



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • APRIL 2016 • VOL. 20, No. 4 • FAIRVIEW, NC

Gardens of Fairview Tour is Growing!

by Jim Smith

The inaugural Gardens of Fairview Tour currently has eleven gardens which will be open to the public on **Saturday, June 4, 9:30 am-3 pm**. Tickets with maps and description of gardens will be available in May.

One garden with a special focus has just joined the tour: the Fairview Elementary School Garden.

"The Fairview Elementary School Garden was initiated by parents and faculty who wanted an outdoor learning environment to teach about nature, gardening, and healthy eating," PTA Garden Chair Rob Elliott explains.

"Half of the garden is dedicated to wildlife/pollinator habitat, and the other half is dedicated to edible crop gardening," Rob adds. "Currently we are working with BeeCity USA to revamp our pollinator garden."

"For the edible crop area, we are currently working to improve infrastructure to support classroom activities, includ-



ing a 3-bin compost system, raised beds, wheelchair accessible beds, cold frames, lesson board, and storage bins. Lastly, there is an indoor classroom that contains a professional grow-light table, worm farms and other indoor environmental education opportunities. The school garden is integrated into the Fairview Farmers Market throughout the summer to encourage kids in the community to try gardening at home."

All of the Tour's diverse and delightful gardens will provide an enjoyable and educational experience of the ways that gardens add beauty and sustenance to our lives.

The first sponsors of the Gardens of Fairview tour are Trout Lily Market, The Garden Spot and Hickory Nut Gap Farm Store.

For more information contact organizer Jim Smith at jimsmith1945@gmail.com.

YOUR COMMUNITY NEWSPAPER NEEDS YOUR SUPPORT!

This is the *Fairview Town Crier's* 20th year of publication. We are a not-for-profit, 501(3)c business. Our mission is to provide news to the community and support the various non-profit, churches, businesses, schools, etc. within this community. Our non-profit status allows us to mail at a discounted rate. This in turn means you get the newspaper FREE in your mailbox every month. We feel fairly confident that the majority of our readers enjoy receiving their local news and would be happy to contribute to its continued success. We also know that many of you may not realize we need your support. If you are reading this and enjoy the paper and appreciate the value of having a local community newspaper, we ask you to make a donation of whatever amount you feel is appropriate, and that you can comfortably afford. We have provided a donation form on page 31 for your convenience. Thank you, thank you, thank you. We would love to hear from you any time, with or without a donation.

An Invitation to Celebrate Henry Sales' 80th Birthday!

The family of Henry Sales invites the community to help celebrate his 80th birthday at a drop-in party on **Sunday, April 24 from 1-4:30 pm**, at the Pleasant Grove Baptist Church fellowship Hall, 455 Hollywood Road in Fairview. Daughter Teresa Sales-Anderson invites everyone to "join us for a great evening of celebrating the birthday of our father, grandfather, and friend!"



Help Our Kids Get to the Finals!



Help support your local Fairview Elementary Destination Imagination Teams who will be advancing to the Global Final Competition in Knoxville, TN at the end of May. Attending this STEAM event will be an educational experience of a lifetime! Here are a just a few of the fundraisers that are being planned in April:

Pancake Breakfast fundraiser to support the Fairview Elementary "Game Changers" Destination Imagination Team! This event will be held at the **Fairview Community Center from 8 am to 10 am, on Saturday, April 23**. Thank you to everyone for helping these amazing young people reach their fundraising goals! The cost will be \$5 per person advance tickets, \$6 per person at the door. Raffle tickets will be sold for special prizes! Support this team now by going to their "Go Fund Me" page: gofundme.com/FES-Game-Changers.

Fairview Elementary Destination Imagination **Spirit Night at Nachos and Beer!** Please support all FES Destination Imagination teams at Nachos and Beer Restaurant, located in Reynolds at 230 Charlotte Highway (across from Ingles). This event will take place **Thursday, April 14 from 5 pm until close**. A percentage of all sales will be donated to the teams.

In addition to these events, a **Community Yard Sale** is being planned for **Saturday, April 16**. Also, fun movie nights and doughnut sales are in the planning stages.

For more information about all upcoming events and to learn of other ways you can support these wonderful young people on their journey to the Global Final Competition, please visit their Facebook page at [Facebook.com/Fairview Elementary School Destination Imagination](https://www.facebook.com/FairviewElementarySchoolDestinationImagination).

Spring Cleaning... One Shirt at a Time

Spring is most definitely in the air and that means... it's time to clean the house, wash the windows and make the shift from cold to warm weather clothes. And as we're digging around in our closets and dresser drawers, most of us find ourselves weeding out items that no longer fit, that we haven't worn in years, or in the case of the ones that still have a price tag, that we just really don't like.

Goodwill of Northwest North Carolina is waiting with open arms to accept your donations (of all kinds) with the promise that they will be put to good use helping others. Goodwill uses the revenue from its retail store sales to fund programs for job seekers, including youth, seniors, veterans and military families, people with disabilities, and others with specialized needs. Literally, you can be assured that your old jeans, too-tight sweater, out-of-style shoes and most all items donated will be converted into job training, resume support, and other assistance to help get people into a self-sustaining employment situation.

You can even gauge the impact of the specific items you gather up to donate by using Goodwill's "impact" calculator on their corporate website: goodwill.org/locator. So those 5 pairs

of jeans, 4 T-shirts, 2 sweaters, and lumpy chair that no one ever wants to sit in, can be reborn into a helping hand. One other benefit of donating to Goodwill is you can be assured that your items will not end up in a landfill as Goodwill moves pieces not selling in a retail store to one of its outlet stores where everything is sold by the pound.

There are more than 100 Goodwill donation centers and drop off locations in northwest North Carolina, and almost 30 in Buncombe County alone; most are open 7 days a week. To locate a drop-off site or retail store, visit goodwillnwnc.org.

In 2015, Goodwill served more than 32,872 people. In Western North Carolina alone, over 6,000 people were provided training or support and over 1,200 were placed in gainful employment in diverse sectors such as hospitality, health care, technology and manufacturing.



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COMMUNITY EVENTS

APRIL 1–2, 8–9 (FRI & SAT)

“Pay as You Like” Theater

Montford Park Players has made all seats, both indoor and out, on a “Pay What You Like!” basis to make theater available to all. The 2016 season kicks off with two short plays about Shakespeare, Fridays–Saturdays 7:30 pm, Sundays 2:30 pm, through April 9 at the Asheville Masonic Temple, 80 Broadway. Visit montfordparkplayers.org.

APRIL 5 (TUESDAY)

Prostate Cancer Support Forum

Us TOO of WNC: a prostate cancer support forum for men, caregivers and family members, will meet at 7 pm at First Baptist Church of Asheville, 5 Oak Street. Free. For details, 273-7698 or wncprostate@gmail.com.

APRIL 7 (THURSDAY)

Embroiderer’s Guild Meeting

The Laurel Chapter of the Embroiderers’ Guild America will create favors for the EGA convention, 9:30 am–12 pm at Cummings United Methodist Church, Etowah. All welcome. Call Carol Foster 686-8298 or Janet Stewart 575-9195.

APRIL 7 (THURSDAY) CONT’D

Stenosis Class

Non-surgical therapy options; questions answered, handouts provided. 5:15–5:30 at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

APRIL 9 (SATURDAY)

Benefit Craft Fair at Reynolds VFD

A craft fair to support Human Trafficking Awareness will be held from 8 am–1 pm. Wireworks by Sherri, Thirty One Gifts, Mary Kay, woodcrafts, crocheted items and more, plus desserts and barbecue. All are invited to come support local artists for a good cause. For details call Alysa, 628-2526.

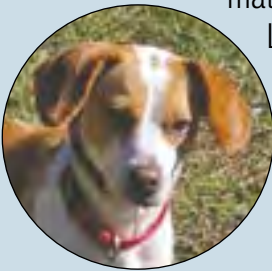
Science Expo at NC Arboretum

The Mountain Science Expo focuses on how Science, Technology, Engineering, Art and Math are incorporated into our everyday lives. Featuring hands-on demos, experiments and Science Fair exhibits from more than 25 WNC students who participated in the Project EXPLORE program. 10 am–5 pm. For details visit ncarboretum.org.

LEARN HOW YOU CAN SAVE A LIFE ON APRIL 9

Fostering a shelter animal isn’t a commitment for life — it’s a commitment to SAVE a life!

To learn more about fostering, please come to a short foster informational event at the Fletcher Library, 120 Library Road, Saturday, April 9, 10:30 – 11:30 am. You’ll receive information about Charlie’s Angels Animal Rescue’s Foster Program and the support they provide their foster “parents.” For details call 885-DOGS and leave a message; you’ll be called back.



APRIL 9–10, 23–24 (SAT–SUN)

Herbal Workshop at Labyrinth

Workshops centered around herbs for digestion and cleansing by herbalist Betty McKay, RN, 10 am–4 pm Saturday, 1–5 pm Sunday at the Labyrinth Center, 58 Dark Star Way in Fairview. Beginner mini-class on prior Fridays, 6–8 pm. Visit labyrinthcenter.com.

Intro to Yoga at the Light Center

Karen Barnes offers an Introduction to Yoga workshop, 3–5 pm, \$15. The Light Center, 2196 Highway 9, Black Mountain. Visit urlight.org.

APRIL 13 (WEDNESDAY)

Trout Lily Kraut Workshop

Create Your Own Fermented Kraut: a fun way to be healthy with pro- and prebiotics. 5–7 pm at Trout Lily Market, 1297 Charlotte Highway, 628-0402 for information and reservation.

APRIL 14 (THURSDAY)

Exercising for a Healthy Neck

Learn basic neck exercises for improved neck health. Handouts provided. 5:15–5:30 at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

APRIL 14 (THURSDAY) CONT’D



Spring Mountain CC Spring Hike

Spring Mountain Community

Center is sponsoring a hike on Bearwallow Trail in Gerton. Meet at the Center at 9 am to carpool to the trail. Pat Jenkins will be the guide. Hikers need good walking shoes, light rain gear, water, lunch or snacks. The trail is a moderate hike and there are no bathroom facilities at the area.

Annual Adult Spelling Bee

The Literacy Council of Buncombe County’s Adult Spelling Bee’s theme is “The Queen Bee.” David Ostergaard (formerly of LaZoom) is the hilarious emcee for this 3-person team competition; every team leaves with a prize and free pizza dinner. 6–9 pm, audience ticket \$10. For details, tickets or to compete, visit litcouncil.com.

APRIL 15–17 (FRI–SUN)

Orchid Festival at NC Arboretum

Exhibits by world-class orchid growers and orchid societies, hundreds of orchids

displayed, plus orchids for sale. 9 am–5 pm at The North Carolina Arboretum. For details visit ncarboretum.org.

APRIL 16 (SATURDAY)

SMCC Playground Work Day

Everyone is invited to help Spring Mountain Community Center maintain and improve its beloved park. Bring rakes, strength and positivity to help spread mulch and install new play equipment at 807 Old Fort Road. Gather at 9 am at the SMCC, 807 Old Fort Road.

Kids Fishing Derby

Open to all children aged 15 and under, the catch and release event will award prizes for biggest, smallest and most fish caught. Buckets and bait provided; bring own pole. 8–11:30 am at Owen Park, Swannanoa. \$5 fee. Register at tinyurl.com/hr7rsoj. For details contact jay.nelson@buncombecounty.org.

Workshop at the Light Center

“Manifesting the Life You Desire: Your Dreams Can Come True!” with Bonnie Grace Gilda-Kennedy, 1–4 pm, 2196 Highway 9, Black Mountain. Fee: \$50. Visit urlight.org.

CHICKEN PIE DINNER AT SMCC, MONDAY, APRIL 18



is included. Cost is \$10 for adults, \$5 for children 6–10. Vegetarians can enjoy a plate of good homemade veggies plus a dessert that will make them smile.

By popular demand, the ladies of Spring Mountain Community Center will put on aprons and cook up some Granny McBrayer’s Chicken Pie and make sure no one goes away without having the best supper this side of heaven, where Granny currently resides. Eat in or take out, 5–7 pm, reservations required; call Brenda at 628-4734. Dessert

APRIL 17 (SUNDAY)

Ethical Society Meeting

“The Promise of Humanism” will be presented by Fred Edwards at the Ethical Humanist Society of Asheville, 2–3:30 pm at Asheville Friends Meeting House, 227 Edgewood Road, Asheville. Free; all are welcome. Discussion and refreshments follow the presentation. Visit EHSAsheville.org.

APRIL 19 (TUESDAY)

4-H Club at Spring Mountain CC

Students age 5–18, with an adult, meet at the community center at 807 Old Fort Road in Fairview, 6:30 pm. Call Mary Ann Auer, 712-6857 for information.

APRIL 20 (WEDNESDAY)

Trout Lily Kimchi Workshop

Custom make your very own fermented Kimchi. Be healthy with pro- and prebiotics. 5–7 pm at Trout Lily Market, 1297 Charlotte Highway, 628-0402.

Redleg Husky Band

Redleg Husky, a nationally touring trio out of Asheville playing traditional and original alt-country and bluegrass, will perform 7–9 pm at the Joint Next Door, 1185 Charlotte Highway in Fairview. Look for them on the 3rd Wednesday of every month. They will release their second full-length album, *My Old Heart*, on April 13. Visit redleghusky.com.

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FROM A HAPPY PATIENT:

The emergency room sent this note to my surgeon:

“The ugliest knee I’ve ever seen—Schedule replacement ASAP!” I was dumbfounded. Well, my knee was red, swollen to twice normal, and very painful, but I was looking for treatment to heal. Total replacement had not entered my mind. Next came panic. The swollen knee was not the only joint hosting arthritis. The other knee, plus my back, elbows and fingers all complained—especially at night. Every joint couldn’t be replaced. I had to find a way to live with this. Drugs were even less appealing than surgery.

My husband—who fell 14 feet from a ladder 10 years ago, suffering 8 broken bones, and who has been helped greatly by Dr. Reilly—suggested I talk to Dr. Reilly before surgery. I was not sure of escaping knee replacement, but hoped to at least find a way to deal with the rest. At this point I would grasp at a straw!

Dr. Reilly did not promise the surgery would go away, but did think it could be put off if I gave him some time. He said he would do everything he could to facilitate healing. I would try this.

The first treatment gave relief to knee pain as well as back and elbows! By one month, swelling was down in the mornings—coming back about half during the day. In two months, swelling was pretty much gone. I continue the daily at-home treatment and exercise as Dr. Reilly instructed. For prolonged standing or walking I use a brace and occasional ibuprophen or Aleve.

My life is back to normal. Sometimes I forget I even have a problem. Always, I am thankful to my husband, Dr. Reilly, and God for this amazing blessing!

—Lynda G.

FAIRVIEW FARMERS MARKET 2016

New this year... twice per month!

1st & 3rd Saturdays
May 7 – October 15
9 am – noon.

Fairview Elementary Parking Lot

A non-profit organization of Fairview, NC residents working to provide the community with greater access to locally grown produce and goods.
www.facebook.com/fairviewncfarmersmarket

Offered by Nina Kis

“At closing, I’ll donate a \$100 to YOUR preferred charity as my way of giving back to OUR community.”

17 Buchanan Rd, Asheville
Cozy and Cute Brick Cottage within walking distance to Mission Hospital! Perfect starter home, or investment rental opportunity. This 2 bedroom, 1 bath has wood floors throughout, a covered front porch and is freshly painted! **\$149,900.**

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COMMUNITY EVENTS

APRIL 20–29

ACA Presents *Mary Poppins*

The Asheville Christian Academy Fine Arts Department presents Disney and Cameron MacIntosh’s *Mary Poppins*. The musical features 45 students, stunning sets and flying sequences. Tickets are \$15 and \$10 for those 10 and under. For tickets, visit acacademy.org.

APRIL 21 (THURSDAY)

Healthy Shoulder Exercises

Learn basic exercises for improved neck health. Handouts provided. 5:15–5:30 at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

APRIL 22 (FRIDAY)

BBQ Dinner and Silent Auction at Fairview Baptist Church

The annual family fun event runs 6–9 pm at 32 Church Road. \$7 adults, \$5 children under 12, no family more than \$20. Bid on antiques, gift baskets, restaurant meals, spa visits, donations from businesses and more. To order BBQ takeout call 628-2908 or 231-5035.

APRIL 23 (SATURDAY)

Yard Sale at Fairview Baptist

Browsers at Fairview Baptist’s biggest, most donated sale of the year will be served biscuits, coffee and juice while they shop. 8 am–12 noon. Proceeds go to Community Outreach Missions. For information call 628-2908 or 231-5035.

Spring Fest at The River Church

A Salute to Spring concert features the Tower of Mercy and John Lewis bands, a classic car and motorcycle show, a BBQ fundraiser, Brother Wolf pet adoption and over 20 vendors. 10 am–2 pm at the River Church, 950 Old Fairview Road.

“Run with the Animals” at ACRHS

“Run with the Animals” encourages fitness in young kids by providing a safe, exciting and fun setting on a stadium track supervised by coaches, student athletes (costumed as animals) and volunteers. 5:30–8:30 pm.

APRIL 24 (SUNDAY)

Cruising to Lake Lure Inn

Hotrods, classics, antiques and trucks meet at the Police Academy on Hwy 64

CAROLINA MOUNTAIN CHEESE FEST APRIL 24



Hands-on activities for kids and adults, panel discussions, workshops, vendors and cheese-makers, this festival highlights WNC Cheese Trail cheesemakers and members. Learn more about taste and purchase local cheeses from Looking Glass Creamery and others plus local bread, crackers, meats, pickles and jams. And don’t miss the Mac & Cheese Smac-down! 12–4 pm at Highland Brewing Company, 12 Old Charlotte Highway, Asheville. For details and tickets visit mountaincheesefest.com.

at 3:30 pm to ride to Lake Lure Inn for music and refreshments. Free family fun. Call 864-985-2908 for details.

APRIL 28 (THURSDAY)

Exercising for a Healthy Back

Learn basic back exercises for improved back health. Handouts provided. 5:15–5:30 at 2 Fairview Hills Drive. Free; reservations required, 628-7800.

ONGOING EVENTS

Welcome Table Lunch

A community lunch every Thursday, 11:30 am–1 pm in the Community Room

of Fairview Christian Fellowship, behind the Fairview Library. A donation of \$10 if you can afford it. Visit their Facebook page or fairviewwelcometable.com.

Yoga at the Light Center

Karen Barnes offers yoga classes on Thursdays, 10:30–11:45 am, \$10/class. The Light Center, 2196 Hwy 9, Black Mountain, urlight.org.

Embroidery at Folk Art Center

“Through the Needle’s Eye,” a national exhibit of original beaded artworks will be at the Folk Art Center until May 8. Visit southernhighlandguild.org/folk-art-center.

COMMUNITY EVENTS

ACT Theatre Camp Registration

Registration is open for Asheville Community Theatre’s award-winning summer theatre camp for children aged 5-17. For info, visit ashevilletheatre.org/education/summer-camp.

Brain Tumor Support Group

Every third Thursday at MAHEC, 6 pm. Refreshments. Visit wncbraintumor.org.

Fairview Farmers Market

Starting May 7th and on the 1st and 3rd Saturdays, 9 am – 12 noon in Fairview Elementary School’s parking lot. For info, [Facebook.com/FairviewFarmersMarket](https://www.facebook.com/FairviewFarmersMarket)

Spring Mountain CC Events

springmountaincommunitycenter.com

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

Quilting Bee: Meets every second Tuesday, 10 am–2 pm. Bring a project and lunch. Quilters make aprons, quilts and placemats to donate to worthy causes. Call 628-7900 or 628-1938.

Berrypickers’ Jam: Tuesday evenings at 7:30. Bring your instrument, listening ear, and dancing feet to the lower level for a jammin’ good time.

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

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.

Let’s Go Cruising!

Classics / Hotrods / Antiques/Cars/Trucks
Sunday, April 24 at 3:30 p.m.

Leave from the Police Academy on Hwy 64 in Edneyville, NC at 3:30 p.m. and will ride to Lake Lure Inn & Spa for an evening live music and refreshments.



Fun for the whole family! Free Admission!

For more info contact John Earnhardt at 864-985-2908

Special Marriage Renewals; 5 PM at Roosevelt Hall at Lake Lure Inn & Spa (2771 Memorial Hwy, Lake Lure)

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²Consult your tax advisor about your personal situation.

³Current interest rate applies to the interest rate in effect on the date the deposit is made.

Spring Fest 2016

Salute to Spring Concert

Hoods & Handlebars Car & Motorcycle Show

Spring Vendor Fair

Barbecue

Pet Adoption!

Saturday April 23rd 10 am–2pm At The River Church 950 Old Fairview Rd. Behind Home Depot IN the Oakley Community

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FOOD FOR FAIRVIEWby Misty Masiello

A Growing Pantry for a Growing Need

If you have spent much time around children, you know that a hungry child is an unhappy child. And if, like me, you have been caught in a situation where you not only didn't have a readily available snack for the child but also were in need of some sustenance yourself, you have a glimpse of how hunger can impact families.

Children touch us all. The thought of a child dealing with chronic hunger is heartbreaking and, tragically, a reality for more than 15 million children in the US. Overwhelmingly, parents protect their children from hunger and disruption to eating habits by doing without themselves. Research shows, however, that since the recession, many families have such limited access to food that everyone goes hungry. And that creates problems that extend beyond lack of food.

I still remember how grateful I was to get home and share some fruit and cheese, some peanut butter crackers and milk, with my kids. What happens when a parent or caregiver cannot meet that most basic need?

An all-volunteer organization, Food for Fairview has been blessed with tremendous support from individuals, businesses, and church and civic groups within the community. Your generosity makes a difference in the lives of children and families every day.

Recently, we have decided (and if you have visited the pantry, you will agree) that the space needs some work to improve safety, efficiency, accessibility, and the appearance for volunteers and clients. We also need to increase storage

and shelving capacity to meet the growing need for our services. (We expect that recent changes to federal assistance guidelines and the continued slowness of the economic recovery will result in a greater need for food assistance.) The improvements will include new flooring and lighting, a fresh coat of paint, and new shelving units, which will increase our capacity by more than 50%.

Obviously, this is a large project, and so we are asking businesses, individuals, and groups to sponsor a shelf. The \$500 annual sponsorship will help pay for the upgrades and provide a foundation for pantry services for the future. Food for Fairview will place nameplates on the shelves, identifying the sponsors of the project and recognizing the support and commitment of the community. To celebrate the completion of the project and honor the ongoing support of our community, please join us at an Open House, **Tuesday, May 10 from 5-7 p.m.**

We greatly appreciate any donation to help improve the pantry, but we also still need donations of food, pet food, hygiene items, and money for the ongoing work of providing for our clients. Donate by mail to: Food For Fairview, PO Box 2077, Fairview, NC 28730 or online at foodforfairview.org.

Your donations make an exponential difference in the lives of friends and neighbors.

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

FRIENDS OF THE LIBRARYby Lauren Biehl

Bill Hart: Hiking the AT & the Great Smokies

A native author of WNC, William A. (Bill) Hart, Jr. has hiked extensively in the Great Smoky Mountains National Park, including all designated park trails, and recorded his experiences in his book *3000 Miles in the Great Smokies* (History Press, 2009). On **Tuesday, April 5, 7 pm**, Bill will discuss selected topics and read excerpts from this work. Additionally, Bill has section-hiked the Appalachian Trail and will include comments and further readings about his AT experiences. The program is sponsored by the Friends of Fairview Library, free to the public, with refreshments served following the presentation.

Fairview Public Library

1 Taylor Road, Fairview
250-6484
MON/WED/THURS/FRIDAY 10-6 PM
TUES, 10 AM-8 PM SAT 10 AM-5 PM
CLOSED SUNDAY
MOTHER GOOSE TIME (4-18 MO)
TUESDAYS, 11 AM
BOUNCE 'N BOOKS
(TODDLER, PRESCHOOL)
WEDNESDAYS, 11 AM
PRESCHOOLER STORY TIME (3-6 YRS)
THURSDAYS, 11 AM **NEW TIME!**
Children must be with a parent/adult

Book Club

Fairview's evening book club will meet on **Tuesday, April 19 at 7 pm** to discuss "All The Light We Cannot See" by Anthony Doerr.

Friends of Fairview Library Quarterly Meeting

The Friends of Fairview Library will hold their quarterly meeting at the Fairview Library on **Tuesday, April 12 at 7 pm**. All community members are welcome!

NEW ARRIVALS

The Gangster
by Clive Cussler

Robert B. Parker's The Devil Wins
by Reed Farrel Coleman

The Silence of the Sea
by Yrsa Sigurðardóttir

A Friend of Mr. Lincoln
by Stephen Harrigan

The Last Dawn
by Joe Gannon

Don't Let Me Go
by Susan Lewis

Young Blood
by Matt Gallagher

Time of Fog and Fire
by Rhys Bowen

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by Matthew Griffin



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6 The Fairview Town Crier April 2016

The Fairview Town Crier April 2016 7



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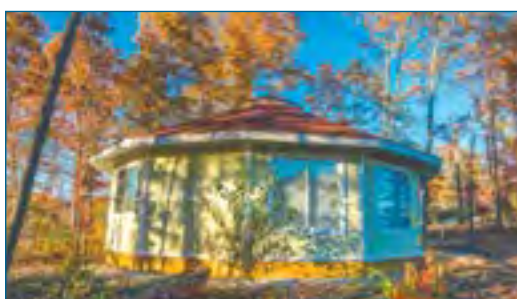
2-bedroom home in Candler.
\$95,000 MLS 3153177



2- bedroom Chalet-style cabin in Old Fort.
\$279,000 MLS NCM577232



.61 acres of land in the Cane Creek area of Fairview.
\$45,000 MLS 562601



2-bedroom, 2-bath home in Old Fort with 1.38 acres.
\$149,000 MLS 3126491



Metal 5,000-square-foot warehouse for lease in Fairview.
\$2,800 per month. MLS 3132893

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DAYS GONE BY by Bruce Whitaker

Ramie Roderick W. Reed

Ramie Roderick W. Reed was born in Fairview around 1821, the oldest child of Jacob Reed (1802-1875) and Fanny Williams (c.1803-1). Ramie's brother Abner F. Reed was born in 1823; Ramie and Abner's mother Fanny died around 1830. The 1830 census of Buncombe County shows their father Jacob Reed living with an older woman, likely his mother Hannah. There are no children listed in the household. Ramie and Abner were probably living with the unmarried uncles and aunt of Jacob Reed: Peter (1772-1848), William (1761-c.1835), and Jane (1779-1853). These siblings lived in the former home of their parents, Eldad and Jane Whitaker Reed, Sr. And Ramie and Abner also spent time in the home of their grandfather George Williams.

Ramie's granddaughter Nina Belle Painter Camp (1888-1983) told me that once when Ramie and Abner Reed were staying with their grandmother Williams, she asked them to go to a neighbor's and borrow some sugar. On the way back Abner wet his finger and stuck it in the sugar and then licked it off. They brought the sugar to their grandma and Ramie told her what Abner had done. Grandma Williams went into a rage. She got so upset she had to lie down on the bed. A few minutes later she had a heart attack and died. Nina laughed and said Ramie's grandmother died over "a finger of sugar."

Jacob Reed remarried around 1836 to Mary "Polly" (1804-1898). I believe she was a sister to his first wife; circumstantial evidence points in this direction. Nelia Morgan Merrell (1881-1977) told me that Dicy (Dicy) Casey (pronounced "Keezy") and Polly Reed were relatives. She said Dicy and her husband Henry were always at Polly's house. Jacob Reed and Henry Casey were the administrators of George Williams's estate. This indicates they were connected to the family.

Jacob and Polly Reed had one son, Jesse, born March 20, 1837. Mary "Polly" Reed thought Jesse was the greatest boy who ever lived. She detested her two stepsons and became the "wicked stepmother" you've always heard about. Polly Reed hated Ramie the most. Jacob Reed was so dominated by Polly that he was afraid to take up for his sons against her.

Ramie Reed left home as a teenager and never returned but once, to visit his father when he was dying. Jesse and Mariam Whitaker Garren testified in court that Polly Reed never said one kind word about Ramie as long as she lived.

Ramie Reed went to Henderson County and became a cobbler. He married Serena Anderson around 1844 and they opened a store on the road to Greenville, SC, between Hendersonville and Flat Rock. Serena ran the store while Ramie made and repaired shoes in the back.

Jesse Reed, the younger half-brother of Abner and Ramie, went to fight in the Civil War, but became ill and was sent home to die. Jesse died at his parents' home on Hollywood Road on September 30, 1862. He was buried in Cane Creek Cemetery.

On his deathbed, Jesse asked his parents, since he was going to die and receive nothing from his parents' estate, that his half-brothers not be given anything either. It was believed that his mother Polly had instigated this deathbed request. Jacob Reed was very much against honoring

the request, but Polly Reed was the iron-fisted ruler in the Reed house, and it made no difference what her husband thought. Jacob Reed's house and farm on



Thomas Norman Reed

Hollywood Road was always called the "Polly Reed Place." The house is gone but the land is still called the "Polly Reed Place." Jacob Reed is long forgotten.

Jacob Reed worked out an agreement with Johnson Ashworth (1818-1895) that he would deed everything he had to Ashworth; in return Ashworth was to take care of Jacob and Polly Reed as long as they lived. Ramie and Abner Reed never knew of this arrangement until after their father's death in 1875, which resulted in years of lawsuits between Johnson Ashworth and Ramie and Abner Reed. Polly Reed did not want Ashworth to get her property, but she did not want her two stepsons to get it either. She worked against both sides and was able to get her way once again. Abner and Ramie lost the

lawsuit and Polly outlived Johnson Ashworth by three years, so Ashworth never got to take over her farm. Mary "Polly" Reed died in 1898 at age 94. She outlived Ramie Reed and Johnson Ashworth; Abner Reed only outlived her by two years.

Ramie Reed died at his home south of Hendersonville around 1888. His wife Serena died around 1890. Both are buried in unmarked graves at Mud Creek Baptist Church Cemetery near Flat Rock.

Ramie and Serena Anderson Reed had six children, all born near Flat Rock. Thomas Norman Reed was born on October 11, 1846. He married Malinda Jane Sexton (1840-1916), and died on December 26, 1914. Both are buried in Mud Creek Baptist Cemetery. Erwin Reed was born in 1848 and appears to have died before 1860.

Enoch Merrimon Reed was born on April 16, 1849. He married Sarah Ellen McCrary (1849-1921), the daughter of Alexander and Cynthia Capps McCrary. Enoch died on November 20, 1927. Both are buried at Oak Grove Baptist Cemetery in East Flat Rock.

Elijah Williams Reed was born on January 18, 1852. He first married Sarah Abigail Tinsley (1850-1895), then Arminta Kuykendall. Elijah died on January 3, 1942. Elijah and Sarah are buried in Mud Creek Baptist Cemetery.

Fannie Lillie Reed was born in 1856 and married Joseph Dunlap (1856-1928). She died on September 23, 1936. Both are buried in Hillgirt Cemetery.

Mary Jane Reed was born in 1859. She married John Albert "Bert" Painter (1859-January 15, 1940). Mary died on May 29, 1953. Both are buried in Mud Creek Baptist Cemetery.

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



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Exercise in Nature

by Dr. Michael Trayford, Apex Brain Centers

Research has found that there are benefits to exercising in the outdoor world, rich in the things we find in nature: plants, fresh air and wildlife.

While gyms serve a great purpose, I prefer to exercise in nature. The natural world provides a deeper and more dynamic level of stimulation for your brain.

Over the years, I've done a significant review of the research about the value of exercising in nature. In one study Richard Louv coined the phrase "Nature Deficit Disorder," proposing that human beings are hard-wired by evolution to have a connection to nature. Unfortunately, living in large urban and suburban places in the modern world reduces time in the outdoors. This has a direct impact on mood, attention, and emotional well-being, and possibly even child developmental issues.

The father of the National Parks system and one of the first naturalists, John Muir, said, "Civilized man chokes his soul." The meaning of this to Muir was not that man needs only urban or only natural settings, but that both are of equal value, and that to embrace only urban life denies us the therapeutic aspects of the natural world.

Another term that is starting to show up in the cultural consciousness is "green exercise." This could mean taking a walk in the park or along a river, or even getting involved in a community garden.

When you're in nature, stimulation is



multimodal. You're smelling the trees, flowers and other scents, and noticing changes in humidity, the presence of birds and other animals, and dramatic changes as the seasons shift.

Many studies have noted the positive effects of exercising in nature, including a greater sense of self-awareness, improved mood, increased sense of self-esteem, and even an increase in creativity. People exercising in nature tend to have more creative thoughts and find it easier to express those ideas with greater clarity.

Many addiction recovery programs also involve exposure to natural settings, bringing people from suburban, urban, or inner-city locations into the outdoors. Away from distractions or addiction triggers, they build self-esteem, elevate their mood and improve interpersonal skills. They can reflect on themselves and their relationship to the world around them.

It's changing their brains!

Exercising in nature does in fact elevate the level of your brain and body functions. It's a win-win for you and nature, and an important way to help Build a Better Brain. I recommend that everybody get out there and hit the trails!

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.

Dry Eye Syndrome

By Dr. Haley Perry, Visual Eyes Optometric

Everyone experiences the symptoms from time to time: burning, irritable eyes and/or a sensation that something is actually scratching the eye. The symptoms are chronic for 3 million American women. These women suffer from dry eye syndrome. These symptoms are even worse in the spring and fall months, when they are antagonized by allergens.

Tears are essential for good eye health. They lubricate the eye, protect it from infections and wash away allergens. With dry eye syndrome, the eyes produce too few tears or tears of such poor quality that they don't stay on the eye. Ironically, some people with dry eye syndrome may actually experience tears running down their cheeks. I know what you're thinking: That makes no sense.

Your eyelids are critical to making oils that are pumped out onto the tear film. Recall from your kitchen experience—oil and water do not mix, and oil is always on top of water. In the eye, these functions to hold the water that is present on your eye. If you have inflamed eyelids (also known as blepharitis), your glands do not function properly, nor do they pump oils out effectively. The water that is present can evaporate off quickly, leaving your eyes with a sting-

ing/burning/dry feeling; and that's when they start to water to try and lubricate themselves. Often these are the tears that flow down your cheeks. This can be exacerbated by staring at a computer screen or concentrating intensely while reading, both activities which decrease your blink rate.

Everyone experiences reduced tear production as they age, but women are more prone to dry eye syndrome than men by a 3 to 1 margin. Studies have shown that hormone therapy may increase the incidence of dry eye syndrome, as can birth control pills, blood pressure medicines, antihistamines, and certain anti-depressants.

April is Women's Eye Health Awareness Month, and we want women to know there are several options for managing dry eye syndrome. Options include:

- Lubricating drops that can minimize the dry, scratchy sensation;
- Prescription eye drops that can improve tear production; and
- Inserts placed under the eyelid that slowly release lubrication throughout the day.

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

Spinal Stenosis and Spinal Fusion Surgery

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

Spinal stenosis is a narrowing of the spaces in the spine that causes pressure on the spinal cord and/or nerves. It's like a water pipe that has rust on the inside, narrowing the water flow, except this narrowing is in your spine joints affecting the nerves. About 75% of stenosis cases occur in the lower back (lumbar spine). The narrowing of the spine associated with stenosis frequently causes compression of the nerve root, which can cause pain that radiates down the back of the leg or worsens with standing and walking. When the spinal cord itself is compressed, it may more likely lead to surgery.

There are many causes of stenosis, such as degenerative disc disease, spondylolisthesis, spine arthritis and ligament enlargement often brought on by trauma from accidents or injuries many years past. Stenosis often appears in those who have a long history of back problems; often leg symptoms when walking or standing lead to the diagnosis of stenosis. An MRI usually helps make the definitive diagnosis.

Treatment includes changing one's posture, non-steroidal medications, epidurals, prescription pain medication, avoidance of all pain-provoking activities, chiropractic or physical therapy, and rest. As a last resort, surgery is an option.

Spinal fusion surgery consists of joining or fusing two or more vertebrae in the

spine using hardware such as plates or screws or motion control implants. While such surgery has long been considered necessary after injury, infection or tumor, there is not much clear research showing benefits for stenosis. Indeed, a study at the Rush University Medical Center concluded that, for spinal stenosis patients, the surgery may not be worth the costs, which range from \$40,000 to \$350,000. Additional costs include such things as a back brace, long-term physical therapy and lifetime pain medication. Recovery ranges from two months to nearly a year. For patients over 80, 20% require discharge to a skilled nursing facility, according to a study published in JAMA. A skilled surgeon can make all the difference.

Before surgery, with these types of outcomes, search for reasonable alternatives. In our office, we have seen good result with stenosis using non-surgical spinal decompression traction, class 4 laser therapy, pulsed electromagnetic frequency therapy, nutrition therapy and specialized stenosis rehab. All these technologies continue to show promising outcomes in helping those with stenosis.

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

Spring Into Health

by Mike Coladonato, MD, MAHEC Family Health Center at Cane Creek

It is that time of year. It's getting warmer. There's more sunlight during the day. Trees and flowers are starting to bloom. The bees are out. It's a great time to make some healthy lifestyle improvements.

Spend More Time Outside

Our human ancestors evolved over millions of years spending most of their time outdoors (or out of caves). Our brains and bodies are wired to be outside. Day/night cycles dictate hormone secretions from our glands; cycles are disrupted by artificial light. Try to spend some quality time outside every day. Focus on the sounds, sights, smells, and feel of nature. Go outside at night and look up at the stars. Behold the universe, and know that you are part of it.

Exercise

We are meant to move. Challenge yourself to exercise most days of the week, even if only for 10 minutes. Push it until you get short of breath and also sweat. This is exercise. This is what your body is meant to do. Pedometers that count your steps don't match a runner's high. Don't give in to getting old!

Grow Some of Your Own Food

Connecting with the earth in this gratifying way has many benefits. You know where your food is coming from. You know who grew it. You know what chemicals were or weren't put on it. It tastes better. It makes you appreciate how hard it is to grow food. Eating from the garden is much healthier than eating

processed foods from a store. You can reverse diabetes, hypertension, and even coronary artery disease by following a plant-based diet. You are what you eat.

Stop Smoking

Smoking evolved as a ritual, not an addiction. What was a ritual for community is now our #1 preventable cause of death

Challenge yourself to exercise most days of the week, even if only for 10 minutes. Push it until you get short of breath and also sweat.

and disease. Get addicted to exercise or growing your own food instead. Heck, grow your own tobacco — it would be less toxic than commercial cigarettes.

Drink Water

Liquid water is what we are made of. Not sweet tea. Not Mountain Dew. Try to drink more of it. However much you are drinking, drink more.

Connect

With family. With friends. With your neighbors. Work on damaged relationships. Help those less fortunate than you. Find a cause you are passionate about and volunteer. We are social animals and we depend on each other for life and health. Wishing you a happy and healthy start to spring!

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Colorectal Cancer: Know the Symptoms


Many people experience no symptoms in the early stages of the disease. When symptoms appear, they'll likely vary, depending on the cancer's size and location.

For Example:


- A change in your bowel habits
- Persistent abdominal discomfort (cramps, gas or pain)
- A feeling that your bowel doesn't empty completely
- Rectal bleeding or blood in your stool
- Unexplained weight loss
- Weakness or fatigue

More than 90% of colorectal cancers occur in people older than 50.
Source: The Mayo Clinic


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Lot 5	0.86 acres	SOLD	
Lot 6	0.83 acres	\$69,000	
Lot 7	1 acre	\$79,000	

OF INTEREST TO SENIORS by Mike Richard Medicare Doesn't Cover WHAT?



I've always been curious as to what Medicare does and doesn't cover. What are the three most common health issues that come to mind which are directly related to old age? And the follow-up question: What three health issues aren't generally covered by Medicare? If you said dental, vision or hearing health, you'd be right. Go figure! To be fair, Medicare does have some limited benefits for those things — very limited.

Dental Care

Medicare doesn't cover most dental care, dental procedures, or supplies, like cleanings, fillings, tooth extractions, dentures, dental plates, or other dental devices. Medicare Part A (Hospital Insurance) will pay for certain dental services that you get when you're in a hospital. Part A can pay for inpatient hospital care if you need to have emergency or complicated dental procedures, even though the dental care isn't covered.

Vision Care

Generally, Medicare doesn't cover eyeglasses or contact lenses. However, following cataract surgery that implants an intraocular lens, Medicare Part B (Medical Insurance) helps pay for one pair of eyeglasses or one set of contact lenses. In order for the eyeglasses or contacts to be covered, they must be purchased through a Medicare-approved provider. Regular eye exams are covered only for diabetics to detect diabetic retinopathy.

Corneal transplants are covered by Part B under certain circumstances.

Hearing Care

Medicare Part B covers diagnostic hearing and balance exams if your doctor or other health care provider orders these tests to see if you need medical treatment. Medicare doesn't cover hearing exams, hearing aids, or exams for fitting hearing aids.

Coverage Options

Medicare supplements don't help, but Medicare Advantage plans may offer some limited help. Dental, vision and hearing indemnity policies are available, which help defray the cost of fillings, extractions, crowns and even dentures as well as checkups, cleanings and x-rays. They can also help pay for eyeglasses and contacts. Hearing tests and hearing aids may also be included. These policies are not supplements. You pay for the services rendered and are reimbursed money back according to the plan schedules. Indemnity plans pay you, not the provider, and pays in addition to what your other insurance coverage may pay. They're relatively inexpensive and there are typically few or no health questions, so qualification is easy. For most plans you're allowed go to any provider you wish, as there are no networks, but some plans give better benefits if you go to their preferred providers.

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

Stand Up Straight ... Your Shoulders Will Thank You!

By Shawn Bagley, DPT, Western Carolina Physical Therapy

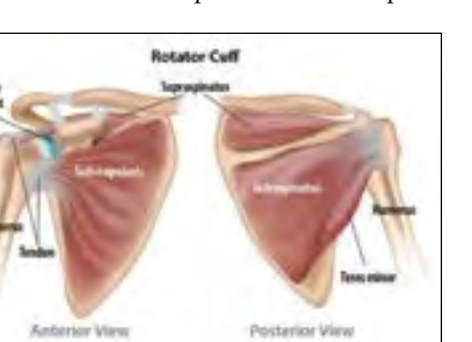
The bones involved with the shoulder complex include the Scapula (shoulder blade), the Clavicle (collar bone), and the Humerus (upper arm bone). There are also numerous muscles, tendons, and ligaments that make up the shoulder complex. For proper shoulder mechanics to occur, all of these soft tissues and bones must work properly and in unison. An analogy could be made comparing the structures involved with the shoulder to the footings of a bridge. If one of the footings is crumbling, then the bridge is at risk of falling down.

Common non-surgical rotator cuff and shoulder issues include Tendinitis, Adhesive Capsulitis (Frozen Shoulder), Impingement, Rotator Cuff Strain and Bursitis. Often, shoulder pain and irritation are initially brought on through repetitive motions or activities. Examples include such activities as throwing, painting overhead, or work-related tasks. Poor posture, poor body mechanics, overuse, weakness and abnormal shoulder mechanics are frequently contributors to these shoulder issues.

Most of us are often guilty of sitting or standing with forward bent or "slouched" upper body posture. Unfortunately, when we stay in this slouched posture too much, certain muscles tend to tighten up and other muscles tend to weaken. This weakness and tightness tends to make it even more difficult to keep better posture.

Try this drill to emphasize how important good posture is for proper shoulder mechanics to occur: sit with your most slouched posture, then raise your arms overhead. Next, sit up straight, pretending something is lifting your chest upward. Now raise your arms up overhead. Better posture should help improve your shoulder movement.

To effectively treat common shoulder issues, the abnormal component in the shoulder must be determined. Physical therapists can assess these mechanical and structural issues, and based on the results of the assessment, develop a plan to normalize the mechanics, improve functional use of the arm, and diminish the pain. Physical therapy for non-surgical shoulder injuries typically includes exercises for strengthening the rotator cuff muscles, posture-improving exercises, stretching and manual (hands-on) therapy for improving soft tissue mobility. Educating about proper body mechanics, improving work station ergonomics and developing a home exercise program are also frequently involved.



prove your shoulder movement.

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Japanese Knotweed

Considered one of the world’s top ten invasive species, Japanese knotweed spreads rapaciously and, once established, is extremely difficult to remove. Japanese knotweed was introduced into the United States in the late 1880s, used as an ornamental, a landscape screen and for erosion control. Found throughout the eastern states, in several western states and even Alaska, it spreads quickly to form dense thickets that push out native vegetation and alter natural ecosystems. It also poses a significant threat to riparian areas. “It is one of the more difficult invasive species to control,” says Sarah Sheeran, Stewardship Associate with the South-



ern Appalachian Highlands Conservancy (SAHC). “It can spread by vegetative propagation, which means that it sends offshoots from the parent plant and each individual is a clone of the parent material. This allows it to spread very rapidly. It also has a dense and extensive root system, which makes control difficult.” Japanese knotweed prefers partial sun and moist soils, so it can often be found along streams, displacing native species and causing long-term negative impact on riparian forests. It has a negative impact on stream ecology because it lowers stream nutrient levels and alters invertebrate populations. “It is likely found in Fairview along streams because it prefers riparian areas,” adds Sheeran. “Japanese knotweed can also be found as an ornamental that people have planted in their yard, which exacerbates the invasive problem.” Extremely resilient and tolerant of a variety of soil conditions, Japanese knotweed can even be transported via fill dirt; just a small intact section of root can grow and begin to reproduce. **What does it look like?** Japanese knotweed has hollow stems that appear somewhat bamboo-like, and can grow

quite tall and dense. Native to Eastern Asia, this shrublike invasive can grow to over 10 feet in height. Leaf size varies, but they are generally around 6 inches long by 3 to 4 inches wide, ranging in shape from broadly oval to somewhat triangular at the tip. In summer, tiny greenish-white flowers bloom in thin, branched sprays. **How can you combat it?** In environmentally sensitive areas where herbicides cannot be used, or for small initial populations, use a digging tool to remove the entire plant, including all roots and runners. Any portions of the root system not removed will resprout. Bag and dispose of all plant parts to prevent re-establishment. *Since 1974, the Southern Appalachian Highlands Conservancy has protected over 68,000 acres of unique plant and animal habitat, clean water, farmland and scenic vistas of the mountains of North Carolina and Tennessee. In addition to preserving land, their conservation work includes guided hikes, volunteer workdays, educational workshops, and farmland access initiatives. For more information, visit appalachian.org.*

FEBRUARY FAIRVIEW REAL ESTATE STATISTICS

		High \$	Low \$	Avg \$
Houses listed	10	1,559,000	78,000	535,566
Houses sold	9	335,000	140,000	236,381
Land listed	6	948,999	60,000	481,333
Land sold	3	42,000	30,000	36,833

Spring is here along with daylight savings time. This is a great time to put your home on the market. It is also a great time to look at homes with the added daylight. Our agents at Cool Mountain Realty are ready to help! The agents at Cool Mountain will strive to accommodate your needs. They are located at 771 Charlotte Highway in Fairview. If you have questions about real estate in our community, email Jenny Brunet at coolmntn1@gmail.com or call 628-3088. Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730).

Spring is Finally in the Air and So Are the Bees

By Scott Davis, President, Buncombe County Beekeepers Club

Big bees, small bees, Mason bees, green bees. I’ve seen them all around our house and grounds already this spring, including honey bees in my bee yard. They are bringing in pollen in a multitude of colors, meaning that the queen is actively laying eggs and the hive is developing brood — the amazing and wonderful process of rearing new bees! With the warmer-than-average spring weather, all pollinators are



Beekeeper Ricky Manning inspecting his top bee hives. Photo by Stina Swesey

working overtime to build up their colonies. As I inspected my bee colonies, I had thoughts of early spring swarms! Count yourself lucky if you’ve ever seen a bee swarm before. It’s truly an amazing thing to watch one form. Swarming is the natural method bees use to propagate the species. The conditions in the old hive reach this point when there are plenty of resources (pollen, nectar, honey) and there are too many bees. Worker bees in this “superorganism” will select a few freshly laid eggs, which hatch into larvae (on day 4 or 5), feeding them “royal jelly” — a bee food secreted from a gland in the bee’s head. They will treat these select queen cells as special, rearing them differently from worker bees. Just before the new queen hatches, the old queen and approximately half of the colony will leave the hive in search of a new home. The workers that are going with the new colony will gorge themselves on honey from the hive, carrying their needed food stores with them in order to start a new home in style! A swarm starts as a massive ball of flying bees in the air. They slowly consolidate into a small, flying, dark mass of



A bee swarm

buzzing, and find something nearby to land on. Often this is a branch or a bush, but it’s not uncommon for this interim resting spot to be a car bumper, porch overhang, or bluebird house. Scout bees then search diligently for a new home. Contrary to popular belief, a swarm is the most docile, gentle mass of creatures anyone will ever see. Only about 10% of swarms will survive in the wild, for a variety of reasons. If by chance anyone sees a bee swarm, please let us know. We will gladly come out to retrieve the swarm, and find them a new home in our bee boxes. Often we get reports of bees in a wall, in the ground near a shrub by the porch, or other places. In the majority of cases, these turn out to be yellow jackets or, in a few cases, European hornets; both are members of the wasp family. We will not come for these; however, we would rather err on the side of caution and have them misidentified instead of risking the destruction of a colony by mistake. Yellow jackets are much more aggressive and have distinct bright bands of

yellow and black on their abdomens. We are updating our Buncombe Beekeeper website to help everyone recognize the difference between bees and wasps.

To Report a Honey Bee Swarm

Visit our website: wncbees.org/i-have-a-bee-swarm-help
The alert will go to select beekeepers across Buncombe County.

Email: swarmlist@wncbees.org

Call the county extension office: 255.5522

Call a Certified Beekeeper directly here in Fairview, such as:

- Scott Davis, Fancy Bear Farms, 712-6074
- Ricky Manning, Lick Log Branch Apiaries, 275-2225
- Janet Peterson, Cloud 9 Farm, 628-1758

And while you are waiting for one of us to arrive, sit back and enjoy one of the most intriguing and spectacular moments in nature, the propagation of a species in front of your very eyes, the simple honeybee swarm.

For more info, visit wncbees.org

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Student of the Month

The *Fairview Town Crier* and A.C. Reynolds High School are pleased to announce that Anna Vess was named the March Student of the Month.

Anna was nominated by several Reynolds faculty including Wendy Wheeler, David Honea and Principal Doris Sellers.

Anna has an impressive list of accomplishments, excelling in swimming and particularly running, as she is an 8-time state champion in cross country and track. She has also demonstrated excellence in the classroom. Next year she will run track and cross country for NC State.

Anna's senior project focused on special education and the P.E. requirements for middle and elementary students with special needs. She believes there should be a greater variety of activities for students to choose from, including dance, yoga and hiking/outdoor experiences (location permitting).

What does Rocket Pride mean to Anna? In a word, gratitude. Being thankful for coaches, teachers, and the whole



A.C. Reynolds community.
Well done, Anna. Best wishes to you!

Run with the Animals Festival

by Lee Pantas, Blue Ridge Classic Main Coordinator

“Run with the Animals,” the Blue Ridge Classic Fun Run Festival for kids, is coming to Dalton Stadium at AC Reynolds High School on **Saturday, April 23, 5-8:30 pm**. Following immediately after the Blue Ridge Classic Track and Field Meet, the mission and goal of Run with the Animals is to encourage running and fitness in young kids by providing for them a safe, exciting and fun setting — a high school track in a stadium supervised by coaches and volunteers.

Reynolds High School track athletes run in the races in animal costumes to cheer on the kids. Parents are also encouraged to run with the younger children if they wish.

The races start with the Chipmunk 200 Meter Run for kids in Kindergarten and younger, and end at 8:00 with the Asheville Lightning Coyote 1600M Run for 5th & 6th grade boys. In between there are age-appropriate races, accompanied by animal-costumed student athletes, for each grade and gender. In addition, TS Orthodontics will have their mobile festival unit on site, providing games, activities and face painting, and Southeastern Sports Medicine, who provide medical assistance if needed, will offer free advice and consultations

Registration can be made online or at the stadium beginning at 4:30 pm. The entry fee is \$5 per runner. For more info, visit blueridgeclassic.org/festival.



ACR Music for the Sole 5K

This second annual event will bring together music lovers and trail running enthusiasts to benefit the AC Reynolds band. The first 250 participants who register for the race will be guaranteed to receive an event t-shirt. Additional information can be found at the event webpage, racesonline.com/events/acr-music-for-the-sole-5k-run.



One Miracle After Another



Compared to other areas in Buncombe County and beyond, our Reynolds District is blessed to be relatively well off. But we have significant pockets of poverty in our district as well, and those children have many unmet needs.

Thirteen of the 52 churches in the Reynolds District actively participate in a program called Family to Family, providing much-needed assistance to those Reynolds High and Reynolds Middle School students who need our help the most.

Fortunately, we are rich in churches. Did you know there are about 52 congregations in the Reynolds District alone? Thirteen of those 52 actively participate in a program called Family to Family, providing much-needed assistance to those Reynolds High and Reynolds Middle School students who need our help the most.

Family to Family, based on a model with the same name designed to help students in several local elementary schools, was founded in 2010 by Cindy Oak and Tina Stovall, two retired school counselors. These two enthusiastic retirees first met in 1980 at the Lucy Her-ring School, a joint city/county school

for students with special needs (now closed). They went on from there to become counselors at Reynolds Middle (Oak) and Reynolds High (Stovall). The two stayed in close touch during their twenty years at the next-door schools.

In 2010, when they were both retired, Oak and Stovall knew they weren't done helping the students at their two schools. They saw the impact that the elementary Family to Family program had, and agreed that they wanted to do the same at the middle and high schools, while not taking away any of the churches that were helping at the elementary level.

They reached out to all of the churches in the Reynolds district. Some were so small that there was no one there to answer the phone, so Stovall and Oak got in the car and crisscrossed the district, knocking on church doors. Out of this work, they landed with the 13 congregations who now actively participate in the program.

Family to Family is not an official organization. As Oak said, “We have no tax ID number, no bank account, and no money.” The counselors and principals, who have trusting relationships with these two volunteers, simply let Oak and Stovall know when a student has a critical need. They, in turn, email the churches to find ways to answer the call. A single church may then send the money (or school supplies or other needed items) directly to the school, or several congregations may pitch in. Family to Family is the connector, but they rarely handle the donations themselves. “The

churches are not just giving to an organization,” Stovall said, “they are helping a student.”

It's been a little over five years since Family to Family started, and in that time, they have helped individual students 440 times

It's been a little over five years since Family to Family started, and in that time, they have helped individual students 440 times, and the member churches have provided donations valued over \$27,000. As Oak said, “This is a faith journey, but this program is not about proselytizing. I worked in public schools long enough to understand that we need to respect everybody—there is nothing to be gained by excluding. Matching churches to help with students' needs is just one miracle after another.”

Learn More About Family to Family

Want to learn more about the good work of Family to Family? Come hear a presentation at the April 14 meeting of the Board of Education, at 6:30 pm at the Martin Nesbitt Academy on Bingham Road. Want to help? Talk with members of your congregation about becoming part of the Family to Family community of support. Email me at cindy.mcmahon@bcsemail.org, and I can get you connected.

Questions for me? Please email Cindy.McMahon@bcsemail.org.

Reynolds District Events

- Tuesday, April 5**
Reynolds District Advisory Council Breakfast Meeting, Reynolds High, 8 am
- Thursday, April 7**
Oakley School Improvement Team Meeting, 11 am
- Tuesday, April 12**
Oakley Elementary Child Nutrition Produce Fair
- Friday, April 15**
Oakley PTO Spring Fling, 5 pm
- Wednesday, April 20**
Fairview Kindergarten Registration (call 628-2732 to schedule an appointment)
- Thursday, April 21**
Fairview School Improvement Team Meeting, 3 pm
- Friday, April 22**
Cane Creek Middle Open House for rising 6-7th graders, 5:30 pm
- Oakley Elementary Earth Day Service Learning projects (community volunteers needed)
- Saturday, April 23**
Blue Ridge Track & Field Meet, Reynolds High, 8 am
- Saturday, April 23**
Early release day for all Buncombe County Schools

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Week IV: July 11–July 15

Week V: July 18–July 22

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Rabies and Your Pets

by Sarah Hargrove, DVM, Cedar Ridge Animal Hospital and Mobile Equine Services

Earlier this month, a raccoon that had rabies bit an unvaccinated family dog in the Haw Creek area. In western North Carolina, there are reports almost yearly of wildlife/pet interactions due to rabies infections.

Rabies is a deadly viral disease that attacks the nervous system. It is generally spread through bite wounds, as the virus is secreted in saliva. All mammals are susceptible. While most cases occur in wildlife (such as raccoons, skunks, bats), cats are becoming the most common pet infected. Many owners do not vaccinate their cats, and they can be exposed to rabid wildlife both outdoors and indoors.

In North Carolina, it is legally required to vaccinate dogs, cats and ferrets against rabies by four months of age. There are approved vaccines also for horses, cattle, sheep and goats. Oral vaccines are used in bait for wildlife. (While this bait is not a health risk to your or your pets, it is best to leave it alone.)

Signs and Symptoms

Animals with rabies can show different signs, including excessive drooling, staggering, changes in behavior, and seizures. Farm animals can exhibit depression,

self-mutilation, or sensitivity to light. There is no treatment for rabies once clinical signs appear. Rabies infection can only be confirmed after death.

Staying Safe

The best way to protect yourself and your pets is through vaccination and avoiding the risk of exposure.

Keep your pets current on their vaccines.

Don't let your animal roam free. Spaying and neutering your pet can decrease roaming tendencies.

Don't leave feed or attract wildlife. This can include pet food left outside and exposed garbage.

Wild animals should never be kept at pets. Not only is this illegal in NC, but they can pose a rabies threat.

Observe wildlife from a distance and don't try to capture them. Please teach children to NEVER handle unfamiliar animals, even if they seem friendly.

You should never approach wildlife that is exhibiting unusual behavior. For example, normally a raccoon is active at night and shy of people. If it is seen in the day and seems friendly or aggressive, please report this to animal control.

If your pet is bitten, please consult your vet immedi-

ately and report to local animal control authorities. Do not attempt to capture the attacking animal. Even if your pet is current on its rabies vaccine, it should be revaccinated and observed. There are NC laws about handling the cases of non-vaccinated pets exposed to a rabid animal, pets with expired vaccines, and other animals who were bitten. Quarantine is usually required, and sometimes euthanasia.

If you are possibly exposed to rabies thorough a bite wound, or exposure to saliva, wash the contact area with soap and water. Consult your doctor/health department and get medical attention immediately. Post-exposure injections should be started soon after exposure.

Both your veterinarian and your physician work to keep your family healthy and safe. Remember that rabies is a fatal disease. Please ensure that all of your pets are up to date with their rabies vaccines.

Contact and Information

Buncombe County Animal Control: 250-6670.

American Veterinary Medical Association rabies info page: avma.org/public/Health/Pages/rabies.aspx

FOR THE BIRDS

photos and text by Simon Thompson

Our Birds on Holiday ... in Guatemala

Last month's Birdventure tour took us to Guatemala, where a number of our birds spend the winter.

We hit an ant-swarm on our last day — thousands (maybe millions) of army ants were on the hunt and swarming through a patch of forest, all looking for food. We weren't looking at the ants, but were more interested in seeing what birds were attracted by the action.

The first bird that caught our eye was a Ruddy Woodcreeper. This richly colored bird is named for its habit of climbing trees, vines, and lianas in the rain-forest. It's also one of the woodcreepers

that's more likely to be found accompanying an ant-swarm. This bird was soon joined by several Tawny-winged Woodcreepers, a pair of Gray-headed Tanagers and a couple of birds that many of us living in the northern climes are more accustomed to seeing here in our eastern forests. A male Hooded Warbler was flycatching near our feet, while a male Kentucky Warbler uttered its harsh call-note while feeding near a downed tree branch. Along with the familiar Wood Thrush, both of these warblers are common here in the forests of the Yucatan Peninsula. We may have

seen or heard more Kentucky Warblers in our three-day spell at Tikal National Park in Guatemala this past February than most of us see (or hear) in a year here in the Carolinas.

One very interesting aspect of these wintering birds is their apparent obliviousness to our presence. In the Carolina forests a Wood Thrush will take one glimpse of us and leave, while here in Guatemala we had multiple views of them feeding on the trail ahead of us and even in full view along the roadside. The same behavior was also noted for both Hooded and Kentucky Warblers,

and it was not unusual to watch either species at very close range — and it was a wonderful opportunity to study and enjoy these colorful warblers.

Another unusual fact we noticed was that every Hooded Warbler in this rich forest was a male. This is due to the fact that the sexes spend the winter in separate habitats. The males prefer moist lowland tropical forest, while the females spend their time in scrubrier habitat and seasonally flooded forest; an unusual arrangement, but not unique to this species, as this same arrangement occurs in such diverse species as Northern Harrier and Blackcap (a European warbler).

These three species were not the only neotropical migrants that we encountered in these rich forests. American Redstart, Yellow-throated Vireo and Black-and-white Warbler were all seen either singly or in mixed-species flocks with some of the local birds.

Back at the ant-swarm the woodcreepers had been joined by a striking tropical flycatcher, the Bright-rumped Attila. This powerful flycatcher is particularly fond of small lizards and anoles, but on this occasion, like many other birds at the ant-swarm, it was catching larger



Kentucky Warbler

insects that were being flushed by the ants. None of these ant-swarm followers eat the ants, but all utilize them as beaters in order to find their next meal. Some followers, such as the Ruddy and Tawny-winged Woodcreepers, are rarely seen away from ant-swarms, while other birds will only visit the swarm as it passes through their territory. This phenomenon is a classic feature of the New World tropics and gives birders a window into the mobile ecosystem that is an army ant swarm. We certainly enjoyed it.

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



Ruddy Woodcreeper



Django has soft mannerisms and a kind nature and offers unconditional love and companionship. He gives the best slow blinks and has the happiest purr. Contact Stephanie at stephaniekellythompson@yahoo.com.
BROTHER WOLF



Rosie is a most likely a min-pin/terrier mix. She is 7 months old, weighs 17 pounds, and is very smart. She likes the company of other dogs and am good with cats. An active family would be great for me.

ANIMAL HAVEN



Maverick looks like a Newfoundland/Retriever mix. He is 8 months old, weighs 40 pounds, very friendly, and good with other dogs. He's learning some great things in the New Leash on Life program at Craggy Correctional Center for Men.

ANIMAL HAVEN



ADOPT ME!

Bo is a 6-year-old Puggle. He is very loving and likes to go on car rides and snuggle. He is on a long-term allergy medicine and will need a limited-ingredient diet for the rest of his life. He weighs 35 lbs., is potty trained and is not a barker. **CHARLIE'S ANGELS**



Crown is a healthy one-year-old lad, full of energy, sweet and playful. He is always ready for action but in time he will settle down. He is very sociable and might really enjoy a doggie girlfriend!

BROTHER WOLF

Brother Wolf April Events (Info at bwar.org)

Neonatal Puppy & Kitten Workshop — lifesaving basic and emergency care for orphaned animals (birth to four weeks of age). **Saturday, April 2, 11 am-3 pm** in the Pack Memorial Library, Asheville. **The 6th Annual Run for the Paws 5K Run and 1 Mile Walk** at Fletcher Park. **April 10, 12-4 pm**, Dogs are invited!

Adoption Event — **April 16, 2-3 pm**, Pet Super Market, 244 Tunnel Road, Asheville.

Adoption Event — **Saturday, April 30, 11 am-3 pm** at the Asheville Outlet Mall Community Days on Brevard Road.

Project Yellow Gives Dogs Their Space

Asheville Humane Society and Buncombe County Animal Shelter have launched Project Yellow to help the public recognize when dogs need extra space on walks. Get a free yellow ribbon to tie to your dog's leash to alert passersby that they should use caution or ask permission before approaching your dog. The ribbon does not necessarily signify that a dog is aggressive; some dogs get overly excited, anxious or fearful around other people or pets.

The yellow ribbon could also indicate that the dog has a medical condition and needs to be approached in a special way. Using the yellow ribbon will help our community become more aware of pet safety. Stop by the Adoption and Education Center or the Buncombe County Animal Shelter and ask the front desk for your free Project Yellow ribbon. Find out more at ashevillehumane.org.

ANIMAL SHELTERS AND RESCUE ORGANIZATIONS

Animal Haven of Asheville 299-1635 or animalhaven.org

Brother Wolf 885-3647 or wncanimalrescue.org

Charlie's Angels 885-3647 or wncanimalrescue.org

Humane Society 761-2001 or ashevillehumane.org

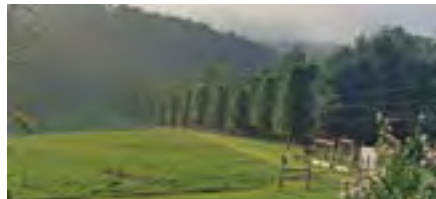
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Weather Is Not Only Around Us ... It's Far Above Our Heads



One unique characteristic of the atmosphere is that weather takes place in three dimensions. Weather is not just limited in the length and width on the horizontal plane, but is changing and moving on the vertical plane as well.

We can think of the earth as an orange with us on the surface of the edible part of the orange. The orange skin or the peel is the air above us, which is the atmosphere up to 12 miles above our heads. This area is called the troposphere, and it is where most of the earth's weather is taking place.

One of the reasons the weather is so complicated is that the earth rotates on an axis of 23½ degrees, which causes the seasons and distributes an uneven amount of solar radiation around the world. Also, the planet is made up of more than 70% water. These factors make forecasting and predicting the weather very hard.

As we move into spring, the weather usually becomes more volatile. The increase in solar radiation warms the planet, causing changes in the status quo, which we knew as winter. This increase in radiation helps increase our surface temperatures, and by the end of April our average high and low are 71 F and 47 F, up seven degrees from the start of the month.

This increase in surface temperatures combined with still cooler air aloft over our heads in April can lead to the creation of a large vertical temperature gradient. Because of this, which is most prevalent in April, we stand a greater risk of hail here in the mountains of western North Carolina. This has to do a bit with the vertical atmosphere over our heads and at what altitude hail actually forms in the average thunderstorm.

The critical factor in all of this is where the “freezing level” is aloft. This freezing level, which is defined by the 32 F isotherm, represents the altitude at which the temperature is at 32 F (the freezing point of water) in a free atmosphere (i.e., allowing reflection of the sun by snow, etc.). Any given measure



The earth is like an orange: we're living on the parts you eat and the skin is the troposphere (12 miles above us) where most of the earth's weather is taking place.

the atmosphere, hailstones will have more time to melt than if the freezing level is close to the surface. A high freezing level also decreases the vertical depth in which hailstone formation and growth is possible.

The freezing level depends on elevation, the season, and the temperature profile of the atmosphere. High elevation areas will have relatively low freezing levels in all seasons. For low elevation areas, a general rule is: If the freezing level is closer to the surface than 10,000 feet, strong thunderstorms have a good probability of producing hail that will reach the surface.

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

APRIL'S TRIVIA ANSWER
How fast do raindrops fall?

The typical speed of a falling raindrop depends on the size of the drop. Gravity and friction have an effect. As the raindrops fall they are flattened and shaped by the drag forces of the air they are falling through. Raindrops vary in size from .02 inches to .25 inches in diameter. Any larger than that, the drop will break apart into smaller drops because of the air resistance. Drops smaller than 0.02 inches are collectively called drizzle, which is often associated with stratus clouds. A large raindrop (about the size of a house fly) has terminal fall speeds of about 20 mph. That kind of speed can cause compaction and erosion of the soil by their force of impact. The smaller drops, about 0.02 inches in diameter, are traveling about 2 mph. Tiny cloud droplets can stay in the atmosphere because there is upward moving air that overcomes the force of gravity and keeps them suspended in the cloud. Only a very gentle upward movement of air is required to keep them aloft.

MAY'S TRIVIA QUESTION
What is the relationship between lightning and thunder?

A Visit To Alsace, Part 2

By Jill Scobie

When we left part 1 of the trip, in the March issue, Jill and Bill were visiting the historic city of Strasbourg in the Alsace.

Later that afternoon we toured the most picturesque locations along the Ill River (1) and surrounding the Cathedral. After admiring the exterior of the Cathedral (2) and climbing the 332 steps to the viewing platform, we paused for a moment (3) to remember our friends in Fairview! The Cathédrale Notre-Dame de Strasbourg was celebrating its 1,000th anniversary, as its cornerstones were laid in the summer of 1015. In truth the cornerstones were laid for an earlier cathedral that later burned to the ground and were reused nearly 200 years later for the present building. (I highly recommend that readers peruse online information regarding this marvel of art, architecture and engineering.) From 1647 to 1874 it was the tallest building in the world! Today it is the tallest existing structure built entirely during the Middle Ages. We were mesmerized by the wealth of imagination and talent that went into the creation of the structure and all of its elements: the marble pulpit intricately carved in 1485, the c. 1380 organ hanging in the elaborate bird's nest in the central nave (4), the ingenious astronomi-

cal clock, stained glass dating to the 13th century, and more. Our cell phone cameras could not capture everything as well as we would have liked, but we were so glad to be able to easily bring home many of the sights that captivated us.

Alsace is known for its wines, most notably Rieslings and Gewürztraminers; beers (both large factory and artisanal brands); and Germanic-influenced specialties such as choucroute (aka sauerkraut), sausages, onion tart and a dry yeasted cake called kugelhopf. Our favorite traditional dish was baeckehoffe (5): a baked terrine of lamb, pork and beef layered with potatoes, leeks and other stew vegetables, seasoned with juniper berries and Riesling wine. We sampled morsels of delectable live-culture cheese with nearly every meal and never turned down an offer of local wine. Sweet treats were bountiful, and we particularly enjoyed perusing the selection at La Cure Gourmande in the heart of Strasbourg.

This was my third visit to Alsace and Bill's first. I have a good feeling that it will not be our last! Vive la France!

Thanks for letting us travel along!



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Should You Retire in “Stages”?



For many people, the concept of retirement can be scary, both emotionally and financially. If you, too, feel somewhat anxious about what awaits you, you might feel more comfortable in knowing that, depending on where you work, you might be able to retire in stages.

As its name suggests, retiring in stages typically involves reducing one’s work hours from full-time to part-time, and then, eventually, to com-

If you continue to work, you may not have to rely so heavily on your portfolio – that is, your IRA, 401(k) and all investments held outside these retirement accounts – to help you meet your income needs.

plete retirement. If you enjoy the social relationships of work, and you define part of your identity with what you do at your job, this type of gradual transition may be easier for you to accommodate than the abrupt transition from “worker” to “retiree.”

As for the financial aspects of such a move, you will want to plan ahead. A

“phased-in” retirement can affect your investment and income strategies in several areas, such as these:

Social Security

You can start collecting Social Security as early as age 62, but your monthly payments will only be about 75% of what you’d get if you wait until you reach 66 (assuming that 66 is your “full” retirement age). And the payments get larger from there, until they “max out” at 70. So, if you had planned to retire at 62 but instead retired in stages, you could possibly afford to delay taking Social Security until your checks were bigger. You could work and receive Social Security, but if your earnings exceed a certain amount, some of your benefits may be withheld, at least until you reach full retirement age – after which you can earn as much as you want with no withholding of benefits. However, your Social Security could still be taxed based on your income.

Required Minimum Distributions

During your working years, you may well have contributed to tax-deferred retirement accounts, such as a traditional IRA and a 401(k) or similar employer-sponsored plan. But once you turn 70½, you must start taking withdrawals (“required minimum distributions,” or RMDs) from these accounts. You can’t delay taking these payments, which are taxable. But if you did retire in stages and continued to work part-time, past when you expected to completely retire, you may be able to stick with the

continued on page 24

Maintaining a Long-Term Perspective



Staying focused on long-term goals can be difficult during periods of heightened volatility, such as we have experienced over the last six months. Although the list of market concerns has grown, it remains important to see the full picture and remain committed to a long-term plan.

There are some legitimate concerns that have played into market uncertainty. US economic growth during the final three months of 2015 was lackluster, fueling recession concerns. Domestic earnings have been falling. The Federal Reserve seems intent on pursuing additional interest rate hikes, despite the message from financial markets that it might be a mistake. Oil prices may remain low for some time as we endure the slow process of supply adjustment, which suggests more energy company bankruptcies may be ahead. In addition, the uncertainty surrounding the US presidential election may be weighing on confidence, as some of the candidates’ proposals are not perceived to be market-friendly.

Looking abroad, China has fumbled its attempts to intervene and stabilize its financial and currency markets as the bumpy transition to a more services-based, consumer-oriented economy continues. Meanwhile, China’s economy is probably growing at a rate closer to 5-6% than its reported 6.5-7%, based on the most reliable and timely

economic data available. European economic growth has stalled and the health of European banks is being called into question, largely because of exposure to oil and China. Japan’s economy also contracted in the fourth quarter of 2015.

However, bright spots remain. The US consumer and the services sector of the economy remain solid, evidenced by strong retail sales for January 2016. Job gains have been steady and lifted wages, supporting consumer spending and home values. Low gas prices have also helped. Strength in the US dollar, which has hurt exports and weighed on earnings for US-based multinational corporations, has abated.

We also take some comfort in corporate fundamentals. Corporate profits are pausing—largely because of temporary factors—but are not collapsing. Excluding the commodity sectors, S&P 500 earnings are on track to rise a respectable 4% year over year in the fourth quarter of 2015, based on Thomson-tracked consensus estimates. Overall earnings are potentially poised to resume growth in the second half of 2016, and corporate balance sheets remain in excellent shape outside of the energy sector.

As disappointing as the start to this year has been, the year-to-date decline for the broad stock market, as measured by the S&P 500, is still less than the average maximum decline in any given calendar year (14%) or in any positive year (11%). Going back 40 years, the S&P 500 has been down 5% or more

The Short Session



I am writing this column on March 16th, a day after the North Carolina primary. The General Assembly moved up the date from May in hopes of giving our state more say in the presidential race. The court decision that the 2011 gerrymander was unconstitutional threw the US Congress races off until June 7th, and even the new maps may have to be redrawn by court order.

We had many interesting local races in the primary, with two Republicans and four Democrats vying for Fairview’s District 2 County Commissioner seats. Nancy Nels Nelson and Mike Fryar will be on the ballot in November. There were also two Republicans running in my 115 State House district. I have congratulated Frank Moretz on his primary win to run against me, and once again we will have two Fairview residents on the November ballot. On a sad personal note, my seatmate in the General Assembly, Ralph Johnson, passed away a few days back after suffering a stroke. We had become great friends, and he will be missed.

The short session of the General Assembly is scheduled to begin on April 25th. There is some discussion of having a Special Session prior to April to debate the Charlotte bathroom ordinance. That might be history when this prints in the *Town Crier*.

The Short Session has one overarching objective: to adjust the budget in light of actual revenues the state has received. Budgets are created in two-year cycles, and the key date for revenues is of course April 15th. It is an election year, so hopefully our school personnel will finally be

able to begin to recover from lagging salaries due to the Great Recession. My goal is to have teacher salaries in the mid-range of state compensation across the US. NC is currently 42nd nationwide, and teacher shortages are cropping up, especially in rural counties. Moreover, college teacher-prep programs are enrolling alarmingly fewer students. Our school principals are 51st in salaries, and most studies have shown that a good principal is one of the best ways to improve a school.

One other group that needs pay improvement is the State Highway Patrol officers. These men and women are the first line of defense for our safety, and many of them are having to take on second jobs to support their families.

Tax changes could also be in store for the Short Session. The current majority party has been lowering tax rates for personal income and corporate taxes, while increasing areas that are taxed by the sales tax. Many of you may have noticed new sales taxes that went into effect on March 1, taxing repair labor on automobiles and appliances. Last session there was an effort to tax vet and animal care services, but there was an outcry and it was dropped. The ultimate sales tax windfall would be to add it to lawyer and doctor fees, and that too has been discussed. Many DMV fees and driver license fees already have been increased as well.

One tax cut I would support would be to raise the Standard Deduction, which helps lower-income families. It is already scheduled to change from \$15,000 to \$15,500 in 2016.

Another hotly contested big-ticket budget item concerns state programs to bring

economic development into North Carolina. Our urban areas are prospering while rural incomes are languishing. Remarkably, our state has grown by 2 million citizens since 2000, which happens to be the total population of Nebraska. And yet, 65 of our rural counties are actually losing residents. The challenge has been to bring economic development to these poorer areas that have lost so many manufacturing jobs.

Any other bill that has crossed from the House to the Senate or vice versa in the Long Session is also eligible to be debated and voted into law. There are numerous possibilities along those lines. However, with elections looming, I believe the House leadership will try to keep the Short Session, well...short. I am still hoping to pass a bill that will help small mountain farmers pay lower sales taxes. And there always might be a big surprise, like the coal ash spill of 2013.

The politics of managing a government can be challenging and exasperating. There has to be a lot of compromise to reach good policy. No legislator or party has the corner on good ideas. The North Carolina General Assembly is trying to find ways to enhance the lives of the 10 million people who live in our state, a daunting task at best. I appreciate your interest in this process, and as always welcome your thoughts and suggestions.

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Fairview Baptist is sincerely grateful for the support of the event sponsors, including Food Lion, Troyer's Amish Store, Highway 74 Tire & Service, Shear Illusions and Hot Dog King.

To order BBQ takeout call 628-2908 or 231-5035.

Giant Yard Sale

The annual Giant Yard Sale at Fairview Baptist Church, their biggest, most donated sale of the year, will be held this year on **Saturday, April 23, 8 am-12 noon** at the church, 32 Church Road. Biscuits, coffee and juice will be served to shoppers throughout the morning. The proceeds from this fun weekend event will go to Community Outreach Missions.

For details on either event, visit [facebook.com/Fairview-Baptist-Church-of-Fairview-NC-183472715020715](https://www.facebook.com/Fairview-Baptist-Church-of-Fairview-NC-183472715020715) or visit us on Twitter (@fbc1806).

Spring Fest at The River Church

The River Church presents a Salute to Spring Concert featuring the Tower of Mercy and John Lewis bands, "Hoods & Handlebars" classic car and motorcycle show, a BBQ plate fundraiser, Brother Wolf pet adoption and over 20 vendors. The event takes place **Saturday, April 23, 10 am-2 pm** at the River Church, 950 Old Fairview Road behind Home Depot. For details call 348-4703.

"Hospital Bag" Supplies for Abuse Victims

Nikki Madle of Fairview and a student at UNC Asheville, has initiated a drive to collect bags of necessities for rape and abuse victims when they leave the hospital. "When victims go to the hospital for an exam, they must turn over their clothes as evidence, and I am working to collect comfortable clothing and toiletries so that victims don't have to sit around or leave the hospital in a gown with nothing to keep them more comfortable," Nikki explains. Her group is collecting toothbrushes, toothpaste, travel-sized shampoos and conditioners, sweatshirts and sweatpants (used or new for any gender) with no writing on them, *new* underwear and lip balms.

There are two donation bins located at UNC Asheville, one in the library and the other in the Sherrill Center, in front of the Fitness Room.



These items go to support the organization Our VOICE, the local Rape Crisis Center in Asheville. For information, email nmadle@unca.edu or call 337-1447.

Retire in "Stages"?

continued from page 22

required minimum withdrawals at least for a while, rather than taking out larger amounts immediately. In this way, you could potentially keep more of your retirement funds growing in your tax-deferred accounts.

Investment Mix

If you planned to retire at a certain date, you might have created a specific mix of investments designed to provide you with sufficient income to last your lifetime. But if you continue to work, you may not have to rely so heavily on your portfolio – that is, your IRA, 401(k) and all investments held outside these retirement accounts – to help you meet your income needs. Consequently, during these extra years of work, you may be able to withdraw less from your portfolio, thus potentially having more assets to provide for your income needs down the road.

As you can see, a "phased-in" retirement could help provide you with options in making a variety of financial decisions. So, plan carefully before you exit the workforce – a gradual departure may be a good way to say "goodbye."

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

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Appreciation



The word appreciation could mean recognizing and enjoying the good qualities of something or someone, or it could imply full understanding of a situation.

One thing that has drawn my appreciation lately is something called “recovery.” Lately I’ve been spending more time with people who have what is sometimes called long-term recovery, and they are teaching me to appreciate the self-empowerment and other benefits recovery can bring.

Recently I was talking with the Board of the Mountain Coalition for Recovery and Wellness (MCRAW) and the Coordinator of Sunrise Peer Support Volunteer Services. MCRAW is an organization dedicated to improving recovery support systems; Sunrise is dedicated to maintaining recovery. Recovery-oriented systems of care help people with mental illness and addiction but also many physical ailments such as diabetes and heart disease. People who have found a form of recovery that works for them are now spreading the word that, no matter how difficult, lasting recovery is possible.

Long-term recovery involves finding healthy ways to deal with daily challenges as well as those magnified by illness. Recovery means being able to experience our journeys with less distortion, more opportunity and humble empowerment.

Most of us have had some experience, directly or indirectly, with the ugly symptoms of life-draining illnesses. Recovery, though difficult, is real, and millions of

people have been able to establish new paths that enhance their journeys. The “voice of recovery” brings hope to those still suffering and to their families and friends. Millions of voices sharing the hope of recovery can inspire others to find their way out of the darkness.

So if you have one of these illnesses, are in recovery, have a friend or family member who is, or just want to show your support as a recovery ally, please let your voice be heard. Take some time to read and listen to true inspirational stories of recovery and see what true transformation can look like.

It can be hard to trust and appreciate recovery and wellness when we are still numb, angry, shocked, scared, grieving or hurting; but when ready for some relief, hope, and appreciation about recovery, you may want to consult these online resources:

- [facesandvoicesofrecovery.org](#)
- [recoverymonth.gov](#)
- [state.sc.us/dmh/client_affairs/connections.pdf](#)
- [storiesfromtheroad.typepad.com](#)
- [da.augrapevine.org](#)
- [recoveryinc.org](#)
- [diabetesrecoveryguide.com](#)
- [ama-assn.org/sub/prevent-diabetes-stat/toolkit.html](#)
- [nhlbi.nih.gov/files/docs/public/heart/living_well.pdf](#)

You are here.

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

Safe, Clear, Clean



Stop! Don't Go there!

Avoid being phished by fraud emails pretending to be from your “bank” or “credit card company.” When you are asked to change your password by hovering your mouse or pointer over the big tempting button and looking at the web address that your browser or email program will show right there or in the lower left part of your web browser, be careful!

Look very carefully at this web address and if, for example, you are told that Chase is trying to get you to view problems with your account, but the link the mouse is hovering over reveals some website with nothing Chase.com related, then don't go there!

When in doubt you can just call the bank, credit card company, business or whomever, and double check the alerts legitimacy.

Stay Focused

Consider making your computer more distraction-free by disabling notifications in Windows and OS X; removing clutter on your desktop; blocking distracting websites like Facebook during hours you want to be productive; using distraction-free modes in Word; stopping auto-play of videos in YouTube and Netflix; and using a password manager to quickly fill in forms without a lapse in security.

Protect your eyes in this digital age by avoiding glare on or behind the screen;

keeping your eyes from drying out; and exercising them by rolling them around and changing the focus every 20 minutes or so. Remember the 20/20/20 rule, every 20 minutes look away 20 feet for 20 seconds or more.

Create your own web browser start page with [start.me](#), where you can combine information from many different sites into one customized for you web page.

Be Safe Out There

Another top ten list of passwords to avoid include x, Zz, St@rt123, 1, P@ssw0rd, bl4ck4ndwhite, admin, alex, qwertyuiop, 1qaz2wsx.

“Zero day exploits” are software exploits found by hackers before others in the security field find and fix them, so by definition they are usually undetectable. Things you can do to help avoid them include keeping your operating system up-to-date and doing the same for all applications (don't forget to uninstall software not currently in use and review this every few months); using the latest version of web browsers; making sure your firewall is working and test with Gibson Research Corporation's Shields Up; and using a password manager so you can use distinct and complex passwords without fear of not remembering them.

Questions? Call Bill Scobie of Scobie.Net, fixing computers and networks for small businesses and home. 628-2354 or bill@scobie.net.



Welcome New Member!

- Kelly Hoffman, Mountain Medical Massage

April Member Meeting

Please plan to join us on **Thursday, April 7 from 6 to 7:30 pm** for our member meeting and a networking opportunity hosted by Park Ridge Health. We will be meeting at their new Park Ridge Health South Asheville office building which also houses diagnostic imaging and physical therapy.

FBA is committed to our business members who live or work in our community and we look forward to visiting Dr. Teresa Bradley's offices in Biltmore Park next to Schlotskys deli. The meeting will be on the ground floor board room. A tour of the facility and door prizes will follow the meeting.

Upcoming Member Meetings

Mark your calendars now for our May and June meetings. May's meeting will be at Troyer's Amish Blatz on *May 10, 6 pm*. Troyer's is located at 14 Bonn E Lane in Fairview, just off Old Fort Road. The June meeting will be a lunch meeting at Fairview's Welcome Table on June 9, 11:30 am. The location is behind the Fairview Library in Fairview Christian Fellowship's community room.

Scenes From the March Meeting at Hickory Nut Gap Farm!



Interested in Joining?

Come to any Member Meeting and check us out. We're a good group who live and/or work in Fairview and all know first-hand the value of networking in a relaxed atmosphere. Join at [FairviewBusiness.com](#) or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730. Or join at the Town Crier office, 1185F Charlotte Hwy, M-F, 1–5 pm. FBA Voicemail – 585-7414

KEEP IT LOCAL with FBA Members

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Make a Gutsy Decision

by Indy Srinath

Can the bacteria in your gut explain your mood? Most of us blame our occasional cranky outlook on hormones or the zodiac, but since 2007 scientists have been discovering that our moods could have a lot more to do with our intestinal health than we think.

Nearly a decade ago, scientists introduced plans for a “Human Microbiome Project” to catalog the micro-organisms living in our bodies, and the results have been astounding.

Bacteria in our gut produce vitamins and enzymes. If you have too little (or too much) of these enzymes you might suffer from a number of ailments and illnesses ranging from obesity, inflammatory bowel disease, stress and hypertension to autism. According to microbiologist Mark Lyte, “our supply of neurochemicals (50 percent of the dopamine and a majority of the serotonin) originates in the intestine, where these chemical signals regulate appetite, feelings of fullness and digestion.”

So what can we do in our everyday life to regulate our mood and cultivate healthy gut bacteria? The answer is simple — probiotics and prebiotics.

Probiotics are “good” bacteria that help keep your digestive system healthy by controlling the growth of harmful bacteria. Prebiotics are carbohydrates that cannot be digested by the human body; they are food for probiotics.

The lactobacillus is one of the dominant organisms babies ingest as they pass through the birth canal, and it is also the organism used to ferment milk into probiotic yogurt. According to one study, rats that ingest lactobacilli behave “as if they



are on Prozac” when placed in stressful situations. Other fermented foods such as kefir, yogurt, kimchi, tempeh, and miso are rich in both prebiotics and probiotics.

April is “Get Gutsy” Month

We’re celebrating by cultivating fermented foods to make you happy. Trout Lily Market will be hosting 2 workshops relating to “gut health” in April:

- Create your own Kraut: Wednesday, April 13, 3-5 pm; and
- Custom-make your very own Kimchi: Wednesday, April 20, 3-5 pm.

More pro-biotic workshops are planned for May, including “Crafting Your Own Kombucha Beverage.”

For more information on the workshops visit troutlilymarket.com or come by the store at 1297 Charlotte Highway in Fairview.

THE LORD’S ACRE

by Susan Sides

Planting Potatoes

There’s nothing like fresh dug “new potatoes” cooked that day and sprinkled with a bit of homegrown parsley or chives. They’re a great crop for the beginning gardener and can be grown in containers if your space is limited. Why grow your own when they’re one of the most affordable vegetables? Just one taste and you’ll know that hours-old spuds are a world away from those stored for up to a year at a time.

Potatoes originated in South America, and the word comes from their Indian name, *batata*. Like their relatives, tomatoes, they come in a variety of skin and flesh colors: white, brown, red, pink, blue, or yellow, with sizes ranging from fingerling to large all-purpose types. You can find typical varieties in most feed and seed stores, and some will even carry the colorful varieties. Call Reems Creek Nursery, 5th Season Gardening, or your favorite garden store to see what varieties and colors they carry.

There are two basic things to know about growing potatoes:

1. The “seed” that is the actual potato (typically called a “seed potato”) can be cut into one or more pieces, as long as each piece is at least the rough size of a golf ball and has at least one “eye.” This eye is a tiny bump from which the stalks of the plant will grow. There are many articles, books, and videos to guide you through the process.

2. “Seed pieces” are planted deep because new potatoes grow above that original piece. Typically this is done by digging a 1-foot-deep trench (or holes if you’re only planting a few), laying each piece at the bottom and covering with about 6 inches of soil. As the plants grow above ground, pull more and more of the excess soil up to the stem of the plants, leaving only 3-4 inches of stalk exposed. Once the soil is filled in

to the level where you began, start “hilling” the plants. That means pulling surrounding soil up onto the plants as they grow, always leaving at least 3-4 inches exposed. Eventually you will have a hill and the original seed pieces will be buried nearly 2 feet deep.

There are many novel ways to grow potatoes if you’re only growing a small amount. Some folks put their seed pieces at the bottom of a container (with drainage) that’s at least 1 or 2 feet deep and then continue layering either soil, spoiled straw or hay, compost, or some combination thereof as the plants grow. I’ve seen potatoes grown in bags, tubs, pots, towers and tires. At TLA, we’ve successfully grown potatoes in the field, in tires, and in a castoff smoker cylinder that sat directly on the ground.

Quick Wish List

We’re creating space for our awesome 2016 interns and could use the following in-kind donation items.

Building supplies: 28 – 12’ x 2’ x 8’; 10 – Tongue and groove 3/4” plywood or particle board for flooring; 100 – 8’ x 2’ x 4’, rough cut or dimensional; 24 – T-111; 5 – 7/16” OSB; Cedar shingles; 8’ long metal roofing; 36 – 10’ x 2’ x 4’ rough cut or dimensional; 2 exterior doors (preferably w/glass); Rough cut pine boards longer than 4’.; 20 bags concrete mix; and 6 bags mortar mix. *If you have any of these, or wish to donate the money to purchase them please contact Steve Norris at 777-7816 before 8 pm.*

Furnishings in good/clean condition: Area rugs; Table or floor lamps; Pots and pans; Full or queen bed (very good condition); Small desks; Bedside table. *If you have any of these, contact: thelordsacre@gmail.com*

Other Vegetables to Plant Directly from Seed in April

Bunching onions

Mustard greens

Beets: Chioggia is one of our favorites, as are most golden varieties.

Carrots: They come in orange, red, yellow, purple and even white.

Radishes: Try Watermelon Radish!

Turnips: Our favorites are Hakuri, so sweet you can eat them raw.

Lettuce: There are thousands of varieties for every season.

Spinach: We like the large, smooth leaf types for easier washing.

Chard: Comes in a variety of gorgeous colors).

WILD EDIBLES

by Roger Klingner

Ramps: Wild Leeks



Even though winter tried its best to hold on to its late seasonal start, spring has finally arrived and we are all rejoicing. Springtime in the Blue Ridge is such a luxurious extravaganza of life; nature waits patiently, plants slumber in dormancy and then with abundant light, rain and warmth the whole world seems to come alive singing the delights of spring. The greening of the earth awakens our spirits to new life, and everyone and everything seems to simply come alive.

April and May are two of my favorite months because morels will hopefully be popping up in the rich forest floors; joining the choice and elusive morels are ramps or “wild leeks,” one of my most prized wild edible plants. Ramps are intricately woven into Appalachian history and folklore, and festivals celebrate their pungent, earthy delights throughout the Smokies and West Virginia. Cosby, Tennessee has held the largest and one of the oldest ramp festivals in the United States. Since 1954 the festival has played host to as many as 30,000 visitors and has been attended by notable luminaries such as Harry Truman, Eddy Arnold, Roy Acuff,

Bill Monroe, and Minnie Pearl.

Ramps (*Allium tricoccum*) are bulb-forming perennials with broad, smooth, light-green leaves, often with deep purple or burgundy tints on the lower stems, and a scallion-like stalk and bulb. Both the white, lower leaf stalks and the broad green leaves are edible. Ramps grow in close groups, strongly rooted just beneath the surface of the soil, and in many places seem to carpet the forest floor in huge colonies. The flowers and seed heads form later in the growing season and look just like mini onion seeds.

The only dangerous look-alike plant is wild lily of the valley, but the easiest way to distinguish a ramp from a poisonous lily is to use your nose; the powerful garlicky-onion aroma is abundantly present in both the leaves and even stronger in the little onion bulbettes. If you have a garlic-onion aroma, you know it’s safe and fine to eat!

I love to sauté ramps with morels and grilled asparagus or add them to omelets, soups, and bread. As with all wild plants, we must practice sustainability and harvest selectively, making sure we do not overharvest. Since ramps have become popular in restaurants, too many people indiscriminately dig whole colonies, leading some states, like Tennessee, and a few Canadian provinces to

enact severe protective measures against harvesting in the wild. We all know the story with ginseng, which was so common and abundant until it became an expensive, lucrative commercial commodity. Here in western North Carolina, we are blessed to have an abundance of wild ramps growing in our forests, and I hope we can keep them alive and healthy.

Recently I began harvesting mostly the leaves, leaving the roots intact in the soil, then dehydrating the leaves, chopping and storing them like dried chives to add to dishes throughout the year.

Ramps are so pungent and strong in their garlic-onion flavor that many people shy away from them; but with family from Sicily, where garlic is a staple in the diet, I welcome their rich, earthy, garlic flavors. Ramps can also be pickled, added to cornbread, and used in soups and stocks as one would use onion or garlic.

Ramps have a fascinating history in folklore. Chicago owes its name to the ramp, as the plant’s indigenous name among the local tribes was “shikaakwa,” which sounds exactly like Chicago when spoken. Ramps grew in abundance along the Chicago River, and the name stuck, morphing into its current spelling. The odor of ramps is legendary; one story tells of how a newspaper editor wanted to play a prank and added ramp juice to the printing ink of the *Richwood News Leader* before sending it out; apparently this worked well, and the Postmaster



Asparagus (left), ramps (right), and morels (lying on top).

General was outraged by the newspapers smelling like a garlic bomb!

Ramps have been celebrated for millennia every spring by tribal peoples as a valuable food source but also as medicine. Ramps were used as a tonic to ward off winter ailments and illness, and with an abundance of vitamins and minerals and the concentrations of compounds we know now to be strong immune boosters and antioxidants, these tonics were and remain highly beneficial to humans.

Spring is a time of joy and rebirth, and wild ramps are one of the many pleasures in life we have to be thankful for, so enjoy some of these natural wild delicacies and celebrate being alive.

Contact Roger at rogerklingner@charter.net.

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

Submissions/Announcements/Events/Stories

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

Editorial Policy

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

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

The Fairview Town Crier
2016 Advertising Rates

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

COLOR DISPLAY ADVERTISING RATES

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

BLACK DISPLAY ADVERTISING RATES

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

NONPROFIT AD RATE IS 20% OFF APPLICABLE RATE.

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

CLASSIFIED ADVERTISING RATES

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

All classified ads must be prepaid.

Notices and personal ads not selling anything are free.

All print classified ads run online for free at

www.FairviewTownCrier.com

FOR SALE/FREE

FOR SALE

PROM DRESSES at New Moon Marketplace. Next to Dickies Grocery Store. All prom dresses are \$40. Assortment of colors, 33 styles, lengths and sizes to choose from. Come and check us out! Open 7 days/week from 10 am till 5 pm.

30” BATHROOM VANITY with cultured marble top with chrome faucet and white porcelain handles. Make an offer. Call 450-2324

FREE

GOAT PASTURE WITH SHELTER on Fox Branch Road. Can accommodate 2-3 goats. Free to use. Call 628-2246 or 242-6774.

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

SERVICES

CONSTRUCTION/
HANDYMAN

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

SMALL CONSTRUCTION/REPAIR

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

DOG GROOMING

DOG/CAT GROOMING — 30 Years experience. Small dogs. I will treat your baby like it was my own. Pickup/Delivery for extra fee. Call Myrtle 582-2632

HOME CARE / CNA

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

HOUSECLEANING

THE SPARKLING JOHN WILL MAKE YOUR HOME SPARKLE. Reliable, trustworthy cleaning services. No job too big or too small. Free in-home quotes. 275-7848

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

APRIL 2016 CLASSIFIED ADS

SERVICES CONT'D

HOUSEKEEPING/ERRANDS

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

LAWN/LANDSCAPING

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

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

PET / HOUSE SITTING

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

LIVING HARMONY PET SITTING

Reliable, experienced care for your best friends. Insured and bonded. Pet CPR and first aid trained. Visit living-harmonypetsitting.vpweb.com or call Gretchin DuBose, 582-3363.

SERVICES CONT'D

PET/HOUSE SITTING

CONT'D

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

PLUMBING

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

WRITING

DO YOU HAVE A MEMOIR OR OTHER LIFE STORY you want or need to leave with someone before you go? I'll write it for you. Jim Stramler 490-4455

YARD/GARDEN WORK

PAST INTERN AT THE LORD'S ACRE looking to do garden/yard work. For more info please call 347-631-7768 or email jessicamolina214@yahoo.com.

CLASSES

ART

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

CLASSES CONT'D

DOG OBEDIENCE

DOG TRAINING – THE OBEDIENCE CLUB OF ASHEVILLE is accepting enrollment in Spring classes (March 31-May 19, 2016) for puppy and adult dogs. Certificates are available for purchase of classes as a gift. You can also enroll for summer classes (June 23-August 11). Classes will be held in the Fairview Community Center. obedienceclubofasheville.org

DOG OBEDIENCE CLASSES – Asheville Kennel Club ad – waiting for it as of 3-14-16

MUSIC CLASSES

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

WELLNESS CLASSES:

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



CUT HERE

YOUR COMMUNITY PAPER NEEDS YOUR SUPPORT!

Donation Form

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

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

NAME _____ EMAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

☐ MY CHECK IS ENCLOSED

☐ PLEASE CHARGE MY CREDIT CARD ONCE

☐ CASH IS ENCLOSED

CC # _____ EXP _____

☐ SEND RECEIPT

SEC CODE _____ BILLING ADDRESS ZIP _____

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

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 86 Asheland Avenue
 Asheville, NC 28801



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Fairview Resident Since 1992



MCDOWELL CO! 126 acres prime development property, ideal residential, subdivision or commercial, paved road frontage, cleared and hardwood, creek adjoins property, rare find **MLS#576972, \$700,000!**



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



WEAVERVILLE! Delightful 3 BR, 2 bath brick home on 1.77 beautiful acres, private, fenced backyard, FP in LR, lg workshop, out bldg, HOME WARRANTY, carport, **MLS#3147555, \$329,000!**



NORTH! 5.6 acres rolling farmland w/ immaculate home, lg MBR/bath w/jetted tub, wraparound cov front porch, 2 car gar in bsmt, detached gar w/bonus room, barn & outbuildings, **MLS#592684, \$325,000!**



LEICESTER! 5 private wooded hilltop acres, 2 BR, 2.5 bath home, gorgeous setting, lovely views, huge great room, 2-story rock FP (gas), HOME WARRANTY, office, **MLS#3154545, \$310,000!**



ROYAL PINES! Spacious 3 BR, 2 bath home on private, large 1.32 wooded acre lot, lg LR w/FP, 3 cov porches, add'l 1 BR apt above 2-car gar, convenient South location, **MLS#3155374, \$300,000!**



WEAVERVILLE! Immaculate 3 BR, 2.5 baths, tons of light, partially finished bsmt, cov front porch w/ partially cov back deck, private backyard, bordered by 2 streams, 2-car gar, **MLS#3131809, \$295,000!**



FAIRVIEW! Sit & relax in your hot tub on the cov porch of this 4 BR, 3 bath home w/private, majestic Mtn views, rock FP, massive game room, out bldg, beautifully landscaped yard, **MLS#579218, \$230,000!**



WAYNESVILLE! 2 BR, 2 bath home w/year-round views, great location, privacy, add'l living area in bsmt soon to be completed, HVAC system to be installed prior to closing, **MLS#3144801, \$200,000!**



LEICESTER AREA! 2.05 beautiful private acres w/ nice 3 BR home, newer ht pump & updated windows, quiet street, HOME WARRANTY, country setting only mins. to Asheville, **MLS#3152074, \$182,500!**

RESULTS!

Overlook DrPending in 7 days
 Noble Rd.....Pending in 27 days
 Cameila LanePending in 27 days
 Lakewood Dr.....Pending in 7 days
 Weldon WayPending in 24 days
 Richmond AvePending in 3 days
 Mitchell Ave.....Pending in 2 days
 Max StreetPending in 7 days

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