



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • JANUARY 2017 • VOL. 21, No. 1 • FAIRVIEW, NC

Fairview Garden Tour Planned for June 10-11

Mark your calendars for the Second Gardens of Fairview Tour, which in 2017 will be a two-day event. Last year there were over a hundred and fifty visitors looking over 12 beautiful gardens. A number of gardens showcased last year will be return, but if anyone is interested in opening their garden on Saturday please contact jimsmith1945@gmail.com. The deadline for signing up to be on Saturday tour is March 1.

As the Tour is finalized, help will be needed along the way, in particular someone to help organize the event and find sponsors, and volunteers on day of events.

Special thanks go to the Organic Growers School for their support again this year. All are invited to join in the gardens of Fairview!

Please Note:

The Crier and The Hub will be closed January 2-8.

We'll reopen normal hours Monday, January 9th.

Happy New Year!

Wake up and Crow! It's the Year of the Rooster!

新年快乐

HAPPY NEW YEAR

On January 28 the Year of the Monkey ends and the Rooster, the tenth sign of twelve in the Chinese zodiac, begins his year of dominance. Those born in rooster years (including 1921, 1933, 1945, 1957, 1969, 1981, 1993 2005, 2017 and onward) are said to be highly social and confident, courageous, talented and honest (sometimes to the point of bluntness). They are loyal and make steadfast and devoted friends. The subsign of Fire, one of the five elements, is also attached to the Roosters of 2017, and they are considered particularly trustworthy; so latch on to a Fire Rooster friend if you can, because they only come around every sixty years!

Roosters are romantic, too, which is a good thing for the Ox and Snake, their most compatible signs, but if you're a Rabbit, relationships with Roosters don't go well at all, so you'd be wise to move on along the zodiac to a Dog or a Pig. (Your intrepid copyeditor readily admits being born under the sign of the Pig, and she thinks Rabbits are very cool dudes.)

Oddly, the year of the Rooster isn't considered to be a particularly lucky year for the Roosters themselves, whereas it's a very fortunate time for those born in the year of the Horse (1930, 1942 and so on).

But whatever our sign, and whatever life brings us, let's make the most of the coming year. Best wishes from the *Town Crier* menagerie!

Editor's Note: If you're wondering why we've dedicated a half of the front page to this somewhat obscure topic of the Year of the Rooster, let me confess. Every January issue, I have written a Letter from the Editor. It takes a great deal out of me (although the reader's reaction might not warrant that much heart wrenching work on my part.) Well, this year, life has gotten in the way including my succumbing to the awful head/chest cold that has gotten most of our community down. I have literally nothing left inside to pour out on this paper that I feel (even without my fever) would not be a waste of good ink. I have launched The Hub of Fairview and share office space with the Crier. I hope it will grow into an extension of the community base that the Crier touches and informs. It took a lot to get up and running pre-Christmas but we did it and are proud to represent over 50 local artists in our little greater Fairview area. Our meeting space is furnished with seating for 28 with folding tables to boot. We have faxed and copied and saved a number of folks that drive down 74A to the nearest copy place. All that said, to end this year and begin the next, let us all take a lesson from this magnificent rooster — painted by my talented (ready to jump in to fill a hole at the last minute) dear friend and co-worker, Lynn Stanley. He is majestic. He is strong. He is confident. He is cheerful. And he is beautiful. And he has filled the space so perfectly. I wish this, and more, to each of you as you enter 2017. Stop by and see us in our new place.

Happy New Year!

— Sandie Rhodes



雞

ROOSTER

Hollywood Road Remediation Update

A remediation of the contaminated land in Hollywood Road is underway by the NC State Department of Waste Management. The current status is as follows: The main plateau has been cleared and the temporary fencing along Hollywood Road has been installed. Logging began the week of December 12. Nothing unexpected has happened, so things are starting out smoothly. Work will not take place the week of Christmas (December 23- January 2), so if anyone in the community sees any activity inside the fenced area during that time it should be reported. Work will commence every other Saturday, from 9 am-4 pm. It is expected that logging will be completed and erosion control measures installed in December. Removal of waste in the Phase I area should begin in early January. Anyone wishing further information can email neighbor Kelly Koney at kmkoney@msn.com.

The Fairview Town Crier
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COMMUNITY EVENTS

JANUARY 3 (TUESDAY)

Community Leadership Annual Planning Meeting at SMCC

The SMCC crew will have a pot of soup to share for this big annual meeting. All are welcome. Building needs and upcoming events planning will be discussed. RSVP to springmntcc@gmail.com.

JANUARY 5 (THURSDAY)

Embroiderer's Guild Meeting

The Laurel Chapter of the Embroiderers' Guild of America meets 9:30 am–12 pm at Cummings United Methodist Church, 3 Banner Farm Road, Etowah. All are welcome. Call Carol Foster, 686-8298 or Janet Stewart, 575-9195.

JANUARY 6 (FRIDAY)

The Musical of Musicals (A Musical!) Opening Night

A “comic valentine to musical theatre” with a smartly written script and excellent cast. Runs through January 22 at 35below Theatre, 35 East Walnut Street, Asheville. Fridays and Saturdays 7:30 pm and Sundays 2 pm. For details and tickets see ashevilletheatre.com.

JANUARY 7 (SATURDAY)

Laura Camby McCaskill, author of the newly released novel Fallow, and previously released Her Keepers, will hold a book signing at Barnes N Noble,



Biltmore Park, from 2–4 pm. Many will recognize Laura as she fills her non-writing hours as a Pharmacy Tech for Americare Pharmacy

in Fairview. For more information and other events, please visit her website at LauraCambyMcCaskill.com

JANUARY 9 (MONDAY)

SMCC Pancake Supper Fundraiser

To raise funds for the expansion of the walking path and park and to add adult exercise equipment, all are invited to enjoy a pancake supper, 5–7:30 pm. Suggested donation \$5 a plate.

New After School Magic Classes in Fairview!

Mountain Magic Academy will begin it's new session of Magic Classes starting **Monday, January 30** at the Hub Meeting Room, 1185 Charlotte Highway, Fairview (Near Americare Pharmacy) from 4 – 5 pm. Class size is limited for ages 7 and up.

The first class is \$15 and covers the magic lesson, as well as all supplies and tricks necessary for this class. To register, or for more information call Greg Phillips at 321-626-2622 or go to www.MountainMagicAcademy.com or check out www.DiscoverMagic.com.



WNC Knitters and Crocheters

The Western North Carolina Knitters and Crocheters for Others will meet at New Hope Presbyterian Church, 3070 Sweeten Creek Road, 7–9 pm. All skill levels are welcome. If interested contact Janet Stewart at 575-9195.

JANUARY 14 (SATURDAY)

Dr. Martin Luther King, Jr. Prayer Breakfast

The Martin Luther King, Jr. Association of Asheville and Buncombe County,

will host its 36th annual Dr. Martin Luther King, Jr. Prayer Breakfast at the Crowne Plaza Resort on Resort Drive at 8:30 am, doors opening at 7:30 am. The theme of the 2017 King Celebration events will be “Stand up, Speak out, and Unfold the Dream for Today.” Keynote speaker will be Patricia Russell-McCloud, writer, attorney, and one of the nation's best public speakers, who encourages her listeners to surmount every obstacle that stands between them and whatever they dream of accomplishing.

COMMUNITY EVENTS

Asheville Symphony Presents Music of the Rhine

The Asheville Symphony presents an evening of Germanic composers, including Schumann, Brahms and Haydn. 8 pm Thomas Wolfe Auditorium in Downtown Asheville. Tickets: \$22 – \$62; for details call 254-7046 or visit ashevillesymphony.org.

JANUARY 15 (SUNDAY)

Celebration Singers Concert Honors Dr. King

The Celebration Singers of Asheville will honor Dr. Martin Luther King, Jr. in a concert on at First Congregational Church, 20 Oak Street in downtown Asheville, at 4:00 pm. Admission is free (donations are appreciated at the door.) The youth chorus will perform with piano and flute accompaniment songs by Andrea Ramsey, Edward Elgar, Stephen Hatfield, Bob Chilcott and a group of African songs and spirituals with readings honoring Dr. King.

Building Bridges: Dismantling Racism is Ethical Society Theme

Representatives of the Building Bridges organization, whose mission is to

dismantle racism by fostering relationships that respect diversity, seek understanding and encourage action, will lead the Ethical Society Meeting at 2 pm, 227 Edgewood Avenue, Asheville. Co-facilitators will discuss how educational programming, paired with a safe place to learn, reflect and discuss, has made a profound impact on people and institutions throughout WNC. Informal discussion and refreshments will follow the presentation. All are welcome. For more information visit EHSAsheville.org.

JANUARY 17 (TUESDAY)

4-H Club Meets at SMCC

The meeting will be downstairs at the Spring Mountain Community Club building, 807 Old Fort Road, 6 pm.

JANUARY 17 & 24 (TUESDAYS)

Neuropathy Seminars

Dr. Ed Reilly of Fairview Chiropractic will present a free neuropathy seminar, beginning at 4:30 pm at Ryan's, 1000 Brevard Rd., Asheville. Free dinner provided. Reservations are required; the information is the same for both seminars so please only register for one of the two, at 628-7800.

Second Friday at The Hub!

Since opening in late November, The Hub of Fairview has showcased the work of almost 50 local (and we mean local as in Fairview, Fletcher, Reynolds and Gerton) artists, farmers and crafters. On the second Friday of every month, the doors will stay open on Friday night for a Meet & Greet with a number of these talented folks. Likely you'll know a few and just as likely you'll meet a few for the first time. There will be a demo or two going on — might be jewelry making, fabric dying, who knows. We'll also have one or two of the artists whose work hangs (and sells) in the Art Gallery/Event space. Plan on stopping by, **Friday, January 13, 5–7 pm**. Enjoy some snacks and beverage and enjoy mingling with the talent.



JANUARY 18 (WEDNESDAY)

Grants for Artists Info Session

Asheville Art in the Park (AAiTP) and the Asheville Area Arts Council (AAAC) will hold an information session at 5 pm, at the Refinery Creator Space, 207 Coxe Avenue, Asheville. The grant is offered to qualifying committed WNC artists to enhance public spaces and highlight the role of local artists within the community. The application deadline is February 15, 2017 at 5:00 pm. For details see ashevillearts.com.

JANUARY 27 (FRIDAY)

Council on Aging Medicare Class

“Medicare Choices Made Easy” class explains how Medicare works, the enrollment process, avoiding penalties and saving money; 2–4 pm, UNCA/ Reuter Center, 1 University Heights, Asheville. People new to Medicare or nearing retirement, caregivers, or those who help senior citizens should consider attending. Classes are free, information is unbiased, accurate, and no products are sold, recommended or endorsed.

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COMMUNITY EVENTS

JANUARY 28 (SATURDAY)

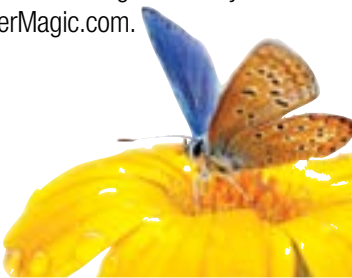
SMCC Community Garden Project Meeting

An introductory meeting for the Spring Mountain Community Garden Project, 9:30–11:30 am in the lower level of the Center building. All are welcome to attend and see all the new and exciting things planned for 2017.

JANUARY 30 (MONDAY)

Mountain Magic Academy Classes in Magic Kickoff

The new session of magic classes launches at the Hub Meeting Room, 1185 Charlotte Highway, Fairview (Near Americare Pharmacy) from 4–5 pm. Class size is limited. For ages 7 and up. This first class is \$15 and covers lesson and all supplies. To register or for details call Greg Phillips at 321-626-2622, go to MountainMagicAcademy.com or DiscoverMagic.com.



UPCOMING EVENTS

Basketball Fundraiser for Oakley School, February 4

The Harlem Wizards will battle a team of teachers and staff from Oakley, Haw Creek and Fairview, along with members of The Lady Jags Semi-Pro Women’s basketball team and some fantastic former college players for an evening of amazing basketball talent combined with hilarious comedy. The game is a fundraiser for Oakley Elementary. Tickets now on sale at harlemwizards.com. Those interested in a variety of sponsorship options please email oakleypto@gmail.com.

FES Destination Imagination Fundraiser February 18

The Fairview Elementary Destination Imagination teams and supporters will host a vendor fair to raise money for the FES teams who will go to Global competitions in the Spring. The fair will be at the Fairview Community Center from 9am–2pm. There will be items for sale, performances by the different teams, STEAM games and activities and an amazing raffle basket. All proceeds will benefit the DI teams.

Introduction to Yoga Starting Wednesday, February 8, 7 pm

Have you thought many times of trying yoga but were *afraid–intimidated–unsure* of joining an existing class because you *might not–could not–surely would not* be able to bend–stretch–keep up with the others? Well, this night has been designed for you. Fairview Yoga Instructor and owner of The Yoga Hut, Tami Zoeller, will introduce guests to the gentle ways of Yoga. No one need be a contortionist! It is meant to relax and rejuvenate. Introduction is free followed by a 4-week Beginning Yoga series at \$10/week. Space will be limited and all four classes must be paid upfront to hold your space. Held at The Hub of Fairview, 1185 Charlotte Highway, near Americare. Call 628-1422 for more information.



Organic Growers School Spring Conference, March 11–12

Registration is now open for the 24th Annual Spring Conference of the Organic Growers School. Early registration pricing until January 31. organicgrowersschool.org.

Friend Lane). All donors will receive a free sweatshirt and enough TBC points to redeem a \$10 gift card. Register and reserve a time slot at donate.theblood-connection.org/donor/schedules/drive_schedule/99763

CHARITY PET EVENTS

Humane Society Blood Drive

January 21, 11 am–4 pm, in the Adoption Center Education Room (14 Forever

Tour of Asheville Humane Society and County Animal Shelter

January 28, 1:30-2:30 pm, begins in the Adoption Center, 14 Forever Friend Lane. Free and open to the public.

COMMUNITY EVENTS

Brother Wolf Adoption Events

January 14, 12-3 pm, 150 Bleachery Boulevard, Petsmart
January 28, 12-3 pm, 150 Bleachery Boulevard, Petsmart

ONGOING EVENTS

Dugout Canoes Exhibit at Arboretum

The Arboretum is excited to bring a new exhibit to its Baker Exhibit Center in January called *Dugout Canoes: Paddling through the Americas*, based on the world’s largest archaeological find – 101 ancient dugouts found in Newnan’s Lake in Alachua County, Florida. The exhibit will open January 28 and will be on display through May 2.



Free Exercise Classes at SMCC

For January only, free *Essentrics* exercise classes will be offered on Mondays and Thursdays, 1–2 pm, upstairs in the SMCC building, 807 Old Fort Road. Appropriate for all ages and fitness levels. Call Janice Williams, 683-7174.

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.

Dining for Women

The Fairview chapter of the global poverty-fighting giving circle meets on the fourth Monday of each month. For details visit Facebook page.

The Light Center

Yoga classes on Thursdays, 10:30–11:45 am, \$10/class. 2196 Highway 9 South, Black Mountain. Visit urlight.org.

Brain Tumor Support Group

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

Spring Mountain CC Events

springmountaincommunitycenter.com

Community Leadership Meeting:

Usually the first Tuesday of each month, 6:30 pm. We are now inviting nominations and volunteers for 2017 leadership positions.

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

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.

Dr. Haley Perry
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Mushroom Compost.....	\$55 / yard	River Rock Pea Gravel	\$75 / bucket
Leaf Compost.....	\$50 / yard	Clean 3 Quarter	\$35 / yard
Pine Mulch	\$27 / yard	Road Bond.....	\$33 / yard
Double Ground Hardwood Mulch.....	\$28 / yard	50/50.....	\$50 / yard
Triple Ground Hardwood Mulch	\$30 / yard	Firewood.....	Call for price

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Beautiful Western Cedar log cabin on 2.92 acres. 3bd/2bth w/ lots of extras. \$700,000
www.youtube.com/watch?v=9oQvDAUIjRA

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Breathtaking views from the covered porch. Separate 1b/1bth mother-in-law suite and separate 2-car garage on 15 private acres. 2 beds/2 baths in main house. \$385,000

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

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Beautiful 3 1/2 w/2 car gar. on 2.11 acres. Running creek and mature trees. New roof, freshly painted, move-in ready. Call the office for more information.

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NEW! 4 acres, 2 creeks rolling to level with view potential, lightly wooded lot on dead end road. 15 minutes to Asheville \$90,000 Call Karen Cernek 828.216.3998

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Views Overlooking Cane Creek Valley Two Lots sold together for 60K or sold separately for 40K. Great views with Rolling to level lots ready to build... Call our office for more information or to set up an appointment to see them.

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FRIENDS OF THE LIBRARY

The Amazon With Simon Thompson

Take a trip with Ventures Birding Tours' Simon Thompson through the legendary Amazon Basin, which carries 20% of all the fresh water in the world, on Tuesday, *January 10, 7 pm* at the Library.

Simon Thompson has spent a lot of time hiking along the Peruvian Ama-



zon rain forest trails, birding the rivers, streams, and canopy walkways through the treetops. His interest in birds and natural history grew during his time living in Lebanon, Kenya, Ghana, and Yemen. As director and originator of Ventures Nature program, Simon has led many birding trips all over the world. Join us for photos and experiences from this trip.

The Friends of the Fairview Library will provide refreshments after the program.

Evening Book Club

The Evening Book Club will discuss *What Do You Buy the Children of the Terrorist Who Tried to Kill Your Wife? A Memoir* by David Harris-Gershon on *Tuesday, January 17, 7 pm.*

PROGRAMS AND EVENTS FOR KIDS

LEGO Club

The LEGO Club is back for its fourth meeting on *Friday, January 6, 3:30 pm.* All kids Kindergarten and up are invited for special builds, creative challenges, and a whole lot of fun. LEGO blocks provided.

Be Creative in the Maker Space!

Self-directed activities will be available all month long for children and teens. Past activities have included black-out poetry, bookmark making, and grown up coloring. The station is always changing, so make sure to check out the latest project next time you are in the library.

COMMUNITY NOTES

Monday Storytime

— We are considering creating a Monday afternoon storytime, and would love community feedback. Please drop by the library or send us an email at fairview.library@buncombecounty.org to let us know what you would like to see!

Free Research Service for Teachers and Homeschool Parents of Fairview— Fill out the new Teacher Subject Request Form on the Library website and our staff can set materials aside for you. Please allow at least one week for materials to be selected. You will be notified by email when your resources are ready for pickup, and they will be held in your name for one week. This service is abso-

lutely free. The Library is happy to support our teachers.

Used Books for Sale

Gently used books are for sale just inside the library doors — great reading, great gifts, and a great bargain. All sale proceeds support the Friends of the Library programs for adults and kids.

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

Children must be with a parent/adult

Holiday Closures

The Library will be closed on Monday, January 2 for New Year's Day and on Monday, January 16 for Dr. Martin Luther King, Jr. Day.

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David Merrell Writes Home: Part One

David Merrell was born in Fairview on May 26, 1801. He and his twin brother, Jonathan, were the sons of Revolutionary soldier Benjamin Merrell and his wife Penelope. David Merrell, his brother Eli and sisters Nancy Crumm and Jain Morrow moved to Merrellville, Missouri around 1827-1830. The town is believed to have been located in Marion County, Missouri, near Hannibal. David and Eli Merrell moved to Cedar Hill in Dallas County, Texas in late 1844. Cedar Hill is now a suburb southwest of Dallas.

The following letter was written by David Merrell to his twin brother Jonathan and wife Harriet in Buncombe County. *[Editor's note: Some period capitalization and punctuation has been left, and Bruce has inserted some comments in brackets for clarity.]*

Dallas County, Texas
August 1, 1852

Dear Brother and Sister,

I take this opportunity of informing you that we are all in the Enjoyment of Reasonable health. Hoping this line may find you all enjoying the same blessing. I have but little of interest to write. More sickness than common. About the first of July, I was riding three or four days in the hot sunshine which gave me the fever which lasted two or three days but I got entirely over that. The Flux has ranged to a considerable extent but I think it is abating

some. Old Mrs. Anderson and daughter have died lately of that disease.

This is a time of great excitement in the Country. Great Indian Excitement. An Express came in from the frontier for men to relieve the distressed frontier, the word was that Fort Belnap and Fort Worth were both taken and seven or eight families killed. The men turned out unanimous for forty miles around and went with a rush and low and behold no bloodshed no body hurt. But no doubt they intend to do mischief and they have stolen some horses and killed some cattle belonging to one Edwards, this man Edwards has carried on a trade with them for two years in a very fradulent way and they got mad at Edwards and took a large gang of fine horses and keep killing his cattle until the have nearly broken him up. They [the Indians] have been starved badly and threaten the frontier with distruction. Last winter was a year ago there was a large gang of Indians camped near Conleys, this Conley married Nancy Merrell [the daughter of David Merrell's brother Eli Merrell and his wife Nancy McCrary], while camped there, there came a heavy sleet, there being one old squaw along and her suffering very great from the inclement weather. Nancy took her in the house and fed her for perhaps a week and the squaw fell in love with Nancy and when she found her people had resolved on the destruction of the frontier the squaw came and told Nancy the hole secret and advised her to move.

This took place only three or four days ago. The women and the children have all moved in [to the fort] but the men have returned to watch their property. What the result will be I can't tell but I think it will die away when they find

caused great excitement. The country is full of meetings and resolutions and men who has sided against the right of the settler has to walk straight. One old fellow had to ride a wooden horse in Dallas and others had their orders to leave Texas in 30 days. What the result will be I cannot tell. Bloodshed I fear, the people are all hot no chills. Now every colonist is interested his home involved. I believe if one gun was fired the foe would be exterminated or at least all the foes that could be found. Our senator and several representatives are required to resign their seats in the Legislator.

Crops of all sorts are very fine this year. If you could see this country now it does not look like it did when you was here. Large fields all about the prairie and houses in every direction.

I heard from brother Ben some two weeks ago they was all well. Ben's children are all married and gone, Ben is a candidate for the office of District Surveyor for the Lamar District. It is a office of some importance. I expect he held the office 2 years. I've not heard from brother Nimrod and Jemima for some time not since they wrote to Ben Merrell last February. Eli [son of David's brother Eli] and his little wife is in the neighborhood now he quit going fishing after he thought he had the Fish safe it gave a flounce Fish like and broke loose and would have been glad to have nibbled again but he had no bate. He then courted a Miss Elizabeth Cope and married her, the Cope



David Alexander Merrell (1842-1910) and family.

family is a very respectable family. Eli has a son some 4 months old and calls his name John William. Catherine Jones [David Merrell's daughter] has a daughter about 10 days old they call its name Dianisha Elizabeth Catherine. The child looks like it live for all. Yesterday I sold a part of the personal property of Whites Estate. He willed the most to his wife. I sold to the amount of near \$300 his estate was appraised to nearly \$1200 and part of that land is 25 cents per acre. Whites widow is living with us with her little son. Her farm is rented. Ben Merrell [a son of Eli Merrell Sr.] is a candidate for Judge of Probate Court and Chief Justice of the County of Dallas.

When this comes to hand write and give a general history of all the old acquaintance and direct to Cedar Hill P.O., Dallas, a new Office on the Old

Mountain Road 2 miles West of us. There is a new store at that office. There are three stores in sight of here. Give my respects to all inquiring Friends Etc.

— David Merrell & E Merrell (his wife)

This is the day of Election for our County Offices in this state. Our Colony Difficulties and Indian News caused such an Excitement we have almost forgot the election 2nd of August. I have not heard any account from Silas McCrary. [Silas and his wife Malinda Whitaker moved from Fairview to DeKalb in Bowie County, Texas in the early 1850s.] D.M.

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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5 Important Assessments

For Treatment of Substance Abuse Disorders

by Dr. Michael Trayford, Apex Brain Centers

Addiction or, more appropriately, substance use disorder (SUD), is defined as the recurrent use of drugs and/or alcohol leading to significant clinical and functional impairment. This impairment may be reflected in physical and mental health, employment, school, relationships, finances and more.

Shifting perspective away from the genetic view of addiction offers great hope for those seeking progressive therapies that, in many cases, can have a profound impact on the underlying disorders and problem behaviors associated with substance abuse disorder.

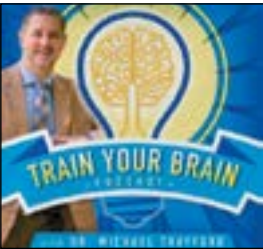
Over the years one thing has become very clear — the vast majority of those struggling with SUD also have underlying challenges in learning and behavior, and may have one or more mental health disorders. Shifting perspective away from the genetic view of addiction offers great hope for those seeking progressive therapies that, in many cases, can have a profound impact on the underlying disorders and problem behaviors associated with SUD.

SUD is not a disease as we would normally think of one (e.g., cancer, Parkinson’s, etc.), and it is not a moral failing or a character flaw on the part of the user. SUD can affect anyone, of any class, race, gender or ethnicity. SUD is in fact a “brain problem” that, in many respects, can be measured.

Five particular areas of measurement related to brain function can reveal a great deal about learning, behavior and mental health status

Five particular areas of measurement related to brain function can reveal a great deal about learning, behavior and mental health status; and, more importantly, something can be done to improve function in any or all of these areas:

Brainwave Activity (EEG) – In our brains are networks related to attention, vision, sensations, relaxation, emotions, vital functions and more. How much brainwave activity we have under different circumstances dictates how well various parts of these networks perform. Quantitative EEG (qEEG) is gaining popularity in select mental health circles as an extremely viable diagnostic tool that can reveal the inner workings of the



brain and these brain networks.

Cognitive Testing — Executive function, cognitive flexibility, simple and complex attention, and processing speed are tests of higher cognitive function that can reveal how the brain interacts with its environment. They are also excellent progress monitors in treating the learning and behavioral issues underlying SUD.

Metabolic Function — How our bodies handle fuel, utilize nutrients, process hormones and react to toxins in our environment determines how well our brains handle what is presented to them on a moment-to-moment basis.

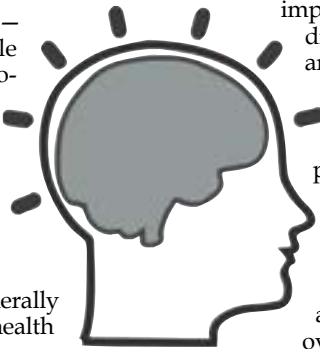
Eye Movements — Generally ignored in the mental health arena from a diagnostic perspective, eye movements of all types are directly related to the brain regions that control them. From primitive abilities of finding visual targets that involve parts of the brainstem and emotional centers like the amygdala (fear response), to fast eye movements controlled by our higher functioning frontal

lobes, eye movements deliver a wealth of information related to SUD and its underlying causes. Videonystagmography (VNG) is one type of diagnostic tool used to measure these types of functions.

Balance and Coordination – More and more addiction-based programs are implementing movement-based activities such as Tai Chi and yoga. From both balance and relaxation standpoints, there is good reason to do so. Our sense of self is largely influenced by our ability to physically interact with our environment. Severe balance or coordination impairment, as is seen in conditions like schizophrenia, are likely to impair mental function and behavior. Measurement tools such as dynamic posturography and standard tests of movement and coordination can be utilized to measure these abilities.

The blending of “brain” and “mind” sciences is long overdue, and is proving to be clinically effective in its impact on substance abuse disorders and their underlying causes.

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. More at ApexBrainCenters.com.



Knee Pain and Surgery Alternatives

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



For almost all of us at some point in our lives, knee pain becomes a reality we have to deal with. Knee pain can be caused by an injury, such as a ruptured ligament or torn cartilage, or by medical conditions such as arthritis, gout and infection. For some, knee pain is a minor annoyance that nonetheless prevents the enjoyment of as active lifestyle, but for others, it is so severe that daily life becomes a grueling ordeal. In either case, knee pain is something that shouldn’t be ignored.

Knee replacement surgery is the 14th most common surgery. In 2010, there were 650,000 knee replacements and 54,000 repeat replacement surgeries because of a problem with the replacement. Knee replacement can last 10 to 20 years, so the longer you wait the better. However, the older one gets the more difficult it can be to tolerate a surgery and the required rehab.

Cartilage is a semi-hard tissue that covers the ends of your knee bones. The medial and lateral meniscus (the cushioning) can tear, but in older adults it wears out, usually on the inside, resulting in chronic degenerative arthritis that can cause stiffness, swelling and difficulty with movement; this is the main reason for knee replacement. In almost all cases, if you experience any of these conditions, injections or surgery might be recommended.

Drugs given for knee pain, such as NSAIDs (nonsteroidal anti-inflammatory drugs) and steroids, have side effects ranging from intestinal bleeding to heart problems. Surgical complications are many. Complications from knee replacement surgery (often suggested for those with arthritis) can be even more serious. They include infection, blood clots in the leg vein or lungs, heart attack, stroke and nerve damage. Recovery from replacement surgery is a long process that involves use of a cane or walker for at least six weeks and months of physical therapy. There may be swelling that prohibits movement for up to six months or more.

Recent advances in natural, non-invasive therapy can help many avoid surgery or debilitating pain. Advanced types of myofascial release can often reduce knee muscle pain. Lasers can increase blood flow to help repair worn cartilage and decrease pain. Pulsed electromagnetic therapy has been shown to benefit knee arthritis. Radial shock wave therapy (like lithotripsy-used for kidney stones) can get treatment deep into an arthritic knee joint. Joint and anti-inflammatory nutritional strategies combined with proper rehab can improve quality of life.

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 has served Fairview since 1998. He can be reached at 628-7800, drreilly@fairviewdc.com, or fairviewdc.com.

by Mike Richard

Intangibles



The Merriam-Webster dictionary defines *intangible* as “unable to be touched or grasped; not having a physical presence.” As you develop a Medicare plan strategy, considering the intangibles such as premiums, copays, deductibles, coinsurances and what a plan will or won’t cover is just the starting point.

But, you say, I asked my uncle Joe who said this plan worked for him, and my brother the banker (who had no experience with things Medicare) said that another company looked the best to him. (I once actually knew a person who trusted that advice to buy their plan!) And while it makes sense to go to the senior center, a seminar or a website to do your due diligence, not considering the intangibles of a plan can lead to an unhappy experience that you may have to live with for a long time and can cost a lot of money.

What are They?

First, you must look deeper than the obvious aforementioned intangibles. Last time I touched on one which I called my greatest pet peeve: out-sourced customer service. It’s unlikely that a seminar, website or senior center, as good as these resources are, would address this, yet in my experience it has resulted in great frustration for many beneficiaries (including me!), a situation that might have been avoided.

Knowing What Questions to Ask

Part of the problem is knowing what questions to ask. Take **plan stability** for example: How likely are benefits and premiums subject to change? Will my doctor accept this plan next year?

And what about **safety**: Is there any possibility that I could I lose my benefits? Another is **portability**: Am I able to see any doctor I wish? What if I travel, move or live someplace else part of the year? Can I take my plan with me?

Then there’s **convenience**: If I’ve already paid my copay, can I expect additional copays for the same event? Do I have to be concerned about shopping for a plan every year? Do I need to get the company’s permission for my procedure?

Disenrollment Period

Fortunately, if these questions make you feel uncomfortable about your plan choice there is some relief. The Medicare Advantage Disenrollment Period (MADP) allows disenrollment from a Medicare Advantage plan and re-enrollment back into Original Medicare Parts A & B and a “stand-alone” Rx plan from January 1–February 14. Please feel free to contact me for a complimentary consultation if you wish to explore this option for yourself or a friend.

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 or 275-5863.



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COMPUTER BYTES..... by Bill Scobie

Free and Clear



Free Video Editors

There are some good free video editors on the Mac — you don't have to pay for high-end software if your needs are mostly to trim clips, assemble clips into a storyline, lay over music or other audio, correct colors or insert transitions between clips. Various ones to look at include: Davinci Resolve 12.5 at blackmagicdesign.com/products/davinciresolve (the Studio version costs nearly \$1,000 so go for the free one); OpenShot at openshot.org, which has a PC version also; Shotcut at shotcutapp.com, also with a PC version; and there is always Blender at blender.org, which, though geared towards 3D creation, can also handle video editing.

Free Office Suites

If you don't have to have Office or don't want to get caught on the subscription treadmill called Office 365, you might want to check out a few other free office suites. Anyone with a google account should try Google Docs, Sheets, and Slides to see if their word processing, spreadsheet, or presentation needs can be met right there. It works best if you have an internet connection. If you would rather run the software on your computer, install LibreOffice from libreoffice.org. There are Mac and Windows versions reminiscent of the layout of older editions of Microsoft Office. A final on-line collaboration oriented suite is Zoho Docs at zoho.com/docs, and if you are

careful you should be able to find their free plan, good for up to 25 users.

No Banners, Please

On a Mac, you might decide you want to hide that big banner of an OS update to Sierra. Simply right-click or hold down the Ctrl key and clicking anywhere in that banner and regular click or left-click on Hide Update.

You Don't Know Me ... Oh, You Do

Someday you might want to see how much information a site can collect from you and your mouse pointer. When you are ready, visit clickclickclick.click (yes, that domain really does end with "dot click"; it is one of the many top-level domains other than the dot com). Run it for a bit, switch away to something else, move your pointer around, and read what they are finding out using JavaScript. The only real way to stop this data gathering is to block scripts, and then you may find out how many sites lose functionality.

In Windows 10 there are many privacy-related settings scattered around in different settings panes. Luckily, there are some third party apps to help manage them. Spybot makes Anti-Beacon at safer-networking.org/spybot-anti-beacon, good on Windows 7 through 10, to pull many settings together. If you want to work with XP or Vista you should look at Windows Privacy Tweaker from phrozensoft.com/2015/09/windows-privacy-tweaker-4.

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

FOOD FOR FAIRVIEW..... by Vicky Ballard

Gifts That Nourish the Community

As we enter this new year, those of us at Food for Fairview would like to thank the community for its tremendous support during the holidays. The generous donations by individual members of the community helped provide food and supplies for the pantry. We were again able to have a special section for children to help meet the need created by the school holiday closing.

Our local Food Lion provided 1,800 food boxes directly to Food for Fairview through its "Holidays Without Hunger" program, ranking No. 2 in this program out of the 1,000 Food Lion stores. Our heartfelt thanks go to those who contributed and to the management and staff of Food Lion. You made the holidays happier and brighter for many, many people.

January is also a time to look to the future. For food pantries and the people they serve, 2017 may prove to be very challenging. Feeding America reports that 12 states have "statistically significantly higher household food-insecurity rates than the U.S. national average;" North Carolina is No. 8 on that list, and new restrictions placed on SNAP benefits (formerly called the Food Stamp Program) will place more families at risk for hunger. Local food pantries like Food for Fairview will be even more essential in the fight against hunger and for many families will be the only resource available.

Since it was established in 1999, Food for Fairview has worked to meet the needs of local families. As a community food pantry, Food for Fairview serves people within our immediate community and requires proof of residency (one initial visit without proof of residency is allowed). This restriction ensures that members of our community will receive the help they need and will not be turned away.

Volunteers give generously of their time every week to staff the pantry, pick up the food, stock the shelves, and see to the running of the organization; please contact us for information on how you can help.

Food for Fairview's pantry depends upon donations of food, pet food, hygiene items, and money to provide food and personal items to our clients. Donations from individuals and businesses within Fairview provide the foundation for the services provided by the pantry, and make an exponential difference in the lives of our friends and neighbors.

Donations may be made by mail to: Food for Fairview, PO Box 2077, Fairview, NC 28730, or online at foodforfairview.org.

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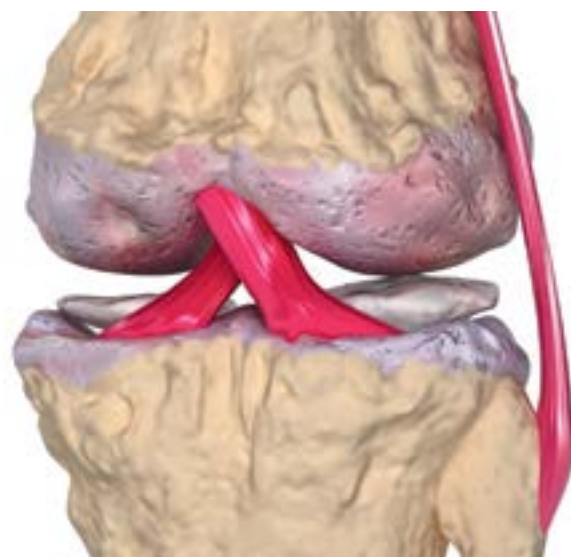
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Yvonne was in excruciating knee pain and after treatment, she can run up and down stairs!

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Edward Reilly, DC

WEATHER CORNER

by Tom Ross, Meteorologist

A Drier and Warmer Fall — So What About Snow?



Looking back at 2016, it was a year of extremes as usual in Western North Carolina. While long-term averages are useful, our weather is usually made up of different streaks of weather — like wet and dry spells and warm and cold periods.

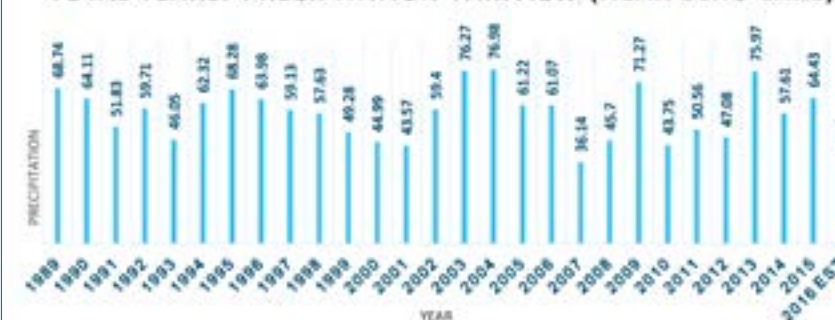
For example, 2016 will end up drier than average. In an "average" year, we get about 57 inches of rain, but our droughty fall was a testament to our need for rainfall, and we will finish the year with an annual total of precipitation somewhere around 43 inches. We did set a record this fall of 36 consecutive days without measurable rain, and this fall (September through November) was our third driest fall on record. The rainfall the last two days in November saved us from being the

driest ever, and was also the catalyst for a pattern change to wetter conditions that helped alleviate the wildfire danger. 2016 was our driest year since 2007, when only 36 inches fell. In contrast, 2015 was very wet, especially the fall and winter, and we ended up with 64 inches of precipitation — about 20 inches more than 2016, but still shy of our record-setting amount of nearly 77 inches in 2004.

The graph below shows the annual amount of rainfall plotted for each year since 1989 for my location near Echo Lake in Fairview. Take note of the variability in the annual totals. Our weather is rarely just normal or average here in the mountains.

In terms of temperature, 2016 was about 2.5 degrees warmer than average with a cold start during the winter and above-average temperatures after that. You may remember back to our uncom-

TOTAL YEARLY PRECIPITATION-FAIRVIEW (NEAR ECHO LAKE)



fortably warm August and September period. So far, we've had little snow but our snowiest months are now coming up — so stay tuned.

Meteorologist Tom Ross managed NOAA's Climate Database Modernization Program

during his 25-year career at the National Climatic Data Center (NCDC) in Asheville. He was a senior weather forecaster at AccuWeather in Pennsylvania. Tom teaches classes on weather and climate at various local venues.

JANUARY'S TRIVIA ANSWER

Is there any truth in the old adage: as the days grow shorter, the days get colder?

Actually, if you were paying attention last month, I actually got it a bit backwards. The adage really says, "as the days get longer the cold grows stronger." This folklore tends to be right more times than not. As our winter days now start to lengthen, the cold gets deeper due to a lag from the shortest day of the year. Normally, you would think that the coldest period of winter would correlate well with the shortest days, but due to a lag in the Earth's ability to absorb the sun's energy, the coldest time of year is quite often in late January to mid-February.

If you've already grown weary of short days and are looking forward to more sunlight, we already passed the winter solstice in the Northern Hemisphere, bringing us the shortest daylight period and longest night of the year. Going forward, the days will gradually lengthen as the sun climbs higher in the sky over the next six months. Our annual span of daylight runs from a low of 9 hours and 44 minutes of sunshine at the winter solstice to 14 hours and 34 minutes at the summer solstice. This difference in solar radiation is due to the tilt of the earth's axis and drives our seasonal weather.

FEBRUARY'S TRIVIA QUESTION

How many groundhogs poke their heads out of a burrow each February 2?

Once upon a time,
there was a
dirty carpet.
Now, there's
just a
memory.

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Have a Healthy, Happy & Blessed New Year!

I look forward to working with you in 2017 for all your real estate needs!

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Beautiful Noise



I’ve retired to Fairview after a long career as an experimental physicist. My own images thus tend to the obscure but I ascribe to Neil Gaiman’s dictum: “Do what only you can do best... Make Good Art.” You must define your Art.

Cameras, however, are the same everywhere in the universe, no matter which sun shines on them. Perhaps a better understanding of their basic principles will help us all to Make Good Art. I will start by describing one such principle seen in all digital images: shot noise.

Digital cameras operate by counting the electrons emitted from a light-sensitive surface within a single pixel. A digital image is just an array of such measurements. The important word is “counting.” Even light itself arrives in discrete packages of energy called photons. Two pixels side by side, looking at the same intensity of light, won’t collect the same number of photons within the shutter exposure time and thus won’t release the same number of electrons for the camera to count. There will be counting differences...that is, noise. The three views of a single image of a candle flame (above right) taken in 1/25th of a second illustrate the effect of shot noise.

Think of a slow, steady rain on a tin roof. If it is just starting the sounds will come in an irregular or random pattern. Tap....tap..tap.....tap. You won’t count



the same number of taps per minute twice in a row. The statistics of random processes shows that the variation in your count will be about the square root of the number that you count. If you count 100 in one minute, then in the next minute it might be 90... or 110 or something near that. The “noise” is 10 parts in 100, or 10%. If you can count 10,000 in a minute the noise will be 100 in 10,000 or only 1%. My own camera, a Canon 5D MkIII, can count up to 80,000 photo-electrons per pixel for a minimum pixel-to-pixel noise of about 0.4%.

The image on the left is an exposure

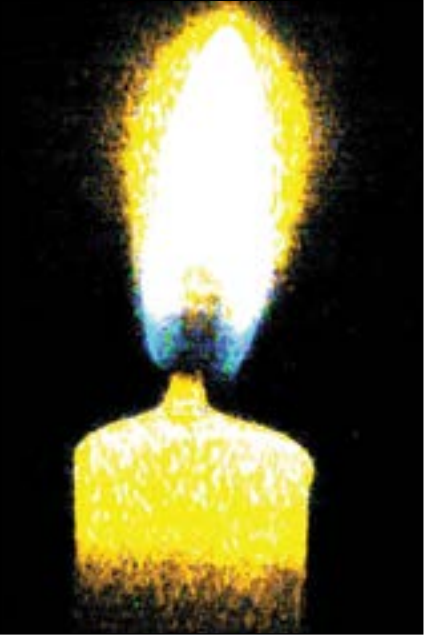


in which no count is above 80,000 in any one pixel. The highlights of the flame are correct but the shadows are difficult to see.

In the middle image the bottom 8,000 counts are expanded to the full printable range. The shadows become visible but are slightly noisier.

In the image on the right the bottom 800 counts the exposure are expanded. The blue of the flame is seen but the shot noise in the deep shadows becomes obvious.

In Photoshop there are ways to increase shadow brightness and to reduce



the shot noise by averaging neighboring pixels. However, nothing ever comes for free. This noise reduction comes at the expense of softening sharp edges. That is your call and thus part of your Art.

Next month: High Dynamic Range imaging (HDR) brings out shadow detail by combining images with long exposures for shadows and short exposures for bright areas.

Steve Fulghum received his Ph.D. in physics from MIT in 1980. You can find his work at Trakside Studios, 375 Depot Street in Asheville’s River Arts District and at stevefulghum.com.

Puzzles



Our journeys are filled with individual and communal puzzles and puzzle pieces. Ever-evolving skills and resources are needed to find and understand the meaning in these puzzles and their pieces. Experience, wisdom, strength, hope, love and creativity are needed to solve our individual and communal puzzles.

The election offered us some puzzle pieces. It has also pitted family and friends against family and friends with a passion I don’t remember experiencing before. Additional puzzle pieces are our traditions, like the one that says, “The end of the calendar year is a gathering time.” I will admit I have occasionally grown tired of gathering conversations that never strayed beyond old times, weather, football and recipes. This year I had planned to embrace them as a way to avoid civil war.

Looking for more healthy responses to the anticipated statements, I pulled out my pre-digital paper photos. We have thousands of digital photos stored on computers and probably in the cloud, but it was the paper photos in drawers, closets and the big box in the attic I wanted to sort through and share.

I found hundreds of my “photographer phase” photos of water, trees, mountains, sunsets and beach scenes with no people in them, each representing my attempt to find the perfect light and speed settings. With them and others discarded, the

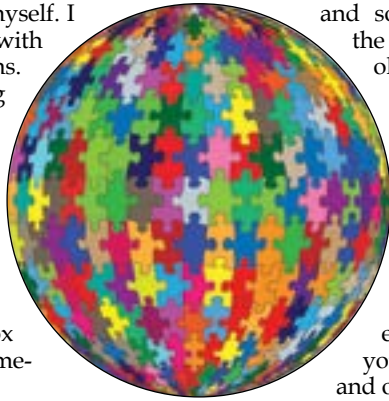
keepers fit in a shoe box.

I sorted the eligible photos chronologically in various categories. They included individuals and groups from both sides of the family, seven different houses, 12 different animals, a bunch of old cars and of course, combinations of my wife, son, and myself. I put them in envelopes with labels instead of albums. There is something nice about touching a photo that is different from just looking at it. Family and friends could more easily write names of people they recognized on the backs of photos, just in case the shoebox gets discovered by someone years from now.

Most of the pictures of my son from birth to teenager were shoebox-eligible. There were early photos of my wife from before we were dating and of our wedding. The photos tell the story of how my heart was touched in magical ways over the years.

We all enjoyed the trip down memory lane, the photos got sorted and I’m reminded that few of us take photos of sad times. The photos represented some important relationship puzzle pieces and unanticipated permutations of puzzles I couldn’t have imagined earlier on my journey.

We don’t change who we are on our journeys; we add to who we have been.



We may alter beliefs, thoughts, feelings and behaviors. We may add more choices and therefore create more possible solutions and complications to life puzzles. We may seek to keep beliefs, thoughts, feelings and behaviors virtually unaltered, choosing more narrow paths

and solutions. Regardless of the course we choose, the old us is still inside, only with more wrinkles on the outside.

Whether you cried, cheered, looked for like-minded people, de-friended and/or embraced differences this holiday season, you added puzzle pieces to the tapestry that is your individual journey and our communal journeys.

This new year we can keep working on and rediscovering the value of puzzle pieces, like spirit or the acceptance of the unknown, as we weave the communal tapestry that includes all our individual journeys. We will eventually integrate those unexpected puzzle pieces we didn’t understand or couldn’t see any value in before.

As you gather puzzle pieces on your journey, some may not seem to fit. Remember it’s not the first time pieces didn’t fit individually and communally; most of our families came to this continent out of dissatisfaction with the place they were before. Some of our families held tightly to their customs while some

freely adopted new ones. Even though wealth and power on this planet has long been tightly held by a few, this country has historically been able to find the pieces needed to solve our communal puzzles and to create greater opportunities for our children.

Whatever the solutions to our individual and communal puzzles turn out to be, we are all in this country and on this planet together. It is going to take all of our puzzle pieces and solving skills to create greater opportunities for ourselves and our children. Here are some things to remember when you are ready.

1. Love your neighbor as yourself. We are all neighbors.
2. Wishing we could pull up the ladder before others can get into this boat is not new. Ask many a Native American or an older, longterm Fairview resident.
3. Facebook and Twitter are for-profit businesses developed for our “expressive” enjoyment and were never designed to be honest news sources.
4. Healthy, inclusive solutions to our individual and communal puzzles will require us all to add new perspectives.
5. Your contributions to communal puzzles have value. Everyone will not, ultimately, come to believe, think, feel and behave like you. In respecting differences, we encourage compassion and learn.

You Are Here.

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



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SCHOOL, SPORTS, KIDS

Andrew Wall...
Student of the Month



The *Fairview Town Crier* and A.C. Reynolds High School are pleased to announce that Andrew Wall is the December 2016 Student of the Month.

His nominating teacher, Mark Loman, said “He is a great student in my class. Andrew is known to all as a super nice, diligent student, a hardworking football player and a good citizen.”

Many congratulations, Andrew!

Spanish and Soccer
Now at Fairview Preschool

Fairview Preschool now offers additional Spanish and soccer classes for students. Señorita Calie helped teach “Feliz Navidad” to the students for the December Christmas program.

There are openings for all ages (2s-5s) for the spring semester. Please call 338-2073 to schedule a visit. For details see fairviewpreschool.org.



A.C. Reynolds PTSO Announces
Mini-Grant Recipients

by Karen Meigs

The A. C. Reynolds High School Parent-Teacher Organization (PTSO) is pleased to announce the teacher recipients of the 2016-2017 mini-grant cycle.

Mini-grants are funded through parent and faculty PTSO membership dues and other fundraising efforts carried out by PTSO members and friends. Over the summer, an article in the *Fairview Town Crier* noted how each donation, added with other donations, makes an incredible difference in the education of our community’s young people.

The creative and thoughtful grant requests submitted by A. C. Reynolds faculty members reveal their commitment to making high-quality education accessible to all students, as well as honoring students for their accomplishments.

Of the grant process, A. C. Reynolds High School Principal Doris Sellers says, “Through these mini-grants, our teachers can do extra projects in their classrooms that might not be affordable within each department’s budget. Our PTSO works diligently to fund and approve as many requests as possible, to serve as many students as possible. These grants support student learning and result in opportunities for higher student engagement. As always, I am very grateful for our PTSO’s involvement in our school.”

Congratulations to the following A. C. Reynolds High School faculty members on their successful PTSO mini-grant proposals:

Michele Smith: a grant to purchase honors cords and refreshments for the spring Career Technical Education reception.

Charles Furlow: a grant to fund the Competition University Exam/Event Prep for all DECA students.

William Abromitis: a grant to assist with the purchase of anatomy laboratory materials.

Annie Choi: funds to teach life skills and to support baking/cooking lessons.

Sean Smith: a grant to aid in cost reduction for hotels, travel, etc., for All-District band students. Reynolds sends more students than any school in the county to All-District Band.

Kristi Stevens: supply funds for 35 students to promote social interactions and work readiness.

Holly Duncan: funding for “iReady,” a computer adaptive, diagnostic and instructional program based on the Common Core. It allows students to work on individualized lessons to help them access the Math I, II, and III curricula.

Robert Goodson: a grant to support production fees for the spring musical.

Leigh Armistead: funding to purchase new microphones for the school’s broadcast team.

Brooke Scott: funding to purchase books for sophomore literary circles

Allen Kromer and Leigh Armistead: a grant to fund innovative “Breakout Education” boxes for student breakout sessions, focusing on review/team building/engagement.

A. C. Reynolds PTISO President Alex Diez says of the grant recipients and the high school, “It is so rewarding to see our membership dollars go directly back into the school to supplement the needs of the faculty to enrich our students’ educations. The PTISO mini-grants that were approved not only support basic needs, but highly creative programs and projects that set Reynolds High School apart from other high schools in the county.”

The Reynolds High PTISO invites families, community partners, and businesses to join the organization. Families may join for a minimum donation of \$10. Send your check in an envelope with your student’s name to the school or visit the A. C. Reynolds’ website (Parents > PTISO> PTISO Membership) to print a form. Interested businesses and community partners are encouraged to contact the A. C. Reynolds High PTISO Facebook page. Together, with our wonderful faculty, staff, and administration, we can all make a positive difference for our community’s young people.

Tommy Tatham Earns
Eagle Scout Award



John Thomas “Tommy” Tatham III, 16, received his Eagle Scout award in a Court of Honor ceremony on December 13 at Fairview Baptist Church in Fairview. Tommy is the son of John Thomas Tatham II and Donna Cooper Tatham. He has one sibling, Jay Cooper Tatham, age 11.

A member of Troop 75, Tommy began his scouting career in 2006 with Cub Scout Pack 540 in Destin, FL. He transferred to Fairview’s Troop 75 in 2010, where he served his troop in various capacities including as Chaplain’s Aide, patrol leader, assistant senior patrol leader and senior patrol leader. He earned a total of 24 merit badges.

For his Eagle project, Tommy assisted in the Eblen Charities Schools for Tools event and organized a promotional video to be used by Eblen Charities. He is a junior at AC Reynolds High School.

Local Educators
Attend NCCAT

Maggie Bailey and Michele Clausen of Fairview Elementary School recently attended programs held at the North Carolina Center for the Advancement of Teaching, a recognized national leader in professional development programming for our state’s teachers.

Increasing teacher effectiveness is fundamental to improving public education. NCCAT provides teachers with new knowledge, skills, teaching methods, best practices and information to take back to their classrooms. NCCAT conducts a wide variety of high-quality professional development for pre-kindergarten through 12th-grade teachers.

For more information about NCCAT visit nccat.org or call 293-5202.

EDUCATION UPDATE

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

Meet the New Board Members



Happy New Year! For 2017, we welcome two new members to the Buncombe County Board of Education: Donna Pate and Margaret Buchanan were sworn in at our December meeting. It’s my

honor to introduce them to you.

Margaret Buchanan, who goes by Peggy, is the new Owen representative on the school board. She was born in up-state New York and spent her early years there. Her family moved to NC when she was a teenager and she graduated from Asheville High, going on to AB Tech several years later to earn an Associate Degree in nursing. She worked as a nurse until she retired.

Peggy and her husband, Jack, live in Black Mountain with their border collie and “a very opinionated cat.” They have four grown children and five grandchildren; all of their children and grandchildren have attended Buncombe County schools. Jack is a retired principal, having spent over 30 years at the Juvenile Evaluation Center in Swannanoa.

“I believe that the teachers and administration in Buncombe County are exceptional,” Peggy says. “With little state support they continue to achieve outstanding results due to their creativity and dedication.” She is eager to learn more about the school system by keeping in touch with the schools in the Owen District. “Guided by knowing their hopes and dreams for providing a better education for all students,” she says, “I will be able to support



Margaret Buchanan
photo courtesy of LifeTouch

them through my board participation.”

Donna Pate, our new At-Large Member, grew up in Black Mountain and graduated from Owen High School. She lives in Candler. Now retired, in her career she has taught high school English, worked as a school counselor, and finally as a school-based mental health therapist. Most recently she filled in as an interim guidance counselor at Reynolds High while one of our counselors was on maternity leave.

Like Peggy, Donna believes in Buncombe County schools and has concerns about the challenges they face: “I believe in the mission of our public schools and have so many concerns about how we are being attacked from all sides. Public school personnel and students are being asked to perform at higher and higher levels with abysmal support from our state legislators in terms of instructional



Donna Pate
photo courtesy of LifeTouch

supplies, mental health services and pay, among others.”

Learning has been a top priority for Donna in her new role as well, and she has already read the School Improvement Plans for all 43 schools in our system and plans to visit every school on a monthly basis. She says, “Despite many challenges and obstacles, our school system continues to move forward with optimism and commitment toward providing a first-class, world-class education to our children. This affords me a great sense of pride in being a part of such a stellar school system.”

Both of these new members are active in their churches and communities, and have a special commitment to students living in poverty or facing mental health issues. We are lucky to have them both!

Also at the December meeting, Amy Churchill was sworn in for her second

Reynolds District Events

Monday, January 1
Teacher Work Day

Monday, January 16
Dr. Martin Luther King, Jr. Holiday

Thursday, January 19
Fairview Elementary School Improvement Team Meeting, 3 pm

Wednesday, January 25
Teacher Work Day

Thursday, January 26
Fairview Elementary School Tour with Principal Reed for upcoming Kindergarten families (Please call the school at 628-2732 to sign up).

Saturday, January 28
Oakley Elementary Indoor Yard Sale

term as representative for the TC Roberson district, and Ann Franklin was sworn in for her third term as the North Buncombe representative. Ann was also re-elected as Chair of the Board, and we elected Pat Bryant as Vice-Chair.

Congratulations to all of these fine public servants. If you’d like to reach them personally, you can find the school board info and their contact information in the “About” section of the Buncombe County Schools website: buncombeschools.org.

Questions or comments? Please email cindy.mcmahan@bcsemail.org.



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Mattie is a 9-year-old kitty who is timid, but with patience (and cat treats!) she will warm up. She also loves canned food and will eventually come to you for a taste of this special treat. Mattie asks nothing more than a comfy bed, good food and occasional gentle petting. She will be happiest in a quiet, adult household.

HUMANE SOCIETY



Darren is a 2-year-old male neutered Corgi, 42 pounds. He rides well in a car, likes to play with other dogs, and is currently enrolled in the New Leash on Life program at Craggy Correctional Center.

ANIMAL HAVEN



Chopper is a handsome 6-year-old Retriever/Hound mix who plays well in doggie playgroups. He is a large boy at 83 pounds. He enjoys going for walks and loves his toys as long as you give him durable ones. Chopper has a sweet personality and loves meeting new people.

HUMANE SOCIETY



Poppy recently came from a hoarding situation and is doing very well, though his eye was injured so badly it had to be removed. Poppy is really sweet but a bit nervous and is house-trained! He gets a little better every day.

BROTHER WOLF

ADOPT ME!



Trixie is a little 2-year old Feist-mix girl, very affectionate and just loves to be with people! She is playful with fairly high energy. Trixie is a real sweetie and is happiest when you're loving her and telling her how wonderful she is.

CHARLIE'S ANGELS



Kyrie is a spayed female Shepard mix with some striking markings on her face. She is 40 pounds with some growing yet to do. She is growing into the perfect dog in the New Leash on Life program.

ANIMAL HAVEN



Deana is a quiet, sweet, 2-year old gal looking for a calm home with a patient person to love her. She was originally taken in with kittens that have all found homes, and it's Deana's turn. Come meet this pretty, shy little gal at the Adoption Center today!

BROTHER WOLF



Piper is a seven-year-old female spayed Beagle, 18 pounds of vim and vigor. She loves playing with other dogs and going on long walks with her nose to the ground. She is also enrolled in the New Leash on Life program with Darren and Kyrie.

ANIMAL HAVEN



Brooklyn is a domestic long-haired female kitten born in April 16. She loves to play and sometimes gets a little sassy so it would be best that if you have older children. Brooklyn likes other cats and loves to play with them...or with you!

CHARLIE'S ANGELS

LOCAL ANIMAL SHELTERS AND RESCUE ORGANIZATIONS

Animal Haven of Asheville 299-1635 or animalhaven.org

Brother Wolf 885-3647 or wncanimalrescue.org

Charlie's Angels Animal Rescue 885-3647 or wncanimalrescue.org

Humane Society 761-2001 or ashevillehumane.org

See Community Events section, starting page 2, for pet events.

Chew Toys

by Dean Hutsell, DVM, Fairview Animal Hospital

All dogs need to chew, and from the time a puppy's baby teeth break the gum line, chewing behavior intensifies. At three to four months of age permanent teeth begin to replace baby teeth and chewing may intensify even more. As baby teeth loosen and fall out, bleeding from the mouth may occur.

During this period appropriate chew toys need to be available to distract the puppy from chewing undesirable objects. It is almost impossible to keep all chewable items away from puppies, but chew toy substitution diverts their attention to the chew toy and away from the undesirable object. Chewing behavior alters as the puppy grows and most grow up enough to get "their" toys to chew.

Selection of the appropriate toy is important. Realize "toys" discussed here are not rawhides, bones of any kind, or any of the edible bones like greenies, dental chews, milk bones, etc. Dogs have extremely strong jaw muscles that allow them to inflict tremendous damage for defense, killing and consuming of prey. The force of their bite varies among breeds, and those with thicker jowls have stronger bites. All dog bites are more powerful than any human bite. In fact, the force of any dog's bite on a hard object such as a bone can result in the dog fracturing its own teeth.

Balls, squeak toys, rope toys, nylabones, rubberized bones, Frisbees, Kongs and many other deviations of these are available. Selection should be based on size and durability, sized to the pet with larger being better. Small dogs are greedy too! Toys that can be chewed into pieces

should be avoided, to prevent the dog from swallowing the pieces. When toys tear, break or get sharp edges they need to be discarded, as the damaged toys can damage teeth and gums and lead to oral pain, bleeding and tooth loss.

Kong toys are one toy that allows for a treat to be placed inside, which attracts the dog. These are great for teaching a dog to retrieve its toy to chew instead of other items. If the dog is chewing an undesirable item like a table leg, chair, child toy, your hand or leg, then substitution with the dog's toy containing the treat gives incentive to get that toy instead.



Remember all toys aren't for all dogs. Some don't chew much at all and others are very mouth oriented and destructive. Select the toy most appropriate for your dog and its chewing habit. Discuss toys, chews and other dog toys with your veterinarian for guidance to the ones that are most appropriate.



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WORSHIP & COMMUNITY OUTREACH

Join SMCC in the 100 Mile Challenge

by Ruth Atkins

Spring Mountain Community Center is taking the Challenge, and so can you!

Have you seen the image of a mule being led forward by a carrot suspended from a stick, just in front of its nose? Do you need some motivation to get you to exercise? Well, here's your carrot – the NC 100 Miles Challenge. (Don't worry, it's not as difficult as you think!)

North Carolina State Parks has issued a challenge to complete 100 miles of physical activity through running, walking, biking, paddling, horseback riding, swimming, skating, or rolling your wheelchair. Everyone can participate; adults, children – heck, even your pet can log miles.

And you don't have to complete your miles in a state park. You can walk the Spring Mountain Community Center's exercise track, bike at Fletcher Park, hike a nearby trail in Pisgah National Forest, swim at one of the Buncombe County pools; you don't even need to be a North Carolina resident. The only rule is that you must earn your miles within the beautiful state of North Carolina. Sorry, running the Boston Marathon doesn't count!

You can log your own miles online by signing up individually at NC100miles.org or you can join our Spring Mountain 100 Miles Challenge group.

Not online or don't want to be bothered keeping up? Spring Mountain Commu-

nity Center can log your miles for you with a simple phone message or email. Contact Ruth Atkins at 628-1625 to join our group.

North Carolina State Parks offers the following suggestions: "If you aren't used to being active, start slowly. Going from little physical activity to sudden vigorous activity can put you at risk of injury. Begin at an easy level, and then increase your activity gradually."

"If you have a chronic health condition or injury, please talk with your doctor to help determine your limits, and work with them to create an activity plan that best matches your abilities."

So, what's in it for you? Carrots galore! You'll gain improved health, outdoor enjoyment, bragging rights, a variety of digital State Park badges that you can post on social media and an attractive lapel pin when you finish 25, 50, 75, and finally your 100 miles!



Habitat for Humanity Will Also Repair Your Home

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

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

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



JUST PERSONAL

Closing a 50-Year Cycle

"I first saw Peter, Paul & Mary when I was 11 years old and it changed my life!" says Fairview resident Bill Carpenter, after returning from meeting Peter Yarrow at a benefit concert for SimplySmiles.org in Fairfield, CT this past November.



After seeing the trio in concert and then seeing them at the 1963 March on Washington, Bill and a buddy sang "If I Had a Hammer" in their 6th grade talent show. He continued to have a crush on Mary Travers and listen to their music constantly throughout his life... and then he and a friend got tickets on the front row center for the concert of a lifetime! After Bill and friend sang every song along with the artists throughout the concert, he said, "first Mary, then Paul and Peter all came to the front of the stage and shook my buddy's and my hand and thanked us for our participation in the concert...Wow!"

"Seeing Peter sing and tell stories and raise awareness around current social issues re-inspired me to work hard to make the world a more equitable place for everyone!"

Flesher's Fairview Health Care Center Collected for Veterans

"Thanks again for putting our collection of donations for ABCCM's Veterans Restoration Quarters in the *Town Crier*. It was a big success and we got lots of stuff for the veterans." wrote Elaine Spielberg, Admission Director of Flesher's. The *Crier* is always happy to promote our good people doing good.

Below L-R: Elaine Spielberg, Flesher's Admission Director, Cheri Mitchell, an owner and Administrator of Flesher's and Dathan Owens, the facility's transportation aide deliver donated items.



Chris Reberg-Horton Honored as University Faculty Scholar

NC State Chancellor Randy Woodson announced the 2016-17 class of University Faculty Scholars today. The 22 recipients represent top early- and mid-career faculty who are pursuing research to solve society's most pressing problems.

This year's class of University Faculty Scholars includes Chris Reberg-Horton, associate professor of crop and soil sciences.

Dr. Reberg-Horton was raised in Fairview. He received his B.S. at UNC in Environmental Science. For his Master of Science degree, Dr. Reberg-Horton went to the University of California at Davis, where he worked on crop modeling in the Department of Agronomy. After working with Cooperative Extension in California and North Carolina, Dr. Reberg-Horton returned to graduate school at NC State, where he worked with Nancy Creamer on his PhD. His thesis project examined the potential for breeding cereal rye to be more allelopathic to enhance the weed control obtained from this popular cover crop. This project would not have been possible without the support of crop science faculty, including Paul Murphy, David Danehower and Noah Ranells.

After graduation, Dr. Reberg-Horton took a position with the University of Maine as Assistant Professor of Sustainable Agriculture. He worked with organic dairy farmers on grain and forage production.

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Cold-Weather Hiking Tips

When the cold weather rolls around this time of year, a bit more planning is needed before stepping outside for an adventure in the great outdoors. The following suggestions come from Haley Smith, the Southern Appalachian Highlands Conservancy's (SAHC) AmeriCorps Outreach Member, who leads the conservancy's hikes throughout the year. Haley has been hiking most of her life and has gone through Wilderness First Aid training three times, where she learned how to prevent and treat cold-related injuries.

As with most outdoor activities, my foremost piece of advice for winter hiking is to plan ahead and prepare. Before making the decision to venture out into the cold, check the forecast and be aware of wind chill, highs, lows and precipitation. If you decide to brave the cold, plan for possible weather changes.

The key to dressing appropriately in the winter is layers, layers, layers! Many layers of varying thicknesses that are easy to put on and take off will make for a more enjoyable experience. Merino wool shirts make wonderful base layers due to merino's warmth and breathability, but other natural fibers work well also. It's always a good idea to have a loose wind shell such as a rain jacket that will fit over your other layers, and don't forget gloves and a hat! Plan to take at least one more layer than you really think you'll need, just in case. If you're hiking to the top of a mountain on a windy day, you might be glad you packed that extra layer.

Once you have the appropriate layers, don't be afraid to stop often to remove or

add layers as necessary. Be sure to bring a pack large enough to hold layers as you take them off. When you feel yourself warming up, try to de-layer before you start to sweat steadily. One of the worst things in winter is building up too much sweat and finding yourself wet on a cold, windy day. If you tend to perspire a lot, you may even want to pack an extra base layer to change into later. Likewise, don't be afraid to add layers back. Temperatures will vary a lot between the sun and the shade, or depending on whether you are shielded from the wind or not. Listen to your body and



adjust your layers appropriately.

Appropriate footwear is something else to consider in the winter. If you will be hiking through snow, you'll want to have waterproof boots that won't allow

the snow to soak your feet, and you'll probably want gaiters to prevent snow from falling into the top of your boots. If you don't have gaiters, a good alternative is wearing water-proof rain or snow pants that will stretch over the top of your boots, and securing them with elastic or a strap around the bottom of your boots so they won't ride up. Also make sure to wear thick socks to keep your feet warm; if you typically don't use a liner sock, it might be a good idea to add one this time of year.

Finally, nourishment is very important for winter hiking. Pack just as much water as you would on a warm day, and don't forget to drink water just because it's cold. If you typically hike with a Camelbak or similar water bladder, you might end up with a frozen hose or nozzle. You can purchase neoprene sleeves for the hoses or make your own out of cloth scraps and/or reflective materials. If you find yourself on the trail and your bottle or hose is still freezing, you can use body

heat to melt the hose and mouthpiece if necessary. Be sure to pack plenty of food as well - your body will be burning a lot of energy trying to keep warm, so you want to have plenty of snacks to refuel!

Where Should I Hike in the Winter?

Think carefully before planning a waterfall hike in the winter. While the ice formations can be visually stunning, stream crossings can be slippery in the winter. If you are hiking with your dog, you probably want to avoid getting their paws wet, so a drier hike might be recommended. Options like waterfalls in Dupont State Park with wide, well-established trails will be safer and less slippery.

Often sections of the Blue Ridge Parkway are closed throughout the winter, but there are frequently back ways to hike into some of your favorite places - explore some alternate routes this time of year! For example, the Big Butt trail near Walker's Knob on the Blue Ridge Parkway can be accessed from Hwy 197 near Big Ivy. This trailhead is just three miles from SAHC's 560-acre Price's Creek preserve, and the trail runs near the privately owned Big Tom Wilson Preserve, on which SAHC holds a conservation easement.

If you want to avoid the extreme cold, you may want to steer clear of high elevations, so consider hiking closer to town.

However, if you dress appropriately, it can be a treat to head up the mountain and take in a beautiful snowy landscape and hoar-frost fringed branches - the Black Mountains and the high-elevation balds in the Highlands of Roan typically get more winter snow that lasts longer due to the elevation.

Whatever adventure you choose this season, be sure to plan, prepare, and enjoy!

The Crazy World of Raleigh in December of 2016



It has been like riding a bucking bronco at the Raleigh Rodeo for the month of December, and it has not been a story of peace and goodwill. In the history of the Tar Heel state's general assembly, I do not believe we have witnessed the likes of January 2017. It all began in disaster; four disasters to be exact. There were the double tropical storms, Julia and Hermine, that flooded northeast North Carolina. There was hurricane Matthew, which was supposed to slam the coastlines, but dumped enormous amounts of rain in places like Robeson County and Fayetteville. And then there was the dry-as-a-bone western part of the state that caught fire. Emergency crews all over North Carolina were putting in long hours saving lives and personal property. Costs were mounting rapidly, but we were all thankful for the preparation these crews had made for this onslaught of disasters.

Let me just say that our local part of the disaster, the Party Rock fire, just over the mountain from our farm, brought out the best in our local communities. Our Fairview fire fighters put in long hours of hard work, along with many other local departments. Citizens donated everything from bottled water to work gloves in the vast quantities needed to sustain the almost 1,000 men and women trying to keep that monster fire in check. I was able to tour this fire with other legislators and learned just

how effective the North Carolina Forest Service had been in organizing what was essentially a war zone, with people from all over the United States showing up to work. Paying the bills would ultimately be the job of the state and federal government.

To that end, Governor McCrory called a special session of the general assembly for December 13. Unfortunately, he left the purpose of this session open ended, fueling speculation that there were plans afoot to pack the NC Supreme Court in order to bring back a GOP majority. The idea had been floated in the Carolina Journal, and my inbox filled up with pleas not to allow such a tactic. The Disaster Recovery Act of 2016 was passed unanimously, and represented a down payment on the costs that North Carolina's emergency personnel and others incurred. There were no surprise bills, and it looked like I was going to be able to go back to the mountains to enjoy Christmas with my family.

Minutes after adjournment on December 14, there was an extraordinary announcement that there would be a second special session called, with no announced agenda and no notice to legislators or citizens. What surprised me the most was the lack of a notice requirement. At our church, we have to give two weeks of notice for our congregational meetings, but the North Carolina general assembly does not? Moreover, I thought calling a special session required (as at my church) a statement of the reasons for the extra meeting. A deadline of 7 pm was set to introduce

bills. Twenty-four bills rolled out just before this deadline, some of them over 40 pages and dealing with complex matters. It truly felt like an ambush of epic proportions and no way to run a

Twenty-four bills rolled out just before this deadline, some of them over 40 pages and dealing with complex matters. It truly felt like an ambush of epic proportions and no way to run a legislative body.

legislative body. I scrambled to understand the proposals, and to get the word out to my constituents.

The favored bills were hustled through committees, and I found several education-related ones that I actually liked. But there were two partisan political bills (HB 17 and SB4) designed to take power away from Governor-elect Cooper (a Democrat), reducing his appointments from 1,500 to 425, and subjecting his cabinet appointments to judicial review for the first time in many years. There was a section specifically written to give the wife of the McCrory budget director a long-term appointment to the Industrial Commission. And there was much more. New powers were transferred to the Republi-

can elected to manage our schools (Department of Public Instruction). Judge races would once again be made partisan. Boards of Elections, scheduled to be weighted in favor of the Democratic governor, were revamped in such a way as to allow the GOP to control them in even-year elections. And there was still much more. I received over 4,000 emails, every single one outraged by these actions. I really do not think power grab is too strong a phrase. You be the judge.

And as I write this column, out of the clear blue sky five days before Christmas, one more special session has been called to repeal HB2, the "bathroom" bill that has wrought havoc on our economy and reputation since last March. This afternoon (December 20) I will drive back to Raleigh and miss our Christmas party tonight, and spend less time with my grandsons who are visiting from Turkey. To be honest, HB2 and I have had a bad relationship, and I welcome the chance to stomp that sucker flat (to quote a great American, Lewis Grizzard!). What will the new year bring? Your legislature re-convenes on January 11. Stay tuned!

John Ager's Contact:
NC House of Representatives
16 West Jones St, Room 1004,
Raleigh NC 27601-1096
John.Ager@ncleg.net or jagerhng@gmail.com
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BUSINESS

Marie’s Essential Oils & Gifts Opens in Fairview

Independent Wellness Advocate Marie Forney announces the *January 13* opening of her shop specializing in pure essential oils by doTERRA for the management and enhancement of family health.

Marie’s EO’s & Gifts will have monthly guest speakers, do-it-yourself products for adults and children and aromatherapy sessions. The shop is at 911 Charlotte Highway in Fairview, 713-2798.

A Funbelievable Life... Fairview Edition!

by Greg Phillips

I travel... a lot... It’s part of what I do. As a professional “Magical, Motivational, Educational Humorist,” my “job” keeps me on the road full time. Driving, flying, the miles all run together.

For over 30 years my point of departure was the Space Coast of Florida. Or, I’d fly out of the Orlando International Airport.

Then something life-changing happened. I discovered that my wife and I had raised a selfish daughter. That’s right, selfish. You see, nearly three years ago she packed up my grandchildren and moved... to North Carolina... to Fairview, North Carolina. Why selfish, you ask? Because she refused to allow my grandchildren to stay and live with us in Florida! Can you imagine?

You know what that means? Grandma and Grandpa have to pack up 25 years in the same house and move to Fairview to be close to our grandkids. And when did I get old enough to have grandkids anyway? I still have all my original hair AND TEETH!

Adjusting to Fairview has been, er, ah... an adjustment to say the least.

Just to come “down the mountain” to get to Charlotte Highway is a twenty- to twenty-five minute trek. (longer if I get behind a tractor!) But according to the GPS it’s only like eight miles! In Florida I could do eight miles in like six minutes, not twenty-six minutes!

My first flight out of the “Fairview” International Airport was fun. When the TSA opened my briefcase full of “unique show items” I could see it was going to be a fun morning. Glad I arrived in plenty of time to explain why I had, a dozen hundred-year-old silver dollars, 6 decks of jumbo playing cards, several pieces of rope, assorted noisemakers, a plastic thumb and other assorted props. Every-one on duty got called over to check out both me and my case.

So I did what I always do in small airports — a quick show. Passengers laugh, security eases up (as they try not to smile too much) and I can finish putting back on my shoes and belt, repack my show and proceed to the gate. Nowadays, TSA smiles and greets me, and some mornings they ask to see a trick as my case goes through the X-ray machine. But this time they all now know what the weird stuff on the monitor is.

Join me on my adjustment to Fairview. After all it is a Funbelievable life!

Greg Phillips M.M.E.H. is a professional speaker, magician and comedian. He lives with his wife Chris and grandkids Landon and Cadence. You can see him wandering around Charlotte Highway creating new effects for his shows. If you see him, ask to see a trick!

Trout Lily Welcomes Deli Staff

The Trout Lily Deli and Market welcomes a new addition to the deli staff. Kate Loughran started in the kitchen at a young age, working at a local vegan restaurant in her hometown at 15. Now 23, she’s spent the past 8 years working in various health food kitchens and cafés, as well as becoming a certified herbalist.

Kate is currently studying forest ecology and native plant conservation at UNC-A. She has two cats and a dog, and loves to either be at home reading or cooking, or out in the woods on various adventures.

At right: Kate in the kitchen



NOVEMBER FAIRVIEW REAL ESTATE STATISTICS

		High \$	Low \$	Avg \$
Houses listed	9	592,000	125,900	324,522
Houses sold	15	1,530,000	85,150	394,052
Land listed	3	294,000	69,000	213,000
Land sold	4	85,000	20,000	58,725

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). When selecting a real estate company, remember to shop local. Cool Mountain Realty has been in Fairview for 13 years and our agents have been selling in our area for 33 years. Keep and multiply the dollars in your local community’s economy.



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December Holiday Party

The FBA ended the year with a grand holiday party on Monday, December 5. The food was great and plentiful, members brought appetizers and desserts which were also plentiful and yummy. The entertainment (music by Chris Rhodes and magic performance by Greg Phillips) was a perfect addition. A check for \$100 from the association with additional monies donated by members, was given to Angels of Fairview to contribute to their mission of helping local families during the holidays.

It was a great way to say goodbye to 2016 and hello to 2017.

Next Members’ Meeting

There will not be a meeting in January. The next meeting will be Tuesday, February 7, at The Hub of Fairview. Check the website at www.fairviewbusiness.com or this column in the February issue of the *Town Crier* to confirm date and time.

Membership Dues

If you haven’t already renewed your membership, please do so before the end of January. Any members who have not renewed by January 31, will be marked inactive on the website directory and will be removed from the Member’s list at right. If there are extenuating circumstances, please contact 2017 president, Sandie Rhodes, at 628-1422.

Why Join the FBA?

When you need a service or product, why not reach out to a neighbor rather than a stranger. All FBA members live or do business within our community. When you choose a local business, you help our community thrive... and your community thrive.

Membership in the FBA is only \$60 a year with many benefits including:

- Listing in the Directory at right which is printed in the *Fairview Town Crier* each month
- Opportunity to display business cards in the enclosed case on the bulletin board outside of the Fairview Post Office.
- Listing on FairviewBusiness.com including a logo, photo and link to your email and/or website.
- Networking events at member meetings and social gatherings throughout the year.
- Opportunity to host a member meeting.

Joining couldn’t be easier. Visit the FBA website and join online, securely, via PayPal or your credit card. This is best since you will have to set up your online FBA profile. All membership communications are done via email so be sure the email you use to set up your profile is one which will reach the correct person in your business for future communications.

You can mail your \$60 check payable to FBA to Fairview Business Association, PO Box 2251, Fairview, NC 28730.

You can also stop by the Crier’s office at 1185-G Charlotte Highway in Fairview, Monday-Friday, 10 am – 6 pm and join in person (cash or check only).

A fourth option is to join at any members’ meeting.

We’re all working together for a strong and successful 2017. By supporting our fellow businesses we support our local economy which in turn supports ourselves.

TIME TO RENEW OR JOIN NOW FOR 2017!

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, Monday-Friday, 1–5 pm or at a meeting. FBA Voicemail – 585-7414



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Gift Shop/Handcrafted/Vintage	
New Moon Marketplace.....	222-2289
The Hub of Fairview	628-1422

Home Inspections	
Mountain Home Inspections.....	713-9071
House Rentals – Short Term/Vacation	
Cabin in Asheville	348-5488
Cloud 9 Relaxation Home.....	628-1758
Sabél Apartments.....	232-1042
The Cove at Fairview	628-4967

Insurance	
Financially Compete	230-8168
Gloria Berlin Agency/Allstate	298-2483
Prime Time Solutions	628-3889
Stovall Financial Group.....	275-3608
Tammy Murphy Agency	299-4522
Trout Insurance	338-9125

Landscaping/Excavating/Nurseries	
Asheville Stone.....	628-ROCK

Landscaping/Excavating/Nurseries cont	
Beam’s Lawn & Landscape.....	778-4282
B & B Tree Service.....	778-1987
Fairview Landscaping	628-4080
Ray’s Landscapes.....	628-3309
The Garden Spot.....	691-0164

Legal Services	
Legal Shield.....	606.6442

Marketing Promotion Printing	
PostNet of Central Asheville	298-1211

Markets | Farm Stores | CSAs

Cane Creek Asparagus & Co	628-1601
Flying Cloud Farm.....	768-3348
Hickory Nut Gap Farm.....	628-1027
Silas’ Produce.....	691-9663
Trout Lily Deli & Cafe	628-0402
Troyer’s Amish Blatz	280-2381

Medical Services	
Anger Management/ Therapist on Call/Maggi Zadek	628-2275
Apex Brain Center.....	681-0350
Fairview Chiropractic Center	628-7800
Fletcher’s Fairview Health Care Center.....	628-2800
Park Ridge Health South Avl	681-5327
Skyland Family Rehab Center	277-5763
W. Carolina Physical Therapy	298-0492

Monuments	
Martin Monuments	298-2

Newspaper	
Fairview Town Crier.....	628-2211

Non-profits	
Charlie’s Angels Animal Rescue.....	704-506-9557
Food for Fairview	628-4322
The Lord’s Acre Hunger Garden	628-3688

Pest Removal	
Bugtec LLC	777-1577

Pet Services & Supplies	
Elena the Groomer.....	628-4375
Fairview Kennels.....	628-1997
Little Friends Pet Sitting	808-4350

Pharmacy	
Americare Pharmacy	628-3121

Property Management	
Rent-a-Home of Asheville.....	676-6764

Real Estate Sales	
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Terri Balog, Keller-Williams.....	702-9797
Sandy Blair, Realtor/Broker	768-4585
Cool Mountain Realty.....	628-3088
Lynelle Flowers, Exit Realty	337-3077
Greybeard Realty	778-2630
Nina Kis, Keller-Williams.....	242-8029
Judy Stone, Buyer’s Agent	210-4663
Melissa Webb, Exit Realty	712-4838

Restaurants Confections Catering	
Brewskies	628-9198
Subway Fairview & Reynolds.....	628-3080
The Local Joint.....	338-0469
Piazza Wood Fired Oven.....	298-7224

Saw Mills	
Sunrise Sawmill.....	277-0120
Veterinarians	
Cane Creek Animal Clinic.....	628-9908
Cedar Ridge Animal Hospital	575-2430
Fairview Animal Hospital.....	628-3557

Wellness/Healing/Massage	
Blue Mandala	275-2755
Dream Roper	209-8981
Fairview Massage & Bodywork.....	216-1364
Marie’s Essential Oils & Gifts	713-2798
Mountain Medicinal Massage	333-0089
Mountain View Healing Hands	628-1539
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Virtu Skin & Body.....	367-9099

It’s Not Dirt

Man – despite his artistic pretensions, his sophistication, and his many accomplishments – owes his existence to a six-inch layer of topsoil and the fact that it rains.

– unknown

Reread that slowly a few times. That our day-to-day life is not possible without soil is as true a statement as any mathematics equation, yet how much



do you and I know about something so important to our day-to-day existence? What is soil anyway? Is it equivalent to dirt? Is it inert or alive? Doesn’t it just stay where it is, as it is, so we’ll have it forever? We go about our jobs, entertainment and family lives generally forgetting to

understand and attend to what is critical to human life and culture now, not sometime in the far distant future, but now – it’s soil. Soil is the skin of the earth, and we can compare it to the critical and beautiful role our own skin has for our bodies. Take a second to consider some analogies between your own skin and what soil might be like. Like our skin, there are “non-living” parts to soil (grains, minerals, dead plant and animal parts) and there are living parts (macro- and microorganisms). There are parts that we must nourish and protect, and times when the soil and our skin do the protecting. Imagine our bodies without skin and then consider our planet without its skin.

The nation that destroys its soil, destroys itself.

– Franklin Delano Roosevelt

As for the living components in soil, we all know earthworms are good for our gardens, but we’re conditioned to think of nematodes, arthropods, fungi, protozoa and bacteria as bad, as things to avoid, things that can harm us or our crops. And while there are types of those organisms that can impact our gardens in a negative way, healthy soils are overwhelmingly full of beneficial organisms that talk to, feed and protect our crops. Here are a few of the benefits of a soil full of beneficial macro- and

microorganisms:

- soil microbes break down organic matter
- soil microbes recycle nutrients
- soil microbes create humus
- soil microbes create soil structure, which helps retain or drain water
- soil microbes fix nitrogen (take it from the air and make it available to plants)
- soil organisms promote plant growth
- soil microbes control pests and diseases

I have to admit, I cringe every time someone labels this miraculous web of animal, vegetable and mineral as “dirt.” Soil is so awesome we don’t even begin to understand all that’s happening with it for our benefit. Dirt is the stain on your clothes or the accumulation of dust and dead particles you sweep up from the floor.

But soil? Now that’s rich! So rich we can’t live without it. Yet like most things of greatest value, it’s a quiet miracle right under our noses.

We know more about the movement of celestial bodies than about the soil underfoot.

– Leonardo da Vinci

Suggested reading that will amaze you: *Teaming with Microbes: A Gardener’s Guide To The Soil Food Web* (Tim-

ber Press, 2006) by Jeff Lowenfels and Wayne Lewis, one of the most accessible books on soil for the gardener/farmer.

It’s in There!

Did you know these following numbers associated with soil?

- 500... years, at minimum, is needed to form one inch of topsoil
- 5,000... different types of bacteria are in one gram of soil
- .01... percent of the earth’s water is held in soil
- 15... tons of dry soil per acre pass through one earthworm each year
- 1,400,000... earthworms can be found in an acre of cropland
- 20,000... pounds of total living matter is in the top six inches of an acre of soil
- 10... percent of the world’s carbon dioxide emissions is stored in soil

Celebrate Life



For six years, Roger Klinger has written our wild edibles column, featuring Western NC’s finest wild edible and medicinal plants and mushrooms, along with a few poisonous members of our natural world. Due to a major surgery for his partner last month, life is a bit “too wild right now on the home front,” so he will take a break for January. But he looks forward to returning in February. Roger provided the New Year’s Card he designed as a thank you to all the fine readers of the *Fairview Town Crier*.

We look forward to many more years of columns to delight and educate our readers.

And below is a preview of coming attractions for the 2017 season of Wild Edibles!

- persimmon
- native treasures: sochan greens
- blueberries
- butternut tree
- hostas
- fairy potato
- lactarius mushrooms
- golden rod
- leatherback mushrooms
- wild ginger
- smartweed
- paw paws
- purple coneflower



May 2017 be a year to Celebrate Life and the Wild Abundance of our beautiful Blue Ridge Mountains.

january 21st at 6:30

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BURIAL BEER CO.

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All Seasons Heating & AC.....	651-9998	New Moon Marketplace.....	222-2289
Allen Burton Group.....	329-8400	Perry James, CPA.....	628-2000
Appalachian Designs.....	628-9994	PostNet of Asheville.....	298-1211
Appalachian Tropicals.....	222-2225	Prime Time Solutions.....	275-5863
Americare Pharmacy.....	628-3121	Rainbow International.....	333-6996
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Cane Creek Concrete.....	230-3022	Stilwell & Stilwell.....	275-3214
Carolina Mountain Sales.....	277-5551	Strom, Cynthia A., PA Atty.....	296-7550
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Elite Eyecare.....	687-7500	Fairview Fire Department.....	628-2001
Fairview Animal Hospital.....	628-3557	Garren Creek Fire Dept.....	669-0024
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Fairview Chiropractic Center.....	628-7800		
Fairview Kennels.....	628-1997	SCHOOLS:	
Fairview Landscaping.....	628-4080	Cane Creek Middle School.....	628-0824
Fairview Massage		Fairview Elementary.....	628-2732
and Bodywork.....	216-1364	Reynolds Middle School.....	298-7484
Family Care of Fairview.....	296-0880	Reynolds High School.....	298-2500
Financially Complete.....	230-8168		
Fleshers Healthcare.....	628-2800	POST OFFICES:	
Flying Cloud Farm.....	768-3348	Fairview Post Office.....	628-7838
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GreyBeard Realty.....	298-1540	Cane Creek CC.....	768-2218
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Kis, Nina - Keller Williams.....	242-8029		
Kobe, Karen, ARG.....	231-0041	MISCELLANEOUS:	
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Bahnson Lovelace.....	242-2410	Fairview Business Assoc.....	338-9628
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Mattress Man.....	299-4232	Food for Fairview.....	628-4322
		The Lord's Acre Garden.....	628-3688
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Subscriptions are \$30 per year (Mail check to address above).

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CLASSES

ART

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CLASSES CONT'D

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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

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RESULTS!

11 Botany Ct.....	Pending 2 days	2 Appledorn Ct.....	Pending in 15 days
37 Oregon Ave.....	Pending 6 days	205 Ridgeway Dr.....	Pending in 2 days
40 Campground Rd	Pending 3 days	210 Garren Creek Rd	Pending in 12 days
126 Rotunda Circle.....	Pending 19 days	10 Bramblewood Dr.....	Pending in 17 days
161 Gosnell Rd.....	Pending 49 days	35 Penley Ave	Pending in 43 days
488 Roaring Fork Rd	Pending in 51 days	6 Broadview Dr	Pending in 47 days
280 New Salem Rd.....	Pending in 45 days	502 Woodlea Ct.....	Pending in 40 days