevation forest canopies. And they're less than a centimeter in length, measuring just 3 mm across — about the size of a BB.

"I've spent years working in spruce-fir forests, looking for salamanders and small mammals, and still haven't seen one," says Marquette

Crockett, Roan Stewardship Director for the Southern Appalachian Highlands Conservancy (SAHC). "But I just love the idea of 'sky islands' full of strange creatures on our mountaintops!"

Spruce-fir moss spiders build tiny tube-like webs for shelter between the damp moss and lichen mats that grow on rock outcrops at the highest elevation peaks of the Southern Appalachians — 5,400 feet or more in elevation. Their habitat needs are very specific: they can survive only in areas shaded by forest canopies, where the moss isn't too wet or too dry.

"I think it's incredible that tiny tarantula-like spiders (along with other little creatures like salamanders, snails, and shrews) somehow manage to survive in



Spruce-fir moss spider up close and personal. Photo credit: US Fish & Wildlife Service

the most rugged, high and cold places within our mountains," adds Crockett. "As if that weren't enough, they live in some of the most precarious spots up there — depending on just enough rainfall and shade to maintain their habitat."

The high elevation forest communities where the spruce-fir moss spider lives are dominated by spruce and fir trees, and have been hard hit in recent

decades by invasive species such as the balsam woolly adelgid, and by environmental damage from acid rain, climate change, development, logging and fire. Spruce-fir forests have been listed as the second most endangered ecosystem in the United States, making it a priority for conservation.

First discovered on Mt. Mitchell in 1923 and listed as a federally endangered species in 1995, the spruce-fir moss spider is endemic only to eastern TN, western NC and southwest VA. A recent study by Marshal Hedin, Dave Carlson, and Fred Coyle, published this year in *Molecular Ecology*, discovered high genetic variation in spruce-fir moss spider populations in the Great Smoky Mountains, Plott Balsams, Black Mountains, Highlands of Roan and Grandfather

Mountain. The populations occur only at the highest elevation peaks in these mountains, which are widely separated from each other and have been colorfully described as "sky islands."

"Many of these 'island' populations have been separated from each other for so long that they are genetically distinct from one another, so Roan Mountain spiders are distinct from Grandfather Mountain spiders, for example," continues Crockett. "Of course, the combination of their small genetic populations, combined with the fact that they live 'on the edge' as far as temperature and moisture goes, makes these spiders especially vulnerable to threats like climate change and habitat destruction. That makes all the work that SAHC and our partners do to protect and restore those high elevation areas even more important."

Spruce-fir forests, like those protected by SAHC, also provide habitat for other rare and threatened species, such as the Northern Flying Squirrel and Northern Saw-whet Owl.

Since 1974, the Southern Appalachian Highlands Conservancy has protected over 68,000 acres of unique plant and animal habitat, clean water, farmland and scenic vistas in six focus areas — the Highlands of Roan, Black Mountains, Smoky Mountains, Balsam Mountains, French Broad River Valley, and Appalachian Trail Countryside. In addition to preserving land, SAHC's conservation work includes guided hikes, volunteer workdays, educational workshops, and farmland access initiatives. For more information, visit www.appalachian.org.

YOU ARE HERE

continued from page 14

or accident (torrential rains, for example), we can focus on the stress produced by the disruption, when some of our hard-won norms may seem to unravel. We also have the choice to pay attention to some of our journey's little strings of connection. Disruptions can grab our attention and allow us to focus in life-enhancing ways that can bring to light the rich texture of our journeys.

Some connections fall into the blessings category, such as health, family, mutual interests, friends, restful sleep, clean water, warm sunny mornings and cool fall days.

We are connected to everything that exists, many times in mysterious ways that are simply beyond our understanding, though natural curiosity may lead us to fill in the blanks with our own answers. I consider these mysterious connections to be deeply spiritual and put them in the blessings category. But we are also connected to the tragedy and suffering of those who experienced the effects of the rains far more than we did. Such shared human experience is something we may be more open and sensitive to as we greet the coming days.

We are faced with choices. We can focus only on the disruptions to the routine portions of our journeys and feel only the stress, or we can use disruptions to refine our recognition of connections.

We can choose to take a moment to reflect on and embrace our connections and the knowledge that we are all a part of something bigger. You Are Here.

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

An Unusual November

The reason why flash flooding is so dangerous is the power that flowing water has to sweep all obstacles out of its path.



We certainly had interesting early fall weather across our mountains. We started out dry and were moving toward a dry mid-fall. However, when the weather pattern changes in the

mountains, it sometimes does it with a vengeance. We picked up nearly a foot of rain — that is 12 inches, folks — from late September through early October. That rain was from a consistent flow of moisture from the Gulf of Mexico and the Atlantic that lasted nearly two weeks. The heaviest and most concentrated rain bands from the storm were concentrated to our south across South Carolina. The hardest hit areas were from the midlands of South Carolina around the Columbia area down toward the coast at Charleston. These areas experienced extreme flash flooding due to over 2 feet of rain in coastal areas in just four days in early October.



The rain in South Carolina caused severe damage to roads and bridges.

The reason why flash flooding is so dangerous is the power that flowing water has to sweep all obstacles out of its path. Almost half of all flash-flood deaths are connected to stream crossings or highway travel. Victims often underestimate the power of moving water when driving into flooded areas. It takes only 18 inches of water to float a typical vehicle. On average, U.S. flooding kills more than 100 people a year -- more than any other single weather hazard, including tornadoes and hurricanes. As of mid-October, there were 19 flood deaths in South Carolina due to this event. The average flooding toll has increased in recent decades while deaths from

tornadoes and hurricanes have dropped. Between 1975 and 2000 around the world, over 170,000 people were killed by floods, which occur in almost every region. The count of flood deaths is highest in South America, Southern Asia and Eastern Asia. Central Africa, Japan and Western Europe each account for fewer than 0.6% of flood deaths.

But will it snow?

Turning more to winter weather, last November was quite unusual in the mountains of West-

ern North Carolina, as 3 to 5 inches of snow fell on November 1st across the area. The airport recorded 3.2 inches of snow, which was a new daily record for that date. The maximum daily snowfall for any day in November was on the 11th in 1968 when 5.4 inches fell. The all-time maximum monthly snowfall for November occurred in 1968 as well, when 9.6 inches was recorded. In any given November, usually about an inch of snow falls across the area.

Did you know that each snowflake is actually a historical record of its own path as it descends through the atmosphere? That flight path contains its reaction to the temperature and water content of the air layers it encounters, and of its collision with other snowflakes.



DECEMBER'S TRIVIA QUESTION

How likely are we to have a white Christmas?

NOVEMBER'S TRIVIA QUESTION

is answered in this article.

Some soggy flakes, measuring an inch in diameter when they reach the earth, are conglomerations of matted-together flakes that have passed through a low and moist segment of air. Small-flaked dry snow shows a history of falling through dry, cold air layers.

In terms of what to expect this winter, not much has changed since October. We are still experiencing a strong El Niño with its warmer waters in the Eastern Pacific. This tends to equate to a slightly cooler and wetter winter. In terms of temperature, average high and low temperatures start out at about 64 at the beginning of the month and fall to 54 by month's end. The low temperature drops from 40 on the 1st of November to 32 by the last day of the month.

See last month's *Town Crier* for more details on the long range forecast.

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

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The Garden Apologist

No one asks... aloud. “Why are you getting dirty, when the city is so clean? Why are you doing manual labor when you graduated with honors from a prestigious university? Why are you gardening when the world is at your feet?” But therein lies the answer. Beneath my feet lies the earth. Only it does



not sit inert and unchanging. The soil breathes with microorganisms, flows with rainfall and subterranean rivers. I learned in the garden that topsoil differs from subsoil. When the two are mixed, the plants and trees do not flourish. Not all soil is equal. Plants need nitrogen, phosphorus and potassium. North Carolina State University’s laboratories will exchange a soil sample for a soil re-

ports, detailing deficiencies and how to amend your beds accordingly. But an experienced gardener knows that purple-veined tomato leaves are asking for more phosphorus. She knows that yellowing spinach wants help getting its fix of nitrogen. Even if there is plenty of nitrogen in cold soil, the microorgan-

isms that support plant growth need more warmth — or their lack of activity lessens the accessibility of the nitrogen to the plants. It is common to dismiss gardening as a hobby, as “women’s work” or as an indulgence. It is easy to forget, on the drive from garage to parking lot, that the earth teems with small, essential life. A gardener cannot forget the bacte-



CHECK OUT the BRAND NEW TO ASHEVILLE — GIVE!LOCAL Campaign

The Lord’s Acre was chosen to be among 30 local nonprofits to participate in the first GIVE!LOCAL campaign in Asheville — created to be a win-win-win for everyone involved. It started in Portland, Maine and is so popular it’s spread nationwide. You get gifts for giving, businesses get new customers during the slowest winter months. Non-profits get financial support and recognition and The Mountain Xpress gets PR for doing all the hard work of connecting the community to make this possible. Check our Facebook page or website at the-lordsacre.org more details and the amazing array of gifts. Giving happens during November and December and the redeeming of gifts happens in January and February. Be sure to attend the November 1 huge FREE KICK-OFF party from 6 – 10 pm at the Orange Peel in downtown Asheville.

To make the most of your gift, give during the BIG GIVE week of November 1st – 7th.



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Turkey Tails – Edible and Medicinal Mushrooms: Part Two



The old saying “there’s a fungus among us” has in recent years taken on a striking new meaning as scientists have discovered that mushrooms and humans are more closely related genetically to each other than

plants. As our understanding of life on this sacred planet grows and matures, it is becoming clearer and clearer to many of us that the world of nature, of which humans represent one strand, is so complex and interrelated that many consider the earth to be one living being, deeply interconnected and intertwined in mysterious and wonderful ways. A biology professor on the west coast stated recently that he realizes “it’s going to be hard to convince people that they have anything in common with a packet of baker’s yeast or the bloom on

them, given their prolific nature. The wild mushroom frontier is a fascinating realm to explore; each day startling new discoveries are being made about how mushrooms can be used to make medicine, fight cancer, boost our immune system and serve as superfoods loaded with antioxidants and essential minerals.

...mushrooms can be used to detoxify pesticide-laden landfills, help neutralize toxins used in chemical warfare, purify oil-polluted waters and serve as an innovative, inexpensive and effective treatment for carpenter ants and termites.



Turkey Tail mushrooms are also part of a new frontier of exciting research for the treatment of certain cancers.

a fetid piece of cheese, but the real deal is that we humans share so much similarity in our DNA.” In reality, mushrooms rule, as there are over 2 million species of fungi on our planet, and right now — whether you like it or not — there are over a million spores of fungus nesting in the pillow you sleep on! The world’s largest living organism turns out not to be a whale but in fact a humongous fungus called a “honey mushroom” (*Armillaria ostoyae*). This creature is a massive interconnected giant dwelling in the forests of Oregon. It covers over 2,200 acres of land, which translates to several miles in diameter! This mushroom is believed to be 2,400 years old and still thriving and growing! Honey mushrooms are growing everywhere in Western North Carolina right now and many folks love



A pure white surface underneath and tiny pores are two of the key identifying characteristics of true Turkey Tails.

Turkey Tails from their common look-alike is that true Turkey Tails have a pure white surface underneath, and they also have tiny pores, whereas the

false ones (*Stereum ostrea*) appear reddish brown more of the time, and lack a pore surface — and thus are considered a crust fungus rather than a polypore.

Turkey Tail mushrooms are part of a new frontier of exciting research for the treatment of cancers, including cervical cancer, as they contain a substance called PSK, which appears to enhance the effects of radiation therapy and has been shown to significantly lessen the side effects of conventional medical protocols used in the treatment of cancers of the esophagus, stomach and lungs. In addition, chemicals within these mushrooms seem to significantly increase the rate of remission in esophageal cancers. Turkey Tails also promote cardiovascular health, lower cholesterol in animal studies, increase interferon production in the body and seem to be a powerful immune system booster with demonstrated antiviral properties.

It seems that this research is also being applied to pets and other animals. The other day we were at a dinner party in Fairview and Richard, a new friend from Florida, who learned of my interest in medicinal mushrooms shared how a few years back, his beloved border collie was diagnosed with untreatable, advanced lymphatic cancer and was given 4-6 weeks to live. Our friend researched vets nationwide and found a California research vet who prescribed medicinal mushroom therapy in conjunction with a specialized diet high in antioxidant fruits and berries; his dog lived for three more years and died at the ripe old age of 15, two years beyond the normal life expectancy for this breed. Richard said he was amazed at how his dog recovered and so grateful to the vet for providing this experimental new form of therapy.

Regardless of your beliefs, these mushrooms are local, native treasures to be admired and enjoyed, as they are all part of the marvelous, bountiful and diverse array of living creatures that inhabit the forests of Western NC. And who knows, the joke may be on us, since for decades mushrooms were believed to be slightly more nutritious than cardboard, but now have been shown to be loaded with anti-



The author will make a centerpiece for Thanksgiving out of a branch he found that was covered in Turkey Tails.

oxidants, minerals, vitamins and powerful medicinal compounds that might play a vital role in healing humanity’s most destructive diseases — and perhaps the planet as well. Since Turkey Tail mushrooms really do resemble the gorgeous, fan-like tail feathers of our beloved wild turkey, these humble, small forest mushrooms will be a key part of our annual Thanksgiving blessings. I will be making a centerpiece out of a branch covered with them, and after the holidays I will harvest them for tea.

To reach Roger, email rogerklingner@charter.net



The False Turkey tail has a smooth undersurface that mirrors the top of the mushroom but the Turkey Tail will have white pores.

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Hickory Nut Gap Farm.....	628-1027
High Country Truck & Van	222-2308
HomeTrust Bank.....	259-8000
John Earnhardt Concerts...864-985-2908	
Karakido Karate School	712-1288
Keller Williams, Jim Buff.....	771-2310
Kieffer's Subs	772-0568
Long Time Sun Yoga	Visit us!
Looking Glass Creamery	458-0088
MAHEC Family Health	628-8250
Marvins Tree Service	628-1353
McCrary Stone.....	649-2008
McDade, Dawn.....	337-9173
McKinney Insurance.....	684-5020
Mitch Contracting.....	252-0694
Moores Pond Farm	712-2753
Moose Ridge Construction.....	777-6466
Mountain View	
Healing Hands	337-1856
Paradigm Shift Trading.....	275-5863
Perry James, CPA.....	628-2000
PostNet of Asheville.....	298-1211
Prime Time Solutions	275-5863
QuickBooks Made Easy	778-4607
Rainbow International	333-6996
Ray's Landscaping	279-5126
Trinity of Fairview	628-1188
Scobie.net.....	628-2354
Shampoodles.....	628-9807
Silas' Produce.....	Visit Us
Sip & Doodle	712-1288
State Farm, Tammy Murphy ..	299-4522
Steam Master Carpet	
& Upholstery Clean.....	628-9495
Strom, Cynthia A., PA Atty.....	296-7550
Sugar Hollow Solar	776-9161
Sunrise Properties	231-1760
Surrett, Mike Landscaping.....	230-8494
The Cove at Fairview	628-4976
Thomas, Scott, DDS.....	299-8960
TP Howards Plumbing Co.....	628-1369
Trout Lily Deli & Cafe	628-0402
Troyer's Amish Blatz.....	280-2381
Visual Eyes Optometric.....	628-6700
Webo's BBQ.....	298-1035
Western Carolina PT.....	298-0492
Wild Birds Unlimited.....	687-9433
PUBLIC SERVICE:	
Sheriff's Department.....	255-5000
Fairview Fire Department.....	628-2001
Garren Creek Fire Dept.....	669-0024
Gerton Fire & Rescue	625-2779
SCHOOLS:	
Cane Creek Middle School	628-0824
Fairview Elementary	628-2732
Reynolds Middle School	298-7484
Reynolds High School.....	298-2500
POST OFFICES:	
Fairview Post Office.....	628-7838
Fletcher Post Office	684-6376
Gerton Post Office	625-4080
COMMUNITY CENTERS:	
Cane Creek CC	628-2276
Fairview CC	338-9005
Spring Mountain CC	628-2363
Upper Hickory Nut Gorge	625-0264
MISCELLANEOUS:	
Fairview Town Crier	628-2211
Fairview Business Assoc.....	338-9628
Fairview Farmers Market.....	550-3867
Fairview Library	250-6484
Food for Fairview	628-4322
The Lord's Acre Garden	628-3688
Meals on Wheels	253-5286

The Fairview Town Crier

THE VOICE OF OUR COMMUNITY™

OFFICE OPEN MONDAY – FRIDAY 1 – 5 PM
1185-F Charlotte Highway (office)

628-2211

Mailing address: P.O. Box 1862, Fairview, NC 28730

www.fairviewtowncrier.com

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

Submissions/Announcements/Events/Stories

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

Editorial Policy

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

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



Upper Hickory Nut Gorge

Highway 74A in Gerton

To rent: call Margaret Whitt at 625-0264

or email mwhitt@du.edu

Fairview

1357 Charlotte Highway

To rent: 338-9005 or email

fairviewcommunitycenter@gmail.com

Spring Mountain

807 Old Fort Road

To rent: call Bruce at 280-9533

FOR RENT

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

HORSE PASTURE FOR RENT. Horse pasture for rent. 3.5 acres. Stall and storage space. \$100/horse/month up to 2 horses. Contact Frazier (fworth1@bellsouth.net) or call 768-2694.

FOR SALE

ETHAN ALLEN OAK TRESTLE TABLE seats 6, with leaves up to 10. Six classic ash chairs and large oak china closet professionally stained to match table. Offered as a set for \$600 firm, or make offer on individual pieces. Info 230-0975

DARK WOODEN U-SHAPED 4-SECTION DESK with 2 file drawers, utility drawer and keyboard shelf; overall dimensions 6'x9'. Black metal 62"x18" credenza with 4 drawers; metal 5' table with wooden hutch; drafting chair; 4-drawer ivory filing cabinet. Offered as a lot for \$200 firm, or make offer on individual pieces. Info 230-0975

HELP WANTED:

SERVICES

CONSTRUCTION/HANDYMAN

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

SERVICES CONT'D

CONSTRUCTION/HANDYMAN

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

NOVEMBER 2015 CLASSIFIED ADS

HOME CARE / CNA

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

HOUSE CLEANING/ERRANDS

ATTN: RETIREES! HOME AID, laundry, light housekeeping, chores, dr. appts., errands, etc. Insured, 24 hr schedule, excellent references, reasonable rates. Call Ellen, 628-0189

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

LAWN/YARD/CLEARING

LAWN CARE – Leaf blowing and mowing and small-to-medium sized push-mowable yards. Insured. Pam 450-7633

LAWN CARE. READY TO SEE YOUR YARD AGAIN? We can make that happen. We'll bring the rakes and bags, and you provide the leaves! \$30 for average sized yard. Free estimate for larger yards. Call Olaf 702-0158.

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

KEEVER’S LAWN CARE & LANDSCAPING – Call David 628-4090, 490-3826, or 699-4231.

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

PET / HOUSE SITTING

LIVING HARMONY PET SITTING Reliable, experienced care for your best friends. Insured and bonded. Pet CPR and first aid trained. Visitlivingharmonypetsitting.vpweb.com or call Gretchin DuBose, 828 582-3363.

PET / HOUSE SITTING

CREATURE COMFORTS PET & HOUSE SITTING SERVICE Experienced, reliable, and loving pet care provided in your home while you’re away. Available for long term house sitting. Excellent refs. 458-4927.

PERPETUAL CARE PET SITTERS in-home pet sitting. Bonded & Insured. All pets and livestock. 215-2119

PLUMBING

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

WRITING

DO YOU HAVE A MEMOIR OR OTHER LIFE STORY YOU WANT OR NEED TO LEAVE WITH SOMEONE BEFORE YOU GO? I'll write it for you. If you hurry, we might still be able to finish it by Christmas.Jim Stramler 490-4455

CLASSES

ART CLASSES:

ART CLASSES FOR ADULTS in the River Arts District. Established school with excellent references and top instructors. All levels welcomed. Many classes offered year round. See ww-w.310art.com or call 776-2716

ART CLASSES ON WEDNESDAY evenings, 6–7 pm, by painter Roger Jones. \$25/class. Call Roger at 712-1288.

MUSIC CLASSES:

MUSIC LESSONS – Patient, comprehensive instruction in guitar and mandolin. Bluegrass and jazz, other traditional styles. Over 40 years experience, references 747-9616.

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

WELLNESS CLASSES:

WELLNESS - MONDAY, NOV. 9TH @ Omni Grove Park Inn, Do-terra's Alive Fall Tour 2015, 7p-9p Guest Speaker DR.TORY PARKER PHD, DIRECTOR Research & Development, Invite from Marie Forney 828.713.2798. FOR FREE Tickets! Please RSVP: https://doterrainasheville.eventbrite.com

WELLNESS–NOVEMBER 20TH - 22ND, FRI & SAT 10A - 6P, SUN. 11A TO 5PM, WNC Holiday Event Fair @ AG Center, Davis Arena, CPTG doTerra Essential Oil Booth with: Holiday Gifts including Organic Skin Care, 15 ml Oils & DIY foot scrubs. Marie 828.713.2798, Https://MyDoTerra.com/MarieForney

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

NOTICES

ONE STOP CHRISTMAS SHOP held November 14 from 9 am–3 pm at Trinity Presbyterian Church (17 Shawnee Trail, Asheville). Come support local artisans! Visit our Facebook page for more info!

CRIER CLASSIFIED ADS WORK!

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

Classified Ads

must be PREPAID

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

Email ads to Candice at office@FairviewTownCrier.com Mail payment to: Town Crier Classifieds, PO Box 1862, Fairview, NC 28730 or pay at office.



**Keep your car.
Trade in
your loan.**

Tammy Murphy, Agent
State Farm Agent
136 Charlotte Highway
Asheville, NC 28803
Bus: 828-289-4622

**Refinancing with us could
save you hundreds.***
Before high car payments get
you down, give us an opportunity
to help bring them down—with
great rates and no closing costs
or hidden fees.

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



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

1303063 10/13

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

The Fairview Town Crier 2015 Advertising Rates

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

COLOR DISPLAY ADVERTISING RATES

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

BLACK DISPLAY ADVERTISING RATES

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

NONPROFIT AD RATE IS 20% OFF APPLICABLE RATE.

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

CLASSIFIED ADVERTISING RATES

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

All classified ads must be prepaid.

Notices and personal ads not selling anything are free.

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

kw

KELLERWILLIAMS.



Jim Buff, CRS

828 771-2310

www.jimbuff.com

email@jimbuff.com

86 Asheland Avenue

Asheville, NC 28801



Put Success on Your Side...Call Jim!

Fairview Resident Since 1992



McDONELL COE 126 Acres
prime development property,
ideal for residential, sub-
division or commercial, paved
road frontage, cleared and
hardwood, creek adjoins
property, a rare find
ML 58571872, \$218,000



FAIRVIEW Spacious 4 BR,
3.5 bath home, office, den,
aditl. game room in basement,
HOME WARRANTY, covered
porches, 2-car garage on main
and garage in front, gorgeous
56-acre lot (aditl. lot available)
ML 58573623, \$328,000



HOLPER'S CREEK 3-car
garage, spacious 3 BR, 2.5 bath
home on a private 1.34 acre
lot, gorgeous kitchen, jetted tub
and some heated floors, gas
fireplace, office, game room,
rear deck and covered deck,
ML 58575991, \$314,000



FAIRVIEW 3 BR, 3 bath home,
bones deep, in-law suite and
craquel on lower level, beautiful
bamboo floors, HOME WARR-
RINTY, mature landscaping with
a artificial waterfall, fish pond,
and eqn shed, on 2.12 acres,
ML 58575780, \$275,000



FAIRVIEW Come sit & relax in
your own hot tub on the cov front
porch of this 4 BR, 3 bath Cape
Cord home w/private, majestic
Mtn views, beautiful rock FP,
massive game room, cul. bldg,
beautifully landscaped yard,
ML 58575774, \$245,000



SWANNANOVA! Cute 2 BR, 2
bath home near Western Wilson
College, new carpet, level 6.47
acres of land, mostly pastures,
tons of forage on Swannanoa
River, sheds, greenhouse,
full basement, ML 58577440,
\$245,000



NORTH 7.01 private acres —
easily developed, large one level
home, recently updated, 3 BR,
2 bath, great views, good sized
rooms, HOME WARRANTY,
Livingroom w/FP, large family
room, tons of storage, ML 58575650, \$225,000



CANDLER! Incredible 3 BR,
3 bath home, wonderfully private
.44 acre lot, fenced backyard,
HOME WARRANTY, large
rear deck, updated kitchen,
office, den, huge cul. building,
ML 58575650, \$234,000



NORTH 3 BR, 3 bath home
on private acre lot, wonderful
subdivision, quiet, peaceful set-
ting, LR w/brick FP, den/dobby
room, car lift deck & large
back deck, HOME WARRANTY,
2-car garage, ML 58575675,
\$225,000



SOUTHE Tonic location, 2 lots
totaling 1.50 acre lot with RM16
zoning, includes a 3 BR house
w/brick fireplace, 2-car garage,
new roof, outbuilding, outstand-
ing commercial property, ML 58
607772, \$218,000



NEW LIVING! Ancient Nest &
Clean 3 BR, 2 bath home in tonic
south location, close to restaurants,
shopping & entertainment, den, LR
w/brick FP, cov front porch & rear
deck, gar, fenced-in backyard,
ML 58575674, \$188,000



BLACK MOUNTAIN Great 3
bedroom manufactured home on
beautiful level .85 acre lot, HOME
WARRANTY, new roof, heat
pump, windows that turn out,
possible additional home site,
ML 58575625, \$114,000

RESULTS!

Overlook Dr.....	Pending in 7 days	Fairfax Ave.....	Pending in 7 days
Noble Rd.....	Pending in 27 days	Hanover Rd.....	Pending in 13 days
Cameila 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	Blalock 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