



# The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • FEBRUARY 2016 • VOL. 20, No. 2 • FAIRVIEW, NC

## Time for Fairview to Share Our Gardens!

by Jim Smith

Calling all Fairview gardeners, with gardens of any size, kind (herb, flower or vegetable) and method, to participate in the First Annual Garden Tour in late May or early June. The tour would be open to the public with a fee of \$5 or \$10 for a carload of two or more, with the money helping to promote future tours.

The area we are considering is mainly zip code 28730 from the Mountain Mojo Coffee shop on 74A to Hickory Nut Gap Farm, extending down Old Fort Road, Garren Creek, parts of Cane Creek and Emma's Grove and Brushy Creek Road.

The goal is to see firsthand some of the beautiful gardens in our area, to learn of the different ways we each garden, and to get to know those in our community with knowledge to share.

The tour would also acknowledge the several market options and the many ways to share extra products, such as the Fairview Tailgate Market started last year, Food for Fairview, the Welcome Table, and others. Tour gardens might use the opportunity to sell their own produce as well.

The deadline for signing up to be on the first tour is April 1. If you have any questions or suggestions, or want to join the tour, contact Jim Smith at jimsmith1945@gmail.com or call/text 864-313-5106.

## What Happened to Pete?



The *Crier* had received a number of emails, notes and Facebook messages inquiring about the sudden disappearance of one of the donkeys who had been peacefully grazing in the fenced yard of Sally and Julian McCrackens' home on 74A near Food Lion for the past 10 years. So many in the community came to expect to see the two donkeys, always side by side, and when one was gone, people became concerned.

The *Crier* had done an article on the two donkeys, Pete (Rose) and Ty (Cobb), a few years back and so we contacted Sally to find out what had happened. Sadly, Pete has left this earth to graze in donkey heaven. As Sally explained it, "One day we went out to the pasture and Pete was just dead. The farrier found no evidence of poison (usually from a poisonous plant) or foul play. He didn't offer any explanation for Pete's demise but also didn't seem particularly surprised. Donkeys can be quite frail." The *Crier* learned that Pete was the friendliest of the two donkeys, both acquired in 2005, and also that Pete was the only one who brayed. Apparently Ty was somewhat antisocial and quiet as a mouse. This changed, however, on the day the McCrackens found Pete. They were alerted because Ty let out a loud and woeful "Hee Haw ... Hee Haw" — his first ever. Sally and Julian are saddened by Pete's passing and as Sally said, "Only the good die young." She was quick to add, however, that Ty is stepping up to the plate and trying very hard to be a good donkey — to fill Pete's shoes and keep his spirit alive. So when you pass by, tip your cap and wish a good day to Ty, who has lost his best friend.

Note: Pete is the darker donkey in the front. Photo by Mellissa Kilgore.



## Special Ways to Show Your Love on Valentine's Day!

What to do? What to do? Candy isn't always welcome since everyone seems to make a New Year's resolution to lose weight and stay off of sugar. Flowers are lovely, but let's face it — they die. So how can you express your love for your one and only true love in a unique and meaningful way? Go for an *experience* — one he or she will never forget. Of course, a special dinner out is a great addition, but one or all of these will be winners!

## Send Your Valentine a Puppygram!

Who doesn't love puppy kisses? Win the heart of your special someone with this one-of-a-kind gift sure to be talked about for the rest of the week.

For a donation to help orphaned animals in need, an adorable, adoptable puppy, dog, or kitten will be brought to your recipient's home or workplace on **Friday, February 12–Sunday, February 14** to deliver a rose(s), balloon, card, and sweet treats. Great for a partner or spouse; child, parent, or grandparent; or coworker or friend. Delivery times are limited, so order yours today at [bwar.org/valentine-puppygram](http://bwar.org/valentine-puppygram).

## Land of the Sky Singing Valentine

How about a Singing Valentine for your special someone? A rich warm *a cappella* love serenade has marvelous effect — laughter, blushes, tears of joy. When delivered unexpectedly by a barbershop quartet, the moment is simply wonderful. New this year: mail a Singing Valentine including a rose and a personalized Valentine card, with a sentiment penned by you! The value-added choices include specialty chocolates, more roses, and show tickets. The boxed package includes a silk rose, personalized card, and personalized song on the enclosed DVD. Delivery Valentines available **February 12–14**. For information and to order, call Bob at 242-5495 or visit [ashevillebarbershop.com](http://ashevillebarbershop.com).



## A Song for Your Valentine

Send your Valentine a Singing Valentine and Roses, which includes a beautiful Love Song serenade, lovely roses, chocolates, and a card delivered to your sweetheart's door. Reservations are being taken for the Celebration Singers of Asheville's "Singing Valentines and Roses" performances delivered to your Valentine's door with a bonus of roses and chocolates, **February 14 from 12–4 pm**.

Now in its 9th year, Celebration Singers of Asheville is an auditioned community chorus for young singers ages 2nd grade to high school who are talented and committed to excellence. The non-profit was founded in 2007 and officially endorsed by the Asheville Lyric Opera Vocal Arts program. The Singers present two concerts a year and sing by invitation with the Asheville Lyric Opera, Asheville Choral Society, Transylvania Choral Society, choir festivals, senior citizen communities and local/statewide civic events. In 2014, the group recorded with Billy Jonas for his new album "Build It Up Again" and another new album just released. For more information call 424-1463 or visit [singasheville.org](http://singasheville.org).

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COMMUNITY EVENTS

FEBRUARY 4 (THURSDAY)  
**Weight Loss Solutions Lecture**  
Learn about the ChiroThin doctor-supervised weight loss program which helps you learn how to eat healthily and lose up to 30 pounds safely. 5:30–7 pm at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

FEBRUARY 5 (FRIDAY)  
**Photography Show Opening**  
The group photography exhibit “Brown-fields to Brewery: Asheville’s Stock-yards,” featuring work by *Crier* columnist Ken Abbott, opens with a reception from 5–8 pm in the gallery at the Grove Arcade, 1 Page Avenue in Asheville. The exhibit will run through February 20, Monday–Saturday, 10 am–6 pm. Visit [ashevilledowntowngalleries.org](http://ashevilledowntowngalleries.org), call 258-0710 or see page 22.

**Opening Reception at Red House**  
Photography, Mixed Media and 3-dimensional works by members of the Swannanoa Valley Fine Arts League will be featured at the Opening Reception of the exhibit “Dimensions,” 5–7 pm at the Red House Gallery, 310 W.

State Street, Black Mountain. Show runs through March 27, Monday – Saturday, 11 am–3 pm and Sundays 12–4 pm.  
FEBRUARY 6 (SATURDAY)  
**Organic Farm Workshop**  
Farm Dreams is an entry-level, five-hour workshop to gain practical knowledge on sustainable farming and how to move forward. 10 am–4 pm, AB-Tech Small Business Center, 1465 Sand Hill Road, Candler. Fee is \$55. For details or to register visit [organicgrowersschool.org](http://organicgrowersschool.org).

FEBRUARY 7 (SUNDAY)  
**Making Tasty Sausage Class**  
Hickory Nut Gap Farm, 2-4 pm. \$60  
FEBRUARY 8 (MONDAY)  
**Knitters & Crocheters Meeting**  
The WNC Knitters and Crocheters for Others will meet at New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville, 7–9 pm. The group makes hats, scarves, mittens, dish-cloths, sweaters, baby booties, baby sleep sacks and afghans to donate to local charities. All skill levels. Contact Janet Stewart, 575-9195.

FEBRUARY 9 (TUESDAY)  
**AC Reynolds HS Band Fundraiser**  
The entire community is invited to come out and show your support to help the AC Reynolds High School Bands at Zaxby’s, 1333 Tunnel Road, from 5–8 pm. Mention the Reynolds High Band Program and a portion of the night’s proceeds will go to support the band program.

FEBRUARY 11 (THURSDAY)  
**Neuropathy Therapy Lecture**  
Many have found relief from the symptoms of neuropathy with advanced non-drug therapies such as laser, PEMF, and more. These and other therapies are explained and discussed. 5:30–7 pm at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

FEBRUARY 12 (FRIDAY)  
**Urban Orchard Cider Dinner**  
Intimate Valentine’s celebration of cider and cuisine as Urban Orchard & Hickory Nut Gap collaborate to create a night to remember. 6–9 pm. \$62. Call for reservation, 628-1027

FEBRUARY 13 (SATURDAY)  
**SMCC Family Pancake Breakfast**  
Join the community for a hearty breakfast of pancakes, eggs, and sausage. \$6 for a full plate, a cup of coffee, and a great start to your day. 7–10:30 am at SMCC, 807 Old Fort Road in Fairview.

**Fairview Precinct 39.2 Meeting**  
If you vote at the Fairview Fire Department, you should attend this meeting, 10–11:30 am, Fairview Library community room. For info, call Deborah Swanson, 628-4878.

FEBRUARY 16 (TUESDAY)  
**Program on Herbal Remedies**  
At the Upper Hickory Nut Gorge Community Club monthly covered dish dinner at 6:30 pm. Gloria Anders will give a program on herbal cures for colds and flu. UHNGCC is located on Route 74A in Gerton.

**4-H Club at Spring Mountain CC**  
Students age 5–18, with a parent or supporting adult, will meet in the upper level of the community building, 6:30 pm, to celebrate their first year as a club. New students are encouraged to

COMMUNITY EVENTS

FEBRUARY 21 (SUNDAY)  
**Ethical Society Meeting**  
“The Art of Resilience” (a road map for repairing Black communities and disparities) by DeWayne Barton, 2–3:30 pm at The Friends Meeting House, 227 Edgewood Road, Asheville. Free. Discussion and refreshments. Visit [EHSAsheville.org](http://EHSAsheville.org).

FEBRUARY 25 (THURSDAY)  
**Neurofeedback Lecture**  
The use of neurofeedback, retraining the brain to treat debilitating conditions like depression, anxiety, PTSD, ADD/ADHD, or autism is described. 5:30–7 pm at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

FEBRUARY 26 (FRIDAY)  
**Blood Drive at SMCC**  
Donate blood at Spring Mountain Community Center and save a life, 3–7:30 pm at SMCC, 807 Old Fort Road. Call Bruce (280-9533) to make an appointment. Walk-ins welcome.

**Nourishing Broths & Stocks Class**  
Hickory Nut Gap Farm, 4-6 pm. \$45


**Habitat Honors Directors**  
Habitat for Humanity will honor Executive Director Lew Kraus and his wife, family services director Joan Cooper, who retire this spring after 28 and 26 years of leadership, respectively, with a Habitat house built in their name. A wall-raising event will begin at 12 pm in Habitat’s Hudson Hills neighborhood. For details visit [ashevillehabitat.org](http://ashevillehabitat.org).

FEBRUARY 27 (SATURDAY)  
**Fairview & Reynolds Democratic Precinct Meeting**  
Meet at 10 AM in the community room of the Abiding Savior Lutheran Church on Highway 74. All Democrats in Fairview and Reynolds are invited!

ONGOING EVENTS  
**Spring Mountain CC Events**  
[springmountaincommunitycenter.com](http://springmountaincommunitycenter.com)  
**Monthly Meeting:** Usually the first Tuesday of each month, 6:30 pm.  
**Berrypickers Jam:** Tuesday evenings at 7:30. Bring your instrument, listening ear, and dancing feet to the lower level for a jammin’ good time.

“THE THREE DAVIDS” AT DIANA WORTHAM

Join three of Asheville's favorite award-winning songwriters and entertainers, David Holt, David Wilcox and David LaMotte, on **Saturday, February 20, 8 pm** at the Diana Wortham Theatre for the “Three Davids” concert with all new original and insightful songs, warm-hearted stories and an abundance of laughter. These three internationally-known musicians have harmonious roots in Western North Carolina, which will echo in their musical conversation.



attend (with adult) to learn about the 4H Club, and perhaps join. SMCC is located at 807 Old Fort Road in Fairview. Call Mary Ann Auer, 712-6857 for more info.

FEBRUARY 18 (THURSDAY)  
**Back Pain Relief Lecture**  
Non-surgical therapies for back pain including Decompression Traction Therapy, Class 4 laser, and PEMF therapies, along with regular chiropractic care, are explained and discussed. 5:30–7 pm at 2 Fairview Hills Drive. Seminar is free

FEBRUARY 20 (SATURDAY)  
**Business of Farming Conference**  
ASAP’s 13th Annual Business of Farming Conference is 8 am–4:30 pm at UNC Asheville. The conference offers valuable learning and networking opportunities for all farmers. Registration at [asapconnections.org/conference](http://asapconnections.org/conference).

Spark a flame. Show your love.  
Say Thank You.  
Surprise them with a  
*Singing Valentine!*

Choose delivery time & place. Packages include a serenade, rose and card. More roses and chocolates available, too!

New this year: **VIDEO VALENTINES!** Mail a personalized valentine that includes a DVD, personalized card and silk rose, to anyone in the US.

Deliveries can be scheduled for almost anywhere in Buncombe, Haywood and Henderson counties.  
Cutoff for ordering Video Valentines is Friday, February 5

Delivery: Friday, Saturday or Sunday, Feb 12, 13 or 14

To Order: [www.ashevillebarbershop.com](http://www.ashevillebarbershop.com) or call Bob at 866-290-7269




Having More Retirement Accounts Is Not the Same As Having More Money

When it comes to the number of retirement accounts you have, the saying “more is better” is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you’re properly diversified.\* At the very least, multiple accounts usually mean multiple fees.

Bringing your accounts to Edward Jones could help solve all that. Plus, one statement can make it easier to see if you’re moving toward your goals.

\*Diversification does not guarantee a profit or protect against loss.

To learn why consolidating your retirement accounts to Edward Jones makes sense, call your local financial advisor today.



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# COMMUNITY EVENTS

## ONGOING EVENTS CONT'D

**Yoga:** Monday 9:15–10:30 am; Thursdays 6:15–7:30 pm; \$5–\$10 suggested donation. Call 243-8432 or email [sabrina.alison.mueller@gmail.com](mailto:sabrina.alison.mueller@gmail.com).

**Quilting Bee:** Meets monthly on the second Tuesday, 10 am–2 pm. Bring a project and lunch. Quilters collaborate with time and talents and have made aprons, quilts and placemats to donate to worthy causes. All experience levels welcome! Call 628-7900 or 628-1938.

### Welcome Table Lunch

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 allows others who cannot afford it to enjoy a meal with neighbors. Visit [fairviewwelcometable.com](http://fairviewwelcometable.com) or find them on Facebook. Also, see page 9.

### Embroidery at Folk Art Center

Original beaded artworks by Sue Osterberg and other embroidery works will be displayed at the Folk Art Center, 382 Blue Ridge Parkway, through May 8 as part of “Through the Needle’s Eye,”

the 20th national exhibit organized by The Embroiderers’ Guild of America. All works have been selected by a juried process. For more information, visit [southernhighlandguild.org/folk-art-center](http://southernhighlandguild.org/folk-art-center).

### Spring Adult League Kickball

The Buncombe County Sports Park hosts Spring Adult League Kickball games from March 29–June 7. Registration is open now through March 18 or until all spaces are filled. The league is limited to the first 8 teams to sign up. Sign up early to be sure your team has the opportunity to play for the championship. Register online at [buncombecounty.org/parks](http://buncombecounty.org/parks). For details contact Jay Nelson at [jay.nelson@buncombecounty.org](mailto:jay.nelson@buncombecounty.org) or 250-4269.

### Attic Salt Plays for Kids

Attic Salt Theatre Company joins with Magnetic 375 Theatre for a 6-month series of shows for children ages 4 and up at 375 Depot Street in the River Arts District. Performances at 10 am Saturdays through May 21. Tickets \$5 at [atticsalt.org](http://atticsalt.org) or the box office at Magnetic 375. Please call 347-678-9869 for more info.

## “WILD SURVIVAL” EXHIBIT AT ARBORETUM

A new traveling exhibit at the North Carolina Arboretum highlights the return of North America’s wolves and peregrine falcons. On exhibit through May 8 inside the Baker Exhibit Center, this exhibit features specimens, objects, interactive and video to showcase the biology, behavior, near demise and renaissance of North American wolves and peregrine falcons. “Wild Survival” will also illustrate repopulation efforts for American



black bears, American elk and white-tailed deer, which suffered great loss due to overhunting in the early 20th century. For details visit [ncarboretum.com](http://ncarboretum.com).

### Brain Tumor Support Group

Meets every third Thursday at MAHEC at 6 pm. Refreshments served. For info visit [wncbraintumor.org](http://wncbraintumor.org) or Facebook.

### Prostate Cancer Support Group

Us TOO of WNC meets the first Tuesday, 7 pm at First Baptist Church of Asheville, 5 Oak Street. Free. Call 273-7698 or [wncprostate@gmail.com](mailto:wncprostate@gmail.com).

### Pendergrass Shows Locally

Artist Virginia Pendergrass will exhibit her urban sketches of Quebec City and France in “Bonjour and Bienvenue” through February at her new space in Trackside Studios, 375 Depot Street in the River Arts District. Studio hours are 11 am–5 pm daily.

**SEND COMMUNITY EVENTS BY THE 10TH OF THE MONTH PRIOR TO [COPY@FAIRVIEWTOWNCRIER.COM](mailto:copy@fairviewtowncrier.com)**

# COMMUNITY EVENTS

## POLAR PLUNGE FUNDRAISER FOR MEALS ON WHEELS



Are you up for a jump into freezing water on Saturday, February 13 at 11 am? If not, you can support someone who is, and thereby support this annual fundraiser for Meals on Wheels, sponsored by Asheville Racquet Club. Meals on Wheels provides hearty meals and services to 500 homebound elderly neighbors right here in Buncombe County. For details or to donate, visit [mowabc.org/events](http://mowabc.org/events). At left, Barbie Hunter, organizer of the event for Asheville Racquet Club, taking the plunge in a past event.

### 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. Visit [fairviewtowncrier.com](http://fairviewtowncrier.com) for details or to order online.

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com). For staff directory, contacts and additional information, please see page 30.

**FOOD for FAIRVIEW**

**DINNER with the Doctor**

### Enjoy a Healthy Dinner + Physician presentation

Ever wonder why cancers, heart attacks, and diabetes are on the rise? Want to avoid being a statistic? A Medical Doctor will be presenting valuable information, which could dramatically increase your health.

**Sunday, February 28 at 5:00 p.m.**

- Learn how most disease can be prevented.
- Learn practical information to natural, non-invasive health care.

**Lake Lure Inn & Spa  
Roosevelt Hall  
Lake Lure, N.C.**

**This one-time FREE event has  
beneficial information for you.**

**You must be 18 years or older to participate.  
However, seating is limited.**

**Please call to make a reservation at 864-985-2908.  
Reservations End February 10. No Walk-ins.**

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James “Jim” P. Aiken, Businessman: Part Two

See the January 2016 issue of the Fairview Town Crier for part 1 of this story.

James P. Aiken, born into slavery and raised in poverty, in the short 48 years of his life raised his family to a life of privilege. His home was among the finest in Brevard for that period of time.

Aiken left his wife five businesses, a large store building eight houses and a considerable sum of money. Mary Aiken, his widow, was married for the second time to Rev. George W. Parton. They moved to Washington, D.C. around 1915, and later they were living in Cleveland, Ohio, according to the 1930 and 1940 Census. Jim Aiken’s wife Mary died in Washington, D.C. on February 12, 1947.

On December 25, 1971, an article featuring Jim Aiken appeared in the Asheville Citizen Times. D. H. Orr of Pisgah Forest in Transylvania County wrote,



James P. Aiken family home on Oak Lawn Avenue near Morgan Street.

“My most memorable Christmas was just before the turn of the century, about 1898-1899. It was the opening of a package given to my parents by Jim Aiken. Jim Aiken... was a large Negro man, always immaculately dressed. He owned a store on Main Street in Brevard. ... On this particular Christmas, after my father and mother had bought the usual Christmas things, oranges, raisins, candy etc., he gave them a box ‘For your Children,’ but not to be opened until Christmas Day.

“Never will I forget the joys we had when the box was taken from under the tree and opened. Among other things for my sister was a doll and for me a small book of children’s stories. After some 70 years, the book is still one of my most valued possessions. ... After his death I often wished he could have known the joy and happiness he brought to two white children.”

James P. Aiken and his first wife Dafney had two children. (All of Jim Aiken’s children were born in Transylvania County, NC.)

Jennie Aiken was born in April 1883.

William James was born in April 1891. He played baseball on the Brevard Negro team, and his father’s half-brother Cleveland Hall was the umpire. William died on September 12, 1915.

James P. Aiken and his second

wife Mary Smith had 10 children, including three that were lost in infancy.

Jesse Irene Aiken was born in September 1892.

George Harry Lake Aiken was born on April 3, 1895. He was a barber and mechanic in Washington, D.C. He married Ida Morris.

Loretta Mary Aiken was born on March 19, 1897. She left home at an early age, went to Cleveland, Ohio and got into show business. She changed her name to Jackie “Moms” Mabley after her brother requested it, in order not to embarrass the family. She became very successful as a comedienne and was the first black woman to become a big comedy star. She became rich and famous, lived in a mansion in Scarsdale, Westchester County, NY, and rode in a chauffeur-driven Rolls Royce. She died on May 23, 1975.

James P. Aiken, Jr. was born in 1900.

Frank Aiken was born in 1901.

Marjorie Aiken was born in 1907, moved to Cleveland, Ohio and married Oscar Harris. Marjorie died in Cleveland.

Melvin Aiken was born on November 13, 1908, moved to Cleveland and married Mabel Ruth Bradley (1912-1996). Melvin died in Cleveland on April



Loretta Aiken in her stage persona of “Moms” Mabley

30, 2009, at 100 years 5 months old.

Mary Smith Aiken and her second husband had two children.

George W. Parton Jr. was born in 1913 in Transylvania County, NC.

Edward Parton was born in 1919 in Washington, DC.

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

CORRECTION

In part 1 of this article last month, the photo of Jan Aiken Hall, Jim’s mother, was misidentified as his wife, Mary Aiken. This was the fault of the editors and not the writer, and we regret the error.

The Beauty of Shared Blessings

It’s a brand new year! As the holidays have ended, we look back with gratitude for all the memories created with friends and family, and the good times had by all. And as we look into the abundant blessings of our community, we should not lose sight of our many neighbors who didn’t have the same good holiday others of us had.



As food prices have increased – more than 10% in the past year – so has the number of individuals who have become hungry. Their need for assistance is not only a holiday problem, but a continual spiral as cost of living rises and wages decrease. Nationwide, 1 in 5 households simply do not have access to enough food. In North Carolina, 1 in 4 children under the age of 18 are food insecure on a regular basis, one of the highest percentages in the country.

The greatest difficulty lies with families who are working very hard at the jobs they have. They are earning money, but the dollars simply don’t go far enough. Expenses and bills absorb most

of their income, making food allowances scarce. For these families this creates an even greater central worry: finding food. Here is an even scarier statistic: In North Carolina, 81% of households receiving assistance do not know where their next meal is coming from! They often have to choose between buying food or paying for heating and/or housing.

FOOD FOR FAIRVIEW had an overwhelming outpouring of donations and support during this past holiday season! We are humbled by the generosity and kindness of our loving community. With full hearts we extend our enormous thanks and gratefulness to you. Your compassion and benevolence are only two of the many attributes distinguishing our Fairview community in the greater Asheville area.

Your donations are never too small. Every dollar will make an exponential difference! If you would like to assist, we invite you to visit our website, **foodforfairview.org**, where your gift can be conveniently made by credit card or PayPal in one easy click. Or if it is more convenient to send it in by mail, our address is:

Food for Fairview  
PO Box 2077  
Fairview, NC 28730



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

Learn to Write and Publish

Local author Jamie Mason returns by popular demand to Fairview for a combined author talk and informal discussion of her first published novel, *Three Graves Full*, on **Tuesday, February 9, 7 pm.**



Find out how she navigated the research, writing, and publishing processes as a first-time novelist. We invite community members to read *Three Graves Full*, available for checkout at the library. This is a great opportunity for thriller fans, aspiring writers, and folks who are just plain curious about

Fairview Public Library  
1 Taylor Road, Fairview  
250-6484

MON/WED/THURS/FRIDAY 10-6 PM  
TUES, 10 AM-8 PM SAT 10 AM-5 PM  
CLOSED SUNDAY  
MOTHER GOOSE TIME (4-18 MO)  
TUESDAYS, 11 AM  
BOUNCE ‘N BOOKS  
(TODDLER, PRESCHOOL)  
WEDNESDAYS, 11 AM  
PRESCHOOLER STORY TIME (3-6 YRS)  
THURSDAYS, 11 AM **NEW TIME!**  
Children must be with a parent/adult

how publishing a first book works. Not to be missed!

Book Club

Fairview Library’s book club will meet on **Tuesday, February 16 at 7 pm** to discuss *Oranges Are Not the Only Fruit* by Jeanette Winterson.

Friends Quarterly Meeting

The Friends of Fairview Library will hold their quarterly meeting at the Fairview Library on **Tuesday, February 9, 6 pm.** All community members welcome!

NEW ARRIVALS

*The Bitter Season*  
by Tami Hoag  
*Scandalous Behavior*  
by Stuart Woods  
*Thunder over the Superstitions*  
by Peter Brandvold  
*Three-Legged Horse*  
by Russ Hall  
*Once Shadows*  
by Robert Daniels  
*Killing Trail*  
by Margaret Mizushima  
*The Forgotten Recipe*  
by Amy Clipston  
*The Pharaoh’s Secret*  
by Clive Cussler and Graham Brown  
*Death Wears a Beauty Mask and Other Stories*  
by Mary Higgins Clark

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Soft Tissue Mobilization

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We have highest certification



High Intensity Class 4 Laser

25w laser, the most powerful in NC, brings Immediate pain relief and speeds tissue repair and healing

The only one in WNC



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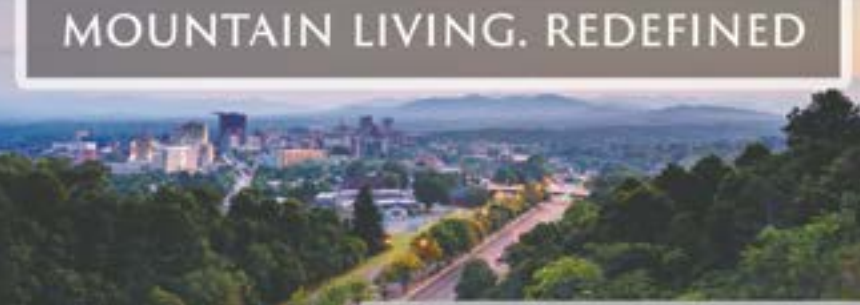






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**COMPUTER BYTES**..... by Bill Scobie

**No Fancy Stuff, No Bother, Please**



**What Printer?**  
Choosing a new printer? It might be time to ask some questions. Is a true photo printer what you really need when taking a thumb drive of photos to a local photo printer or drug store is cheaper than buying special paper and all those color ink cartridges? Maybe you can make do with black and white, using a monochrome laser printer (now often less than \$100) that does not have all the extra parts for scanning that you never use. Any kind of printer you get now should have networking built in, ideally Ethernet cable and WiFi, and support for AirPrint for printing from iPads and iPhones.


**Ads Begone!**  
Consider opting out of Google's targeted ads, especially if you stay logged into your Google account all the time. You may not want Google marketing to you based on what you watch on YouTube or which terms you search on. Go to google.com/settings/ads and change the slider to "off" for ads delivered while logged in or for other sites that use Google ads.

**Be Safe Out There**  
Older versions of IE, Internet Explorer versions 8, 9, and 10, have been "killed" off by Microsoft as of mid-January. This means that Windows Vista users pretty much have to use Firefox or Chrome to get an up-to-date and more secure web browser, since Microsoft won't be helping you out with security fixes.

**Windows: Fixes and More Fixes**  
Just a few more fixes in Windows 10 you should consider doing (that is, until next month).  
You can stop Windows 10 from automatically restarting after updates; click the Windows button (lower left of screen), Settings, Windows Update, Advanced Options, then click on the dropdown at the top to see and then click on "Notify to schedule restart."  
And, if you feel that Windows 10 may be uninstalling software behind your back, you may not be crazy. There have been reports of legitimate software being removed during some Windows updates, including quite a few popular free antivirus programs. The only notice you get is on the next restart, Microsoft will present a list of "incompatible" or removed software. Miss that list and you will only notice it when you go looking.

**Don't Tell Me ...**  
Notifications on your smartphone and within OS X and Windows 10 can become annoying. Look into adjusting the apps or programs that actually pop up those notifications. Although each operating system handles notifications slightly differently, look for settings that pertain to specific apps and how those apps get to attract your attention when you are doing something else. You will become less annoyed, more peaceful, and the world will look sunny again.  
*Any questions, call Bill Scobie, of Scobie.Net; fixing computers and networks for small businesses and home. 628-2354 or bill@scobie.net.*

**The Fairview Welcome Table: Four Years Old and Growing**  
by Barbara Trombatore



On December 31, 2015, we closed our fourth successful full year of operations. The Fairview Welcome Table increased the community weekly lunch program by 24% in 2015. Additionally, we continued our kids-in-need snack program for Fairview Elementary and even added two new support programs for school kids in need (summer meals and gift cards).  
The Fairview Welcome Table thanks everyone who volunteered, donated and participated in our effort.

**Fairview Welcome Table Operation Totals**

Year	Weeks	Guests	Avg per week	School meals
2011	37	2,544	67	206
2012	49	3,749	77	2,268
2013	48	3,416	71	2,152
2014	45	3,383	75	1,909
2015	47	4,202	89	2,795
<b>TOTAL</b>	<b>226</b>	<b>17,294</b>	<b>77</b>	<b>9,330</b>

**Our "Still Wishing" List**

We have several children who have outgrown highchairs but are not quite big enough to safely use a regular chair, so the donation of a couple of booster seats would be greatly appreciated.  
Volunteers are always needed and welcome. Volunteer hours are as follows:

- Wednesdays, 10 am for cooking and prepping
- Wednesdays, 1 pm, for setting up table and chairs
- Thursdays, 9:30 am for final prep
- Thursdays, 11:30 am to serve and clean up and break down at 1 pm

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Sciatica

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



Sciatica describes persistent pain along the sciatic nerve, which runs from the lower back, through the buttock and into the lower leg. The sciatic nerve is the longest and widest nerve in the body. It controls the muscles of the lower leg and provides sensation to the thighs, legs, and the soles of the feet.

Although sciatica is a relatively common form of pain, the true meaning of the term is often misunderstood. Sciatica is actually a set of symptoms, not a diagnosis. Sciatic nerve irritation can be caused by a bulging disc, bone spurs, muscle spasm or malpositioned vertebrae.

Sciatica occurs most frequently in people between the ages of 30 and 50. Most often, it tends to develop as a result of general wear and tear on the structures of the lower spine, not as a result of injury.

The most common symptom associated with sciatica is pain that radiates along the path of the sciatic nerve, from the lower back down one leg; however, symptoms can vary widely depending on where the sciatic nerve is affected. Some may experience a mild tingling, a dull ache, or even a burning sensation, typically on one side of the body; a pins-and-needles sensation, most often in the toes or foot; and numbness or muscle weakness. Pain often begins slowly, gradually intensifying over time. In addition, the pain can worsen after prolonged sitting, sneezing, coughing, bending, or other sudden movements.

Diagnosis begins by taking a complete patient history. You'll be asked to describe your pain and to explain when the pain began and what activities lessen or intensify the pain. In order to make a diagnosis, a physical and neurological examination will focus special attention on your spine and legs. You may be asked to perform some basic activities that will test your sensory and muscle strength, as well as your reflexes. In some cases, your doctor of chiropractic may recommend diagnostic imaging, such as an X-ray, MRI, or CT scan.

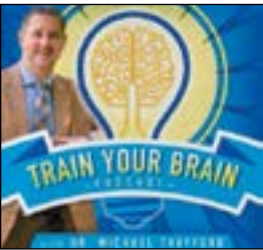
In terms of treatment, for most people, sciatica responds very well to chiropractic care. Keeping in mind that sciatica is a symptom, and not a stand-alone medical condition, treatment plans will often vary depending on the underlying cause of the problem. In some cases surgery or epidural injection can also be helpful.

Chiropractic care offers a non-surgical, drug-free treatment option with the goal of restoring spinal movement, thereby improving function while decreasing pain and inflammation.

*Dr. Edward Reilly is past president of the NC Chiropractic Association and team chiropractor for the ACRHS football team. He is board certified as a chiropractic sports physician, and in Graston Technique, spinal decompression traction and acupuncture. He practices at Fairview Chiropractic Center and can be reached at 628-7800, drreilly@fairviewdc.com, or fairviewdc.com. He has served Fairview since 1998.*

Don't Drink the Poison

by Dr. Michael Trayford, Apex Brain Centers



Most of us are pretty resistant to change. But it's essential to get it through our heads that we cannot change others.

This is critical in this day and age, because everything is becoming so polarized. Whether the topic is politics, religion, or just about anything on Facebook, many will develop extremely polarized stances, often to the detriment of their close relationships.

For our salvation, safety and proper brain function, we need to understand that people's ideas, in many cases, are based on a deep-rooted personal view of things. Unfortunately, more and more, people's views are becoming obscured by exposure to massive amounts of opinion and information that they simply cannot investigate to any valuable extent.

It's easy to go online to a forum, message board, or Facebook and develop an opinion on a topic that everyone else is talking about, and there is the tendency to become mired in the very strong opinions and emotions around that particular topic, even though a week earlier we didn't even realize the topic existed. These trends and topics are very interesting, yet troubling at the same time. We need to understand that we can debate and share our viewpoints but we can't really change the viewpoints of others. If there's some interest from the other party in expanding their horizons, then we can follow that

lead. If not, then it's best to agree to disagree. Getting a good dialog going while also understanding the boundaries is critical. Changing ourselves and our perceptions internally is very important in the process.

This falls into the general category of stress management and what's good for your brain. Getting rid of toxic emotions can boost your stress management and immune systems, which tend to plague us when we get caught up in what other people are doing and their belief systems.

Consider this thought-provoking quote, attribution unknown: "Holding onto anger is like drinking poison and expecting the other person to die." This really illustrates the value of not getting involved in or trying to influence other people's anger. Try to be mindful of this quote while figuring out what someone else is thinking and how you can possibly get them to see things differently; in these situations, you're really doing the most damage to yourself.

So don't drink the poison; embrace this concept in your daily life, and you are guaranteed to be happy with the outcome.

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

Protecting Your Bones for Life

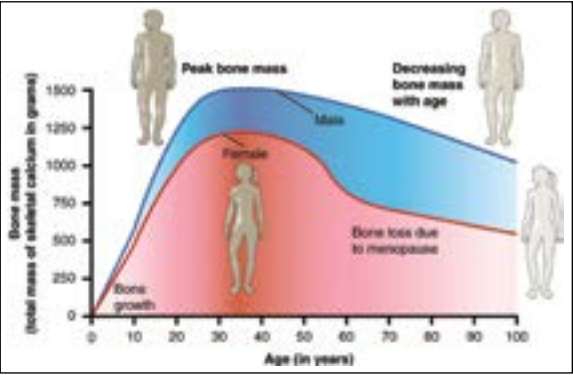
by Dr. Amy Santin, MD, MAHEC Family Health Center at Cane Creek



Bone is a dynamic organ system that provides structure and support to our bodies. Bones are constantly remodeling themselves by reabsorption, a process by which old bone is absorbed and replaced with new bone. This is what keeps them strong. This process favors growth and strengthening into our 30s. At this time the body starts to lose more bone than it replaces. This can result in the bones becoming progressively weaker, more brittle, and susceptible to fracture. *Osteoporosis*, literally "porous bones," occurs when there is significant bone loss. The term *osteopenia* is used when the loss is mild.

While osteoporosis typically does not cause any painful symptoms, it does put one at significantly increased risk for breaking a bone, particularly in the hip, spine or wrist. It is estimated that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. This can occur with a minor trauma like a fall, or even with no trauma at all, such as with sneezing or bumping into things. For older adults, breaking a bone is no small matter. It can lead to chronic pain that does not go away. For fractures in the spine, one can lose height and have posture become stooped or hunched. Fractures can decrease your ability to get around and do things you enjoy, leading to isolation and depression. They increase your risk of being unable to walk on your own or having to enter a nursing home.

While all adults are susceptible to osteoporosis, women are at higher risk for it after menopause due to lower levels of estrogen, a female hormone that, among other things, helps maintain bone mass. Other factors that increase risk for the disease include having a family history of osteoporosis, being Caucasian, being thin,



and smoking. Taking certain medications like oral steroids for a long period of time also increases risk.

The good news is that osteoporosis is not a normal part of aging and much can be done to improve the health of your bones. The best way to do this is through exercise, diet and not smoking. If you smoke, quitting can improve your overall

bone health significantly. Weight-bearing and impact exercise helps bone remodel, thus replacing older, weaker bone with new, stronger bone. Examples of these activities include jogging, aerobics, tennis, hiking or fast walking, jumping rope, and stair climbing. Muscle strengthening exercises such as weight lifting, elastic bands, weight machines and lifting your own body weight also can help strengthen bones. Most experts recommend exercising for at least 30 minutes three to four times per week.

**The best diet for preventing or treating osteoporosis includes one that provides optimal amounts of calcium and vitamin D...**

The best diet for preventing or treating osteoporosis includes one that provides optimal amounts of calcium and vitamin D, which are essential to maintaining proper bone density. Foods high in calcium include dairy products such as milk, hard cheese, cottage cheese and yogurt, as well as green vegetables such as broccoli and kale. Each of these servings provides roughly 300 mg of calcium.

It is recommended that premenopausal women and men consume at least 1000 mg of calcium per day in the form of diet or calcium supplements, and that postmenopausal women consume at least 1200 mg per day. It is difficult to get all the vitamin D needed to maintain strong

bones from food alone. Most milk products are fortified with vitamin D. Fatty fish such as salmon and tuna are another good source. Much of our vitamin D is produced by our bodies after exposures to sunlight. Even so, most people will require additional supplementation to achieve adequate levels to protect the bones.

It is recommended that men and women under age 50 consume 400-800 international units (IU) of vitamin D per day and that those over age 50 consume 800-1000 IU per day. There is growing evidence that older adults can benefit from significantly higher doses of vitamin D, particularly if they are deficient. Talk to your healthcare provider for more information on this.

You can find out whether you have osteoporosis or its precursor, osteopenia, with a bone density test. This test is recommended for all women over 65 regardless of risk factors. Others who may benefit include men over 70, women under 65 with risk factors, and people who have broken a bone after the age of 50. It is important to talk to your healthcare provider to see when this test is recommended for you.

If you are diagnosed with osteopenia or osteoporosis, there are treatments available to strengthen your bones and reduce your risk of fracture. All of the above recommendations for exercise and diet are still beneficial even if you already have the disease. Whatever your age, it is never too late to improve your bone health. These are the bones you will have for the rest of your life. Now is the time to take action to protect them.

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

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

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Nice Level to Rolling 1.13 acre property in a quiet location in Fairview. Two stall barn with tack room. Nice long-range mountain views. **\$60,000** MLS #NCM594518

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Lot 1	0.57 acres	\$50,000
Lot 2	0.98 acres	\$79,000
Lot 3	0.57 acres	<b>SOLD</b>
Lot 4	0.83 acres	\$69,000
Lot 5	0.86 acres	<b>SOLD</b>
Lot 6	0.83 acres	\$69,000
Lot 7	1 acre	\$79,000

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Immaculate 4BR Home w/2 large bonus rooms w/ closets. Great Fairview location. Cathedral ceilings & gorgeous maple floors. Gourmet kitchen w/island, granite tops & SS appliances. Master suite on main w/luxury bath. Large screened porch and private fenced yard. Nicely landscaped yard. MUST SEE! **\$500,000** MLS#3137436 [www.17lonecoyote.com](http://www.17lonecoyote.com). Contact Wanda Treadway at 828 424-1632. [www.youtube.com/watch?v=k0YvOK1mul8](http://www.youtube.com/watch?v=k0YvOK1mul8)

## UNIQUE LOG HOME



Rustic 3BR / 1BA, 2 story w/ Fireplace / Woodstove / Gas Logs. Beautiful covered porches with running stream through the property. 1 car garage w/ 1 car carport attached. MLS#591168 **\$192,000**. Call Wanda Treadway at 828 424-1632

## WOW!!! BEAUTIFUL 200 DEGREE VIEWS!



7 acres w/ 200 degree views of huge valleys & mtns from Pisgah to Mitchell plus long range views to the Smokies, yet only 25 mins. to downtown Asheville. Contemporary 2 BR, 2 BA artisan home w/2 bonus rooms. Tile & marble bathrms, lovely oak floors/ quality woodwork, 3 screened porches and lge wraparound deck. Lots of level land, fenced garden, sauna, garage, Live off the grid. **\$335,000**

## GREAT NEW LISTING



Great Value in Lovely Neighborhood! Large level lot with small workshop, adjoining undeveloped land. Enjoy one level living, 3 bedrooms plus bonus room, on a cul-de-sac. Needs paint and carpet, priced well below market value at **\$138,000**. Call Karen Cernek 828.216.3998

## GREAT POTENTIAL FOR YOUR GROWING BUSINESS



Great location in Fairview for your business. Freshly painted inside and out. Level back yard. Nice front porch for your customers to enjoy with a mountain view. Updated bathroom and kitchen. Would make a great office, nail salon, massage parlor, doctors office just to name a few. **\$149,000**

## BRING YOUR HORSES! 19 ACRES OF PASTURE!



Pasture & Luxury Home. Stucco and rock exterior make a beautiful combination. Stone outdoor fireplace. Great detail everywhere w/ solid alder doors, trim, and built in dinette. Gourmet kitchen, lots of cabinets and solid surface counter tops. Lge family room, windows galore. Tiled baths and tiled pet shower. Large laundry rm. Fenced property for horses **\$1,200,000** [www.youtube.com/watch?v=CFcZvriR5SI](http://www.youtube.com/watch?v=CFcZvriR5SI)

## BRAND NEW 2-STORY



BRAND NEW 2 STORY CRAFTSMAN STYLE HOME. Master on main. Wood floors throughout main level. Open floor plan, great for entertaining. Gourmet kitchen w/ breakfast bar, granite counter tops and stainless steel appliances. New subdivision in prime Fairview location, 7 lots with a cul-de-sac. Easy access off of 74A. **\$356,257** [www.fairviewmeadows.net](http://www.fairviewmeadows.net)

## BEAUTIFUL SECLUDED OPEN FLOOR PLAN



Views! Views! Views! Beautiful 3 BR/3 BA home on 1.2 acres with mature trees & incredible mountain views. Large wraparound deck to sit and enjoy your views and nature. The deck has two large retractable awnings when you need a little shade. Windows galore bring in the trees and the views. Large gourmet kitchen for the chef in the family. Sunroom, sauna & bonus 4th bedroom or exercise room. Large portico to drive up to your front door or just enjoy the covered outdoor space. Lush landscaping. **\$550,000**

## LAND FOR SALE

2 Subdivisions Ideal for Affordable Homes, both have city water, paved access and are 15 min from Asheville. **5.25 Acres**, file special Subdivision, 3 lots, 1.75 acres each. **3.25 Acres**, part of major subdivision has 11 lots, but some will need to be combined due to small size. Each is **\$110,000**.

Extraordinary Parcel for Private Estate or Commercial Project. Tract is partially developed, has city water and driveway up to one section. Beautiful entrance road winds through pasture and over a bridge. Bold stream, 2 ponds and smaller creeks, potential for views and numerous building sites. Great spot for a boutique hotel, cabins or family compound, potential for sewage facility. **\$2,500,000**.

Private, wooded, unrestricted lot just over 15 min. from Asheville. South facing with potential for long range views. Driveway in, site graded and 2 BR septic. **\$35,000**.

New Listing with access to clubhouse and picturesque greenway with trails along the Swannanoa River. This wooded lot has a sweet little creek with potential for a pond or water feature you could enjoy from the deck of your new home. Paved access, city sewer and water and only 10 min. from Asheville **\$63,000**

Call Karen Cernek for details at 216.3998

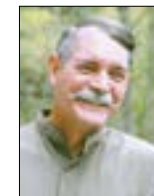
Established 50 Acre Subdivision with 24 homesites, 3 existing homes and 20 remaining lots... Stone entrance, paved road, underground utilities, water feature and pond in place. **Newly reduced to \$500,000**. Call Cassandra DeJong for more information 828.216.6060

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## OF INTEREST TO SENIORS

by Mike Richard

### Did You Hear?



Rumors... they start something like this:  
“You know what I heard?”  
“What?”  
“They’re going to take away our Medicare Supplement plans!”  
“Say it isn’t so!”

“Well that’s what I heard and it could happen any day now! I was even told to get a replacement plan as soon as possible!”

“Well I’m going to call the insurance commissioner about this!”

And that’s exactly what folks have been doing. Change is inevitable and so it is with this example as well, but not until January 1, 2020. It seems as though certain recently passed Congressional changes that will remove Medsup plans C and F from the marketplace are on the horizon – but not today, and if you are already on Medicare, not for you. Apparently state regulators across the fruited plain are receiving a number of questions after consumers were mistakenly advised that these plans need to be replaced now.

### Consumer Alert

The commissioners have recently published a consumer alert advising people that Medicare Supplement C and F plans may continue to be sold to Medicare beneficiaries through 12/31/2019, and that these plans can be renewed as long as those folks who are Medicare eligible prior to 1/1/2020 want them. So, if you currently have one of these plans, don’t be pressured into changing it for



the wrong reason. You shouldn’t have to worry about losing it at all even after 2020, because you are “grandfathered” in for as long as you wish to keep it.

Those people becoming eligible for Medicare after January 1, 2020 will not have those Medicare Supplement plan options available to them. The logic for this Congressional change is that if your insurance coverage doesn’t require a deductible, it will cost Medicare (and the insurance company) more money. The C and F plans pay the Medicare Part B deductible for you. The other Medicare Supplemental plans require you to pay that deductible before the plan pays. This helps to reduce “nuisance” claims that might have been avoided if a deductible needed to be met first. It’s all part of the cost-cutting measures Medicare will be putting in place.

Should you hear any more rumors concerning this or other things happening to Medicare, I’d be glad to fact check them for you. Just give me a call.

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

## YOU ARE HERE

by Blair Clark

### The Commuter



I’ve been a commuter of sorts all over the world, having spent more than 8,800 hours (a full year of my life) in the car headed to and from work over the last 40 years. I have experienced nearly

every emotion and thought about everything from my relationships to the state of the world and my work to that leaky faucet at home. I’ve tried to learn a new language; I’ve practiced scales in preparation for singing at a friend’s wedding. I am happy to report that I have also noticed that I live in one of the most beautiful spots in world, Fairview.

I am not a native. I did, however, move to Fairview when Hwy 74 was still a modestly traveled two-lane road. I’ve lived through the years when leaving work from Asheville in the afternoons meant sitting in a half-mile of traffic on the interstate as commuters took turns coming off I-240 and I-40. It was really quite a civilized process, but there was usually some excitement when someone coming off I-240 would try to go to the head of the line. I saw normally polite and calm commuters and truckers become the “line police,” swerving in front of the “line cutters” and running them off the road. I survived the construction years and the big cut on Mine Hole Gap. Each of us who experienced it have memories of the growing pains associated with the change.

As a Fairview commuter I’ve sometimes grumbled about traffic too, and sometimes spent the time in autopilot, barely remembering the trip. Sometimes,

however, in the morning as I pass over the top of Mine Hole Gap, I really see the Asheville plateau and the mountains beyond... with snow on the mountains, fall colors, the new green of spring or the deep greens of summer. I have learned to appreciate commuter moments on my journey.

The view of the Fairview valley on the way home often allows us to let go of some of the accumulated distractions of the day. Sometimes at dark we get a special treat from a huge yellow full moon that seems to fill the entire horizon.

Commuting can offer a window of time and space that you can choose how to fill. We can catch up with the world news, sing to our favorite tunes, have a moment with our kids, learn a new language, wind down from the day or even practice telling those we love how important they are. If you want to alter your current commuter course, try these little tips and remember, and be safe.

- Put your seat belt on if you haven’t yet.
- Take a moment to prepare the radio or CD player, if you use either.
- Count to five if you are running late.
- If you start your day transporting kids, tell them you love them regardless of what went on before you got in the car.
- Take a good look from the top of Mine Hole Gap every day you can.
- Tell one person one thing you noticed today on your commute.

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](mailto:copy@fairviewtowncrier.com).

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## Creating Vibrant Health

By Russel Sher, D.C. Asheville Center for Health Excellence

Do you have symptoms such as feeling tired, achy, sore joints, foggy brain, depressed or anxious? Have you been told by your doctor that essentially there is nothing wrong with you and that you're just getting old? Maybe there is more to the picture than is seen in our current health care model.

The incidence of chronic diseases such as heart disease, cancer, stroke, diabetes, obesity and arthritis are rising, and these conditions are among the most common, costly, and preventable of all health problems. About 45% of people in the U.S. suffer with a chronic disease and many more suffer from just not feeling well.

The United States has the most advanced healthcare system in the world, yet we continue to see increasing levels of chronic illness. *Why is this?*

The answer seems to lie in our current model of healthcare. Our sophisticated healthcare structure is perfectly suited for addressing acute crises such as heart attacks, infections, severe debilitating illness, trauma, etc. Treatments for these conditions are effective and life-saving. However, the focus of treatment for chronic conditions, as has been noted by many researchers, relies on management of symptoms rather than addressing the causes. An example would be someone with high blood pressure. The doctor would prescribe a drug to reduce blood pressure; however, attention to the actual cause of the high blood pressure is hardly ever addressed. In this scenario, the patient is expected to continue taking medication for high blood pressure on an ongoing basis. Most chronic diseases are treated by suppressing symptoms

with long-term use of medication. Many medications have side-effects with added complications from long-term use, causing a whole domino effect of undermining health.

### Complementary/Alternative medicine

Several "alternative medicine" approaches such as chiropractic, acupuncture, naturopathy, and reflexology have been helpful in restoring normal physiological balance and helping people experience resolution of many chronic conditions. The perspective utilized in these approaches is to help the body normalize physiological function rather than suppress symptoms. However, this article is about what you yourself can do to improve your health.

### Functional Medicine

Functional medicine is an emerging field in healthcare practice by many professionals including medical doctors, chiropractors, naturopaths, and acupuncturists. With emphasis on laboratory tests to determine what is actually happening in the physiology, a variety of methods – mostly natural and related to lifestyle – are utilized to restore healthy function.

Practitioners have a perspective of looking at aspects of the whole person and the relationship between various organs and systems in the body. For instance, we now know that there are strong correlations between gastrointestinal health and brain function. Lifestyle is recognized as an essential factor affecting health.

### Gaining Independence

It may be surprising to many that our daily choices can profoundly affect our

quality of health. Current research is indicating that factors such as quality nutrition, appropriate exercise, stress management, a supportive social environment, connection with nature, and meditation are powerful mediators that are primary factors that promote health. And the opposite also applies – poor quality lifestyle choices such as lack of exercise, smoking, and eating fast foods have a significant influence on the development of many chronic diseases. The important distinction in this approach is one of including lifestyle factors that promote health rather than using drugs to treat symptoms. Ultimately, we become the ones who, by choosing to live a healthy lifestyle, can gain significant influence on our health. Listed below are some changes you can include in your New Year's resolutions.

- **Diet** – Research indicates that nutrition and diet promotes vibrant health and longevity, but there is no single diet that works for everyone. Just as our fingerprints are unique to each of us, so is our physiology and response to certain foods. A functional medicine practitioner can better advise you of the most suitable kind of diet.
- **Exercise** – Recent research findings indicate certain types of exercise are more effective than others in promoting health. The concept of going to a gym and running on a treadmill or doing some form of repetitive mindless exercise does very little to promote health. Knowing how to move mindfully, doing appropriate strength training with correct posture as well as low-intensity, body-conscious exercises such as yoga, Pilates, Gyroton-

ic, and Tai Chi show tremendous benefit.

• **Meditation** – Although the practice of meditation is thousands of years old, current research is showing significant benefit for the mind and body. There are many resources in the Asheville area to learn various forms of meditation.

• **Detoxification** – We are exposed to thousands of toxins throughout our lives. Our bodies have the capacity to eliminate a lot of these, but many remain in our body and affect our health in detrimental ways. Many of our enzymes are inhibited from functioning when certain toxins are present. A functional medicine practitioner can help facilitate an appropriate detox protocol to help eliminate many of these toxins.

• **Stress management** – It is well known that stress has a negative influence on health. Yet many of us don't know how to manage stress effectively. Learning effective techniques can have a powerful impact in improving health.

• **Sleep** – Recent research has implicated sleep debt as a major factor in poor health, weight gain and obesity. Developing good sleep hygiene habits can have a profound effect on general health for body and mind.

Our lifestyle choices account for a significant influence in our experience of health and disease. Now is the time to take stock of our daily habits and make the changes we need to make to be healthy. We have the choice to be healthy – let's make it happen!

*Dr. Russel Sher, D.C. has practiced Chiropractic and Functional Medicine for 30 years both in South Africa and the U.S.*

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Field of Dreams Volunteers Are Winter Wonders

by Jill Frayne

The weather forecast for January 9 was cold, gray and damp... at best. Yet with about 48 hours notice, we had over 30 people volunteer to be out on the playground at Fairview Elementary School, helping to backfill the new wheelchair-accessible asphalt pathways that have been installed in the last few months. I was filled with a sense of gratitude and privilege to get to live here in this community that feels like a family at times.



We are especially grateful to T&K Utilities for providing the backfill material and to The Garden Spot for providing and installing safety fencing, bringing a bucket loader, and working well beyond the four hours we were hoping for. We also had volunteers from REACH Animal Emergency and Specialty Hospital, the Dad's Club, and several FES families. With this project, we're transforming

the large playground into a Field of Dreams that will be accessible and inclusive to every child at the school. The first phase, Leveling the Playing Field, will have its finishing touches done once the warm weather returns. We are actively fundraising for Phase II, Sliding into Home. We are looking for corporate sponsors or other interested parties to help purchase playground equipment that is specifically designed

for children of differing physical abilities at the same time. If you are interested in being a financial sponsor of this legacy project in Fairview, or if you have talents and time you would like to donate, please contact the Playground Committee at [fesplayground@gmail.com](mailto:fesplayground@gmail.com), or contact the school directly at 628-2732, and please visit our website, [buncombe.k12.nc.us/Page/48223](http://buncombe.k12.nc.us/Page/48223).

Student of the Month

The *Fairview Town Crier* and AC Reynolds High School are pleased to announce that January's Student of the Month is Elizabeth Soucaze. Her teacher, Beth Love, commented, "Libby is the hardest working, most organized student I have taught in years. Her work for the senior dedications section of the yearbook has been exemplary for the past two years and I would love to see her recognized for the initiative she takes as a leader on the yearbook staff." Libby plans to go to college and study Environmental Engineering, a field which combines technological design and human psychology. Her Senior Project focused on the relationship between high school start times and adolescent sleep patterns. As part of her research she participated in a weekly yoga class to determine if such a practice could mitigate the effects of adolescent sleep deprivation. She reports yoga helped her to get to sleep earlier and "wake up less grumpy."

*What does Rocket Pride mean to Libby?*  
"Showing respect and greater understanding for all people. When Reynolds' students treat everyone in the community with respect, they get a taste of how great Reynolds is." Many congratulations to you, Libby, and best of luck for the future!



UNCA Honors

Congratulations to these talented and hardworking Fairview students for being named to UNC Asheville's fall Chancellor's List (4.0 grade point average) and Dean's List (3.5-3.9 grade point average).  
**Chancellor's List:**  
Rena Elayne Lubin  
**Dean's List:**  
Andrew Samuel David Allen  
Rachel Nicole Killian  
Matthew P. Rose  
Melinda Kaye Schueneman

ACT Practice Test at AC Reynolds

AC Reynolds High School will host a Kaplan practice ACT test on **Saturday, February 6, registration at 8:30 am** in the school lobby. This is a great opportunity for juniors taking the ACT in March. Students should bring a calculator, pencils, snack and drink and a \$10 PTSO donation. Scores will be returned by email within 2 weeks following the test. Winter weather make-up date is February 13, if needed.

Local Artist Peggy Taylor Donates Painting Supplies

Peggy Taylor was an accomplished painter, mostly of the Plein Air style. She also was a great teacher and had a Friday painting class for young children. When she faced the reality that she would not ever be well enough to paint again, she donated all of her supplies — oils, brushes, canvases, still life pieces, books, easels and more — to the AC Reynolds High School Visual Arts program run by Mary Briden. The *Town Crier* paid a visit to Briden's class to learn firsthand of the valuable impact made by Peggy's gift. In Briden's own words, "In the past, if I taught an oil painting class, the kids would have to purchase all of their own supplies, and they are expensive. Because of this donation, so many more talented kids will be exposed to oil painting. We are so grateful."

Peggy Taylor passed away on December 29th. A celebration of her life (which was her wish instead of a memorial service) was held on January 29th and was attended by many of her friends and associates. Everyone was told to wear bright colors because color was what Peggy's art was always about. Peggy, your generosity and love of art will inspire kids to explore color year after year.



Top right: Tenth grader Lilly Decker cleans the exotic glass bottles used for still life painting. Middle and bottom right: A valuable art library and numerous easels and paint boxes were donated. Above (clockwise, from far left) Tallulah Cloos, Amannah Cray, Mary Briden, Jessica Himes, Ryan Hobart, Iva Phillips, Piper Townsend, and Adi Donahue.

ACRHS Art Students Rock!

Mary Briden, AC Reynolds High School Visual Arts teacher, recognized the talent of her students and knew an AP Art program was needed. This program has provided the opportunity for students to gain greater exposure, exploration and experience. This included entering the Scholastic Art & Writing Awards contest, one of the country's longest-running and most prestigious award and recognition programs for creative students in grades 7-12. Alumni of the program include artists such as Andy Warhol, Philip Pearlstein, Robert Indiana, and Robert Redford. This year, teachers submitted more than 600 pieces for the Western NC Regional Scholastic Art Awards. Out of those 600, 132 will be featured at the Asheville Art Museum through March 6. For the third consecutive year, AC Reynolds has won 33 awards — more than any other high school in WNC. Gold Key winners Jack Albrecht, Yana Babak, Julia Briden, Sia Diavatis, and Garrett Fentzlauff will move forward to compete in the National Scholastic Art Awards in NYC. An awards ceremony will be held on **February 21, 2 pm**, at the Holden Community Gallery at the Diana Wortham Theatre. Regional Gold Key recipients' work will be sent to the National Scholastic Art competition in New York City.

For more information on the Scholastic Art Awards, visit [artandwriting.org](http://artandwriting.org) or call the Museum's Education Department at 253-3227, ext. 121 or 124. Go to [smore.com/fzt1n.the](http://smore.com/fzt1n.the) to see all of the Reynolds winners.

A few of the Gold Key Award winners:  
Upper right: "Balsa Building" by Jack Albrecht  
Middle right: "Achaemenid Entrepreneur" by Julia Briden  
Bottom right: "Stringed" by Yana Babak  
Visit the Asheville Art Museum to see these works in person.



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

What Has the School Board Been Up To?



I love reader requests! I recently heard from a Fairview resident who appreciates learning about what's happening in our schools, but also wanted to hear more about recent events at the School Board level.

I'm happy to oblige. Read on to learn about three big decisions we've made in this school year.

**Budget**  
Probably the most important role of any school board is to approve and oversee the annual budget. This year we were not able to approve a final budget until well into the school year because of state-level budget delays. Our 2015-16 budget, approved at our December 3 meeting, totals \$272,468,020. The states provides 50% of this funding, 20% comes from Buncombe County, and 30% is from other sources.

On the expense side, it makes sense that personnel costs make up the largest part of our budget (79%), since our workforce provides the necessary educational services our students receive. The rest of the budget is made up of commodities such as supplies and equipment (7%), capital expenses such as maintenance and construction (13%), and 1% for other expenses. All of the budget documents can be found on the Buncombe County Schools website, [buncombe.k12.nc.us](http://buncombe.k12.nc.us).

It is important to remember that this budget will be amended throughout the

year, as income and expense requirements change.

**The Kite Runner**  
One decision that got a lot of press this year was our unanimous vote in support of *The Kite Runner*, a novel by Khaled Hosseini, to remain on the list of books that are approved to be taught in our high school classes. This vote followed similar votes by the AC Reynolds High School Media/Technology Advisory Committee and the Community Media/Technology Advisory Committee, which represents the entire school system.

A subsequent related decision got less attention: at our September meeting, the school board voted to change Policy 3210, which regulates the way in which parents file objections to instructional materials. While this policy formerly stated that books could not be taught in class during the period of the review process after an objection, the policy now reads as follows: "No instructional materials shall be removed from the classroom or media center collection until the appeal procedure is completed."

Parents may still "opt out" so that their children will not read books that they object to, but this will no longer prevent the rest of the class from reading the books as planned. This and all other policies may also be found on the BCS website.

**Johnston Elementary & Erwin Middle**  
In November, the school board met

two times and addressed the same issue in both meetings — the state designation of two of our schools as "low-performing" and the required plans for improvement. This process was prompted by language in the state budget bill, which identified schools in this way based on their state-assigned school-wide grade in combination with the level of expected growth achieved in the 2014-15 school year.

Because of the formula used to determine school grades, we have seen a statewide trend of high-poverty schools receiving the lowest grades. Out of concerns about this process, our school board unanimously voted in favor of a resolution that concluded "the Buncombe County Board of Education strongly opposes the North Carolina General Assembly's identification of 'low-performing' schools. This process labels and stigmatizes students, families, and staff members who are part of these schools and communities."

In closing, I'd like to take this opportunity to thank all of you — not only for reading this column, but for your ongoing interest in Buncombe County Schools and the work of the Board of Education. I invite you to join us at our public meeting on February 4 at 6:30 pm at the Nesbitt Discovery Academy.

And if you ever have a request for this column, please email me at [cindy.mcmahon@bcsemail.org](mailto:cindy.mcmahon@bcsemail.org). I'd love to hear from you.

*Want to contact Cindy McMahon? Email [Cindy.McMahon@bcsemail.org](mailto:Cindy.McMahon@bcsemail.org).*

Reynolds District Events in February

- Thursday, February 4**  
Rising Kindergarten Tours, Fairview and Oakley Elementary Schools
- Friday, February 5**  
Harlem Wizards Basketball Show to benefit Oakley PTO, UNCA, 6 pm
- Monday-Friday, February 8-12**  
Bus Driver Appreciation Week
- Tuesday, February 9**  
Rising Kindergarten Tours, Fairview Elementary, 9 am & 12:30 pm
- Thursday, February 11**  
Early Release Day
- Friday, February 12**  
Teacher Work Day
- Saturday, February 13**  
WNC All-District Band Concert, WCU, 4 pm
- Friday, February 19**  
Rising Kindergarten Tours, Fairview Elementary, 9 am & 12:30 pm
- Monday, February 22**  
Early Release Day
- Tuesday, February 23**  
Oakley 4th Grade Fundraiser — Chuck-E-Cheese night

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16 The Fairview Town Crier February 2016

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## Behaviors That May Spell Trouble for a Puppy

by Margaret Moncure, DVM, Cedar Ridge Animal Hospital and Mobile Equine Services

Puppy season is approaching! Help your puppy start off life with good behavior from the very start. Here are some problem areas that we see in the clinic routinely.

### Jumping on or Pawing People

This is a normal puppy behavior meant to gain attention and is well understood by other puppies. However, this behavior quickly becomes frustrating and potentially unsafe when the little puppy has grown into a large dog or inadvertently clobbers a toddler.

Puppies need to be taught that the best way to seek attention and playtime with their humans is to sit nicely with four feet on the floor. If your puppy is a jumper or paws you, the easiest correction is a sharp “No” followed by ending

all interaction immediately. Done with consistency, this will diminish the behavior.

### Mouthing, Biting or Nipping

Puppies, like human babies, do use their mouths to explore the world around them. Within a group of dogs, mouthing can also be a form of communication of submission or dominance, but all puppies need to be taught that this is off limits with all humans. What may seem cute from a 10-pound puppy at home can quickly turn into a scary behavior when your adult dog mouths someone else.

For the majority of puppies, this behavior can be curbed in a similar manner to jumping — by a sharp verbal admonishment and then the absence of further attention for a short period of time.

### Crying or Whining When Left Alone

Barking, whining, and other vocalizations are all normal communication means for puppies and should not be eliminated altogether. However, when they become out of control, the cute noises start to become undesirable. Puppies need to learn that it is okay to be alone for reasonable periods of time. They need to be taught to feel secure when they are alone and not to be destructive.

Starting with short time periods and gradually working your way up to longer periods, you should make sure your puppy is alone in a safe place every day. As long as your puppy is fed, walked, warm, and safe, it is okay to ignore the whining and crying to teach him to become more secure by himself.

These are some simplified tips to help curb unwanted puppy behavior and will likely help the majority of puppies grow into well-behaved adult dogs. In addition, a good puppy obedience class goes a long way toward teaching your dog acceptable behaviors and teaching you how to be a good teacher and owner for your puppy. Even if you teach the basic commands at home, taking your puppy to a class adds so much more to the experience. Your puppy learns to be well behaved in a setting outside of your home and with other dogs, and you get the advice of a good trainer to help you through the rough spots.

As puppy season gears up in the next month or so, take some time to teach your puppy to be a wonderful adult dog.

### Charlie's Angels Animal Rescue

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



#### William

William is a Beagle mix who loves to go on walks and be with his people! He's not too fond of other dogs and will nip if near them, so he needs to be with a family who is able to put some time in training him.



#### Foxy

Like my ears? All the better to hear my trainers at Craggy Correctional Center teach me my skills such as sit, stay, heel, and my manners. After all, I am only 6 months old and need to know how to be a perfect fit for my new family.



### Animal Haven of Asheville

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



#### Nugget

Nugget is a neutered 1- to 2-year old Beagle mix, crate and house trained, compact and sweet. And he just earned his degree in the Canine Life and Social Skills program.

### Brother Wolf Animal Rescue

Call 505-3440 or [bwar.org](http://bwar.org); Adoption Center at 31 Glendale Avenue



#### Copper

Copper is a 6 1/2-year old Retriever mix; "the sweetest dog ever." He walks nicely on leash, rides calmly in the car and doesn't bark or act destructively. He'd be great for an adult with no other pets. Email [dogs@bwar.org](mailto:dogs@bwar.org) to learn more!

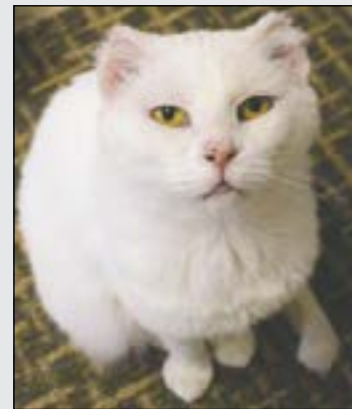


#### Faith

Faith was dropped off on the side of the Parkway with five other bunnies. She is learning to trust people and now lets her foster mom pet her while eating. E-mail [dthtarheel@aol.com](mailto:dthtarheel@aol.com) for info.

#### Blythe

Blythe is a very friendly, calm 2-year old spayed female who is good with other cats and well-behaved. She's a little nervous around fast movements, so young children might be a little scary for her. Her ears were removed due to skin cancer, but she's doing just fine now!



## FOR THE BIRDS

photos and text by Simon Thompson

## Woodpeckers

The one nice thing about woodpeckers is that, for all intents and purposes, every species superficially looks the same! They all perch on the sides of trees in a vertical manner, have heavy dagger-shaped bills designed for chiseling into wood, and drum loudly to advertise their presence. In addition to these obvious features, woodpeckers also share many more characteristics that are not that easy to see. These include long, bristly tongues adapted to extract insect larvae from deep within wood; heavy feathers around their nostrils to filter

and white, a common color combination throughout the woodpecker family. Downy woodpeckers are smaller than the Hairy, with shorter bills, black barring on their white outer tail feathers and a lower-pitched call note. Hairy woodpeckers prefer larger trees in which to feed, have long dagger-shaped bills and an emphatic high-pitched call along with an unusual kingfisher-like rattle.

Red-bellied woodpeckers are also abundant residents of our Eastern Woodlands, but it takes a really close and inti-



The Downy Woodpecker. Photo by Simon Thompson



The Pileated Woodpecker with his red cap. Photo by Simon Thompson

mate view of this bird to actually see why it gets its name. Some individuals show a strong reddish wash to their belly, but many others barely show any coloration at all.

As well as feeding in large trees, the brown Northern Flicker is also happy feeding on the ground, on nests of large wood ants.

Another familiar sight is the large and noisy Pileated woodpecker. Unlike its probably extinct cousin, the Ivory-billed, the Pileated can adapt to human invasion of its woodlands, as long as we preserve large trees where it can nest and feed.

Red-headed woodpeckers are probably the most striking and distinctive of all, but are uncommon at best in our area, although they are regular in fall migration and some individuals may over-winter in the county.

Our last species is the odd Yellow-bellied Sapsucker, a highly migratory species that can winter as far south as Panama. All four species of sapsuckers make a distinctive series of holes in trees and are the only species of woodpeckers whose feeding habits can damage or even kill young trees.

All of our local woodpeckers are easy to see in their preferred habitats and many will come to seed and suet feeders allowing excellent viewing of their diagnostic characteristics. They are a fascinating family of birds that are perfectly adapted to their arboreal world.

*Simon Thompson has lived in WNC for the past 20 years. He owns and operates Ventures Birding Tours ([birdventures.com](http://birdventures.com)). If you have birding questions, please drop him an e-mail from the above site.*

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Will the Presidential Election Affect Investment Outlook?



We're just a few weeks away from the first caucuses and primaries, so presidential election season is in full swing. As a voter, you may be keenly interested in the election process. But as an investor, should you be concerned?

If you take a look back, you might be somewhat encouraged over the prospects of the financial markets this year. In the last 12 presidential election years, the Dow Jones Industrial Average has been up nine times and down just three. So, election years must be good for the financial markets, right?

Not necessarily. In every year, the markets are influenced by a variety of factors: interest rates, inflation, corporate profits, geopolitical events, economic growth, even the weather. And it's safe to say that 2016 will be no different. At this early stage of the year, one could say that some of these factors, such as continued low interest rates and a reasonably strong economy, might bode well for investors. But there's a lot of 2016 ahead of us — and it's notoriously difficult for anybody, even so-called experts, to accurately predict the market's performance over a relatively short time, such as a year.

Still, the market's history of pretty good results in presidential election years may not be entirely random. For one thing, the White House is never the only office being contested; elections are also held for every congressional district and many seats in the Senate.

During these election years, campaigning often takes precedence over legislating. This legislative inactivity tends to be welcomed by the financial markets, which generally dislike surprises, big changes and new directions.

Consequently, during these election years, campaigning often takes precedence over legislating. This legislative inactivity tends to be welcomed by the financial markets, which generally dislike surprises, big changes and new directions.

However, you can't really count on past trends to provide a certain roadmap for the year ahead, in terms of the performance of the financial markets. As mentioned above, many factors influence this performance, and at this early stage in the year, we just can't predict which of these factors will take precedence.

So, instead of worrying about things you can't control, focus on those that you can. For starters, review your investment mix. Does it still properly reflect your goals, risk tolerance and time horizon? Over time, even if you haven't made many changes to your portfolio, it can become "unbalanced."

For example, if you own some stocks that have increased greatly in value

over the years, these stocks may now be taking up a larger percentage of your holdings than you had intended, bringing with them a higher degree of risk. Consequently, you might want to consider selling off some of these stocks and using the proceeds to fill in other gaps in your portfolio.

On the other hand, if you think your mix of investments is not providing you with the returns you need to help make progress toward your long-term objectives, you may need to add some vehicles that can provide you with more growth potential. After all, it's 2016 now, so whatever your age, you are another year closer to retirement.

Will this year look like past presidential election years, as far as good returns from the stock market? No one can say for sure. But if you "vote" for smart investment moves, you won't be sorry.

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

DECEMBER FAIRVIEW REAL ESTATE STATISTICS

		High \$	Low \$	Avg \$
Houses listed	21	590,000	88,000	284,043
Houses sold	13	625,000	125,000	365,533
Land listed	13	375,000	27,000	131,154
Land sold	19	375,000	25,000	121,816

Active military and veterans comprised nearly a quarter of all home buyers last year, according to the National Association of REALTORS® 2015 Profile of Home Buyers and Sellers report. Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). The agents at Cool Mountain support our veterans and will strive to accommodate your needs! They are located at 771 Charlotte Highway in Fairview. If you have questions about real estate in our community, email Jenny Brunet at coolmntn1@gmail.com or call 628-3088.

A Salute to TE Connectivity



Driving down Highway 74A towards Asheville, and before you get to Fairview School and Food Lion, everyone notices the scenic pond on the right with the rather nondescript building in the back. You might notice a stream of cars going in or out during the shift change. But for most of us, we know little about what goes on inside or appreciate the long history of this plant.

Originally known as CP Clare, then CCI (Communications Instruments, Inc.), and now TE Connectivity (Tyco Electronics), Fairview's relay/switch manufacturing facility has been a family builder for over half a century. It is time to recognize the many people who have managed to keep this facility productive and innovative over all these years. Clearly, CP Clare has benefited from the strong workforce provided by our community, and effective leadership by the various company executives.

Many of these people honor the company and their colleagues in their obituaries and the comments from friends.

**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

Here are some words of praise for TE employees from their fellow workers:

**Donald Michael Cowan:** "I was privileged to have Don as my first career supervisor at CP Clare, and as a very good friend. He taught me much, and shared his love of hiking and camping in these beautiful mountains. We put many miles on his '47 Chevy, including runs to Linebergers in Gastonia for a dinner foursome."

**Frances Pressley Frady:** "Frances was a member of Emma's Grove Baptist Church in Fairview, where she attended faithfully until she was no longer able. She retired from the former CP Clare in Fairview where she worked for over 50 years."

**Geneva Harkins Burns:** "Geneva worked as an inspector at CP Clare for 25 years."

There are so many more families in our community who earned their paycheck at CP Clare and who dedicated themselves to producing a high-quality product. When you think about electronic components over a 50-year period, you have to realize that this company was at the very heart of American innovation. Even now, they are designing and producing products that will drive the next wave of new electronics. And that wave will vastly change how we all live in the coming decades.

The future of this plant continues to look bright. This past summer, Buncombe County granted TE Connectivity an incentive grant of \$37,418 for having created 40 new jobs. The salaries of these jobs average out to over \$41,000 each.

The company invested \$1.6 million in a renovation of their production line.

So what are they making? In Fairview, highly technical aerospace electronics and marine parts are produced, many used by the military. On the TE Connectivity web page, we see: "Transforming mobility," "The Connected Passenger," and the "Road to Autonomous Driving." Clearly, the unassuming plant behind the pond is producing cutting-edge technology, right here in Fairview. And with all of the ups and down of economy, it just keeps on making a profit, and making a difference for hundreds of your neighbors and friends.

Over the past 50 years, Fairview has become more of a bedroom community for people working in Asheville and the many plants in Fletcher and elsewhere. But in the 1950s, the location of the CP Clare plant in Fairview was a huge boost to our local economy. It provided employment for many of our high school graduates, and kept them in the community. We were still a rural community then, and being able to procure a well-paying job meant being able to buy a decent car and build a modern home. Our rural work ethic combined with our strong local school system fueled the success story.

With many other industrial sites developed in Buncombe County, it is unlikely that Fairview would ever be able to attract another plant. We just don't have the industrial infrastructure or available land. Add to that the lack of a sewer line, and it seems CP Clare will continue as our only large manufacturing facility.

**Rocket Science in Fairview**

"Green Taxi" fuel-saving power systems for aerospace and commercial airline flights. Over 300,000 miles of fiber optic cable crisscrossing the ocean floor. Streaming game video to 80,000 mobile devices inside the stadium while the game is going on. Cars that sense and communicate with each other for safer highways.

TE Connectivity is involved in each one of these cutting-edge industries. The international company's 75,000 employees in 50 countries — including its local branch right down the road in Fairview — design, modify and assemble relay, sensor and data communication systems and devices for companies and governments in over 150 countries throughout the world.

In Fairview and the world, TE engineers are designing ways to fly our planes more efficiently and keep our cars on the road. We tip our *Crier's* hat to our neighbors at TE Connectivity... and wonder what they'll think of next.

But there are many families who benefited from these good jobs close to home. And for those of us driving along Charlotte Highway, we should take a minute to appreciate the long run this plant has made in our community.

So here is a thank you to all of the thousands of people who have participated in our local industrial success story over half a century.



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Finding Beauty in Change



An exhibition of photographs and artwork about Asheville's former Stockyards, site of the new New Belgium Brewing facility along the French Broad River, will open on January 15 at the Grove Arcade offices and gallery of the Asheville Area Arts Council. The exhibition will include photographs I made on the site in the late 2000s, as well as work by Lisa Smith and Elaine Bleakney, Zen Sutherland, and Rod Murphy. I wrote the following statement for the exhibition and thought I'd share it with you this month.

We know in life the only constant is change, but change is still an uncomfortable force for most of us. Even when change represents a clear improvement, as when an empty lot down the street



becomes the site of a new house, or an outdated bridge is replaced with something solid and modern, it reminds us at a deep level that nothing is forever. Whether it is the mundane landscape of our daily commute or a treasured building at the center of important history, when these places disappear without a trace our sense of connection to community and place is lessened, and perhaps we are reminded also of the inevitability of our own passing.

Since its inception, photography has been valued for its ability to create lasting documents, preserving faces and facades for posterity. Photographs provide a kind of facsimile, and remind us for a while at least what a place was like and what it once might have meant. Despite this utility, photographs are deceptively abstract, and are limited as factual documents (the world isn't two-dimensional, doesn't reside within a frame, and can be seen from many


perspectives, not just the point of view captured by the camera's lens). They are also unfailingly disappointing as recordings of experience (every tourist knows this). At the click of the shutter we are promised a kind of identity between the picture and the world, but the picture, with its own properties and inevitabilities, is never, of course, quite as good as the thing itself.

Yet there is sometimes great beauty and meaning in these new things, the photographs. The limitations and challenges of the medium, like the frame that defines a picture's edge, can be seen as something like the rules of a game, the more satisfying for their complexity. Ultimately, it is the variety in artists' strategies for overcoming these limitations that drive the medium's power as an art form, and in this exhibition several of these strategies are represented.

My goal in the exhibition is to celebrate and preserve Asheville's Stockyards and the people and places that once gave it meaning, while recognizing the artists' compulsion to find meaning and beauty in the change and loss of its passing.

The exhibit, "Brownfields to Brewery: Asheville's Stockyards," will open with a reception on **February 5, 5-8 pm**, as part of the First Friday series, and will run **through February 20, Monday through Saturday 10 am-6 pm**, in the gallery at the Grove Arcade, 1 Page Avenue in Asheville. For more information please contact the Asheville Area Arts Council; visit their website [ashevillearts.com](http://ashevillearts.com), call 258-0710, or visit [ashevilledowntowngalleries.org](http://ashevilledowntowngalleries.org).

Ken Abbott received his MFA in photography from Yale in 1987, and received a North Carolina Arts Council Fellowship Award for his photography at Hickory Nut Gap Farm in 2006. Reach Ken via [kenabbottphoto.com](mailto:kenabbottphoto.com).



Ken Abbott's new book, *Useful Work: Photographs of Hickory Nut Gap Farm*, is available at Hickory Nut Gap Farm Store, Trout Lily, and the *Town Crier* office, as well as online and in downtown stores. **If you purchase the book from the *Town Crier* office, 50% of sales will be donated to the paper.**



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Important Election Dates

Early Primary Voting - March 3-12 • Primary – March 15, 2016

Early Voting, General Election – October 27 – November 5 • Election Day – November 8

In 2016, voters (whether voting in a primary, election or early voting) are required to show a photo ID that bears a reasonable resemblance to the voter. Acceptable forms of photo ID include:

- Unexpired NC drivers' license, learners' permit or provisional license
- Unexpired NC non-operators identification card (DMV ID Card)
- Unexpired U.S. passport
- U.S. military identification card or Veterans Identification Card
- Tribal enrollment card issued by a federally recognized or NC tribe
- Out-of-state drivers' license or non-operators identification card (if the person's voter registration date in the county is within 90 days of the date of the election)

One exception to the above is for those age 70 and older who may show an expired photo ID as long as the ID did not expire before the voter's 70th birthday. There are no photo ID requirements for persons who vote a by-mail absentee ballot except voters must provide ID when requesting an absentee ballot.

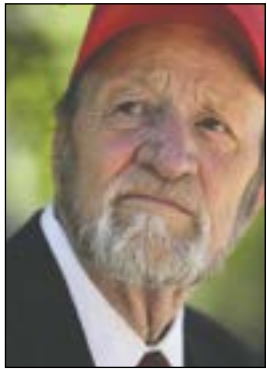
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Mike Fryar – Republican Incumbent Buncombe County Commission District 2

Other candidates appeared in the January issue.

Mike Fryar has been a resident of North Carolina for 52 years and has lived in Fairview for 26 years. He and his wife Brenda have two daughters and one grandson.

In his own words: "As a District 2 County Commissioner, I will continue to be dedicated to the issues that are important to the residents of Buncombe County. Spiraling living cost are stretching household budgets to their limits. Poverty is on the rise as more people are requiring assistance. I have worked diligently to cut unnecessary spending and bring fiscal responsibility and management of taxpayer dollars as a priority. I look forward to continue working for and representing our citizens. I am a practical, common-sense leader. It has been my honor to serve you on the Buncombe County Commission for the last four years, and I ask for your vote.



North Carolina Senate District 49

Covers the *Town Crier's* distribution area of Fairview/Fletcher

Terry Van Duyn – Democrat

Terry Van Duyn is the Democratic incumbent Senator for District 49. She is the Minority Whip and also a member of the Health and Human Services, Finance, Health Care, Judiciary II, State and Local Government, and Ways & Means committees.

As the oldest of eight children and the first member of her family to go to college, Van Duyn credits all of her success to the educational opportunities given to her and the strong work ethic modeled by her parents.

Van Duyn has listed four main issues on her election website: investing in public schools, clean water, growing the economy, and bringing back responsible government.

William Meredith – Libertarian

William Meredith is a contractor who studied environmental studies and civil engineering at UNC Asheville and with the U.S. Army Corps of Engineers. He has also served on the Libertarian Executive Committee and Libertarian Reform Caucus.

The *Crier* could not find a current campaign website or Facebook page. In 2007, when he ran for City Council, Meredith listed his top priorities as "infrastructure, infrastructure, infrastructure. So: water, alternative power, and the bridges/roads."

North Carolina Senate District 48

Covers the *Town Crier's* distribution area of Fairview/Fletcher/Gerton

Lisa Carpenter Baldwin – Republican

Lisa Baldwin served on the Buncombe County School Board for 4 years. In 2012 she was awarded the James K. Polk Leadership in Public Service Award and the UNCG Alumni Pacesetter Award. She currently blogs at *NC Students First* and writes a conservative government watchdog column for *The Tribune Papers*. She and her husband of 27 years, Richard, reside in Fletcher with their son, a high school junior. Her elder children, all ACRHS valedictorians, are pursuing higher education degrees.

Baldwin wants to see Common Core replaced with academically rigorous standards and she will call for more transparency and accountability from government agencies. As a strict Constitutionalist, Baldwin believes all decisions must be viewed through the lens of the state constitution, NC's governing document, and the U.S. Constitution. Along with fiscal responsibility, Baldwin supports traditional Biblical values, marriage between one man and one woman, and is pro-life.

Dennis Justice – Republican

Dennis Justice is a long-time conservative political activist. He is a widower with children, and is currently employed as a welder at Thermo-Fisher in Weaverville. He has a Master's degree in Sports Management from American Military University, a leading accredited online university. He has been the President of the Henderson County Republican Men's Club and a Fletcher precinct chairman for the Republican Party.

Mr. Justice said he is "the choice of the working class Republicans, the choice of the Independents disenfranchised by both major parties, and the choice of anyone who is simply fed up with 'party loyalty' coming before doing what is right."



Chuck Edwards – Republican

Chuck Edwards graduated from West Henderson High and attended Blue Ridge Community College. Starting behind the counter at McDonald's in high school, he now owns seven McDonald's franchises. He's also a director of Entegra Bank, a publicly-traded bank with nearly \$1 billion in assets.

Edwards is a board member for the Henderson County Community Foundation, which provides grants to area non-profit organizations and scholarships and aid to students in need.

Mr. Edwards said, "I'm not a politician. I'm a businessman who has balanced budgets and signed paychecks. I've seen first-hand the challenges working families and job creators face every day, and I want to make sure the same opportunities that were available to me are available to anyone who works hard and puts in their time."





WORSHIP & COMMUNITY OUTREACH

A Great Dessert and a Good Deed from Fairview Baptist

Fairview Baptist Church offers an opportunity to take home a pie and make a difference in the lives of students in your neighborhood. The Church will be partnering with Camp Good News to hold their first annual “Meet with God” Youth Retreat for middle and high school students and is counting on the kindness of the community for support. Through Easter, March 27, pies may be ordered for your Valentine or Easter get-togethers or just for plain fun to eat. Four different pies will be available: Chocolate Pie, Lemonade Pie, Million Dollar Pie, and Peanut Butter Pie.



The cost of each pie is \$10; pies may be ordered on the same day or in advance for pickup at Fairview Baptist, 32 Church Road. Fairview Baptist thanks the community for helping to make a change that matters. For more information or to order visit the church’s Facebook page or call 231-5035.

Be a Blanketeer for Linus!

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. During the past 16 years the local chapter has distributed over 56,000 handmade blankets to 12 counties in WNC, but there is always a need for additional blankets. If interested contact Ellen Knoefel, chapter coordinator, at 645-8800.

A Season of Discovery at The Lord’s Acre

by Jessica Molina

*Editor’s Note: The Lord’s Acre offers season-long internships to gardeners both new and experienced, who work with director Susan Sides in all areas and all facets of the garden. Recently an applicant for one of the internships wrote to Jessica Molina, who interned at TLA during the 2012 season, asking about what her experience was like and what he might expect.*

*Jessica’s response is below, and after reading it, we at the Crier are all ready to get in line and apply for the internship, too.*

How exciting that you’re considering TLA! I am/was a city girl, born and raised in NYC. I applied for TLA in 2011 for the 2012 internship for a few reasons. I was looking for manual labor and felt farming was calling me, despite the fact that I’d never done it before; the Blue Ridge Mountain area was also piquing my interest, and so I did a search for farms near Asheville and came across The Lord’s Acre; and I was in the restaurant industry and wanted to get to the literal root of food.

TLA was everything and more than I could’ve asked for in an experience. I mean, I was going from NYC where I got around by bus and train or a quick walk, to Fairview, where a car is necessary. I didn’t have a car. I basically set myself up to accept whatever it was that I’d be getting myself into. I told myself – it’s only 7 months and if I feel like my life might be in danger, I can leave at any time. I don’t know if everyone thinks that way or if it’s an urban mentality (or just me).

Fairview, Susan, Franklin, their family, their community and the TLA community – everyone was so welcoming, receiving newcomers with open arms and very understanding of my newness.

The local paper in Fairview had posted a classified ad for the interns and what work we were willing to do. I was working in the garden in the mornings and doing odd jobs in the afternoon, usually consisting of pull-

ing weeds, clearing land, mowing lawns, sowing grass seed, housesitting and petsitting. I didn’t have a car but people were willing to pick me up and drop me off. Susan also drove me to jobs often. On occasion when I did housesitting, the home owner would allow me to drive their car while they were gone, which gave me a bit of freedom to check out areas outside of Fairview.

I knew about halfway in, maybe sooner, that I wanted to live in the area. I got a part-time job and made plans to make my stay a permanent one.

In December of that year I ended up with three roommates living in a four-bedroom house. I continued working part-time but also got a job making cheese! (I love cheese!) I also continued housesitting and petsitting.

Unfortunately I had to move back to NYC in 2014. I’m actually in the works of planning a move back to Asheville. Maybe we’ll cross paths.

I can tell you that whatever you allow in is what you’ll receive. Great friendships, a sense of community, potlucks, bonfires, salsa dancing in Asheville (it was my favorite thing to do), and an opportunity to discover depths of yourself you might not have been aware of.

It might sound like I’m selling it – I probably am. I can’t think of anything I didn’t like. Even digging beds, which I couldn’t stand doing at first, became one of my favorite things to do in the garden.

My creativity was on overdrive, ideas came from everything and everywhere and Fairview was open to hearing them and even trying a few.

I hope you got a glimpse of what I consider a fabulous time in my life. I call Fairview the Disneyland for adults because it’s where dreams can come true; it’s full of natural wonder; and it’s so large yet so small, like a world within a theme park.

To learn more about interning, volunteering and participating at The Lord’s Acre, visit thelordsacre.org. You might just see a few Crier editors digging in the garden!

FIRE DEPARTMENT

by Chief Scott Jones

Many Accomplishments in 2015

surance Premiums. This new Classification will officially take affect in February 2016.

Aluminum Can Fundraiser

We would like to extend a great big thank you to Brooke Brewer for her donation to the Fairview Fire Department. Brooke wanted her high school senior project to be something that would be worthwhile and help the community in some way. She chose to build an aluminum can donation trailer to be parked at the main station. With the help of her family (Tim and Becky Brewer), she delivered the trailer to the parking lot at the main station located at 1586 Charlotte Highway.

As the trailer becomes full, the Fairview firefighters transport the cans to a recycling facility, and the money received will go into a special fund, which will be used in many ways to support the department and firefighters.

On January 7th, Brooke rode with us to deposit our first load of cans, which raised \$250.

We appreciate all donations of cans, and we would ask that you please remove them from what you transported them in – bags, boxes, etc. We can only recycle the aluminum, and anything else that is placed in the trailer must be taken out before we are

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A Look Back at 2015 and on into 2016



Just a footnote or two on 2015, weather-wise. Last year certainly ended on a wet note with most places ending up with 6-8 inches of rain for the month. Last month we talked about having the wettest November on record and December, while not a record breaker, was one of the top two or three on record. Temperature-wise, based on the records from the Asheville airport, we had an average December temperature of 51.1 degrees F, breaking the old December record of 50.3 set back in 1889. The persistent westerly flow of Pacific air associated with our “El Niño” pattern was in place to end 2015. However, the warm pattern broke down somewhat with more seasonable temperatures in January, to show us that it is actually winter.

Looking at the weather pattern for February and then into March, I think we will still have a lot of back and forth in terms of temperature. I think you will hear the term “polar vortex” thrown around from time to time, but really all that means is that our flow of air will come from central or eastern Canada from time to time. There will also be periods of milder westerly winds, which mean

warmer than average temperatures, though not the extreme warmth we had in the low- to mid-70s in December 2015. I don’t see that type of warmth returning during the month of February.

I think we will also still see some snow but I am a biased snow lover.

As I highlighted in this column — the worst type of weather pattern for farmers and avid gardeners is one where we have mild temperatures in late winter and early spring, which leads to early budding of tender vegetation and flowers. In almost all cases, when this happens we get a late season freeze that brings damage to the early season blooming of plants and flowers.

Actually, as a meteorologist and a plant nursery owner, I would rather see a warm start to winter followed by an average to colder spring. This helps to keep the plants dormant through later winter and early spring and is not conducive to a late season freeze.

We will have another look at possible springtime scenarios for 2016 next month.

*Tom Ross managed NOAA’s Climate Database Modernization Program during his 25-year career at the National Climatic Data Center in Asheville. He was a senior weather forecaster at Accu Weather in Pennsylvania and currently teaches classes on weather and climate at various venues in WNC.*

For February and into March, I think you’ll hear the term “polar vortex” thrown around from time to time, but really all that means is that our flow of air will come from central or eastern Canada from time to time.

FEBRUARY’S TRIVIA ANSWER

What are a couple of winter-blooming plants that can bring some color in February?

There are many places in western North Carolina where some natural wild-flowers can be seen in late winter. In fact, the Great Smoky Mountains National Park is sometimes referred to as the “Wild-flower National Park.” A group of flowers known as spring ephemerals begins the yearly show; they appear above ground only in late winter and early spring, then flower, fruit, and die back within a short two-month period. They emerge from February through April, and are gone (dormant) by May or June.



A winter bloom of jasmine, *jasminum nudiflorum*

The Botanical Gardens of Asheville focuses on plants native to our Southern Appalachian Mountain areas. Winter also brings out the Witch Hazel’s blossom, which is like a spent New Year’s party favor. You can also catch some early season bloomers along the Blue Ridge Parkway and at the North Carolina Arboretum.

Some other plants that you might see in bloom in February are winter jasmine and winter honeysuckle. As its name suggests, in the Northern Hemisphere, winter jasmine flowers from November to March. The solitary bright yellow flowers, often appearing on the bare stems (hence the Latin *nudiflorum*, literally “naked flower”). It likes full sun or partial shade and is hardy. Winter Jasmine is valued by gardeners as one of the few plants that are in flower during the winter months. It is frequently trained against a wall to provide extra warmth and shelter, but also lends itself to ground cover.

MARCH’S TRIVIA QUESTION

What are our snowfall extremes for March?



Membership Renewal

If you haven’t renewed your membership, your membership has been suspended on the website and you have been removed from our member list at right. To rejoin, log into [fairviewbusiness.com](http://fairviewbusiness.com) and pay online or mail a check for \$60 (see yellow box below) or drop off at *Town Crier* office 24/7 (use drop slot in window).

Welcome New Members

- Kim Hageman, *The Blue Mandala*

January Member Meeting

We had a great turnout for our first lunch meeting of 2016 at Subway in Reynolds. Members should know we’ll be having a lunch meeting every quarter.

February Member Meeting

Monday, February 8 at 6 pm at Visual Eyes Optometric at 1509 Charlotte Highway (corner of Cane Creek Road and 74A). Looking forward to seeing some of our new members and old alike.

Get Involved!

Why not? Just a few hours a month!



Interested in Joining?

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Storing Viable Seeds

Now is a great time to inventory your saved seed stash. What you keep and what you don’t depends on many things, but in general, seeds are meant to be planted, not stored, and how we store them can increase or decrease their viability tremendously.

Depending on the vegetable, at The Lord’s Acre we generally do not keep any directly sown seed older than two to three years because we grow for production, and each year you store seeds, their germination rate decreases. If we direct plant a 200-square-foot bed with old seed and only half of it germinates, we have wasted 100 square foot of space that could be growing food for our community. If we do use old seed, we either start them in flats so poor germination doesn’t take up bed space or we sow thickly when planting directly.

Germination Test

Home gardeners can do a germination test to determine viability by putting 10-20 seeds on a damp paper towel, fold the towel into a little package and put it inside a plastic bag that is left open and in a warm place. Check frequently, every day or so. Once sprouted, you can determine the germination rate by how many seeds out of each batch of ten sprouted. For example, if seven out of 10 seeds sprout, you have a 70% germination rate.

Storing Seeds for Best Viability

The more you follow the following recommendations, the longer your seeds will last.

- Be sure seeds are dry before you store them. All seeds retain some moisture or they’d die, but you don’t want to take seeds from a humid summer day and put them into storage. On the other extreme, don’t bake or microwave seeds in order to dry them. When humidity in your house is low you can safely store seeds that are either in purchased packages or that you have left out on paper towels to dry.
- Save seeds from healthy plants that have no sign of insect damage.
- Keep seeds at a cool temperature of 40 degrees or less and avoid fluctuations in temperature or air moisture. Refrigerators, basements, and outdoor sheds are much less ideal than freezers.
- Keep seeds in moisture-proof containers. Mylar bags are best for long term storage but Mason jars and some medicine jars work well. Ziploc bags, though permeable, are easy and work fairly well, and squeezing the air out of the bag reduces air moisture.
- Another way to reduce air moisture is to use a desiccant (silica gel or powdered milk wrapped in a paper towel) to draw any remaining moisture out of the air in the container. I save silica gel packets all year for this purpose. It’s amazing how they add up. Note: some seeds are not tolerant of desiccants, but most vegetable seeds are.
- Store in a dark place if possible.
- When it comes time to use your seeds (and you should rotate and plant them every few years) allow the closed container to come to room

temperature before opening. This prevents condensation from settling on the seeds or packets. So the mantra is: Dry. Cool/Cold. Dark. No fluctuations.

The Heartbreak of Culling

When you know how much work it takes to produce seeds and how expensive they can be, it’s downright torture to get rid of old seeds. Here’s how I handle it.

- If it’s an heirloom, grow out a patch this year and save some new seed.
- Donate to a seed swap (like the one at the upcoming Organic Grower’s School) or to a school garden, but be sure to label them “low germination.”
- If you have a bare patch in your lawn, mix all your old seed together and throw them out there in spring. I have done this in the area my chickens were not grazing at the moment, and wonderful things grow for them to eat when we rotate them back there.
- My favorite is to either mix old seed that has similar growing preferences (i.e., spring greens and roots) and sow them onto an empty bed. Something always germinates, and I can harvest from this wild-looking mix for months. Or I mix old vegetable seed with flower and herb seeds and sow them wherever I’d sow flowers. The vegetables take the lower tier while the flowers take the upper, and you can harvest beauty and food from the same space.

Seed Viability in Years under proper storage conditions

Artichokes .....	5	Kohlrabi .....	4
Arugula .....	3	Leeks .....	1
Beans .....	3	Lettuce .....	5
Beets .....	4	Melons .....	5
Broccoli .....	3	Mustard .....	4
Brussels Sprouts...	4	Okra .....	2
Cabbage .....	4	Onions .....	1
Carrots .....	3	Peas .....	3
Cauliflower .....	4	Peppers .....	2
Celery/Celeriac .....	5	Pumpkins .....	4
Chard .....	4	Radishes .....	5
Collards .....	5	Rutabagas .....	4
Corn .....	2	Spinach .....	2-3
Cress .....	5	Summer Squash .....	4
Cucumbers .....	5	Tomatoes .....	4
Eggplant .....	4	Turnips .....	5
Endive/Escarole .....	5	Watermelon .....	4
Fennel .....	4	Winter Squash .....	4
Kale .....	4		

How to Volunteer

Signing up for the Lord’s Acre newsletter ([thelordsacre.org/newsletter](http://thelordsacre.org/newsletter)) is the best way to keep up with volunteer times, children’s programs and special volunteer needs. Typical volunteer work includes hoeing, hand weeding, digging beds, planting seeds or starts, taking out old crops, harvesting and more.

Ox-Eye Daisy



It has been a surreal, balmy winter with many days of unseasonably warm weather and abundant rainfall. It was strange to have all the doors and windows open around the

holidays and to see trees like Japanese magnolias and cherries blooming several months early, but variability and change seems to be the new norm, and that includes our beloved mountains. Many spring bulbs broke through the ground so early this year, hyacinths began to bud and bloom and Lenten roses were out the first week in January.

One result of the warmth is that many of the winter greens and wild edibles that usually would have burned back into dormancy are still lush and fresh. The wild cresses are already blooming around our land and one of my favorite wild green edibles, the Ox-eye daisy (*Leucanthemum vulgare*), is abundant, green and lush. Most folks will recognize this wildflower; in late spring, along roadsides and in open meadows, one can see hundreds of showy white daisies blooming. They make beautiful cut flowers and are prolific bloomers, but one of their greatest gifts is their foliage, which provides tasty addition to salads. The flavor of the greens is unique and almost herblike with a strong flavor that I truly enjoy mixed into other greens.

Ox-eye daisies are members of the enormous asteraceae family. These lovely perennials form a rosette of dark green foliage and can grow to between one and

3 feet tall. They are vigorous bloomers with their showy white blossoms producing heavily from spring to autumn. The leaves are dark green on both sides. The basal and middle leaves are spoon-shaped with serrated edges, and the upper leaves are shorter, sessile, and borne along the stem.

I have been establishing stands of these showy flowers along our pond border and within two years what began with one volunteer plant now has multiplied into a few dozen, as they self-sow their seeds easily and also spread through underground rhizomes. They are drought tolerant and seem to thrive in adverse conditions, tolerating dry, barren or moist fertile soils as long as they get full sun.

Both the tender spring leaves and the flowers are edible, and like many plants, the best time to harvest is in late winter and early spring since the leaves can become somewhat bitter later in their development. The Iroquois used this herb for the treatment of fever, and for centuries in England infusions of the leaves mixed with honey were used as a remedy for bronchial conditions like whooping cough. The roots have also been harvested and used by native tribes for the treatment of night sweats and consumption.

In cooking, the unopened flower buds can be marinated or pickled and used as a substitute for capers, and are quite tasty and fun to make, as these plants produce enormous numbers of flower buds. As with many perennials, if you cut them back, they will usually send out

a second set of blossoms.

The ancient Greeks dedicated Ox-eye daisies to the goddess Artemis and used the plant to treat menstrual disorders. In Celtic folklore, the daisies were held in reverence as they were thought to be the reincarnation of children who had died during childbirth, and these flowers were placed on earth to bring comfort to grieving mothers. Christianity adopted the Ox-eye daisy as one of the flowers



that symbolized Mary Magdalene.

One interesting aspect of the plant’s chemistry is that the seed casings for Ox-eye daisy contain pyrethrin, a naturally occurring organic insecticide. Most organic gardeners know about Pyrethium extract as it is a standard, relatively safe insecticide for our gardens; the commercial product is derived from an Ox-eye daisy close relation, the chrysanthemum. This substance should be used careful-

ly and judiciously, however, and only applied at times of the day when honeybees and pollinators are not feeding. (Even though I am an organic gardener, I always joke with people who get a little overenthusiastic at times about “organics,” pointing out that cyanide is organic and will also kill you!)

Yesterday I walked along the borders of our pond and was so excited to see how many daisies had taken root on the steep embankments where I am trying to control erosion. Some of the plants are growing

right at the edge of the water, while whole new

colonies have taken hold in the most barren, dry, sun-drenched soils of the upper banks. We had a small handful of these nutritious greens in our salad, and even though winter has a long way to go, I can already imagine seeing huge clumps of beautiful daisies illuminating the borders of our pond with their beauty and grace.

Contact Roger at [rogerklingner@charter.net](mailto:rogerklingner@charter.net).

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<h3>2007 FORD F250 SD XL CREWCAB</h3> <p>Fiberglass tonneau cover, bedliner, running boards, tow package. <b>Warranty included.</b></p> <p><b>\$16,995</b></p>	<h3>2010 MERCEDES C350</h3> <p><b>Loaded!</b> 6-CD player, 6-DVD player, sunroof, navigation, and much more! <b>Warranty included.</b></p> <p><b>REDUCED! \$16,995</b></p>

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### Advertiser's List Clip & Save

74 Shades of Color.....	628-7474	Moore's Pond Farm .....	712-2753
A&B Pool .....	279-5744	Moose Ridge Construction....	777-6466
ACT Advisors.....	398-2802	Mtn View Healing Hands .....	337-1856
All Seasons Heating & AC .....	651-9998	Paradigm Shift Trading.....	275-5863
Allen Burton Group.....	329-8400	Payton's Helping Hands.....	424-7255
Appalachian Designs.....	628-9994	Perry James, CPA.....	628-2000
Appalachian Tropicals.....	222-2225	PostNet of Asheville.....	298-1211
AA Diamond Tile.....	450-3900	Prime Time Solutions .....	275-5863
Americare Pharmacy .....	628-3121	Rainbow International .....	333-6996
Apex Brain Center .....	708-5274	Ray's Landscaping .....	279-5126
Asheville Savings Bank .....	250-7061	Trinity of Fairview.....	628-1188
Asheville Stone.....	628-ROCK	Scobie.net.....	628-2354
B&B Tree Service .....	778-1987	Shampoodles.....	628-9807
Beverly Hanks, Christie Melear	776-1986	Silas' Produce .....	Visit Us
Cane Creek Animal Clinic .....	628-9908	Sip & Doodle .....	712-1288
Cane Creek Asparagus & Co.	628-1602	State Farm, Tammy Murphy ..	299-4522
Cane Creek Concrete.....	230-3022	Steam Master Carpet	
Carolina Mountain Sales .....	277-5551	& Upholstery Clean.....	628-9495
Cedar Ridge Animal Hospital		Strom, Cynthia A., PA Atty.....	296-7550
and Equine Services .....	575-2430	Sugar Hollow Solar .....	776-9161
Charlie's Angels Animal Res.	606-4335	Sunrise Properties .....	231-1760
Child Care Network .....	628-9243	Surrett, Mike Landscaping.....	230-8494
Cinderella Cleaning Service ..	713-2798	The Cove at Fairview .....	628-4976
Control Specialties.....	628-4323	Telephone Fitness Trainer ....	216-8134
Cool Mountain Construction.	628-3082	Thomas, Scott, DDS.....	299-8960
Cool Mountain Realty .....	628-3088	TP Howards Plumbing Co.....	628-1369
Creative Touch.....	628-0401	Trout Lily Deli & Cafe .....	628-0402
Deck Doctor .....	231-5883	Troyer's Amish Blatz.....	280-2381
Eblen Short Stop .....	628-9888	Visual Eyes Optometric.....	628-6700
Edward Jones Investments ...	628-1546	Webo's BBQ.....	298-1035
Electric Guitar Shop.....	628-1966	Western Carolina PT .....	298-0492
Elena the Groomer .....	628-4375	Wild Birds Unlimited .....	687-9433
Fairview Animal Hospital .....	628-3557	<b>PUBLIC SERVICE:</b>	
Fairview Business Assoc.....	681-1029	Sheriff's Department.....	255-5000
Fairview Chiropractic Center.	628-7800	Fairview Fire Department.....	628-2001
Fairview Kennels.....	628-1997	Garren Creek Fire Dept.....	669-0024
Fairview Landscaping .....	628-4080	Gerton Fire & Rescue .....	625-2779
Fairview Massage		<b>SCHOOLS:</b>	
and Bodywork .....	216-1364	Cane Creek Middle School ....	628-0824
Family Care of Fairview .....	296-0880	Fairview Elementary .....	628-2732
Fleshers Healthcare.....	628-2800	Reynolds Middle School .....	298-7484
Flying Cloud Farm.....	768-3348	Reynolds High School.....	298-2500
Galloway Masonry .....	776-4307	<b>POST OFFICES:</b>	
Goodwill Industries of WNCN	Visit us!	Fairview Post Office.....	628-7838
Great Wall Chinese Takeout ..	298-1887	Fletcher Post Office .....	684-6376
GreyBeard Realty .....	298-1540	Gerton Post Office .....	625-4080
Hickory Nut Gap Farm.....	628-1027	<b>COMMUNITY CENTERS:</b>	
High Country Truck & Van ....	222-2308	Cane Creek CC .....	628-2276
HomeTrust Bank.....	259-8000	Fairview CC .....	338-9005
John Earnhardt Concerts...864	985-2908	Spring Mountain CC .....	628-2363
Karakido Karate School .....	712-1288	Upper Hickory Nut Gorge .....	625-0264
Keller Williams, Jim Buff.....	771-2310	<b>MISCELLANEOUS:</b>	
Kieffer's Subs .....	772-0568	Fairview Town Crier .....	628-2211
Long Time Sun Yoga .....	Visit us!	Fairview Business Assoc.....	338-9628
Looking Glass Creamery .....	458-0088	Fairview Farmers Market.....	550-3867
MAHEC Family Health .....	628-8250	Fairview Library .....	250-6484
Marvins Tree Service .....	628-1353	Food for Fairview .....	628-4322
McCrary Stone .....	649-2008	The Lord's Acre Garden .....	628-3688
McDade, Dawn .....	337-9173	Meals on Wheels .....	253-5286
McKinney Insurance .....	684-5020		
Mitch Contracting.....	252-0694		

## JUST PERSONAL

### Happy 9th Birthday, Isa!

We love you!  
Love, Mom, Dad,  
Charley & Poppy!



## ON THE ROAD

### BRECKENRIDGE, COLORADO

From left — David and Kathy Fletcher, Barbara and Tom Trombatore, Julie (holding the *Crier*) and John Wander, keeping in touch with home during a ski vacation to Breckenridge, Colorado.



The town of Breckenridge was created in November 1859 by General George E. Spencer. Spencer chose the name "Breckinridge" after John C. Breckinridge of Kentucky, 14th Vice President of the United States, in the hopes of flattering the government and gaining a post office. He succeeded and the first post office between the Continental Divide and Salt Lake City, Utah was built. However, when the Civil War broke out in 1861, former VP Breckinridge sided with the Confederates and the pro-Union citizens of Breckenridge decided to change the first "i" to an "e," and the town's name has been spelled Breckenridge ever since.

## 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.

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**LARGE QUANTITY OF AGED PINE SIDING FROM OLD CABIN.** -803-9611.

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

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**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.

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

## FEBRUARY 2016 CLASSIFIED ADS

### PET/HOUSE SITTING CONT'D

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## CLASSES

### ART CLASSES:

**ART CLASSES ON WEDNESDAY EVENINGS,** 6-8:00 PM, by painter Roger Jones. \$25/Class. Call Roger at 712-1288 for info on these classes as well as our popular and fun SIP 'N DOODLE painting sessions.

## MUSIC CLASSES

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

### WELLNESS CLASSES:

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.

**WANT TO RUN A CLASSIFIED AD? SEE BACK PAGE OR CALL 628-2211!**



*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



## Donation Form

**Happy to help with my tax-deductible donation to the Fairview Town Crier.**

The *Fairview Town Crier* is a non-profit newspaper in its 20th year of publication. It brings community news and events FREE to every mailbox and PO Box in Fairview and Gerton and part of Fletcher and Reynolds monthly... that's over 8,400 households. Public support is critical to our maintaining our office, which in turn supports other non-profits, community and civic organizations, as well as our non-profit mailing permit. This makes postage affordable for mailing. We appreciate your support, when you can, with whatever you can give. We love our community and want to hear from you so drop us a line from time to time. Or call any day, Monday – Friday, 1 – 5 pm, 628-2211

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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DONATION AMOUNT \$ \_\_\_\_\_ PLEASE SEND A REMINDER EVERY \_\_\_\_\_ MONTHS

MY CHECK IS ENCLOSED PLEASE CHARGE MY CREDIT CARD ONCE

CASH IS ENCLOSED CC # \_\_\_\_\_ EXP \_\_\_\_\_

SEND RECEIPT SEC CODE \_\_\_\_\_ BILLING ADDRESS ZIP \_\_\_\_\_

MAIL TO: Fairview Town Crier, PO Box 1862, Fairview, NC 28730, drop off at office or dropslot at 1185F Charlotte Hwy (next to Elena the Groomer & Electric Guitar Shop) or donate securely online at **FairviewTownCrier.com**



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## The Fairview Town Crier 2015 Advertising Rates

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

### COLOR DISPLAY ADVERTISING RATES

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

### BLACK DISPLAY ADVERTISING RATES

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

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

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

### CLASSIFIED ADVERTISING RATES

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

**All classified ads must be prepaid.**

Notices and personal ads not selling anything are free.

**All print classified ads run online for free at**  
[www.FairviewTownCrier.com](http://www.FairviewTownCrier.com)

# kw

KELLERWILLIAMS.



## Jim Buff, CRS

828 771-2310

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

[email@jimbuff.com](mailto:email@jimbuff.com)

86 Asheland Avenue

Asheville, NC 28801



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

## Fairview Resident Since 1992



**FAIRVIEW!** Come sit and relax in your own hot tub on the cov front porch of this 4 BR, 3 bath Cape Cod home w/private, majestic Mtn views, beautiful rock FP, massive game room, out bldg, beautifully landscaped yard, **MLS#579218, \$249,999!**



**FAIRVIEW!** Beautiful untouched mountain, 47.69 acres of unlimited potential for massive private estate or several mini private estates, small or large subdivisions, **MLS#589510, \$1,335,320!**



**NORTH!** Beautiful, spacious 3 BR, 3 Bath home w/ amazing views, great kitchen, den, 2-car gar w/lge craft/hobby room, cov front porch, encl. side porch, full bsmt - easily finished, HOME WARRANTY, private, wooded setting, **MLS#3121644, \$365,000!**



**WEAVERVILLE!** Immaculate 3 BR, 2.5 baths, tons of natural light, partial finished bsmt, cov front porch w/partially cov back deck, private back yard, property bordered by 2 streams, 2-car gar, call Michael Kotzen @708-7934, **MLS#3131809, \$295,000!**



**CANDLER!** Immaculate 3 BR, 3 bath home, wonderfully private .84 acre lot, fenced backyard, HOME WARRANTY, large rear deck, updated kitchen, office, den, plus a huge out building. **MLS#586858, \$224,900!**



**NORTH!** 3 BR, 3 bath home on private acre lot, wonderful subdivision, quiet, peaceful setting, LR w/ brick FP, den/hobby room, cov front deck & large back deck, HOME WARRANTY, 2-car garage, **MLS#586615, \$222,500!**



**SOUTH!** Terrific location, 2 lots totaling 1.50 acre lot with RM16 zoning! Includes a 3 BR house w/ bsmt, fireplace, 2-car garage, newer roof, outbuilding, outstanding commercial property. **MLS# 587772, \$219,900!**



**CANDLER!** 3 acres close to schools and shopping, road & right-of-way in place, perfect for mini estate or vacation home, private mtn top, **MLS#590963, \$67,500!**



**LEICESTER!** 12 approximately 1 acre, gorgeous lots in nice area of newer homes, paved roads, convenient to Asheville, Leicester & Weaverville, **MLS#568962, \$40,000!**

## RESULTS!

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

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