



# The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • JANUARY 2016 • VOL. 20, No. 1 • FAIRVIEW, NC

## Letter From the Editor

I am writing this on New Year's Day... 2015 is over and reflecting on it, the overwhelming feeling I face is ... it was my year of loss. January 20, May 4, July 11, November 17 and December 29 — these are the dates that dear, close friends lost their battles... all to cancer and one to ALS... and all but two were younger than my 65 years. This has had a profound affect on me, to say the least. I'm sure everyone reading now will understand the jumble of emotions that churned around as time and treatments went on. I felt frightened. Then hopeful. Then angry. As the year progressed, I felt helpless and emptier and emptier. And then I felt something different. As I got to know each of these unique friends in a way not possible before, I began to see through different eyes, and I felt... *grateful!*

January 20th was the kindest, sweetest and brightest, most fiercely competitive woman I have ever known — quite a dichotomy. She faced her short illness with the same intensity that she played board games. And when the game was near the end, with ease and grace this retired Lieutenant Colonel stood down and gave up the losing battle. Tears flowed down my cheeks at her military service. Not tears of sadness, but awakening as I heard person after person share memories of my friend... memories that gave me an entirely different perspective on who she was and how many people, over so many years, she touched with her wit and kindness. That is when I felt the first inkling of being grateful.

May 4th was my cousin, my friend, who I had lost touch with over the years due to distance. My memories of her were strong, but not new. As I read posts from friends and family, I began to see who she was during the years we were not in proximity. How she dedicated her life, first to family, but second to the National Epileptic Foundation. She was director for many years and fought furiously to advance the awareness and subsequent research to fight this illness which had plagued her since childhood. It was amazing to read how much she had accomplished that I had been clueless to. And again, through my own sadness, I felt grateful... to at least now know more of what she cared about.

July 11th was particularly painful. She was so strong and independent and feisty, but always with the ability to stop at any moment to share a tender joy... a tiny bird's nest in her planter with baby birds chirping away... a delicate new flower that had popped up through the mulch... she always halted her productive, high-energy pace at any time to breathe in the moment of something ever so small that touched her heart. At her memorial service I listened and learned how many other hearts she had touched. How she used her amazing energy to help others whenever possible. To fill shoe boxes with toys, tons of them, for children she would never know. To tend the garden at church so others would be greeted by the glory of nature. God, I was so grateful to have known this woman.

November 17th was a new friend, but none the less special. Her light and humor touched me immediately and made us instant friends. She was always positive, but also always real. She used humor to face those "real" times which eased those moments for those around her. Over months, Facebook (doing something good for a change) allowed me to "listen in" as she kept up with her friends from far and wide, understanding their need to feel closer and stay informed of her progress. What an outpouring of love came back, and smiles. Snapshots shared of her goofy antics, silly costumes, self-effacing moments remembered by those who loved her. I never knew she volunteered at an orphanage on the island where she had lived for many years. Those photos of her "kids" hugging her, smiling, loving. Wow! I am so grateful to have seen these pictures to understand a little bit more of the gift she left behind.

December 29th brought an end to my year of loss. I was blessed with a visit a few weeks before she passed. We had talked so many times over the years, and I valued her honesty and counted on her ability to "call a spade a spade" — a quality that gave extra worth to her words. She could be tough, but was charmed by nature and possessed a talent of capturing the light and color of life's moments with paint on canvas. We talked for over an hour. She faced her situation with honesty, guarded optimism and humor. Her jokes were meant to lighten the burden she knew her illness placed on those she loved. What a courageous person she was. And she was *my* friend. How lucky am I.

And so I sit writing this now and I can tell you honestly that I am humbled and so grateful to have had these talented, funny, spunky, selfless women as my friends. Through their dying they taught me how to live. I will hold each in her special place in my heart forever. And I raise my imaginary glass of champagne to toast them and say "thank you" ... I am so grateful for you... so grateful to have been given this view... to have my eyes opened to your unique magic. "Here's to a new year and my promise to try and continue to look at situations and people that touch my life with the lenses that gave me insight. And to take a moment, any moment, to acknowledge, appreciate and smile. And to share the magnificence in each of us."

So as we enter this new year, let us all remember to try to see the good in everyone and in every situation. And the *Town Crier* will continue to share the joy, talent and compassion that abounds in our community. Life is short. Make each moment count. And be grateful. Let's make it a grand year!

— Sandie Rhodes, Managing Editor

## 3... 2...1... and Down It Goes Again!

by Lynn Stanley

... And the ball drops! It's another year!

The ball's been dropping in New York City's Times Square since 1907, when it was a 700-pound, five-foot-diameter ball made of wood and iron studded with 100 25-watt bulbs. Versions of the ball have been dropped every year since then except for the wartime blackout years 1942 and 1943. Of course, over the years the designing elves have made the ball bigger, brighter and brasher; the 2016 version is six feet in diameter, weighs over 1000 pounds and is covered with Waterford crystal panels. A computerized LED lighting system is sure to impress the throngs counting down the seconds in Times Square.

Up in Bangor, Maine, though, a lot of folks will be watching a great big purple beach ball decorated with Christmas lights. Flagstaff, Arizona drop a pine cone; in Raleigh, it's an acorn; in Madrid a clock, and in Sarasota, Florida a great big glowing fake pineapple. Seattle wins the prize for size when they send an elevator car down to close the year ... and we'd have to be really far off the grid not to know what they will or will not be dropping out of a tree in Brasstown, North Carolina (at this writing, however, the Clay's Corner Opossum Capital of the World website reports that the Possum Drop is definitely on for the 2016 celebration.)

It's reported that the Italians are fond of wearing red underwear for New Year's, but the *Crier* staff has been unable to verify this, since our travel budget does not include transatlantic flights or bail money. However, it doesn't appear that they drop them — or anything else.

There are no records to reveal whether the Babylonians dropped anything when they first celebrated the New Year 4000 years ago. Perhaps it was spring flowers, since the Babylonian calendar system put the beginning of the year in March. The Chinese New Year also comes in late winter or early spring, depending on the phases of the moon for that year; Chinese New Year 2016 will be celebrated on February 8. The January 1 date is the result of an official act of the Roman Senate, whose members were extremely annoyed that each new emperor was changing the calendar to suit his personal whim. (We will not speculate in print where New Year's Day might fall if our own Congress were to decide ... but our readers are invited to make their own guesses.)

Wherever and however in the world you ring in the new year, and whatever you drop — or wear — we at the *Crier* wish you all the best in 2016 and the years beyond.

3... 2... 1... Happy New Year!

## FREE Sofa, Chair and Dresser ...unless claimed by previous owner

It's a new year so what better time to take a fresh look at your home and redecorate! And what could be a better deal than — *FREE*? Seems someone got the redecorating bug early and decided "out with the old" ... well, it does look a little worn but one might just say ... broken in.

The previous owner (or a designated moving person) left the entire set in Fairview. There must have been some indecision (or perhaps "watching eyes") since the sofa was left in the dry creek bed at the beginning of Hollywood Road and the chair farther up the hill on Sugar Hollow Road. We believe they are a matching set although the chair seems a bit faded. The pattern is lovely (see enlargement at left). And then there is the dresser, or sideboard. It was left beside the bubbling creek a bit farther up Sugar Hollow Road. To be honest, it truly has seen better days and appears to have lost its drawers — *oh my!*

At any rate, if the owner doesn't claim this exquisite ensemble, it should be waiting where indicated for anyone wanting to redecorate and utilize these lovely pieces.



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## COMMUNITY EVENTS

JANUARY 5 (TUESDAY)

### Presentation on Cuba at Library



Stan Dotson will share experiences of teaching at the Ecumenical Seminary in Matanzas which is known for its poets, culture, and Afro-Cuban folklore, and of traveling with his wife Kim throughout much of Cuba in 2014–2015. Free to the public at 7 pm. See page 7 for more info.

### Prostate Cancer Support Group

Jon Clancy will present strategies to manage or eliminate pain associated with Prostate Cancer through Yoga stretching, body rolling and massage, 7 pm. First Baptist Church of Asheville, 5 Oak Street. No fee to attend. For information call Us TOO of WNC, 273-7698.

JANUARY 5 (TUESDAY)

### HNGF Butchery Class

Intro to Whole Hog Butchery for the Home Chef with HNG Butcher Brian Bermingham, 1–4 pm. Visit hickorynut-gapfarm.com.

JANUARY 7 (THURSDAY)

### Embroiderers' Guild Meeting



The Laurel Chapter of the Embroiderers' Guild of America will meet at Cummings United Methodist Church, 3 Banner Farm Road in Etowah/Horse Shoe, NC, 9:30 am–12 pm. A chapter member will lead the group in creating fabric "ort" (saved bits of thread) containers. There is no fee, and attendees will

complete at least one project. Contact Carol Foster, 686-8298 or Janet Stewart, 575-9195.

### Knee Pain Solutions Lecture

Advanced non-surgical therapies for knee pain, such as Class 4 Laser, Graston Therapy, PEMF and acoustic wave, are presented. 5:30–7 pm at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

### Auditions for Youth Chorus



Celebration Singers of Asheville Community Youth chorus invites singers 2nd grade through high school to audition at the First Congregational Church, 20 Oak Street, Asheville, 5:30–6 pm. Please prepare a song and bring sheet music. For more information visit singasheville.org.

JANUARY 11 (MONDAY)

### Knitters & Crocheters Meeting

The Western North Carolina Knitters and Crocheters for Others will meet at New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville, 7–9 pm. In December the group donated over 1000 handmade items to local charities. All skill levels are welcome. Below, some local knitters and crocheters delivering handmade hats, scarves and mittens to Children First to be distributed to members of the Center. Contact Janet Stewart, 575-9195 to join in knitting/crocheting for others.



JANUARY 14 (THURSDAY)

### Foot Pain Solutions Lecture

Advanced non-surgical therapies for foot pain, such as Class 4 Laser, Graston Therapy and PEMF are presented. 5:30–7 pm at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

JANUARY 15 (FRIDAY)

### Local Blood Drive

Reynolds Fire Department, 235 Charlotte Highway, 11 am–3:30 pm. For more information or to schedule an appointment visit redcrossblood.org.

### Winter Warmth Dinner & Cooking Class at HNGF

Chefs Mark Rosenstein and Nate Sloan will teach this 3-hour cooking class, 6–9 pm. For details/reservations call 628-1027.

JANUARY 16 (SATURDAY)

### HNGF Winter Open House & Tour

9–6 pm. Tour at 1 pm. Free to Attend. Meet the farm animals, enjoy local food samples and sales all day. Hickory Nut Gap Farm is on Sugar Hollow Road in Fairview, hickorynutgapfarm.com.



### Crafty Historian Kids Program

The Asheville History Center begins a new year of

Crafty Historian events with a "Celebrate Winter" art event for children age 9 and older, at the Smith-McDowell House, 283 Victoria Road, Asheville, 10:30 am–12:30 pm. Participants will make 2 or more pieces. Fee is \$5. Reservations required by January 14, online at wnhistory.org.

JANUARY 17 (SUNDAY)

### Ethical Society Meeting

Former BC Schools Communications Director Jan Blunt will present her perspective on the details of the Opportunity Scholarships program for NC students. 2–3:30 pm at the Friends Meeting House, 227 Edgewood Road, Asheville. Free admission, discussion and refreshments after meeting. Visit EHSAsheville.org.

## COMMUNITY EVENTS

### "IT GOES WITHOUT SAYING"

In his award-winning off-Broadway show, multi-disciplinary artist Bill Bowers employs an eloquent mixture of music, monologues and mime in his hilarious and heartbreaking investigation of gender in our culture today. January 15 at 7:30 pm at Asheville Community Theater, 35 E. Walnut Street. Info and tickets at ashevilletheatre.org.



JANUARY 19 (TUESDAY)

### 4-H Club at Spring Mountain CC

Students from age 5 to 18, along 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 attend (with adult) to learn more about the Spring Mountain 4H Club, and perhaps join! For more information please call Mary Ann Auer at 712-6857.

JANUARY 21 (THURSDAY)

### Spinal Stenosis Lecture

Decompression Traction Therapy, Class 4 Laser and PEMF therapies, with chiropractic care, may help avoid major surgery. 5:30–7 pm at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

### Americare Pharmacy Anniversary

Stop by to celebrate, door prizes, food, and more. 12–3 pm.

*events continued next page*

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COMMUNITY EVENTS

JANUARY 21 (THURSDAY)

Franklin Free School of Innovation Info Session



Franklin School of Innovation, a free public Charter School serving students of Buncombe County, will hold a High School Information Session from 5:30-7 pm; visitors can tour the campus at 5:30 and then join in the session at 6 pm. Visit franklinschoolofinnovation.org or see page 16 for more info.

JANUARY 23 (SATURDAY)

Oakley Elementary School Fundraising Yard Sale

From 9 am–3 pm, shop the yard sale to your heart’s delight and also support the 4th Grade trip to Raleigh to see the Science and History Museums, Capitol Building and Legislative Building. Oakley Elementary is located at 753 Fairview Road, Asheville. For more information call 274-7515.

JANUARY 25 (MONDAY)



**Intro to Whole Hog Butchery & Charcuterie**  
At Hickory Nut Gap Farm with Cypress’ Executive Chef Craig Deihl, 11 am–6 pm. Chefs and Culinary students are encouraged to attend. \$55 fee. Reservations required, 628-1027.

JANUARY 26 (TUESDAY)

All County High School Band Concert at ACRH

7 pm, AC Reynolds High School, Reynolds, 298-2500.

JANUARY 28 (THURSDAY)

New Year, New You! Lecture

Learn about the innovative ChiroThin doctor supervised weight loss program that teaches how to eat healthily and lose up to 30 pounds safely, while neurofeedback helps break destructive behavioral patterns. 5:30–7 pm at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

ONGOING EVENTS

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 or find them on Facebook.



Hickory Nut Gap Farm in Winter

Shop the farm store, open 9–6 pm every day. Enjoy a hot cider, visit the pigs or the cows in the pasture. No admission fees during winter. Slides and picnic areas open weather permitting. The new kitchen offers a variety of fresh-cooked sandwiches and more. Lunch Wednesday–Sunday, 9–6 pm. For info, visit hickorynutgapfarm.com.

**Exhibition of Posters**  
The work of illustrator Jack Williams, this collection of posters and illustrative art runs through January 31 at the Red House Studios and Gallery, 310 West State Street, Black Mountain. For details visit svfalarts.org.

**A Song for Your Valentine**  
Reservations are currently being taken for the Celebration Singers of Asheville’s “Singing Valentines and Roses” performances delivered to the Valentine’s door with a bonus of roses and chocolates, February 14 from 12–4 pm. For more information visit singasheville.com.

**Spring Mountain CC Events**  
**Yoga:** Monday mornings 9:15–10:30; Thursday evenings 6:15–7:30; \$5 – \$10 suggested donation. Call 243-8432 or send an email to sabrina.alison.mueller@gmail.com.

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

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

**Attic Salt Plays for Kids**  
Attic Salt Theatre Company, the team who produced family favorites *The Tale of the Pig* and *Newly Grown Tales*, has a new partnership with Magnetic 375 for a 6-month series of shows for children. The theatre is at 375 Depot Street in the River Arts District. Performances will be at 10 am on Saturdays through May 21. Shows are suitable for children ages 4 and up and tickets are only \$5, available at atticsalt.org or at the box office at Magnetic 375. Please call 347-678-9869 for more info.

Land of the Sky Chorus Open Rehearsals



The Land of the Sky Men’s Chorus, a barbershop-style a cappella group (the largest in WNC), meets every Tuesday night at 7 pm in the basement of the Westwood Baptist Church, 150 Westwood Place, Asheville. Anyone interested in joining the group is welcome. Visit ashevillebarbershop.com for details.

**Oleanna at ACT**  
Who is the powerful and who the powerless? An examination of power and language, of relations and perceptions, this modern classic by David Mamet is sure to engage and enrage and to provoke discussion long after the stunning ending. *Oleanna* will be performed at the Asheville Community Theatre’s 35below stage from January 8-24 with performances Friday and Saturday nights at 7:30 pm and Sunday afternoons at 2:30 pm. Tickets are \$15 and are available online at ashevilletheatre.org, by phone at 254-1320 or in person at the ACT Box Office, 35 E. Walnut Street, Asheville.



**Artist’s Choice at Red House**  
“Artist’s Choice,” a special exhibit by members of the Swannanoa Valley Fine Arts League, will run until Monday, February 1 at the Red House Gallery, 310 W. State Street, Black Mountain. Winter hours are Monday through Saturday 11 am–3 pm and Sundays 12–4 pm.

**Brain Tumor Support Group**  
Meets every third Thursday at MAHEC at 6 pm. Refreshments served. For info visit wncbraintumor.org or Facebook.

**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 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. For staff directory, contacts and additional information, please see page 30.

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

James “Jim” Aiken was born in Transylvania County, NC on March 1, 1861. He was the son of Jane Aiken Hall (1839-1933) and her owner Benjamin Aiken. Jim’s mother married James B. Hall on June 22, 1876. Jane Aiken had been forced to support herself and her two sons up until that point. Jim Hall took part of the weight of supporting her family from Jane’s shoulders and improved conditions for Jim Aiken and his brother Pinkney.

Jim Aiken was apparently married at least twice. The 1900 Census for Transyl-



James “Jim” P. Aiken

vania County lists Jim Aiken’s household with a daughter named Jeannie born April 1883 and Willie Aiken born April 1891. Some sources say his first wife was Dafney Bailey Keyth or Keith (1865-1891). She was said to be mother of these two children. Jim Aiken married Mary Smith on May 1, 1891. Mary was the daughter of Pinkney Smith and Emmaline Hunt. Mary was born in Transylvania County, November 1875.

Jim Aiken got started in business selling apple cider and gingerbread made by his mother. He then opened the first barber shop in Brevard for white people, on Main Street. Aiken then opened the first café in Brevard. The café had a brisk business, especially during court week. The café’s customers were almost all white because of the tiny black population in the county. After around five years in business Jim constructed a combination store, café, and barber shop building. Aiken then opened the town’s first bakery, which sold bread, cakes, pies and cookies.

He also opened a dry goods and general store. Jim started a drayage service which transferred mail between the railroad depot and the Brevard post office. His wagons also hauled whatever goods and materials the people in Brevard needed transporting. Jim Aiken even got in the coffin business. He was also a member of the Brevard fire department. He kept a ladder at his store in case it was needed for fighting a fire. Aiken also kept boarders at his house and owned a number of rental houses.



This early ad shows all of the businesses that Aiken was involved with, including a drayage service, a barber shop, a restaurant and a bakery.

The Brevard chapter of the Order of the Odd Fellows was started in 1898. It was a secret black society and Jim Aiken was a Noble Grand in the organization. The group met upstairs over Aiken’s store. In 1905 the Mountain Lily Chapter of the Masons was started in Brevard. Jim Aiken was a charter member

of the Mason group and was a member of the committee of men who governed Brevard’s first black school.

In the early morning of August 25, 1909, a fire broke out at the home of Jim Axum on the hill north of the courthouse. The chemical fire engine was rushed to the scene of the fire. Just as the

hose was being put in readiness to spray on the fire, a terrific explosion occurred. Aiken was behind the engine unwinding the hose when the cylinder blew off. Jim Aiken was thrown and killed instantly.

When the other firemen reached Jim, they found his neck broken and one arm nearly severed from his body. The rest of his body was badly mangled as well. Fire Chief Galloway was knocked down and run over by the machine and injured on the hip and leg. C. B. Wilson was injured in the face, chest and leg. And J. W. Smith was badly cut on the face. J. W. Chapman suffered a broken leg. The other fire fighters were knocked to the ground.

At the funeral for this son of a slave and a slave owner, every store and government building in Brevard was closed.

James P. Aiken’s funeral was held at the white Brevard First Baptist Church because it was the largest church in Transylvania County. The church was packed. The windows of the church were opened to allow hundreds of people left standing outside to hear. Since the black population of Transylvania County was small, the mourners were mostly white. Every store in Brevard closed for the funeral as well as all government buildings.

Mary Smith Aiken, Jim’s wife, put the following notice in the Brevard paper: “Card of Thanks – To the many friends,



Jim’s mother, Jane Aiken Hall.

both white and colored, who so kindly came to our assistance after the calamity which deprived us of husband and father, J.P. Aiken, we would express our thanks. May our Heavenly Father bless and comfort them in all earthly afflictions is the prayer of Mary Aiken and family.”

See the February issue of the *Town Crier* for part 2.

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

Living La Vida Cubana

Stan Dotson began making connections in Cuba during the 1990s after the fall of the Soviet Union. He was inspired by the work of the Kairos Center, an ecumenical faith-based program that utilized the arts to bring hope to the people during this desperate time.

After making 20 short-term visits to Cuba, Stan and his wife Kim Christman spent 11 months there in 2014-15, teaching in the Ecumenical Seminary of Matanzas and working with the Kairos Center. They visited 22 towns in 11 provinces, had home-cooked meals in 50 homes, played lots of music and almost learned to salsa dance.

The Friends of the Library invite everyone to hear Sam speak about his Cuban experiences on **Tuesday, January 5, 7 pm**. This free event will be a unique



Stan and Kim in Cuba

chance to learn about the cultural richness of Cuba: the arts, religious life, cuisine, the ingenuity and creativity of their work, and people’s reactions to the new diplomatic relations between our countries.

Book Group

The evening book club will meet on **Tuesday, January 19 at 7 pm** to discuss *Fingersmith* by Sarah Waters.

NEW ARRIVALS

- The 6:41 to Paris  
*by Jean-Philippe Blondel*
- Anything Goes  
*by Richard S. Wheeler*
- You Have Never Been Here  
*by Mary Rickert*
- All of Us and Everything  
*by Bridget Asher*
- The Restoration of Otto Laird  
*by Nigel Packer*
- The Curse of Jacob Tracy  
*by Holly Messinger*
- Silvermane *by Zane Grey*

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TUESDAYS, 11 AM  
BOUNCE ‘N BOOKS  
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January is a slow month in our business so we thought this would be a great time to tell you a little about Fairview Landscaping and who we are. **Wanda** is the first person you will talk to when you call about our services. She will set up the appointment and get **Wayne** out to look at your project. Wayne does all the estimates, so he will be the first person you will see. Wayne and Wanda have been married for about 20 years and between them they have 3 daughters, 5 grandchildren and 2 dogs — Lexi and Toby. As a boy, Wayne helped his father do grading and landscaping, so he has been doing this type of work pretty much all his life. **Steven**, who has been with us a few years now, is who you’ll meet when you decide to move ahead with your project, and you’ll see a lot of him. Steven has a new baby girl and is looking forward to her teenage years. You’ll also meet **Jimmy**, who has been with us for 5 years, plus a few part timers who’ve worked with us for a few years now. We offer so many different services here at Fairview Landscaping that it takes all of us and then some to keep up with it. Whether you need mulch or grading or a rock wall or patio, we always show up and do our best to make you happy. We are fully insured and hold a General Contractors license. So next time you have a project, give us a call. **chances are we can do it all for you.**

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## BARN & PASTURE



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 7	1 acre	\$79,000

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## BRING YOUR HORSES! 19 ACRES OF PASTURE!



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## UNIQUE LOG HOME



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This 3 Bed/2 Bath home is situated near the Parkway off 74A in a great subdivision. The roof, appliances, replacement windows and metal outside doors were redone about 3 years ago. Newer water heater also. The yard is level, front and back, with a large outbuilding in backyard. Over 1800 sf on almost half an acre for **\$185,000.** **MLS #591321** Call Cassandra DeJong at 828 216-6060

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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.**

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## WOW!!! BEAUTIFUL 200 DEGREE VIEWS!



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## AWESOME! ONE LEVEL LIVING!



Great one level living w/ open floor plan. Hardiplank siding, stone/cedar accent shakes. Split BR plan. Hdwd floors, tile in kitchen/baths. SS appliances/granite countertops. Dbl garage. Master BR w/ large walk-in closet. Master bath, dbl vanity sink & tiled shower. Level yard great for the kids, pets or a garden. Great curb appeal. Architectural shingles. This home shows like new. **\$280,000** **MLS 586804**

## BEHIND THE LENS

by Ken Abbott

## Reflections and Connections



Self-publishing a book requires wearing lots of different hats. Besides the photographer hat, and the fundraising and book production hats, now that *Useful Work: Photographs of Hickory*

*Nut Gap Farm* is out, I am learning about book selling and distribution, bookkeeping, and even public speaking! (I'm also honing skills as a column-writer. I hope you're enjoying these contributions to the *Town Crier*.)

Thanks mostly to Fairview's beloved Betsy Milford I've done several book events recently. I especially enjoyed a talk a couple of weeks ago at Quail Ridge Books, in Raleigh — an independent bookstore that is thriving, jammed with great books and staffed by an enthusi-

astic crew that really loves my book! It was a cold and rainy night but still about twenty people showed up, with several in the audience having deep ties to Hickory Nut Gap Farm and the Clarke family.

One of the stories I tell at events that gets a good response is of how Elizabeth

**I'm grateful for the wealth of new experiences this book project has brought to my year, and I look forward to the New Year with hope that our work will be useful.**

McClure (who with husband Jim bought the old Sherrill's Inn in 1916) could walk into the fields beside the school where she was studying painting in Giverny, France, prior to World War I, and watch Claude Monet painting his haystacks. It's hard to beat that.

Another story that people respond to appreciatively is the one about the picture in the book of the silver pitcher on the kitchen counter in the Big House. It's one of my favorites because it works on a lot of different levels, and gives me an opportunity to talk about how form and content combine in photographs. I go into that more deeply in the preface to *Useful Work*, but in a nutshell the story tells how the formal elements — the reflections in the silver and the varieties of color and surface in objects around it — work with the content — the aristocratic quality of silver, the function of



One could look at this photograph and see simply a beautiful silver pitcher on a blue counter. However, it also vividly evokes Elizabeth McClure's sense of aesthetics that continues to be honored 100 years after her family established the farm.

the pitcher as a vessel for carrying spring water to the table, the juxtaposition of its elegant form with the jelly jar of salad dressing — to create a picture that links Elizabeth's sense of beauty, the family's respect for that aesthetic, and their enduring connection to the farm she and Jim established almost 100 years ago.

Doing events like these, exercising my "public speaking" muscle, is something I had sort of dreaded having to do, but it's something I've come to enjoy, as is all the writing I've been doing,

such as these columns. I'm grateful for the wealth of new experiences this book project has brought to my year, and I look forward to the New Year with hope that our work will be useful, and will bring peace and prosperity to our communities.

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).

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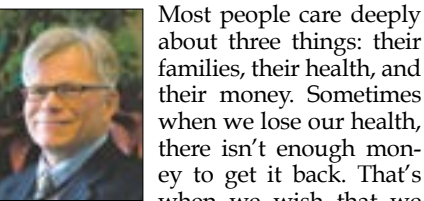
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TO YOUR HEALTH

Take Care of Yourself (and Others) in 2016



Most people care deeply about three things: their families, their health, and their money. Sometimes when we lose our health, there isn't enough money to get it back. That's when we wish that we had done more to stay healthy in the first place. In America, we have this notion of insurance-covered health care, but the reality is that most insurance benefits allow for the management of sickness/disease/injury but not for health maintenance or improvement.

A patient recently returned from Germany told me about a relative's diabetes diagnosis. The relative was not put on oral diabetes medicine. Instead, she was sent to an insurance-based health community. There she was instructed in shopping, diet, exercise, supplementation, and healthy lifestyle. Two months later she returned to work 25 pounds lighter and no longer diabetic, with no need for a progression of medications that leads to insulin dependence and a host of related long-term complications.

Everything was covered by her health insurance, including no loss of salary.

In the US, even though we have the most expensive health care system of all industrialized nations, we have some of the worst longevity and infant mortality statistics. Health care chews up nearly 20% of our GDP. Despite all this need to change, the German approach to health is unlikely to be a reality in my lifetime, for many reasons.

Things to Consider in 2016!

- Get and stay healthy: ultimately, you are in charge of your health care:
- Find an activity that gets you moving: walking, swimming, jogging, biking, I like the safety of a good quality recumbent bike to get moving and sweating. Find something that you like and get started gently.
- Look at yourself in the mirror and see if you need to lose weight. To lose weight, get moving, make gradual changes to what you eat, try a structured short-term weight loss program.
- Drink more water. Some health experts suggest one half your body weight in ounces per day of water. (Ask your doctor first if you have CHF or are using diuretics.)
- Consider some supplementations. I think almost everyone can benefit from a high-quality multivitamin, omega three (fish oil) and molecularly distilled curcumin.
- Deflate your Diet. Go to **deflate.com** to learn how to reduce inflammatory foods in your diet.
- Give back to your community. Volunteer. Find a passion that helps the world you live in.
- Do something nice for someone else every day — anonymously.

Have a happy & healthy New Year!

Dr. Reilly has served Fairview since 1998. Reach him via [fairviewdc.com](http://fairviewdc.com).

You Can't See Glaucoma Coming



It's a new year, and you have promised yourself that this year will be different. You're going to take good care of yourself. Lose weight. Be healthier.

Sadly, many think that having good vision negates the need to see an eye doctor. However, eye exams are an important part of wellness and can guard you from eye disease like glaucoma, which can come with no warning and no noticeable symptoms. It is the second most common cause of blindness in the United States.

January is National Glaucoma Awareness Month, and we encourage all people, especially those at higher risk for this disease, to familiarize themselves with the potential symptoms and need for regular eye examinations. A regular eye examination is especially critical since a person with early-stage glaucoma may not notice any symptoms at all.

A person with more advanced glaucoma may notice blurred vision, the presence of halos around lights, loss of peripheral vision, and difficulty focusing on objects.

Glaucoma affects an estimated 4 million Americans. Some people are more at risk than others.



What these children would look like if you had glaucoma.

Those at higher risk include:

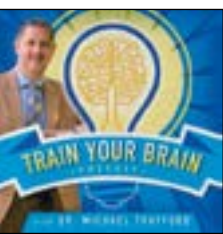
- Those older than 60;
- African-Americans over age 40;
- Diabetics;
- Those with a past history of eye injuries;
- And anyone with a family history of glaucoma.

There is no cure for glaucoma. But early detection and treatment can slow or prevent further vision loss. First and foremost in the process is a comprehensive eye health exam by your family eye doctor.

So take care of yourself in 2016. Prevent blindness from glaucoma and other diseases by having your eye exam soon.

Dr. Haley Perry is the owner of and practices at Visual Eyes Optometric, located on the corner of Charlotte Highway and Cane Creek Road.

Biofeedback: Hand Warming



Hand warming is one of the simplest and most effective biofeedback exercises you can do yourself. The exercise requires a small thermometer, which you can sometimes find at gardening or hardware stores. Otherwise you can search online using phrases like "hand thermometer," "air temperature thermometer" or "stress thermometer." The digital thermometer usually comes in a plastic case with a little wire that serves as a temperature probe. Before buying a particular unit, make sure it is capable of taking measurements in tenths of a degree (e.g., 90.1 degrees).

When people are stressed, their hands start to get cold as part of the sympathetic fight or flight response. When this happens your body pools the blood in your core. This causes you to lose peripheral circulation, making your hands, toes, and even parts of your face feel cold.

When you're ready to start the exercise, tape the wire probe to a finger. You might need to give it a couple of moments to warm up and register the temperature of your hand. Then, start a simple deep-breathing exercise where you breathe in through the nose and out through the mouth. Make sure to breathe out for longer than when you were breathing in.

You should start seeing a change in the

temperature of your hands. Sometimes it can happen quite quickly. Continue breathing and watching the temperature of your hands as it continues to elevate. Continue until the temperature increase in your hand stops. Sometimes it may change a few degrees, and other times it might only be a few tenths of a degree. From there you can end the exercise and go about your business. Do this several times throughout the course of the day.

Chances are you will see very quickly that you have the ability to regulate your stress responses fairly effectively. As you continue practicing this biofeedback exercise you'll actually feel the fingers getting warmer. This is an indication that you're increasing your peripheral circulation and that your brain knows, through this type of operant conditioning, that it has made a big change in your own physiology.

It gives a person with anxiety, phobias, or other problems the power to control their stress regulation systems, which is really what brain training is all about. We've seen people use this exercise to get past these problems because they themselves are in control. It's not the pill that's in control, or the doctor; it's them being personally in control of their own issues, which is really quite empowering.

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](http://ApexBrainCenters.com).

OF INTEREST TO SENIORS Happy New Year!



What's New in 2016?

Change is inevitable, and so it is with Medicare as well. Every year we wait expectantly to see if the latest CPI (Consumer Price Index) news will be delivered by Scrooge or Santa. Seems as though this was Scrooge's year... no Social Security check increase. Ouch! OK, that's the cloud; here's the silver lining: There is no Part B premium increase, so it will remain \$104.90 per month for most people in 2016. The fact is, despite the steady increase in health care costs across the board, these changes are quite reasonable.

Deductibles, Copays & Coinsurances

Changes to Medicare benefits directly affect your out-of-pocket costs for doctors and hospitals. This happens to your cost share by way of deductible, copay, and coinsurance increases. So what are these things, anyway?

A deductible is a set amount you pay before Medicare starts paying the claim. There are two deductibles in Medicare: Part A (Hospital), which is going from \$1,260 per 60-day benefit period in 2015 to \$1,288 in 2016; and Part B (doctors) from \$147 annually to \$166 in 2016. Copays are also affected.

A copay is your fixed amount cost share after the deductible is met. This is pretty much exclusively in the realm of Hospital Part A benefits. After you've

satisfied the \$1,288 deductible, Medicare pays all of the room and board costs for the first 60 days. There is a \$0 copay (your cost share) during this time, and this doesn't change in 2016. From days 61-90, your cost share copay increases from \$315 to \$322 in 2016; lifetime reserve day copays from 91-150 days increases from \$630 to \$644 in 2016.

A coinsurance is a percentage of the overall cost that is your cost share. In Part B, after the deductible, Medicare pays 80% and your cost share is 20%. This remains unchanged in 2016.

Supplement or Advantage plans?

First of all, you needn't buy a new Medicare supplement policy to cover next year's changes.

Medicare supplements change their benefits each year to reflect what Medicare does. An Advantage plan has completely different benefits, separate from Original Medicare. Those benefits are renegotiated annually between Medicare and the Advantage company and have no relationship to the annual Parts A and B changes. If you are happy with your plan's benefits and it is sticking around, just ride it through to the following year.

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

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Hope you and yours had a Merry Christmas and wishing you a Happy New Year!





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\$289,900 MLS 577232



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\$46,500 MLS 560799



2-bedroom, 2-bath home in Old Fort with 1.38 acres.  
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## YOU ARE HERE

by Blair Holland Clark



Have you ever realized you were retelling a story to the same person about some experience you have had? This past month I was sitting with my son, something I enjoy more and more these

days, and caught myself retelling him about my first car. He dutifully sat there listening. He even smiled at the right places and didn't pull out his phone. I appreciated his efforts to give me some of his time.

I appreciate many things on my journey as I let go of some of my urgency to cram more into each day. There are things I still want to do and experience while in this mortal form, but I cannot for the life of me think of what they are. Just kidding.

A friend of mine sold her car, rented her house and is spending a year driving around Europe with her husband. By her report, she is enjoying the experience while also dealing with cold AirBnBs, missed reservations and terror alerts. It all sounds challenging, beautiful and exciting. I, on the other hand, am back working on a new book. I'm volunteering for causes I believe in. I rewired and cleaned up the basement so I can again use all the woodworking tools I have acquired over the years. In our own ways we are both stepping out of our long-held routines into new ways of living that include travel, volunteering, writing, woodworking and being in a new "doing place." Our "doing places" are opening us up to more "being" as our lives shift. As long as we can be present

in these moments, we will be able to experience the gifts of today.

Stepping out of routine and getting to our "doing places" can present challenges. Our routines, the "known" parts of our journeys, develop their own momentum. Somewhere in our 20s, most of us begin to leave the part of our journeys where everything is new. We have new experiences after that, but they come at a slower pace as routine takes over much of our daily activities. Our desire to discover what is "out there" and be present in each moment can begin to give way to a desire for continuity or nesting. In our own way, we learn to make the most of the "must." The desire for continuity is healthy and natural.

Without practice, however, the skills that help us act outside of routine can get rusty. We never lose the capacity to alter the course of our journeys. Just as studies show that starting to exercise or even move more has benefit even if we wait to start at age 90, the potential benefit of altering our course does not go away. The challenges associated with moving from awareness to action are also healthy and natural and can teach us the value of practice.

Acknowledgment of a need to alter course and getting to a "doing place" may require a little (or perhaps a lot) of practice. We are all moving through time and space. Whether we pay attention or not, we are making choices to remain on course. Sometimes we may give little regard to where our routine is taking us, but that is still a choice. Recognizing even some of the many choices

## The Doing Place

we make each day can be a step towards our "doing place."

Here are some ways to get the rust off the part of you that can act outside your routine, as you start to acknowledge your enrichment needs. As you do the following activities, pay attention to what you see, feel, hear, smell, taste and touch. Resist acting on what you become aware of for now; just pay attention. Your "doing place" will begin to emerge.

- Enter your home through a different door in your house than you usually use.
- Sit in a different chair.
- Look at the mountains in the distance the next time you come over Mine Hole Gap towards Asheville (as it is safe to do so).
- Count the number of signs you see suggesting you do something the next time you ride in the car.
- Pay attention to each bite of your next meal.
- Listen to music that held special meaning for you when you were younger and consider what it is saying to you now.
- Look at yourself in the mirror and smile. See the kid who is still in there and be kind as you smile broadly at him or her.
- Take three deep breaths and feel the air going in and out.

*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.*

## Habitat for Humanity Will Also Repair Your Home

Not everyone needs a new home; some just need help repairing the one they already own.

In addition to building new Healthy-Built NC homes in partnership with qualified families, Habitat for Humanity also offers a Home Repair program for low-income Buncombe County homeowners. By offering low monthly payments and 0% interest financing, Habitat makes home improvement affordable for low-income homeowners. Services include exterior and interior repairs, floor and roof repairs, modifications for accessibility, painting and much more.

Habitat can help people live longer and better in their homes by improving accessibility (ramps, grab bars, accessible shower/tubs), increasing safety and comfort (new windows, doors), and remediating issues that negatively affect health (water damage, inadequate heat). To learn about the criteria for qualifying and applying, visit [ashevillehabitat.org](http://ashevillehabitat.org) or call 828-210-9370.



Photo from Asheville Area Habitat for Humanity website

*Happy New Year!*



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## Local Election News

**The Primary Election will be held on March 15, 2016, and the general election will be held on November 8. Once the candidates were known (filing deadline was December 21, 2015) the *Crier* requested bios on those candidates representing our readership's district. This month we are offering statements from those running for the North Carolina House of Representatives District 115 and County Commission District 2.**

**Additional candidate and voting information will be provided next month.**

**For more information, visi**

## Candidates for NC House District 115

### Dr. Frank Moretz – Republican

Local physician Frank Moretz has declared his intention to run for NC House District 115 in the 2016 General Election. Moretz shares partial ownership of Highland Brewing and serves on the Board of Visitors of the University of North Carolina at Chapel Hill. "Buncombe County families need an effective, independent voice in Raleigh," said Moretz. "Health care costs consume increasingly more of tax dollars, but with only one physician serving in the House or Senate, we are missing opportunities to improve patient access to quality medical care and to lower costs throughout the health care industry in our state, particularly Western North Carolina."

"Like many here in Buncombe County, I am concerned that we don't have a strong leader in Raleigh who can push through the partisan back-and-forth to get results," continued Moretz. "Our children and grandchildren need well-funded public schools, with tax dollars reaching the classroom, and I am committed to serve as their advocate. My life demonstrates it."

"Small businesses are the lifeblood of our economy, but the rising costs of regulations hold back job creation and wage growth," Moretz added. "We can free them to expand while still protecting our environment. Even though our economy is improving, family budgets are strained and too many jobs have left our area. From the natural beauty all around us, to the lifestyle and culture of the people, we are poised for economic growth if we set aside partisan bickering and focus on attracting the jobs we need."

Raised in nearby Hickory, NC where his father was a furniture manufacturer and mother a school teacher, Moretz served active duty in the US Air Force after completing undergraduate and medical school at UNC Chapel Hill. He recently retired after working 30 years as an anesthesiologist in the Asheville area, most recently for All-Care Clinical Associates (formerly Asheville Anesthesia Associates). A longtime advocate for stronger public education and improved health care, Moretz is running as a Republican. He resides in Fairview and has two grown sons.



### Robert Chilmonik – Republican

I have been a resident of Black Mountain since December 2013. My wife Cheryl and I have been married for 38 years and have two daughters. My professional experience includes both corporate management and public school teaching. While a resident of Florida I was elected for two terms as a Lee county school board member. During my time in office I was an advocate for children, fiscal restraint and increasing education standards.

The primary reason that I am running is to increase employment opportunities by attracting manufacturing companies with a low tax environment. High-paying jobs are directly linked to quality public schools where the latest leading edge technology skills are taught. Our teachers are key to that objective and need our support. We need a positive conservative Republican voice in the State House to achieve these goals.

Platform:

I support: accelerating the elimination of the state income tax; accelerating a reduction of the state corporate rate; increasing access to all state and local public records; providing a consistent salary schedule for our teachers and state troopers; adding teacher and staff bonuses for A or B school achievement; restructuring the NC Department of Education to a seamless K-16 data-driven system; encouraging school boards to approve 6-12 Charter Schools teaching the newest manufacturing, computer and renewable energy technologies; increasing state benefits to service-connected veterans; and supporting our Constitutional right of gun ownership.

I oppose: Obamacare; Common Core; and any new state fees or taxes on personal vehicles.

Elected Offices: Two terms, Lee County, Florida School Board Constitutional Officer; Vice-Chairman Lee County School Board. Gubernatorial Appointments: Florida Education Transition Team, Secondary Schools; Florida Early Childhood Advisory Committee.

Other Community Service: Black Mountain Housing Commission; Black Mountain Planning Commission; Lee County Florida School Superintendent Search Advisory Committee; Lee County Florida County Commission Smart Growth Committee; Technology Chair, Lee County Republican Executive Committee.



### John Ager (Incumbent) – Democrat

I am proud to announce that I am filing to ask the voters of North Carolina House District 115 to send me back to Raleigh in November of 2016. I worked long and hard for my constituents, serving on eight committees and missing only one vote. (And I think my button just malfunctioned on that one.)

In December, the Pew charitable trust announced that the shrinking American Middle Class dropped below 50% of all families. Wages are not keeping pace with the rising costs of food and housing. Poverty is growing, especially for children. And since 2010, the leadership in Raleigh has been giving tax breaks to the wealthy, while increasing sales taxes for the rest of us.

North Carolina was once known as the education state, but no longer. Our teachers are leaving the state and the profession. Teacher prep programs are struggling to attract the next generation of educators. Once proud education leaders in our communities are now demoralized by low pay and disrespect.

While our state's investment in education is one of the lowest in the nation (47th), North Carolina's commitment to its citizens continues to shrink in other areas as well. We heard recently about the woeful salaries of our Highway Patrol officers, forcing many to work second jobs and even move into the basements of their parents. North Carolina now provides one of the stingiest safety nets in the US. The state has lost billions of dollars by not expanding Medicaid for our most vulnerable citizens, causing health providers to deliver care at expensive Emergency Rooms with no hope of compensation.

And North Carolina has become a paradise for polluters. Leaky coal ash pits, fracking incentives, 'business friendly' regulators and a rollback of clean water and air regulations have put our state at risk for decades of environmental disasters. As we struggle with our superfund sites at Chemtrons and CTS, we must remember that prevention saves money and lives. As our state faces up to the challenges of global warming, we must not lose our commitment to renewable energy.

It is time for North Carolina to reimagine the future. That begins with an investment in our people, in education from Early Childhood through our universities. The time is now to innovate. Transportation is evolving rapidly, and we don't want to be left behind. We must figure out how to deliver cutting edge medicine to our people. We must do everything we can to attract living and family-raising jobs to Buncombe County. My goal in Raleigh is to lead our government forward, not to throw rocks at it. Please join me in helping to rebuild a North Carolina we can be proud of.

John and Annie Ager Live in Fairview



## Candidates for Buncombe County Commission District 2

*District 2 represents the eastern part of Buncombe County from Fairview, Black Mountain and north to Weaverville, Barnardsville and parts of Leicester.*

**NOTE: Incumbent Mike Fryar announced his intention to run again but was not able to submit a bio in time. This will be included in the next issue.**

### Nancy Nehls Nelson – Democrat

Nancy Nehls Nelson is seeking the Democratic Party nomination for Buncombe County Commissioner in District 2.

Nelson is a member of the Land Conservation Advisory Board and a non-scientific member of the VA Hospital's Institutional Review Board. She has also served as a Board of Elections Precinct Judge, was a member of the Weaverville Planning Board, and has worked on several non-profit boards including Western North Carolina Public Radio.

Nelson lives in Weaverville with her husband Curtis and her two rescue dogs. Her mother, a retired WWII US Army nurse who is an important part of her life, lives in Hendersonville. Nelson holds a B.A. from the University of Minnesota and a Masters Certificate from Stevens Institute of Technology.

A retired AT&T Bell Labs Project Manager, Nelson is committed to job growth, public safety and excellence in public education. She believes her skills in budgeting and oversight can be applied directly to county government, where she is committed to serving as a full-time commissioner.

**In her own words:** "Government needs input from citizens, and not just in three minutes at a county meeting," Nelson said. "I have seen firsthand the frustration of folks who feel their voice is not heard early enough in the process to make a difference. I want to change that. I want to make Buncombe County even better."



### Matt Kern – Democrat

Matt Kern believes the County is at a crossroads with many issues, and that now is the time for The Commission to provide the leadership we all need. Among the issues he will focus on are education and teacher pay, affordable housing, urban sprawl, alternative transportation, and promoting the right kind of well-paying jobs. He has spent many hours serving Buncombe County on a diverse group of Boards and Commissions. Kern is the current President of the Friends of the WNC Nature Center, has served on the Mountain Area Child and Family Center (Verner) Board, the Culture and Recreation Authority, and the Asheville Parks and Greenway Foundation Board.

Kern has been a residential home builder and small business owner, and has lived in the Riceville community for over 15 years. He and his wife Kirsten have 2 young sons. He has worked as a festival organizer of the French Broad River Festival, which has raised over \$160,000 for local non-profits.

**In his own words:** "With my education and experience as a business owner, I understand budgets and the economic process. I graduated from Western Carolina University with a Bachelor of Science Degree in Environmental Health and a Masters Degree in Public Administration. I was raised and educated in these mountains and feel I understand the people and the issues that face Buncombe County. I believe that transparency and good communication are the key to being a successful leader and County Commissioner. I plan to work hard for all citizens in our county."



### Scott Bissinger – Democrat

Scott Bissinger of Fairview is running for the District 2 seat on the Buncombe County Board of Commissioners because he is committed to making Buncombe County a place where all of its residents can prosper and thrive. As the District 2 Commissioner, Scott would focus on sustainable economic development, education, living wage jobs, conservation efforts, and smart development.

Scott has been a resident of Buncombe County for 40 years. He and his wife Tonya raised their three children in the Fairview community, where they attended public schools in the Buncombe County School System. After high school, Scott attended the University of North Carolina-Charlotte and received a Bachelor of Science and Master of Science degrees in Criminal Justice.

Scott became a sworn law enforcement officer in 1986. Scott served as the Director of Law Enforcement Education and Training at Asheville-Buncombe Technical Community College (A-B Tech) from 1986 to 2006.

In 2006, Scott joined the Buncombe County Sheriff's Office, where he held the positions of Major of Operations and Enforcement and Chief Deputy until he retired in 2015. Scott would like to continue to serve the community that he has called home for 40 years.

**In his own words:** "As a County Commissioner I will work hard to make our county government work for the betterment of all of our great citizens."



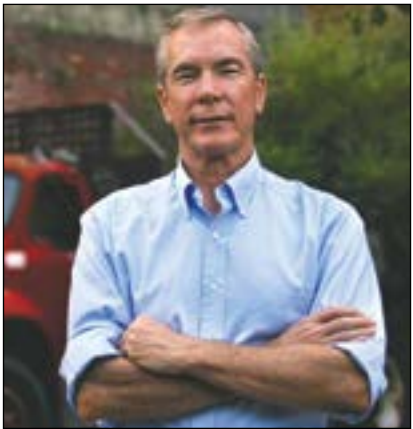
### Larry Dodson – Democrat

Larry Dodson is a Weaverville resident of nearly 30 years, captain in the Asheville Fire Department, a firefighter of 25 years, AB-Tech instructor, and an active community member. He and wife Alice reside in the Beech Community in the Reems Creek Valley near Weaverville. They have two sons, Dominic and Calum, both graduates of public schools. Dodson says his campaign will focus on issues facing teachers and public education, middle-class working families and children, poverty and affordable housing, infrastructure and growth, and supporting local businesses and entrepreneurs.

**In his own words:** "Our job as firefighters is to respond to the needs of the people," Dodson said. "Teachers, staff, and administrators are asked to do more with fewer resources. Middle-class working families face the indignity of partisan politics and poor policies. Everyday workers struggle to secure living wages and find affordable places to live. I will fight for a better future for all of us."

Dodson's experience ranges from career development and training of firefighters to incident management and scene safety, and currently he handles recruitment and training of firefighters. As a representative of the department, Larry served on the City of Asheville's "Green Team" searching for ways to lower the city's carbon footprint, and also worked with contractors to improve East Asheville Station 8's energy efficiency.

In addition to his job, Dodson has volunteered for numerous organizations including local public schools, Habitat for Humanity, Asheville Buncombe Youth Soccer Association, the Muscular Dystrophy Association, the March of Dimes and the American Red Cross, and is an active volunteer leader with the Buncombe County Democratic Party.



### Jordan Burchette – Republican

Jordan Burchette, a resident of Fairview for eleven years, is a morally and fiscally conservative candidate who will focus his campaign on fiscal responsibility, halting progressive agendas, and ending corporate welfare within the county.

Jordan, now 24, attended a private school for his first two years and was then home-schooled by his mother through high school. He is a husband and daddy to his two children (and one on the way), and son of a Baptist Pastor and a God-fearing mother. As a licensed preacher himself, a heritage of faith in Jesus Christ resides as the centerpiece of Jordan's campaign. He accepted Christ as his Savior at a young age and answered God's call to preach as a young man. Today he is an active member in the church he and his family attend.

**In his own words:** "Being a part of the middle-class, I know firsthand the issues that the citizens of Buncombe County face. I took my first part-time job when I was sixteen. After facing a layoff I found work at a local construction company in Buncombe County. After several years in construction I accepted a job at Best Buy Metals, where I have worked my way up to Assistant Branch Manager here in Asheville. My family and I have had our share of financial struggles. Let's face it, money is hard to come by these days. It is offensive, frustrating, and unethical for our elected officials to hike our taxes in order to fund their nonsensical programs and initiatives, as well as their under-the-covers corporate welfare deals with big business in the county. If you're looking for a candidate who is just going along to get along, I'm not your guy. But if you're looking for a morally and fiscally conservative candidate who will stand up to the crony capitalists in our county who are creating unnecessary taxes and advocating progressive agendas, I would ask you to prayerfully consider voting for me. Change starts at the polls. Let's Bring Buncombe Back."





Student of the Month

The Fairview Town Crier and A.C. Reynolds High School are pleased to announce that December’s Student of the Month is Julia Briden. Julia was chosen for her excellence in Fine Arts and for showing Rocket Pride.

English Language Arts teacher Beth Love nominated Julia “because her beautiful work often flies under the radar. She’s quiet, unassuming, and talented,” says Ms. Love.

Mary Briden (Julia’s mother and art teacher) also commented on Julia’s nomination: “Julia Briden is deserving of this award because she has excelled in every art class offered at Reynolds High. Last year, she was one of very few chosen to attend the Governor’s School for the Arts due to her exceptional art portfolio. She was nominated for the prestigious American Visions Award in Art through Scholastic Arts when in 8th grade, and she has since earned Regional Gold, Silver, and Honorable Mentions as a high school student in the Scholastic Art competition. Not only does she excel in the arts, but she ranks in the top 5 of her senior class.”

Julia will begin working on her senior project next semester. She describes the senior project as an opportunity for students to study a new aspect of a subject they love. Julia is thinking of investigating glass blowing or metal working – artistic fields in three-dimensional design. This is a relatively new interest, she says, resulting from the AP 3-D design course she’s currently taking at AC Reynolds. Whereas Julia had thought she would pursue a career in art, this course plus her interest in calculus and physics have inspired her to consider mechanical engineering, a field in which she could combine her math, science and artistic skills.

What does Rocket Pride mean to Julia? Many things, she says, but above all, demonstrating leadership and service. She frequently donates her time and talent to beautification projects around the Reynolds campus: painting rockets in the gym, murals for the school – including a panel currently hanging in Principal Sellars’ office – and set design for school musicals. “It’s a group effort,” Julia says. “Putting all your time into a project with others and seeing it all come together.”

Many congratulations on your accomplishments, Julia!



Fairview Preschoolers Ring in the Season

Fairview Preschool students played handbells for the residents of Bella Vista Gracious Retirement Living in East Asheville over the holidays, and also had the opportunity to teach residents how to use the bells.

The preschool is now accepting new students for the second term. A pre-K readiness class for 5-year-olds and a class for 4- and 3-year-olds are available Monday, Wednesday, and Friday mornings 8:30 am–12:30 pm. A 2- and young 3-year-old class is available one, two, or three days per week, Monday, Wednesday, and Friday mornings, 8:30 am–noon.

For more info, visit [fairviewpreschool.org](http://fairviewpreschool.org) or call 338-2073.



ACRHS Seniors Named to 2016 All Conference Volleyball

Congratulations to Emily Russell, Melissa Cavagnini, Kendra Rice, Courtney Koehler and Sarah Swicegood, who were voted as 2016 all-conference volleyball players by the Mountain Athletic Conference coaches based on last season’s play.

Courtney Koehler was voted Player of the Year, and Coach Lori Ledford was voted Co-Coach of the Year with Roberson’s Michelle Wagaman. We are proud of these talented athletes in our community.



Franklin School of Innovation Info Session

Franklin School of Innovation will hold a High School Information Session on **Thursday, January 21 from 5:30-7 pm**; visitors can tour the campus at 5:30 and then join in the session at 6:00.

Franklin is a free Expeditionary Learning Charter School in Buncombe County, offering grades 6-11 in 2016 and adding 12th grade in 2017.

All are invited to see the campus, meet the teachers and find out what the new and innovative school can offer.

The school is located at 21 Innovation Drive, Asheville (GPS: 265 Sardis Road). The entrance is between Valvoline and Frank’s Pizza.

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

Computers for Our Kids



Happy New Year! 2016 brings exciting new tech opportunities for Buncombe County students. Barry Pace, Director of Technology for Buncombe County Schools, explains the new Digital Learning Initiative in the Q&A below.

**Cindy McMahon:** What is the Digital Learning Initiative?

**Barry Pace:** The Digital Learning Initiative is about providing the best personalized learning environment for all of our students. We want to fully engage students and keep them engaged in their learning through graduation. To this end, we will be providing digital devices – touchscreen computers – for all of our students to use in the classroom.

The original initiative timeline ([tinyurl.com/BCSDLP](http://tinyurl.com/BCSDLP)) was announced in March after many months of planning. The first rollout will begin with all 4th–6th graders in 28 schools the first week of January 2016. The next rollouts are planned for fall 2016 for all 7th–9th graders and fall 2017 for 10th–12th graders. Kindergarten–3rd graders will continue to use shared iPads until a potential device phase-in during the 2018-19 school year.

**CM:** How will BCS pay for all of these devices?

**BP:** The funding for the Digital Learning Initiative is primarily local Capital Expenditure funding. It is important to note that Capital funds cannot be used for personnel or supplies such as paper and books.

**CM:** Why are we undertaking the Digital Learning Initiative in Buncombe County Schools? Why now?

**BP:** We are implementing this plan because we want to be a leader in providing a world-class, future-ready, global education. Our goal is that all students will graduate as high-achieving and globally competitive learners with 21st century skills. The future involves technology integration no matter what area you choose, and we want our students to move beyond using technology to find information. We want them to use technology to solve global problems and create global conversations.

**CM:** Will these devices replace textbooks and other printed materials in the classroom?

**BP:** House Bill 44 calls for educational content and curriculum to be “digital” by the 2017/18 school year, but we know there will always be a place for physical texts and curriculum materials. Buncombe County Schools is already a leader in the state in terms of incorporating Makerspaces and other hands-on learning opportunities. Variety is extremely important in a personalized learning environment, but the student devices will provide consistent access to quality electronic resources.

**CM:** How are teachers preparing for this change? What do they think of it?

**BP:** Teachers, administrators, media coordinators, and other instructional support staff have been attending curriculum and technology-led training since October. I really can’t say enough about the faculty and staff of Buncombe County Schools. They have been so supportive and unified. Our 4th through 6th grade teachers have embraced the preparation and professional development and the feedback has been outstanding. We know that this initiative will allow us to collectively strive to be the best. The community has been wonderful as well.

**CM:** What else do parents and students need to know about the Digital Learning Initiative?

**BP:** Answers to most questions can be found on our website at [buncombe.k12.nc.us/DLP](http://buncombe.k12.nc.us/DLP). We are excited about what the future holds for our students in Buncombe County Schools!

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

The future involves technology integration no matter what area you choose, and we want our students to move beyond using technology to find information. We want them to use technology to solve global problems and create global conversations.

Reynolds District Events in January

- Wednesday, January 6**  
Oakley Elementary PTO meeting, 6 pm
- Thursday, January 7**  
Oakley Elementary Improvement Team meeting, 11 am
- Monday–Tuesday, January 18–19**  
No school — MLK Holiday and Teacher Work Day
- Thursday, January 21**  
Fairview Elementary Improvement Team meeting, 3 pm
- Thursday, January 21**  
Oakley Elementary Parent Curriculum Night, 6 pm
- Saturday, January 23**  
Oakley Elementary yard sale to support 4th grade trip to Raleigh, 9 am–3 pm
- Tuesday, January 26**  
High School All County Band Concert, Reynolds High, 7 pm
- Tuesday, January 26**  
Middle School All County Band Concert, North Buncombe High, 7 pm

**Happy New Year!**

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**Hey Kids... Color Me!**

A prize will be given to winners in different age groups. Put child’s name and age on separate piece of paper and **drop or mail to Town Crier’s office before January 15!** We’ll post all entries on our Facebook page.



## The Veterinary Specialist

by Charles H. Lloyd, DVM, Fairview Animal Hospital

When you have a medical issue, it depends on what body part is affected — big toe, ear, pinky finger, etc. — as to what kind of physician you go to see.

When your pet has a medical issue you go to your regular veterinarian; on any given day your veterinarian will be a dentist, radiologist, surgeon, behaviorist, and even an internist. But when your pet has a more complex medical issue (cancer, complicated bone issues, etc.) Your veterinarian may refer you to a veterinary specialist.

Veterinary specialists are veterinarians who after veterinary school (and sometime years of private practice) go on to a two- to three-year residency and pass a certification exam in order to become board certified in their field of expertise. A board-certified veterinarian must then continue to keep their certification current by continuing education and periodic examinations. The American Veterinary Medical Association says there are about 11,000 veterinarians recognized as specialists in 40 areas of veterinary medicine.

Most specialists require that your regular veterinarian give you a referral in order to be seen by the specialist. Typically, your pet's records (treatments, lab work, radiographs, etc) will be sent to the specialist from your veterinarian. Also, the specialist and your veterinarian will communicate on the results, treatment and any further care.

cording to the different species — avian, equine, bovine (beef and dairy cattle), canine/feline, exotic, etc.

In the past, veterinary specialists were primarily found only in veterinary schools and large veterinary specialty hospitals (Angell Animal Medical Center in Boston and The Animal Medical Center in New York, for example). Now board-certified specialists can be found in many areas — still in veterinary schools and large specialty hospitals, but also in some private practices. There are four veterinary schools within driving distance of our area, and we have two large specialty hospitals within two hours of us in Greenville and Charlotte. There are even some local animal hospitals that have board-certified specialists on staff.

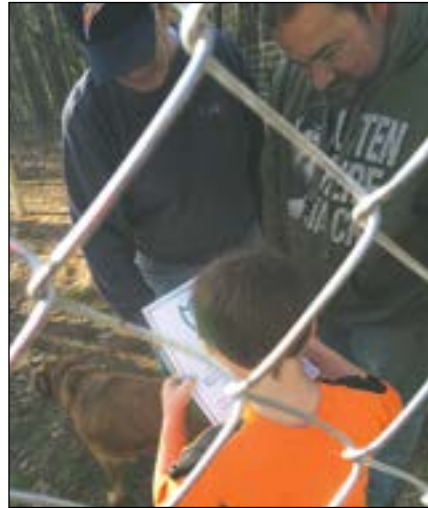
At some point in time, your regular veterinarian may refer your pet to a board-certified specialist. Most specialists require that your regular veterinarian give you a referral in order to be seen by the specialist. Typically, your pet's records (treatments, lab work, radiographs, etc) will be sent to the specialist from your veterinarian. Also, the specialist and your veterinarian will communicate on the results, treatment and any further care.

Rest assured that your veterinarian has your pet's best interest in mind if he/she refers your pet to a board-certified veterinarian specialist.

## Unchain Buncombe Helps Fairview Pup

In 2008, the late Peggy Irwin founded ChainFree Asheville, a non-profit devoted to building fenced enclosures for dogs previously on chains, and providing vital education and resources to the owners. Some of these resources include spay/neuter services, dog houses and basic veterinary services. ChainFree Asheville was instrumental in the adoption of the animal ordinance banning unattended tethering of dogs in Asheville. As part of its commitment to the ordinance, they built fences for Asheville residents who needed help freeing their dogs from chains.

In 2011, Unchain Buncombe was created to focus on chained dogs in Buncombe County. The group is now overseen by Patrick Irwin (and a lot of volunteers) and



It's not safe for young children to be around the fence construction, but little John helped dad Bronson Boudrieau and Patrick Irwin dig post holes the day before. Patrick gave John an award for "Best Junior Post Hole Digger."



Milky Way was excited to see her large new area to play in once she was fully healed from being spayed.

uses the same approach that worked in Asheville: be part of the solution, educating people as to the public safety and humane issues of chained dogs and provide assistance in getting dogs off the chain.

Unchain Buncombe is constantly in need of volunteers to build fences. *Crier* editor Sandie Rhodes joined in recently to help build a fenced area for a neighbor's dog, Milky Way. It was a very rewarding 2 hours and even the owner's son helped. The group's promise that volunteers will "feel something special when the dogs run free in their new fenced yard!" was certainly true. Volunteers and financial contributions to fund material costs are always needed. If you know of a chained dog or family in need of help, or want to sign up for their newsletter announcing upcoming fence builds, visit [chainfreeasheville.org](http://chainfreeasheville.org). You can also email [patrick@aol.com](mailto:patrick@aol.com) or call 450-7736.

## FOR THE BIRDS

by Simon Thompson

### Barn Owls



**A fairly good population of these birds still exists in certain parts of the Carolinas, with small numbers of this highly distinctive owl even found here in both Polk and Henderson Counties.**

The barn owl is one of the few birds found throughout the world, in both tropical and temperate regions. Within this wide range the barn owl has had a long history of relationships with humans. In England, barn owls have long been associated with churchyards, and it is not uncommon to still have these ghostly birds breeding in church steeples there. In the Netherlands these valuable birds are encouraged to nest in farms and orchards to help keep the rodent population under control.

Despite this ancient connection with man, the barn owl is declining within the United States and worldwide. Much of this is connected with the removal of dead trees, old barns and other suitable nesting sites. However, a fairly good

population of these birds still exists in certain parts of the Carolinas, with small numbers of this highly distinctive owl even found here in both Polk and Henderson Counties, as well as other areas, although their current stronghold may be the old cotton-growing areas of the state.

Barn owls are large birds, about 15-20 inches in height, and are a golden honey-brown in coloration. They have a distinctive heart-shaped face of white feathers, and this feature has given rise to their colloquial name of monkey-faced owl. They also have dark eyes and possess no ear tufts. It is the sudden sighting of this large pale owl in one's car headlights that has given rise to the many reports of snowy owls both here in the Carolinas and probably throughout the country. Snowies are very rare indeed here in the South and unlikely in any forested area, as those large birds are creatures of open tundra and seashore.

As well as nesting in natural cavities such as dead trees and caves, barn owls have been found to nest in many man-made structures such as barns, silos, church towers, warehouses and even under bridges and in cement mixers. In other parts of the world barn owls

may utilize cavities in volcanic lava tubes and wells. No true nests are built; one to 10 eggs are laid directly onto the floor of the chosen nest site.

If conditions are favorable, nest sites will be used for years, and the immediate surrounds of the nest may become littered with the bones and other remains of prey. Most food consists of small rodents such as voles, mice and other small mammals. It is these small packages that we call "owl pellets," and these remnants of the owls' latest meals have become popular science projects in many schools.

The young owls are born without feathers and are covered with patches of white down. With the food brought

by the adults, these youngsters grow rapidly and leave the nest after about 10 weeks. The birds may then travel hundreds of miles from their birthplace and disperse around the country.

Barn owls, like all other owls and birds of prey, are protected by law, and with adequate knowledge and protection of their nest sites, we can be assured of their useful presence for many years to come.

*Simon Thompson has lived in WNC for the past 20 years. He owns and operates his own birding tour company, Ventures Birding Tours ([birdventures.com](http://birdventures.com)). If you have birding questions, please drop him an e-mail at [theabove@birdventures.com](mailto:theabove@birdventures.com).*

## ADOPT ME!

### Charlie's Angels Animal Rescue

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



#### Allan

This is Allan, a 2-year old Min Pin who is a little timid but once you are around him he is a love bug.

#### Don

This handsome boy came to Charlie's Angels heartworm positive and anxious around men, but thanks to excellent care and dedicated male volunteers, he has overcome his fears and turned into a wonderful boy, active and strong, and a great addition to a family with older children.



### Brother Wolf Animal Rescue

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



#### Ashira

Ashira is a beautiful, 6 month old tuxedo girl. Come meet her in the Cat Room at the Brother Wolf Adoption Center today, or email [cats@bwar.org](mailto:cats@bwar.org) to learn more.

#### Little Man

Little Man is 4 years old and 11 pounds and can be a bit timid. He is great with adults and school-aged kids, but can be nervous around younger kids. He is good with dogs, cats, ducks, and chickens. He is crate trained and mostly house trained. Contact Angie at [angieelmofrog@yahoo.com](mailto:angieelmofrog@yahoo.com).



#### Loki and Dexter

These ferrets bonded like brothers, are great with kids and have been around cats and a dog. They are litter box trained and super-sweet. Their fee will be two-for-one. Email [phoenixuplifted@msn.com](mailto:phoenixuplifted@msn.com).



### Animal Haven of Asheville

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

#### 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.



#### Nugget

I'm a Beagle mix, neutered male, 1-2 years old, and love to follow my nose. I would be a great hiking dog for you. I am good friends with Foxy at Craggy Correctional Center where the inmates are teaching me neat stuff, too.



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FINANCIAL FOCUS.....by Stephen Herbert

What You Should Know About Establishing a Trust



You don't have to be a CEO or multimillionaire to benefit from a trust. In fact, many people gain advantages from establishing one — so it may be useful to learn something about this common estate-planning tool.

Why would you want a trust? For one thing, if you have highly specific wishes on how and when you want your estate to be distributed among your heirs, then a trust could be appropriate. Also, you might be interested in setting up a trust if you'd like to avoid the sometimes time-consuming, usually expensive and always public process of probate. Some types of trusts may also help protect your estate from lawsuits and creditors. Currently, only a small percentage of Americans will be subject to estate taxes, but estate tax laws are often in flux, so things may be different in the future — and a properly designed trust could help minimize these taxes.

If you decide that a trust might be right for you, you should work with an experienced estate-planning attorney. Trusts can be highly effective estate-planning vehicles, but they can also be complex and varied — so you'll want to make sure you understand what's involved. One important decision will be to choose a trustee. The trustee is legally bound to manage the trust's assets in the best interests of your beneficiaries, so your choice of trustee is extremely important. Your first impulse might be to select a family member, but before doing so, consider these questions:

- Does he or she have the experience and knowledge to manage your financial affairs competently?
- When called upon to make a decision that may affect other family members, will your prospective trustee act in a fair and unbiased manner?
- Will naming a family member as trustee create a strain within the family?
- Does your prospective trustee have enough time to manage your trust? Does he or she even want this responsibility?
- Do you have other family members who are willing to serve as trustee if your chosen trustee cannot do so?

This last question leads to another key aspect of establishing a trust — specifically, you can name a “co-trustee” to help manage the trust, and also a “successor trustee” who can take over if the person named initially fails or refuses to act in the capacity of trustee. Again, you will want to put considerable thought into whom you ask to take these roles. And you don't have to stick with individuals, either — you can decide to ask a financial institution to serve as trustee.

By hiring such an institution, you will gain its objectivity and expertise, but you still need to ask many questions about costs, services provided, and so on. Finally, as you develop your plans for a trust, consider communicating your wishes and ideas to your family and anyone else who may be beneficiaries of your estate. When family members don't know what to expect, disappointment and frustration can follow. If you know your loved ones are on board with your estate plans, you may feel even more comfortable in putting these plans in place.

*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.*

BUSINESS.....

Keiffer's Subs

Keith Tagner, who many will remember as part of the Tagner family who owned Keiffer's Deli in Reynolds, opened Keiffer's Subs last April. Keith's parents, Alan and Barbara Tagner, retired (from ownership) but still help cook at Keith's new restaurant. The sub shop is located in



Cane Creek Station in Fletcher. As many will also recall, Keiffer's Deli had excellent quality food. The same can be said about Keiffer's Subs. All of the meats are premium grade and most food items are homemade. Bread is baked fresh daily, marinara sauce is homemade, as are the meatballs, salad and made-to-order hamburgers.

While the atmosphere is very much the same as in the old place — friendly, warm, community-connected — the proximity to working farms attracts a lot of hard-work-



ing farm workers and owners who are in need of a hearty lunch to fuel their bodies. Hamburgers and cheeseburgers go all day long, along with Reubens, steak and cheese, meatball and other Italian subs.

Keith continues to tweak the menu to satisfy customers who came from Keiffer's Deli as well as new ones discovering Keiffer's Subs.

Visitors to their website will find it not quite up to date, but the message remains current: “Keiffer's Subs holds the values of good food at good prices with an inviting (and interesting) atmosphere!”

Speaking of the atmosphere, Cane Creek Station owner Ghazi Elrehayel's warmth, energy and spirituality mesh so perfectly with Keith's personal style that the two have formed a great partnership and friendship.

Keiffer's Subs is open 11–3, Monday – Friday, and 11–2 on Saturday, and is located at 1538 Cane Creek Road in Fletcher, 772-0568 and [keiffers-subs.com](http://keiffers-subs.com).

Fairview Residents Launch Sleep Mask Company

As mothers, Terri Hetzel and Susan Kitson know how important a good night's sleep is, but they struggled to find a sleep mask that was attractive and well designed. Months of designing, redesigning and testing resulted in a stylish, comfortable and light-blocking sleep mask. The new company, called SleepSwag,



offers many different fabric designs and colors to appeal to both men and women.

“We are passionate about sleep and our product reflects it,” says Kitson.

“Research shows that sleep masks have been effective in elevating melatonin, a sleep hormone, and may increase REM sleep, thus providing a better night's sleep,” says Hetzel, a former medical researcher.

Supporting their local community has always been important to them, and they will donate 10% of their total sales for the month of January to MANNA Food Bank. They have also made a conscious effort to keep high environmentally/socially conscious standards in both their manufacturing and shipping practice.

To purchase or for additional information visit [sleepswag.com](http://sleepswag.com).

STOCK TALK.....by Doug English, CFP

Market and Economic Outlook: Embrace the Routine in 2016



A key to success, in life and investing, is juggling the familiarity and wisdom of old routines with the adjustments demanded by an ever-evolving world. For 2016, we expect a return to routine for some key areas of the economy and market, but by a path that may catch some investors unprepared — the changing landscape may include the start of Federal Reserve rate hikes, a maturing economic cycle and the 2016 elections. Some of LPL Research's expectations for 2016 include the following.

**U.S. economic growth of 2.5 – 3%**

The mix of that growth may look different than in 2015, with manufacturing, business capital spending, and net exports taking larger roles. Labor markets are almost back to long-term expectations, and inflation may be poised to accelerate. An extraordinary extended period of loose monetary policy in the United States should start to normalize.

Our forecast for GDP growth of between 2.5 – 3% is based on the historical mid-cycle growth rate of the last 50 years. Economic growth is affected by changes to inputs such as business and consumer spending, housing, net exports, capital investments, and government spending.

**Mid-single-digit returns for S&P 500\***

Stocks, we believe, will not collapse, as many think, or soar, as many hope, but may offer near historical routine returns. Earnings may start to normalize, and oil markets should find their equilibrium.

International markets may re-emerge as a more viable investing opportunity. But we are still in the second half of the economic cycle, and investors need to be vigilant about monitoring pockets of volatility and potential signs of an economic downturn.

**Limited returns for bonds**

The year as a whole may look similar to 2015, with bond prices facing the challenges of high valuations, steady economic growth, and the prospect of interest rate hikes. Still, bonds play a vital role in investors' portfolios to help with risk mitigation and diversification.

By embracing new routines, investors will be able to focus on what matters most to markets, block out short-term distractions that will quickly fade, and seek to make progress toward long-term financial goals. For more details about our 2016 Market and Economic Outlook, visit [ACT-Advisors.com/seminars](http://ACT-Advisors.com/seminars).

*Doug English is a CERTIFIED FINANCIAL PLANNER™ practitioner with ACT Advisors. His Asheville office is located at 37 Haywood St., Ste. 200, Asheville 28801.*

*The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual security.*

*\*Historically since WWII, the average annual gain on stocks has been 7 – 9%. Thus, our forecast is in line with average stock market growth. We forecast a mid-single-digit gain, including dividends, for U.S. stocks in 2016 as measured by the S&P 500. This gain is derived from earnings per share (EPS) for S&P 500 companies assuming mid- to high-single-digit earnings gains, and a largely stable price-to-earnings ratio (PE). Earnings gains are supported by our expectation of improved global economic growth and stable profit margins in 2016.*

NOVEMBER FAIRVIEW REAL ESTATE STATISTICS				
		High \$	Low \$	Avg \$
Houses listed	11	550,000	151,000	312,902
Houses sold	11	970,000	146,000	449,988
Land listed	4	450,000	45,000	156,500
Land sold	0	n/a	n/a	n/a

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). They have recently relocated to their own building at 771 Charlotte Highway in Fairview. If you have questions concerning real estate in our community, email Jenny Brunet at [coolmntn1@gmail.com](mailto:coolmntn1@gmail.com) or call 628-3088.

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RALEIGH REPORT

by John Ager, District 115 North Carolina House of Representatives



Since the New Year is upon us once again, I would like to ponder the future. When I was a boy in the 1950s, we expected to be flying around with jet packs by now. Atomic energy would create electricity too cheap to meter. But I must say, I have no complaints about how much technology has changed the world in my lifetime. I can still remember my old phone number, CE 4324, and the clunky telephone that we leased from the phone company. When we called my grandmother on Christmas Day, it was a nerve-racking experience because every second cost money. My siblings and I lined up for a very quick “Merry Christmas” and “thank you for the fabulous present.”

One of the primary functions of government is to manage change, especially new technology. We passed legislation regulating drones during the long session, for example, along with some laws concerning reining in bad behavior on cell phones. (It has just been announced that the Feds are going to register all drones over half a pound. Merry Christmas and fill out the form!) Think of the long history of trying to manage the automobile: all the licensing, registration, highway patrols, and speed limits.

Talking about the future is often an exercise in imagining a utopia. While technology changes, it is still the imperfect and sometimes malevolent human beings who are using the stuff. But what are some of the game changers in our future?

Talking about automobiles, self-driving cars seem more and more likely, and they could be a great boon in convenience and saving money. And maybe they will take me places when my sons come to me with the “Dad, it’s time to turn over the keys” confrontation. By 2020, there will be 100 million cars on the planet. And these cars are parked 95% of the time, unused. If we can summon a car with our phones, pay the mileage fee, and not have to own a vehicle, that could be a great help for the family finances. A Morgan Stanley analyst has estimated that autonomous cars could save the US economy \$1.3 trillion, and \$5.6 trillion worldwide.

There would also be self-driving buses, vans and trucks. Urban transportation may well change forever. And in theory, autonomous vehicles will be safer than human-driven ones. But we will all need to be convinced of that before we let them loose. Will better utilization of cars reduce the demand for them? Will spaces allotted to parking areas be freed up for better uses? Will there be an effect on traffic counts? Will the technology kill truck and bus driving jobs?

Other modes of transportation are being affected by technology. Europe, China, Japan and even Russia have developed high-speed trains while the U.S. has been lagging. I recently toured

I recently toured the GE plant in Asheville, where a small ceramic piece inserted into a jet engine will allow that engine to burn at a higher temperature, increasing the fuel to thrust ratio by 1%. That enhancement will save a lot of jet fuel.

the GE plant in Asheville, where a small ceramic piece inserted into a jet engine will allow that engine to burn fuel at a higher temperature, increasing the fuel to thrust ratio by 1%. That enhancement will save a lot of jet fuel. Upgraded air traffic control will allow for better utilization of take-off and landing slots at our airports. Freight trains are already upgrading their infrastructure to increase capacity and allow more truck trailers to be carried across the continents.

One of the great innovators of our time is Elon Musk of Tesla. He has already promised us a battery we can install in our home that will store solar electricity from our roof and severely reduce our dependence on the electrical grid. Now he is working on something called Hyperloop Alpha, a “fifth mode” of transportation that sounds like science fiction (see “The Race to Create Elon Musk’s Hyperloop Heats Up,” *The Wall Street Journal*, November 30, 2015). Musk was inspired to think beyond the normal when he became upset with the high cost of the California high-speed rail project.

Here is the vision: You board an engineless pod the size of a bus that accelerates to 760 mph. This speed is possible because of the near-vacuum inside of the pod’s tube. (I am thinking about

those pneumatic tubes they still use at our drive-up bank window in Fairview.) The trip from Los Angeles to San Francisco would take half an hour. However, one of the difficulties of our innovation age is picking and paying for a system that can become outdated by the next great thing.

Musk has his worries too about our tech future. The *Washington Post* had a December 4, 2015 article that began, “Elon Musk and other big tech names [Steve Wozniak, Bill Gates and Stephen Hawking] are worried that humanity will develop artificial intelligence so smart it becomes a threat to humanity itself — think self-aware killer robots that realize their best course of action is to wipe out mankind.” Or think about robot terrorists. A non-profit company has been set up with \$1 billion to protect us all from these terminators.

Forgive me, but I live in a 200-year-old house on a farm in the mountains, and the 1800s are sounding better all the time.

Happy New Year to Fairview and beyond!

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COMPUTER BYTES

by Bill Scobie

Space, Security and Saving Sites



**More Room, Please**

It is important to monitor and cap data usage in Windows 10 if you use a cellular hotspot to connect to the Internet. Click the Windows logo button, then Settings, Network & Internet, Wi-Fi, Advanced Options and slide “Set as metered connection” to the On side. This way large updates and apps won’t download. Then, set Windows Updates to share updates out over your local network (important if you have multiple Windows 10 computers using that hotspot) by going to Settings, Update & Security, Windows Update, Advanced Options, Choose how updates are delivered, and set the slider to On and make sure that you are sending updates to “PCs on my local network.” If you have a laptop that you can take to someone else’s network and use their shared Internet connection, check for Microsoft updates by going to Settings, Update & Security, Windows Update and click on Check for updates to force Windows 10 to check and download updates right then.

Windows 10 and its latest big November update leaves its 24 GB installer lying around — that’s a hefty amount of data for those with small solid state hard drives. Disk Cleanup can find and let you delete that system updater. The only downside is that after removing it, you cannot go back to the earlier version of Windows 10. Click the Windows icon, All apps, scroll to Windows Administrative

**Twice the Security**

Make Amazon, Gmail, and other on-line accounts safer with two-factor authentication. If you have a cell phone with you all the time and free incoming texts, you should turn on this extra layer of security, in effect giving you two passwords: your regular one and then a one-time or temporary password that is texted to you to enter as a second password. Once you get used to it, you drastically decrease the chance of someone breaking into your account by guessing your password. More and more sites are making two-factor authentication available; look into how to set it up with your preferred sites.

**Wrap Up the Ingredients**

A new site, [tacoapp.com](http://tacoapp.com), can help you create your own custom task list as a web page by pulling together different services and sites, like Yahoo, Google, Evernote, Salesforce, Todoist, Trello and more, and present them in one list that you can manage and reorganize.

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

ON THE ROAD

NEW ZEALAND



Helen Charbonneau and grandson Garrett Verdino checking out a Fairview Town Crier story about moss spiders, on November 19 in Milford Sound, Fiordland National Park, New Zealand.

JUST PERSONAL



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Girl Scouts Volunteers Needed

Girl Scouts Carolinas has opportunities for volunteers who are committed to helping girls develop courage, confidence and character. The two go hand in hand — without the adult leaders, there is no Girl Scouting. For an hour, a day, a weekend or more, in long-term or short-term roles, opportunities exist to fit everyone's schedule. There is especially a need for troops able to meet in the evening or on weekends to fit the schedules of working families. No previous Girl Scout experience is necessary. Girl Scout staff and experienced volunteers provide accessible, practical courses that make every volunteer's time and efforts more efficient and successful. Volunteers must be at least 18 years of age or older, be positive role models, and must become members of the Girl Scouts for \$15 per year. Volunteers can lead troops, volunteer with events, serve on committees or help at camp. Visit [girlscoutsp2p.org](http://girlscoutsp2p.org) for more information or contact local membership manager Gabby Triplett at 252-4442 or [gtriplett@girlscoutsp2p.org](mailto:gtriplett@girlscoutsp2p.org).

Linus Project seeks Blanketeers

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 our local chapter has distributed over 56,000 handmade blankets to 12 counties in WNC, and there is still a need for additional blankets. If interested contact Ellen Knoefel, chapter coordinator, at 645-8800.

Free Tutoring Program

A retired teacher will help with Basic Literacy skills at the Fairview Library. Specifically for teens and adults. Contact Ellen at [starkman53@gmail.com](mailto:starkman53@gmail.com) or 305-724-4214.

Hayden Owenby Gets Into Giving

Word has reached the *Crier* of an admirable young man who has made giving an important part of his life. Hayden Owenby at 8 years old is one of a growing number of home-schooled children, and in the month of December his parents focused his lessons on kindness and giving back. "We found out about a family with six kids who would not have much for Christmas this year," said his mother Megan, "and Hayden, by himself, filled a storage tote full of his own toys to donate to this family. That's when we decided to do lessons on kindness and how he can do so much more to give back to the community." These lessons led to paying for breakfast for the next person in line at McDonald's, to Hayden writing a thank-you card to a man in the U.S. Army, and even to helping his dad make lanterns for the Fairview craft sale. Hayden got to keep any money earned from selling the lanterns; he made \$28, "but then," said Megan, "he turned right around and bought his entire family, all the way down to the cousins, Christmas gifts that same day at the craft sale. He didn't get himself anything!" But he wasn't nearly done. On his own he decided he wanted to help more kids. He and his parents searched the internet for places to donate and decided on Toys For Tots. Hayden set a goal of collecting 100 toys to donate, and together he and his mom made flyers to post around town and got in touch with Ruth Holbert, who encouraged him and helped find a donation site. Hayden made his donation on a live broadcast on 99.9 Kiss Country.

Megan added, "Hayden collected close to 50 new toys; he did not reach his goal, but he is so proud to have helped so many kids this year — so much so, he asked if we could start collecting for next year! I cannot express just how proud his dad and I are! He has changed our lives since the very beginning. We have heard all month what a wonderful job we have done raising him. But I think he is really raising us in a sense, teaching us daily the joys of life, kindness, to give to those in need, and to love everyone no matter what because that's what God tells us to do."



Hayden donating his toys, along with his mom Megan and Eddie Fox of 99.9 Kiss Country.

True to his nature, Hayden would like to thank all those who donated to this cause, the servicemen who made this foundation possible, his family who encourage him daily, and his church family who have helped his parents instill in him a giving and loving heart.



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Wednesday Evening	7:00



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Fairview, NC 28730  
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Pastor: Todd Royal

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JUST PERSONAL

Linda Jean (Shultz) Nottingham, 1959–2015

From *Crier* Editor Sandie Rhodes:  
*Linda Nottingham was first my friend in Fairview and then worked for the Town Crier for a time. She was a fair but discerning critic of movies and books and wrote several reviews for the paper. I also enjoyed a few lively discussions with her at the Fairview Library book club meetings. She was a wonderful writer who brought such humor, wit and clarity to her articles that they were a joy to read. And she was a JOY to know for all who were lucky enough to have her pass through their lives. A strong but extremely caring wonderful woman; we will all miss her.*  
*The following is a lovely tribute written by Linda's sister Mary Domes for her memorial service in Wisconsin, and given to the Crier by Bill Nottingham to share with all of us who loved her, too.*



Linda Nottingham was born in Rockford, Illinois to Roberta and Robert Shultz. Since that day, every day, she brought laughter, love, and courage to everyone's life she touched. Linda attended schools in Freeport as well as Oregon and Madison, Wisconsin. In 1987, she met and fell in love with William Nottingham of Milton. They were married in Milton in May 1989 during a lovely spring snowfall. Linda and Bill built homes in Richfield and Coloma, Wisconsin, where their love endured many Wisconsin winters. In 2001, Bill built a castle for them in St. Kitts in the West Indies where they enjoyed sun and sandy beaches. Linda's leadership at the Children's Home on the island resulted in many children feeling loved and cared for the first time in their lives. After ten years in St. Kitts, the still newlyweds moved back to the States and settled in North Carolina. Since 2007, they battled Linda's breast cancer; she got better but she had to bravely battle cancer again until her passing on November 17th. Linda's legacy will be that of being the best wife and sister in the world, nurturing exceptional chil-

dren, rescuing and loving her amazing dogs, dancing to all of life's music, and leaving this world a much better place through her love of writing. She cannot be missed more. Linda will forever be loved by her knight-in-shining-armor husband, Bill; her brother Michael (Shelly) Shultz, sister Laura Edwards, and sister Mary (Barry) Domes. Linda is also survived by loving aunts, un-

cles, cousins, nephews, nieces, and those who adopted her as part of their own special family. Linda is preceded in death by her parents and her sister, Cecilia, and brother-in-law, Horace Edwards. Please consider a memorial donation to Linda's favorite charities: St. Jude's Children's Hospital and Brother Wolf Animal Rescue.



Above left, Linda as we all knew her here in Fairview. Above, Linda in St. Kitts ten years ago. The dog in the picture, Otis, is now ten years old. Linda worked at the St. Kitts Children's Home, which had a dog named Mama Sheila. Linda tried to have her spayed but the practice wasn't widely accepted in St. Kitts at the time, so Mama Sheila had a litter of ten puppies. But Linda was ready and found homes for nine of the puppies, and she and Bill kept Otis (named for Otis Redding, since Linda and Bill were avid music lovers).

Fred Angelo Cerrato, 1947–2015



Fred enjoying the open sea he loved so much.

Fred Angelo Cerrato, age 68, passed away on December 23 after an extended illness. Fred was born in Newark, New Jersey on May 12, 1947 to Philomena and Fiore Cerrato of Irving Street. Fred served 27 months in Vietnam as a Staff Sergeant in the Marines and was proud to live his life as a Marine. Fred lived his early life in New Jersey. After the war, he became a Contractor, then developed his hobby and passion into Fiore C. Farms in Flemington, New Jersey, an equestrian training center for trotters and pacers. After moving to Asheville in 1985 and building several homes in Arden, he became involved in the restaurant business, opening Bosco's Italian Eatery in Arden in 1980. In 2000, he opened Cottonwood Cafe downtown, which later became Fiore's. And he continued to run his Arden location, named Fred's Speakeasy and Kitchen, until 2013. He is survived by his wife, Kela Cannon Cerrato; sons, Philip Cerrato, Anthony Cerrato, Fred Cerrato, Jesse Cerrato, and daughter Marie Cerrato Lewiki; and 4 grandchildren, Gabriel Cerrato, Jami Cerrato, Jessica Cerrato, and Savanna Lewiki. He is also survived by two sisters, Deborah Cerrato and JoAnn Harrington of Tinton Falls, New Jersey. He will be dearly missed by those who loved him, none of whom doubt that he will continue to watch over them in the days to come. A Celebration of Life service was held December 29th at the historic St. Lawrence Basilica in downtown Asheville.



Kela and Fred's wedding — an eternal love.





Looking back at 2015, it was quite a year for us in terms of precipitation. The first six months of the year we received just 19 inches of precipitation. However, the situation turned itself around and we made up our precipitation deficit in spades. In fact, November was the wettest November ever on record, with about 7 to 8 inches of rain across the Fairview area. The official precipitation recorded at the Asheville Airport was 7.82 inches, which broke the old record of 7.76 set in November 1979. Most places in the Fairview area will end up with 55 to 60 inches of rain for the year—which is roughly about 3 to 5 inches above the long-term norm, depending on where you live. In terms of temperature, preliminary data shows the area’s average annual temperature for 2015 to be running about 1.5 degrees F above normal. El Niño brings moisture into our area from the south and east. This pattern also keeps the jet stream, the current of air about 18,000 feet above our heads, in mainly a west to east pattern and more

Pacific in origin. This westerly flow has been persistent and tends to block any prolonged or sustained northwesterly flow of air from central Canada and the Arctic regions. This generally has meant above-average temperatures — and lower heating bills. In a La Niña pattern, the southeast parts of the United States tend to be cooler and drier. The intricate relationship between the oceans and the atmosphere is most evident in the eastern Pacific. The ocean’s surface cools and warms cyclically in response to the strength of the trade winds in the region. This in turn changes the ocean temperatures, tending to drive atmospheric weather and rainfall patterns. There is some evidence of our current strong El Niño evolving into a La Niña pattern over the next 6 to 12 months; this is called a “teleconnection,” which is a recurring and persistent large-scale pattern of pressure and circulation anomalies that spans vast geographical areas. Although these patterns typically last for several weeks to several months, they can sometimes be prominent for several consecutive years.

One such teleconnection is called the Pacific/North American Pattern (PNA), and it is one of the most recognized, influential climate patterns in the Northern Hemisphere. The positive phase correlates to a warm pattern over the western US and cold over the east. The net result of this phase is that it forces cold air residing in Canada to plunge southeastward, which results in below-normal temperatures over the eastern US and above-normal temperatures over the western US. The negative phase correlates to the opposite: cold over the western US and warmth over the east. There are also additional teleconnections that meteorologists/climatologists follow to predict large-scale global weather patterns. The State Climate Office of North Carolina has an excellent web page on the subject as well as El Niño and La Niña at [climate.ncsu.edu/climate/patterns](http://climate.ncsu.edu/climate/patterns). In terms of the rest of the winter, I haven’t given up on snow or cold temperatures. The best is yet to come. Historically, based on past data, we almost always get several bouts of cold and usually snowy weather. We will probably have our usual periods of cold and snow but also periods of milder temperatures and some rain. However, winter is usually a visitor here; it is quite unusual not to get periodic milder breaks in the weather even in the dead of winter.

Meteorologist Tom Ross managed NOAA’s Climate Database Modernization Program and was involved in educational and community outreach during his 25-year

### JANUARY’S TRIVIA QUESTION

*What is “cold air damming” and how does it bring freezing rain and ice storms to our area?*

Cold air damming (CAD) occurs when a shallow layer of cold air becomes trapped at the surface, with warmer air residing just above it. The Appalachian Mountains provide a barrier that prevents the cold air from leaving, and allows it to dam up against them. Combine that with the fact that cold air is denser than warm air, thus preventing it from rising, and the shallow cold air becomes trapped. When cold air damming works in tandem with a storm system that transports moisture into the cold air in place over NC, wintry precipitation occurs. Depending on how deep the layer of cold air is, the precipitation can fall as snow, sleet, freezing rain, or just a cold rain.

### FEBRUARY’S TRIVIA QUESTION

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

career at the National Climatic Data Center (NCDC) in Asheville. He was a senior weather forecaster at Accu Weather in Pennsylvania. Tom currently teaches classes on weather and climate at various venues in Western North Carolina.



# TIME TO RENEW

## Membership Renewal

If you haven’t renewed your membership, now is the time. Members will be sent one more reminder before being removed from website. **Deadline to renew is January 15. Log into our website and renew, mail check for \$60** (see yellow box below) **or drop off at Town Crier office 24/7 (use drop slot in window).**

## Welcome New Members

- Justin & Abby Bell of *Piazza Wood Fired Oven*
- Nina Kis of *Keller Williams Realty*

## FBA Holiday Party

Our annual party on Monday, December 7 was a great time. About 100 members and guests enjoyed a fantastic buffet catered by The Local Joint and Moose Ridge Catering, a splendid dessert table

baked by Lacey Pelly, great listening and dancing music by Chris Rhodes, more door prizes than could be listed all donated by our members, and all in the cool new event space at Highland Brewing. If you missed it, be sure to make it next year. It was fun and we did some good... members brought donations for Food For Fairview and all of the leftover food was donated to The Welcome Table.

## January Member Meeting

January’s meeting will be a lunch meeting so if you have trouble making the evening meetings, now’s your chance to connect. The meeting will be Monday, January 11, 11:30-1 pm at Subway in the Eastwood Village Shopping Center. Start the new year right by taking an hour and a half to meet and greet and promote your business.



Have a Prosperous New Year!

Interested in Joining?  
Join at [FairviewBusiness.com](http://FairviewBusiness.com) or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730. Or join at the Town Crier office, 1185F Charlotte Hwy, M-F, 1–5 pm. FBA Voicemail – 585-7414

# KEEP IT LOCAL with 120 FBA Members

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Bottomline Accounting .....	280-4209	Ray's Landscapes .....	628-3309
Perry A. James, CPA, PC .....	628-2000	The Garden Spot .....	691-0164
Kledis & Company, Inc. ....	258-9616	<b>Marketing   Promotion   Printing</b>	
<b>Artists/Artisans</b>		Delia Design .....	279-8412
Appalachian Designs .....	628-9994	PostNet of Central Asheville .....	298-1211
Silverpoem Studio (Lynn Stanley) .....	782-7984	Re.Solutions .....	628-1422
<b>Auto/Truck Sales</b>		<b>Markets   Farm Stores   CSAs</b>	
High Country Truck & Van.....	222-2308	Cane Creek Asparagus & Co.....	628-1601
<b>Banks &amp; Financial Planning</b>		Flying Cloud Farm.....	768-3348
Asheville Savings Bank.....	250-7061	Hickory Nut Gap Farm .....	628-1027
Edward Jones .....	628-1546	Silas' Produce .....	691-9663
First Citizens Bank .....	628-1534	Trout Lily Deli & Cafe .....	628-0402
Paradigm Shift Trading .....	628-3889	Troyer's Amish Blatz .....	280-2381
Security 1 Lending .....	707-3493	<b>Medical Services</b>	
<b>Building/Maintenance Services</b>		Apex Brain Center .....	681-0350
AA Diamond Tile .....	450-3900	Fairview Chiropractic Center .....	628-7800
All Seasons Heating & AC .....	651-9998	Park Ridge Health South Asheville .....	681-5327
Aqua Pump Services .....	450-3900	Riskin, Ted LCSW .....	338-5020
Asheville Stone .....	628-ROCK	Skyland Family Rehab Center .....	277-5763
Balken Roofing .....	628-0390	Western Carolina Physical Therapy ....	298-0492
Cane Creek Concrete .....	230-3022	<b>Monuments</b>	
Control Specialties .....	628-4323	Martin Monuments .....	298-2
Daylight Asheville .....	778-0279	<b>Music Bookings</b>	
Deck Doctor .....	231-5883	Musicalou Productions .....	459-5385
Sugar Hollow Solar .....	776-9161	<b>Newspaper</b>	
<b>Business Services</b>		Fairview Town Crier.....	628-2211
An Extraordinary Writer.....	490-4455	<b>Non-profits</b>	
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Progressive Profit .....	628-9021	Food for Fairview .....	628-4322
<b>Cleaning Services</b>		The Lord's Acre Hunger Garden .....	628-3688
Cinderella Cleaning Service .....	713-2798	<b>Pest Removal</b>	
Rainbow International .....	333-6996	Bugtec LLC .....	777-1577
Steam Master Carpet & Upholstery Cleaners .....	628-9495	<b>Pet Services &amp; Supplies</b>	
<b>Computer Services</b>		Elena the Groomer .....	628-4375
Scobie.Net.....	628-2354	Fairview Kennels .....	628-1997
MacWorks .....	777-8639	Little Friends Pet Sitting .....	808-4350
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Appalachian Log Homes .....	628-3085	Woof in the Woods .....	222-2222
Bee Ridge Electric.....	777-4676	<b>Pharmacy</b>	
Bostic Builders .....	606-6122	Americare Pharmacy .....	628-3121
Cool Mountain Construction .....	778-2742	<b>Photographers</b>	
Green Acres Eco Community .....	681-0851	Lynniepics .....	727-743-5378
Moose Ridge Design & Const.....	777-6466	<b>Property Management/Pet Sitting</b>	
Vintage Remodeling .....	628-1988	Rent-a-Home of Asheville .....	676-6764
<b>Eyecare Center</b>		<b>Real Estate Sales</b>	
Visual Eyes Optometric .....	628-6700	Allen-Burton Team, Cool Mountain .....	329-8400
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Lifestyle Properties, Wendy Powers ..	450-1716	<b>Equipment Rental &amp; Repair Services</b>	
Advanced Edu. Tutoring Center.....	628-2232	Carolina Equipment Rental .....	628-3004
Fairview Preschool .....	338-2073	Ed's Small Engine Repair .....	778-0496
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Karakido Martial Arts .....	712-1288	<b>Home Inspections</b>	
<b>House Rentals – Short Term/Vacation</b>		Mountain Home Inspections .....	713-9071
Cabin in Asheville .....	348-5488	<b>Jewelry Making</b>	
Cloud 9 Relaxation Home .....	628-1758	Lumber & Logs .....	242-2874
Greybeard Rentals .....	669-1072	Sunrise Sawmill .....	277-0120
Sabél Apartments .....	232-1042	<b>Insurance</b>	
The Cove at Fairview .....	628-4967	Financially Compete .....	230-8168
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Beam's Lawn & Landscape .....	778-4282	Prime Time Solutions .....	628-3889
Fairview Landscaping .....	628-4080	Stovall Financial Group .....	275-3608
		Tammy Murphy Agency .....	299-4522
		Trout Insurance .....	658-1472
		<b>Landscaping/Excavating/Nurseries</b>	
		B&B Tree Service .....	778-1987
		Beam's Lawn & Landscape .....	778-4282
		Fairview Landscaping .....	628-4080

## Flying Cloud Farm

Happy New Year and thanks so much for all your support in 2015. We feel the community love! Now is the time to think about a Farm or Market CSA share for the 2016 season. Check out our website for details [www.flyingcloudfarm.net](http://www.flyingcloudfarm.net)

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**THE LORD'S ACRE**.....by Susan Sides

## A Better Word

A while back I began replacing the word "managing" with "investing" when it came to time. Instead of managing my time (which I'll admit has been a life-long struggle/obsession) I began thinking of the things I do as "investing my time." This simple change focuses on quality over quantity. Soon I began applying this to other things in my life, including food and health, and I began asking questions. Do I manage our food or invest in our food? Do I manage my health or invest in my health? In those two words lies a world of difference.

**To manage:** to have charge of; direct or administer; exert control over; regulate or limit to a desired end.

**To invest:** to spend or devote for fu-

ture advantage or benefit; to devote morally or psychologically as to a purpose; to purchase with the expectation of a benefit.

Because the food we eat affects all the major health risks including obesity, diabetes, cardiovascular diseases, certain cancers, osteoporosis, dental diseases, blood pressure, gastrointestinal health, vision and mood, we really are investing when we choose what we eat. We're investing for better for worse in our bodies, our communities, our planet and even our politics.

Growing up lower-middle class in the 50s and 60s, I learned to home in on finding the most amount of food for the least amount of money. That's how you



Picking corn at the Lord's Acre.

. by Susan Sides

## A Gift from Fairview Chiropractic

The Lord's Acre wants to thank Dr. Riley of Fairview Chiropractic Center for continually supporting our work of growing fresh, organic produce that we give to Food For Fairview (on the board of which he serves), The Fairview Welcome Table and The Fairview Share Market & Green Opportunities Kitchen Ready Program. He and his staff truly care that everyone in Fairview has access to fresh, healthy food.




## 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 public volunteer times, the SPROUTS program for children ages 3 - 8 and their parents, and any special volunteer needs.

Typical volunteer work includes hoeing, hand weeding, digging beds, planting seeds or starts, taking out old crops, harvesting and more.

## WILD EDIBLES..... by Roger Klingler

# Spicebush



Winter is firmly rooted in the beautiful mountain landscapes we dwell in, and life has slowed down as our energies turn towards a more inward, hibernatory life. I love the stark beauty of the mountains in winter; at this time of year, we each have an opportunity to see and experience the beauty of the naked forests as the magnificent trees reveal their exquisite branches so fully for us. The leaves that made the forest so lush and verdant are now being composted and woven back into the living matrix of life, sheltering the earth and providing vital nutrients for the wildflowers that will arise next spring.

A human being has to work much harder in winter to find wild edible and medicinal plants, but the good news is



in the same understory were a number of spicebush trees. Looking closely, one can see the tight little flower buds growing in the axils of the branches, buds that will burst open into tiny clusters of showy yellow flowers in the spring.

Spicebush, *Lindera Benzoin*, is a native, small, shrubby tree common in Western North Carolina. This tree loves moist thickets and is primarily an understory tree, growing to 15 feet in height. The leaves are alternate and the flowers emerge before the leaves appear. Eventually, the tree will be dotted with lovely, bright red berries; the leaves, berries and twigs are highly aromatic. Spicebush is an important edible and medicinal plant, and the easiest way to identify it in the winter is to break off a twig and smell the aromatic essence of this wonderful shrubby tree.

We had one of our monthly retreats recently, and as I was drawn to harvest a bunch of chickweed and winter wild mustards for our salad, I decided to clip a bundle of spicebush branches to make tea. It is one of the few teas that I actually boil for a few minutes and then let steep, but it is delightful and lemony with a strong spicy overtone, and is especially good when sweetened with honey and milk. In the 17th century, spicebush was used frequently as a tea and was said to provide a warming essence that would rejuvenate spirits after a long ocean voyage. The twigs were also used by the Cherokee and other Indian peoples to flavor roasted meat and game.

Years ago, when teaching young children about nature, I had a group of 4- and 5-year-olds in the forest. We had gathered spicebush branches and leaves, but we wouldn't tell them the real name, instead asking each child to

name the plant based on their senses. One young boy held up a spicebush leaf and said, "I name this plant the lemon candy tree!" It was perfect, and I have never forgotten his creative name for this treasured humble forest tree.

The young leaves, twigs and fruits are all edible. The leaves contain small amounts of camphor and can be used as an insect repellent. The dried and powdered fruit makes an excellent substitute for allspice in baking, and since the berries ripen during apple season, I have added a teaspoon of fresh crushed berries to make a delightful mix of apples, raisins and citrus. The bark is also aromatic and astringent, and has been used historically for the treatment of colds, dysentery and intestinal parasites. The oil from the berries has been used to treat bruises and rheumatism, and people often made an aromatic steam bath from the twigs to induce perspiration and break fevers while also easing aches and body. Spicebush was also used to treat typhoid fever in the past.

If you want to preserve the berries for future use throughout the winter, it is best to chop them up and freeze them, as they are so oily that they are difficult to dry properly. Some folks remove the seeds, but I have tended to use the whole berries as it's easier and the seeds are fine to eat.

Spicebush is an important food source for wildlife and the preferred food for two wonderful native creatures – the regal spicebush Swallowtail butterfly and the Prometheus silk moth. Swallowtail butterflies lay their eggs inside folded-over leaves, and since one or two generations of butterflies hatch each



year, it is a terrific plant for those of us who love these winged angels of the summer and create butterfly gardens to give them a helping hand in life.

Spicebush is a marvelous native tree that is well worth taking the time to become acquainted with. I never tire of taking a few leaves in spring or a small twig in winter and breathing in the sweet and savory, lemony essence of this forest treasure.

May your New Year be filled with peace and joy and may you all enjoy the soft, quiet beauty of winter in the mountains we call home. Home is where the heart is, and we are grateful that our hearts and lives are deeply rooted in the beautiful Blue Ridge!

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

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# The Fairview Town Crier

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

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

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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.

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### COLOR DISPLAY ADVERTISING RATES

Full Page Color	12X = \$330	6X = \$358	1X = \$385
Half Page Color	12X = \$214	6X = \$236	1X = \$253
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Weldon Way .....Pending in 24 days  
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Pisgah View Rd.....Pending in 21 days  
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Beech Spring Dr .....Pending in 5 days  
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