The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • FEBRUARY 2017 • VOL. 21, No. 2 • FAIRVIEW, NC







Make an Original Valentine

How about a unique Valentine's card to send your love this year? Join Fairview Fiber Artist Julie Bagamary for a 2-hour workshop *Wednesday, February 8, 10 am-12 pm* at The Hub of Fairview. Julie will help you create two Fiber Art Valentines that can be hand delivered or mailed and later be framed. Learn new fun, quick techniques that anyone can do, and develop new skills to create many more. Bring a friend or two along to share in the fun. No experience necessary. Fee of \$30 each covers class and materials. To register call The Hub at 628-1422 or email thehuboffairview@gmail.com.



Land of Sky Chorus Singing Valentines

Have an old-fashioned barbershop chorus show up to sing their hearts out for your sweet Valentine on Monday or Tuesday, February 13 or 14. The serenade will be accompanied by a perfect rose. Land of the Sky Chorus, a non-profit local Barbershop Harmony Society member group that has been harmonizing since 1948. They will deliver singing Valentines to most addresses in Buncombe, Haywood and Henderson Counties. Call 866-290-7269 to order by phone or purchase online at asheville-barbershop.com.



Celebration Singers Bring Valentines and Roses

This youth chorus delivers sweet medleys of love songs, roses and chocolates right to your Valentine's door. Their annual fundraiser supports the chorus of singers grades 2– high school. For details visit singasheville.org; to order call 424-1463 or visit charmsfloral.com

Join the Gardens of Fairview Tour

Anyone interested in joining the 2017 Gardens of Fairview Tour, please contact Jim Smith and join before March 1. There are two options this year. One is on Saturday, June 10, which will be an unstructured day for people to visit various gardens from

10 am to 3 pm. This year there will be 8 sites to give visitors more time. Several gardens on last year's tour will be returning, but there are openings for new gardens.

The second day, Sunday June 11, is designed to provide more time at sites, with several workshops planned so that visitors can interact with participants. Currently there are four workshops scheduled on Sunday: the first is on Bees, how to attract them to your site and protect pollinators; the second features a Green home builder's house and edible landscaping; the third presents a very diverse garden of greens, flowers, mushrooms and small fruits; and the fourth will be at the Garden of the Spring Mountain Community Center. Visitors will be able to choose two stops, each 2 hours long, with 30 minutes to go to next site, during the tour hours ffrom 1–5:30 pm.

For more information, contact organizer Jim Smith by email at jimsmith1945@gmail.com, or after February 7 at 864-313-5106.

Vandalism at SMCC

Vandals must be different folk, Maria Horton concludes. Over the New Year's weekend, vandalism struck the area behind the Spring Mountain Community Center and a field on Rocky Fork Road. One or more vehicles drove over and around on the grassy areas gouging ruts in both places as well as destroying the sod.

grassy areas gouging ruts in both places as well as destroying the sod.
"Why intentionally damage someone else's property?" Maria wonders. "Seems irrational or at least difficult to understand. Both places will have to be repaired and reseeded."

"What do we as a community do to teach our children the importance of kindness and value for our environment and our neighbors' property? If whoever did this damage will come forward and work to repair the areas, you will not be prosecuted. Instead you will be recognized as a member of the community who learns from your mistakes and makes amends."

Anyone with information to share about this situation is encouraged to contact Maria at daylightasheville@gmail.com.



Create, Join, Set Up Shop! LOCAL Artist Opportunities

A Fairview Art League is Now Organizing

The first exploratory/organizational meeting of a new Fairview Art League will be held on *Tuesday, February 7 at 10 am* at the Hub of Fairview, 1185F Charlotte Highway in Fairview. Artists, art lovers and supporters of the arts are invited to come and help create a community of artists in the greater Fairview area. Please plan on attending to show your support. If you can't make it, contact organizer Ellan Haack by email at ellenhaack@gmail.com or phone at 704-975-0095.

Studio Space Possibilities in Gerton

Artists who might be interested in renting studio space in the coming weeks or months, in the area of Gerton and beyond, are invited to contact Tony Buerskens, who is investigating the possibility of creating a number of studio spaces in the Gerton area. Get in touch to add your name to the list of potential artist renters. Contact Tony at 808-9708 or ajbuerskens@gmail.com.



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COMMUNITY EVENTS

FEBRUARY 2 (THURSDAY)

Healing Bone Broth Workshop

Healing Bone Broths for Nutrition, an SMCC Workshop, 6:30 pm downstairs. Fee is \$15. Limited space, RSVP to Jim Smith, Education and Garden Coordinator. at iimsmith1945@gmail.com. Register and pay at simplehomesteadliving.com.

Embroiderer's Guild Meeting

The Laurel Chapter of the Embroiderers' Guild America, 9:30 am-12 pm, Cummings United Methodist Church, 3 Banner Farm Road, Etowah/Horse Shoe, NC. Special hardanger bell pull project; \$10 kit fee for non-members. Contact Carol Foster 686-8298 or Janet Stewart 575-9195.

FEBRUARY 4 (SATURDAY)

Kids' Do-it-Yourself Valentine's Day Card Class



Newly opened Marie's Essential Oils & Gifts will host the class at 10 am at 911 Charlotte Highway. For more information call 713-2798.

FEBRUARY 7 (TUESDAY)

Fairview Art League Organizational Meeting

Artists, art lovers and supporters of the arts are invited to the first organizational meeting of the Fairview Art League, 10 am at the Hub of Fairview, 1185F Charlotte Highway in Fairview. For details call 704-975-0095.

Fermenting Workshop

Fermenting Foods and Herbs for Health and Flavor, SMCC Workshops at 2–4:30 and 6-8:30 pm downstairs. Hands-on presentation; fee is \$45. Limited space, RSVP to Jim Smith, Education and Garden Coordinator, at jimsmith1945@ gmail.com. Register and pay at simplehomesteadliving.com. Repeats on 2/22.

Prostate Cancer Forum

Us TOO of WNC: a prostate cancer support forum for men, caregivers and family members meets at 7 pm at First Baptist Church of Asheville on 5 Oak Street. This month Dr. Michael Burris of Asheville Urological Associates will speak. No fee to attend. For information 242-8410 or wncprostate@gmail.com.

FEBRUARY 7 (TUESDAY) CONT'D

Sons of Confederate Vets Camp

A Sons of Confederate Veterans Camp (Cane Creek Rifles) meets at 7 pm at the Fletcher Fire Department. The focus will be on Confederate ancestry and southern heritage. For details call 628-1376.

FEBRUARY 8 (WEDNESDAY)

Handmade Valentine Workshop

Join Fairview Fiber Artist Julie Bagamary to make two unique frameable Valentines that can be delivered or mailed. 10 am-12 pm at The Hub of Fairview, 1185 Charlotte Highway. No experience necessary. Only \$30 each. To register call The Hub at 628-1422 or email thehuboffairview@gmail.com.

Introduction to Yoga

This free introductary class, followed by four Wendesday night yoga sessions, for \$10/week is taught by Tami Zoeller of The Yoga Hut and held at The Hub of Fairview, 7 pm. This class if full but worth calling and leaving your name should space become available or to be added to list for next class. Call The Hub of Fairview, 628-1422.

FEBRUARY 10 (FRIDAY)

Using Essential Oils Class

Marie's Essential Oils & Gifts offers a class on the use of essential oils. 6:30-7:30 pm, 911 Charlotte Highway. Details at 713-2798. Repeats on

FEBRUARY 11 (SATURDAY)

YWCA Health Fair/Blood Drive

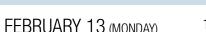
The YWCA's annual Community Health Fair is 9 am-1 pm. Includes activities for all ages to promote a healthy community. Fitness activities, alternative body healing practices, interactive demos, refreshments. There will be a blood drive during the event; walk in or make an appointment at thebloodconnection.org.

HNGF Valentine's Cider Dinner

Hickory Nut Gap Farm and Urban Orchard Cider Company present 5 courses of seasonal fare and 5 ciders at this special Valentine's dinner. Complimentary shuttle from Urban Orchard to HNGF, 6 pm. Tickets \$81.60 including tax and gratuity at hickorynutgapfarm.com.

Second Friday at The Hub! FEBRUARY 10

You won't want to miss this monthly event at The Hub of Fairview, January's event was well attended and enjoyed. February features a painting demo by acclaimed painter. Bob Travers: a book signing by local author Laura Camby McCaskill: and 4 or 5 other artists of The Hub. Wine, breverages and snacks. Charlotte Highway next to The Guitar 5–7 pm. Free. Held in The Hub Meeting Shop and Americare Pharmacy. Call Room and Art Gallery located at 1185



WNC Knitters/Crocheters

The WNC Knitters and Crocheters for Others meets at New Hope Presbyterian Church, 3070 Sweeten Creek Road, 7–9 pm. For details call Janet, 575-9195.

FEBRUARY 13-14 (MON-TUES)

LOS Chorus Singing Valentines

What better Valentine moment —a personal visit from a barbershop quartet, a serenade and a perfect rose. Land of the Sky Chorus, a local Barbershop Harmony Society member group that has been harmonizing since

1948, can deliver this moment to most addresses in Buncombe, Haywood and Henderson Counties. Call 866-290-7269 to order by phone or place a C.O.D. order, or purchase online at ashevillebarbershop.com.

The Hub for info. 628-1422.

FEBRUARY 14 (TUESDAY)

Celebration Singers Bring Valentines and Roses

This youth chorus delivers medleys of love songs, roses and chocolates to your Valentine's door. This annual fundraiser supports the chorus of kids grades 2-HS. Visit singasheville.org: to order call 424-1463 or visit charmsfloral.com.

FEBRUARY 15 (WEDNESDAY)

Healing Bone Broth Workshop

Healing Bone Broths for Nutrition, an SMCC Workshop, 6:30 pm downstairs. Fee is \$15. Limited space, RSVP to Jim Smith at jimsmith1945@gmail.com. Register/pay at simplehomesteadliving.com.

Local farmer/photographer Steve Keull chatting with FEBRUARY 17-19 (FRI-SUNDAY) actress/storyteller Becky Stone at January's event.

COMMUNITY EVENTS

Bluegrass First Class Concerts

The 22nd Annual Blue Grass First Class concert series will be held at the Crowne Plaza Resort in Asheville, Friday 11 am-5 pm, 7 pm-12 am; Saturday 11 am-5 pm and 6 pm-12 am; Sunday 9-11 am. For details/tickets visit bluegrassfirstclass.com.

FEBRUARY 18 (SATURDAY)

Fairview Fire Department Pancake Breakfast

The Support Operations Team for the Fairview Fire Department will hold a Pancake Breakfast fundraiser at the Firehouse, 1586 Charlotte Highway, 8-11 am. The menu will include pancakes, scrambled eggs, sausage, ham, biscuits and gravy, grits, coffee, milk and juice, for only \$8 per person.

FES Destination Imagination Vendor's Fair Fundraiser



Fairview Elementary Destination Imagination teams host a "Vendor's Fair" fundraising event featuring a variety of companies offering wellness items, cookware, clothes, local crafts, makeup, skincare and jewelry, and a chance to win an amazing raffle basket. All proceeds go towards Fairview Elemen tary 's Destination Imagination Global Competition teams in the spring. At Fairview Elementary, 9 am-2 pm.

FEBRUARY 19 (SUNDAY)

Ethical Society Meeting

"Keeping a Moral Compass when Society Seems to Have Lost its Own" will be presented by Bill Walz at the Ethical Humanist Society, 2-3:30 pm at the Friends Meeting House, 227 Edgewood Road, Asheville, NC. All are welcome to attend. Refreshments and discussion follow the meeting. Visit EHCasheville.org.

continued page 4

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cruise, AM-FM CD. Very clean!

Warranty

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Drew Corn, D.O.

Dr. Corn takes a very focused approach to the care he offers. As a Primary Care Physician, he believes it is vital for him to educate and inspire his patients to take responsibility for their own health. He cares for patients in our Asheville office.



Wes Hite, D.O., F.A.A.F.P.

Park Ridge Health announces the return of Dr. Hite to our Black Mountain location, following his recent tour of duty in the North Carolina National Guard. He strives to meet his patients where they are in their health journey.

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The Fairview Town Crier February 2017 3 2 The Fairview Town Crier February 2017

COMMUNITY EVENTS

FEBRUARY 24 (FRIDAY)

Blood Drive at SMCC

Give from the heart in this Valentine season. From 3-7 pm at Spring Mountain Community Center, 807 Old Fort Road. Walk in or call Bruce Whitaker at 280-9533 for reservation.

FEBRUARY 25 (SATURDAY)

14th Annual Business of Farming Conference

Spend the day learning and networking with farmers across the region, and learn strategies for building a more sustainable and profitable farm business at more than a dozen farmer and business professional led workshops and exclusive networking opportunities. \$95 per person. Details and registration at asapconnections.org.

CHARITY PET EVENTS

Brother Wolf Animal Rescue

Adoption Event at Asheville Chevrolet, Friday, February 4, 12-3pm, 205 Smoky Park Highway, Asheville.

CHARITY PET EVENTS CONT'D

Adoption Event at National PetSmart Charities, Saturday, February 18, 11 am-2 pm, 150 Bleachery Blvd, Asheville.

Adoption Event at Skyland Auto, Saturday, February 25, 1–4 pm, 255 Smoky Park Highway, Asheville.

Asheville Mardi Gras Parade, Sunday, February 26, 3pm, including Brother Wolf dogs, Battery Park Ave, Haywood St, Page Avenue.

Humane Society of Asheville

Low-Cost Vaccine & Microchip Clinic, Saturday, February 18, 11 am-2 pm, Francis Asbury United Methodist Church, 725 Asbury Rd, Candler.

Tour of Asheville Humane Society and the Buncombe County Animal

Shelter, Saturday, February 25, 1:30-2:30pm, begins in the Adoption Center, 14 Forever Friend Lane, Asheville. Free and open to the public.

Dine to Be Kind, Tuesday, March 7. Participating restaurants will donate a portion of their proceeds to Asheville Humane Society; visit ashevillehumane. org for participating restaurants.

UPCOMING EVENTS

SMCC Emergency Preparedness Forum. March 6

Representatives from the Fairview Fire Department and other expert speakers will address emergency communication, food storage, self-rescue, special needs of the elderly and additional topics. Followed by open discussion. Open to the Spring Mountain Community. Contact Jim Stilwell for details, 275-3214 or jamesstilwell@ bellsouth.net.

Dine to Be Kind, March 7

Participating restaurants will donate a portion of their proceeds to Asheville Humane Society for their 14th annual Dine To Be Kind. Mark your calendar and plan to dine out for breakfast, lunch, dinner or all three. Take out is

Organic Growers School Spring Conference, March 11–12

The 24th Annual Spring Conference for farmers, gardeners, homesteaders, and sustainability seekers will be hosted by Organic Growers School, a local non-profit organization, on Saturday and

Sunday, March 11 & 12, at the University of North Carolina in Asheville. Details and registration online at organicgrowersschool.org or by mail-in registration form from Rod Bowling, rod@organicgrowersschool.org or 680-0661.

ONGOING EVENTS

Fairview Baptist Fundraiser Pie Sale, February 1- April 16

To raise funds for their 2nd Annual Youth Retreat, Fairview Baptist Church will fill same-day or advance orders for Chocolate, Lemonade, Million Dollar and Peanut Butter pies. \$10 each; pick up at the church, 32 Church Road, For details and ordering visit Fairview Baptist on Facebook or Twitter or call 231-5035.

Organic Gardening Workshops, February 11- March 4

SMCC presents a series on Organic Gardening, 9:30-11:30 am for gardeners 15 and older; fee by donation, suggested \$10. February 11: Design of Gardens; February 18, Planting Schedule; February 25, Companion Planting; March 4, Getting Ready to Plant. Call Jim Smith, Education and Garden Coordinator, at iimsmith1945@gmail.com.

COMMUNITY EVENTS

Scrabble and Cribbage at **Mountain Mojo**

The Scrabble & Cribbage Club meets every Wednesday from 12:30-4:30 pm at Mountain Mojo Coffee Shop, 381 Charlotte Hwy at the top of Mine Hole Gap. Call 216-7051 for more information.

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.

Yoga at 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 Community Center Events

807 Old Fort Road, Fairview springmountaincommunitycenter.com

Free Exercise Classes: Janis Williams will lead Eccentrics classes for all ages and ranges of ability, 3-4 pm Mondays and Thursdays. Bring a floor mat if possible.

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.

Berrypickers' Jam: Tuesday evenings at 7 pm. Our beloved Berrypickers will move the "iam" inside for the season. Bring your instrument, listening ear, and dancing feet to the lower level for a jammin' good time.

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

Arts Council Grant Applications

The Asheville Area Arts Council (AAAC) has opened applications for the 2017 Professional Development Grant for Artists. These resources will be granted to individuals to attend professional development courses to aid them in reaching their business goals. Applications will be accepted until May 15 for courses happening through June 1. For details visit ashevillearts.com

Almost. Maine at ACT

In the mythical town of Almost, Maine, residents find themselves falling in and out of love in unexpected and often hilarious ways. In the 35below Theatre through February 19 Friday and Saturday nights at 7:30 pm and Sunday afternoons at 2:30 pm. Tickets are \$15.00 and are available online at ashevilletheatre.org, by phone at 254-1320 or in person at the ACT Box Office, 35 E. Walnut Street.

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.

We've Sold 100s

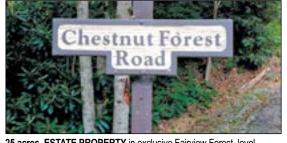
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restrictions, **\$400,000**, will divide, MLS 3155768.



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Avoid Back Surgery!

Amazing Technology May Relieve Serious Back Pain

COULD THIS GET RID OF SCIATICA, BULGING DISCS AND LEG PAIN ONCE AND FOR ALL?



Do You Have Any of the **Following Conditions?**

- Sharp Pains in the Back of the Leg
- Lower Back Pain
- Herniated/Bulging Discs
- Numbness in Your Arms or Legs
- Shooting Hip or Leg Pain
- Diagnosed with Stenosis

If you've suffered from any of these annoying conditions, you may have "Sciatica".

Sciatica is a compression of the sciatic nerve, usually by an L4 or L5 disc herniation. As you know, sciatica can be a very painful problem, even crippling at times.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your back or sciatica hurts and the pain just won't go away!

Fortunately, if you are suffering from any of these problems, they may be relieved or eliminated by non-surgical spinal decompression.

"What's The Chance This Will Work For Me?"

A medical study found patients went from moderately painful to almost no pain with decompression treatments. Those that took pain pills improved less than 5%. - Am Society of Anesthesiologist, 2006 Chicago, IL

Another study presented at the American Academy of Pain Management in 2007 showed...

"Patients reported a mean 88.9% improvement in back pain and better function... No patient required any invasive therapies

(e.g. epidural injections, surgery)."

These are just two studies out of a dozen done in the last few years, all showing promising results.

Finally, You Have An Option Other **Than Druas or Suraery**

Here's the point of all these studies... spinal decompression has a high success rate with helping disc herniations, sciatica, and back pain.

This means in just a matter of weeks you could be

back on the golf course, enjoying your love life, or traveling again.

The Single Most Important Solution To **Your Sciatica and Back Pain**

It's time for you to find out if spinal decompression will be your sciatic pain solution. For the First 25 Callers Only, \$70 will get you all the services I normally charge new patients for!

Could This Be Your Back Pain Solution?

What does this offer include? Everything. Here's what you'll get...

- An in-depth consultation about your problem where I will listen...really listen...to the details of
- A complete neuromuscular examination.
- · A digital posture assessment.
- A thorough analysis of your exam findings so we can start mapping out your plan to being pain-
- You'll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

I'll answer all your most probing questions about our pain-free sciatica and back pain evaluation and what it can do for you.

The appointment will not take long at all and you won't be sitting in a waiting room all day either. And the best part about it is...

No Dangerous Drugs, No Invasive **Procedures, and No Painful Exercises**

Spinal decompression treatments are very gentle. In fact, I even catch a few patients sleeping during sessions every once and awhile.

"But I feel fine – as long as I take my pain pills."

There's a time to use pain medications, BUT not before seeking a natural way to correct the CAUSE of the problem! Spinal decompression just may be the answer that you've been looking for. Ask yourself ... after taking all these pain medications and playing the 'wait and see game', maybe for years...are you any better off?

Call and tell the receptionist you'd like to come in for the Special Decompression Evaluation. Available for the First 25 Callers. Call

628-7800 today, and we can get started with your consultation and exam as soon as there's an opening in the schedule. Our office is Fairview Chiropractic Center and we are located at 2 Fairview Hills Dr. in Fairview.

I look forward to helping you get rid of your pain so you can start living a healthier, more joy-

Sincerely, Edward Reilly, D.C.

P.S. The only real question to ask yourself is this...What Will Your Pain Feel **Like 1 Month From Today?**

One of the biggest myths about pain is that it goes away all by itself, without any treatment. A May 1998 study in the British Medical Journal proved this myth false, showing that 75% of back pain sufferers who do nothing about it will have either pain or disability 12 months later.

Let's face it, if the pain hasn't gone away by now, it's not likely to disappear on its own. Life's too short to live in pain like this. Call today and soon I'll be giving you the green light to have fun

Here's what our patients have to say:

I came to Dr. Reilly because I could not sit and I could hardly walk because of the pain down my leg. I had the problem about a month before I came and did not seek any other care. I feel like a new person after completion of my treatment plan. I have no pain and I am back to doing everything I could do before. Overall, I feel better physically. I would tell others to please try this so you can avoid surgery like I did.

I am a long time runner. I began to have back and leg pain so severe that it put me down – I had to quit nning. After starting treatment with Dr. Reilly, all hat pain is gone and I am back to doing what I love

CALL TODAY TO SCHEDULE YOUR \$70 (or your contracted copay) SPINAL DECOMPRESSION EVALUATION 628-7800

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If You Decide To Purchase Additional Treatment You Have The Legal Right To Change Your Mind Within 3 Days And Receive A Refund.

FRIENDS OF THE LIBRARY



Susan Sides and her family visited the red house in Sweden, where Susan's grandfather was raised.

Sweden With Susan Sides

In 2015 Susan Sides and her entire family visited the Swedish village where her grandparents and great-grandparents lived before moving to America. She stayed with relatives, ate traditional foods and visited the house where her grandfather was raised. On Tuesday, February 7, 7 pm, Susan will present a program on the agriculture and food of Sweden with some family stories as well.

Susan Sides, executive director of The Lord's Acre, has been gardening organically for forty years. Her love of the interconnectedness of living things led her to acquire a BS in biology. In the 1980s she worked for The Mother Earth News magazine at their eco-village gardens, as Research Gardener, Garden Writer and author of The Healthy Garden Handbook.

After the magazine moved to NYC, she remained active in the field of food sustainability, taught beginning gardening classes, raised small livestock, home

schooled her sons and studied primitive gardening methods. Susan lives with her husband Franklin in Fairview. where they manage The Lord's Acre Garden, a dream garden that brings together research, beauty, community and ompassion.

Refreshments served following the event courtesy of Friends of the Library.

Friends of the Library Meeting

Friends of the Fairview Library will be meeting on Tuesday, February 14 at 7 pm. All in the community are welcome

Evening Book Club

The Evening Book Club will discuss The Greenlanders by Jane Smiley on Tuesday. February 21. 7 vm

PROGRAMS AND EVENTS FOR KIDS **LEGO Club**

The LEGO Club will meet Friday, February 3, 3:30 pm. All kids Kindergarten and up are invited for special builds, cre-

ative challenges, and a whole lot of fun. LEGO blocks provided. All creations will be put on display at the library.

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 li-

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 - Have you seen the new Teacher Subject Request Form on the Library website? Fill out the form 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.

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NEW ARRIVALS

by Jaime McDowell

Adults

Echoes in Death by J. D. Robb

Norse Mythology by Neil Gaiman

A Book of American Martyrs by Joyce Carol Oates

Garden of Lamentations by Deborah Crombie *The Bertie Project*

by Alexander McCall Smith You Are the Universe

by Deepak Chopra Children

What Will Grow by Jennifer Ward Piecing Me Together by Renee Watson

Fairview Public Library

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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





STEAM MASTER

David Merrell Writes Home: Part Two

David Merrill was born in Fairview, Buncombe County on May 26, 1801. He was the son of Revolutionary soldier Benjamin Merrill and his wife Penelope Merrill. He moved to Missouri with his brother Eli and two of his sisters and their families in the late 1820's. David moved to Texas in the 1840's. David's twin brother Jonathan Merrill remained in Buncombe County. David would often write home to Ionathan Merrill.

The following is one of David Merrill's letters home to his twin brother

Dallas County, Texas, August 26, 1854

I take this opportunity of informing you we are all in the enjoyment of reasonable health hoping these lines may find you all enjoying alike blessing.

I have nothing of much interest to write this country has been very healthy this far. A dry season and only tolerable crops. Wheat crops have been hurt by rust. Oats blown down by storms and corn only a moderate crop. Times are easy as to money matters and property high. Land has taken a raise some of the improved land not worth more than five dollars and some of the unimproved land is worth ten dollars per acre. Texas has secured the Great Central Railroad or the Atlantic and Pacific Railroad the contract is taken from the eastern bounds of the state of Texas to its western limits or near El Paso a distance of about 12 degrees longitude which is the latitude of 32. Will take over 600 miles, for which the Company are to receive 20 sections



of land per mile. This great work is begun and about one thousand hands employed. They commence near Shreveport and I think it will pass with in 20 or 30 miles of here and perhaps nearer than that. Our country is still improving very fast in so much that the price of all kinds of provisions are high. When you was here old Mr Little was the outside settler and now it is settled at least 150 miles

I had all sorts of disadvantages to labor under. I heard from Susan Owen [Merrill's first cousin, daughter of John Merrill and Catherine Rhodes] some 3 weeks since two of her sons in law was at my

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house. They only spent the night with us and to my dislike I was not at home. I've been anxious to visit Mrs Owen and Nimrod [David Merrill's brother] for along time. My business seems to confine me at home. I expected to have gone the first of this September but my little son

Perry has taken the notion that he must "Times are easy as to have a wife and at money matters and property the time appointed for that celebration high. Land has taken a raise interfers with my arsome of the improved land rangement. Strange to tell that Perry not worth more than five could fancy a widdollars and some of the ow which must be unimproved land is worth at least 7 or 8 years older then himself ten dollars per acre." and him not quite 18 years old. I never

control my children in such cases, I will advise but never control. Mrs Boyd, my intended daughter is as fine and respectable a woman as any in the country, still the contrast in age is to great. I hope it may settle him he has been altogether the wildest son I ever had. Until about a year ago he made a Profession of Religion and has been a great deal more still but his temper is too quick. His health has improved I now have hope that he will yet become stout and sound. Adolphus and Robert [David Merrill's two oldest sons] are both on the same place and improving a good farm. Robert has a fine son begining to run around the house. Adolphus unlike the rest of the stock is doing a poor part in keeping a bad stock, they have no

children. Catherine [David's daughter] has one daughter, and Jane [David's daughter] has a son 4 months old. William Alexander Whites little son is living with us and I intend to keep him while I live. He has the turn and disposition of his...

[section of letter missing]

I am trying to commence business of raising mules. Iones and me has bought a Donkey, he cost us \$300. I have 10 mares and Jones has 7 which we expect to bring mules next spring. am anxious to turn my stock of cattle into a stock of Mexican mares. We did

purpose sending Perry [David's son] to Mexico this fall for mares, but he tells [us] no. I think I will write again after I return from the west. I may say some thing more on the subject. When you receive this I want you to write and give me a full history of all the old acquaintance as far as you can so no more, but remain yours affectionately until death.

August 28, 1854. David Merrill to Jonathan Merrill

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

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Out of the Shadows



The human eye takes in the world through a series of images, even if we think we are looking at, for instance, a single moment in a sunset. The eye's pupil contracts as we look

towards the sun, then opens wider as we glance towards the shadows on a mountainside. Our brain fuses it all into a single experience and then, to top it off, combines that experience with every other sunset we have ever seen. No wonder that our cell phone never quite captures the full drama of the moment. We can make up for that a bit by taking more images of the same scene ourselves with a technique called HDR or High Dynamic

Range imaging.
For example: Here is a photo of our cat's favorite Christmas tree ornament: a



Image 1 is my camera's best guess for single exposure, given the bright

feathered owl (it survived).

feathers and dark needles. It has overexposed the owl's forehead in exchange for more detail in the needles. Selecting the camera's HDR mode causes it to take two more shots, one with a shorter exposure to get the highlights and one with a longer exposure to get shadow



detail. Image 2 is the second shot with the shorter exposure.

Note that the HDR mode does not

change the lens opening to simulate the eye. That would change the depth of field and complicate what comes next: combining all three images into one.

Image 3 is the third shot, with a longer exposure to get more detail in the shadowy needles and the dark pupil of the owl's right eye. A tripod is useful to keep the images aligned but is not always nec-



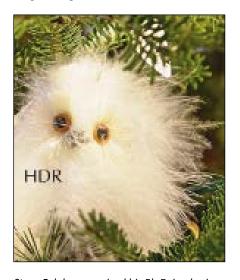
essary. Handheld HDR is still possible.

The HDR software can slide the three images relative to each other and overlap the detail in order to take out some camera motion between shots. If something moves the owl, however-say, something like a cat — then all bets are off.

The combined image uses pixels from the long exposure for shadows and pixels from the short exposure for highlights, and packs them all together in a single 16-bit image for additional processing. The result often looks much like the first best-guess image because the relative brightness of the different image areas is maintained. It is up to the photographer to brighten the shadows if that will improve the image. For that we use tools like Shadows/Highlights in Photoshop or Curve control or both. Therein lies the Art (or the Lie if you happen to think that this is all cheating).

In the HDR image of my owl I have brought up the brightness of the needles and held down the brightness of the feathers to better show what I saw with

HDR does not alway help, particularly if there is some motion between images which blurs the moving object. Still, for a street scene at night with streetlights, bright windows and deep shadows, it may be the only way to get across all of what you want to say in a single image.



from MIT in 1980. You can find his work at Trackside Studios, 375 Depot Street in Asheville's River Arts District and at



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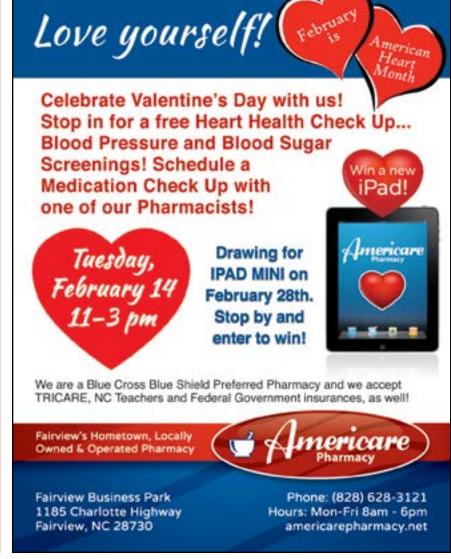


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by Amy Santin, MD, MAHEC Family Health Center at Cane Creek

treatment that could ease your anxiety, lessen vour depression, improve vour sleep, give you more energy, improve your memory, help you lose weight and reduce your risk for premature death? What if that treatment were free? We would all jump at it and consider it a vast improvement over the myriad of drugs we take for each of these individual prob-

That treatment does exist. It is good old-fashioned exercise. If we could bottle up all the benefits of exercise and offer it is a medication, it would indeed be considered a wonder drug.

We have long understood that exercise is beneficial to our health. But just how beneficial is it? A recent meta-analysis was performed on the effects of exercise on people with chronic disease (a meta-analysis looks at all the available high-quality randomized controlled trials on a given topic and pools the data to draw more precise conclusions); the study found that exercise improved symptoms such as pain as well as function in people with arthritis of the knee, rheumatoid arthritis, some types of back pain, Parkinson's disease, multiple sclerosis and chronic fatigue syndrome. People with diabetes had lower glucose levels and fewer complications from diabetes. People with respiratory disease like COPD could walk farther and function better. Exercise lowered blood pressure in those with hypertension and improved cholesterol levels.

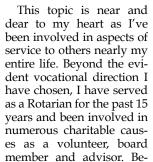
What if your doctor offered you a In people who had had heart attacks, exercise reduced their risk of death from heart disease by 31% and death from any cause by 27%. In studies of older hospitalized patients, those who were randomly placed into the exercise arm of the study (as opposed to those who were placed in the non-exercise group) were more likely to be discharged and to spend less time overall in the hospital. Exercise was just as good as medication in preventing death from coronary artery disease ("heart disease") and better than drugs in preventing death from stroke.

While all of those benefits are remarkable, what also fascinates me as a primary care physician is the vast amount of research that is emerging that demonstrates how exercise might have a beneficial impact on anxiety, depression, sleep, and even memory loss – some of the most common reasons people go to the doctor.
One recent study which looked at objective measures of fitness levels found that those with the lowest fitness scores were 75% more likely to be given a diagnosis of depression. In another study, those who already had a diagnosis of depression were randomly placed into either a group that exercised or one that did not. The mental health of those in the exercising group improved substantially, while it remained the same in the non-exercising group. Twenty studies were conducted in which blood samples from people with depression were obtained before and after

continued on page 30

Volunteerism Benefits Others and Your Brain

by Dr. Michael Trayford, Apex Brain Centers



.....

member and advisor. Being raised by a nurse and a police officer taught me early on the value of service to others, and it has been vigorously embedded in my character (and my DNA!)

The connections between volunteerism and health, as well as its impact on brain function, are quite robust. Socially interacting, working with others, meeting new people, learning new skills, keeping busy, finding solutions to problems; all of this provides significant benefit to our brains.

In a Harvard School of Public Health study on the benefits of volunteerism, researchers surveyed and evaluated subjects who volunteered on a regular basis and found that, on average, they had significantly lower blood pressure levels. This reduces the chances of conditions like heart disease, stroke and other medical conditions that can have a serious impact on brain and body health.

When it came to looking at the levels of blood pressure lowering, the study found that those who volunteered for the

right reasons – because they truly wanted to help others - had more notable improvement than those who did it for less altruistic reasons like wanting to be admired by others. In short, your approach to volunteerism is just as im-

portant as the service itself. Volunteerism also helps people who feel shut in to

get out there and socially interact, which is critical for optimal brain health, as noted above. The average age of volunteers continues to increase as more and more seniors (particularly a growing number of older males) understand the value of helping others and, in turn, feeling the good effects of their accomplishments.

Helping others will help you in more ways than you could possibly imagine, and there are more ways than ever now to serve your community and beyond in any capacity you can manage. Organizations such as Hands On Asheville-Buncombe (handsonasheville.org) can help determine what volunteer path might best suit both your passions and your physical abilities and strengths.

I hope to see you on the volunteer path

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 AnexBrainCenters.com.

OF INTEREST TO SENIORS.....by Mike Richard

Medicare Changes in 2017



Before I get started, I'd like to make a correction to January's article Intangibles which may have created some confusion to my readers. The words tangibles and intangibles were inad-

vertently switched when listing some examples to define them. My apologies. If you need any further clarification, please feel free to contact me.

Now to the subject at hand. Every year the federal Medicare program deductibles, coinsurances and copays and premiums in Original Medicare Parts A and B are subject to change. This year is no exception.

Here are the effective changes as of January 1st, 2017:

- Part A Inpatient hospital deductible: \$1316 up from \$1288 in 2016.
- Daily hospital coinsurance for days 61-90: \$329 up from \$322 in
- Daily hospital coinsurance for lifetime reserve days 91–150: \$658 up from \$644 in 2016.
- · Skilled Nursing Facility coinsurance for days 21-100: \$164.50 up from \$161 in 2016.
- Part B Deductible: \$183 up from \$166 in 2016.
- High Deductible for Medsup plans F & J: \$2200 up from \$2180 in 2016.
- Out Of Pocket limit for Medsup Plan K: \$5120 up from \$4960 in

• Out Of Pocket limit for Medsup Plan L: \$2560 up from \$2480 in 2016.

For those with a Medicare Supplement Insurance, it is important to note that you do not have to change your plan, as it will cover these increases automatically. By the way, this is one of the reasons your plan may increase its premium each vear. If you have a Medicare Advantage plan, then these changes do not apply to you. Your Advantage plan determines what your cost share is and that can vary between companies. Remember, your Advantage plan is not a supplement and works differently from Original Medicare.

Editor's Note: The word switch noted in the first paragraph is entirely the error of the copyeditor, not the author. Our apologies for any confusion it may have caused.

Part B Premium

The standard Part B premium amount in 2017 will be \$134 (or higher depending on your income). However, most people who get Social Security benefits will pay less. This is because the Part B premium increased more than the cost-of-living increase for 2017 Social Security benefits. If you pay your Part B premium through your monthly Social Security benefit, you'll pay less (\$109 on average). Social Security will tell you the exact amount you will pay for Part B in 2017.

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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connected to an Alexa account and need another way to command your Echo. Astra is available through the iTunes store. not free but just 99 cents.

You Lookin' at Me?

It is amazing what designers come up with to foil facial recognition software. In the CV Dazzle project, designers come up with facial makeup and hairstyles to confound face-recognizing software. They are now working to create fabric to foil attempts in stores to track you and your shopping habits via facial recognition. It is not yet a product to purchase but it is useful news to see that privacy options may exist to foil information gathering in quasi-public places.

Everything's On My Phone

Not always do you have a thumb drive with you, but you do likely have your smart phone. And, it, whether an iPhone or Android, can be used like a thumb drive or external drive, so long as you have your USB charging cord. For an iPhone, you'll need to install the File Manager app from TapMedia before you can copy files from your computer to your iPhone as you would with a thumb drive. To use an Android device, you can install Android File Transfer (android.com/filetransfer/); more help for that at android.com.

I know ads are the way many free websites support themselves, but there are times that they really distract from the reading experience, especially on those sites that insert ads into the middle of the text. There is another option for Chrome: Mercury Reader will strip those ads with a click of a button, making the article much easier to read and even print out. Go to the Chrome store on your Android device and search for Mercury Reader from postlight.com.

Jungle Guide for Microsoft Office

Trying to get up to speed with the latest Microsoft Office is a bit easier with quick start guides from Microsoft. They cover Office 2016 and the subscription Office 365 and even Office 2016 for Mac. wish their web address were a short one but if you go to support.office.com, scroll down to the topic by category section and click on Getting Started with Office 2016m, then you can find their Ouick Start Guides.

Do It Now!

I waited long enough, and now a great online paid course on dealing with procrastination is free and on YouTube. Rather than put that really long link here, I would suggest you search on YouTube for "how to stop procrastinating full design" and make sure the video is by "Successful by Design."

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

Brightening the Winter Dark

nying expenses seem to drag on forever, children have been home with illnesses and bad weather has forced school closings, bringing added stress. Despite its abbreviated length, I have always found February to be very long indeed. And I know this is especially true for people in our community who struggle to make ends meet and provide for their families. This is the time of year when many peo ple must choose between heat and food, a choice that no one should ever have to

The federal government sets the standard for determining poverty in the United States. "The U.S. Census Bureau determines poverty status by comparing pre-tax cash income against a threshold that is set at three times the cost of a minmum food diet in 1963, updated annually for inflation using the Consumer Price Index, and adjusted for family size, composition, and age of householder." Currently, those thresholds are \$11,880.00 for one person and \$24,300 for a family of four.

The method for determining poverty and the resulting numbers speak for themselves and what they say is very disturbing. Using federal guidelines and statistics, the poverty rate in the US dropped to 13.5% in 2015, the first drop since the recession. In North Carolina, however, the poverty rate was 17.2% overall, with 1 in 4 children living in poverty. North Carolina ranks among the 15 worst states for children who experience

For many people, February is a very difficult month. Winter and its accompagree of detachment—"food insecurity," income level," "pre-tax income," "generational poverty." It is much harder to talk about what it feels like to always have less than so many others or to measure the impact of a childhood of hunger, cold and worry. It is harder still to come to terms with the fact that our neighbors, friends, and coworkers are hungry.

Food for Fairview works to help meet the food needs of individuals and families within the Fairview community. Every week, clients come to the pantry in the lower level of the Fairview Community Center to select food for their families. Food for Fairview's clients depend upon the pantry to meet their food needs. The client choice pantry is open on Mondays from 3:00-6:00 and volunteers work to make sure that everyone who visits the pantry is served. If you or someone you know needs help with food, please visit us. We are here to help.

Please contact us for information on how you can help. Your donations make an exponential difference in the lives of friends and neighbors. Donations may be made by mail to: Food for Fairview, PO Box 2077, Fairview, NC 28730, or online at foodforfairview.org.

For financial details about the organization call the State Solicitation Licensing Branch, 919-807-2214. For more information visit foodforfairview.org, email food4fairview@gmail.com or call 628-4322 and leave a message. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation.









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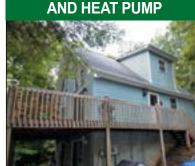
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WEATHER CORNER

WNC Winter: Snowy to Springlike and Back Again



2017 started with a bang with 8 inches of snow and some single know anything about our weather, you know winter is usually just

a visitor, and true to form the pattern changed to much milder rainy conditions by mid-month.

Topsy-Turvy Pattern

I suspect that "winter" is not through with us by any means, but I think our topsy-turvy pattern of cold then warm will probably continue well into the spring. So for the next two months, I believe we can expect just about anything, and hopefully we will see plentiful moisture to round out the winter

Almost all our big snowfalls originate as "southern storms" coming out of

the Gulf of Mexico. If these storms track to our west we usually get into the warmer east side of the storm and end up with more rain than anything else. If the storms track just to our east, we get the largest amount of precipitation and remain on the coldest side of the storm, getting mainly snowfall, and in those

In retrospect, January conditions we can easily get 6–12 inches or more of snow. This was our storm last month. If the low tracks out of the Gulf and goes too far to our east we just get digit lows, but if you a light snow, a dusting or even nothing at all. I would suspect that we are not out of the woods yet for snowfall and that we may get another Gulf storm or two. However, precipitation type and amounts will depend on the exact track of the storm.

The chart below shows some of the heavier February snowfalls we have received based on the historic record at the Asheville airport.

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 Accu Weather in Pennsylvania Tom teaches classes on weather that HAS and climate at various local venues.

Largest Single Snowfalls in February

FEBRUARY'S TRIVIA ANSWER

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

Groundhog Day is a traditional holiday celebrated on February 2. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then the spring season will arrive early, sometime before the vernal equinox; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its den, and winter weather will persist for six more weeks.

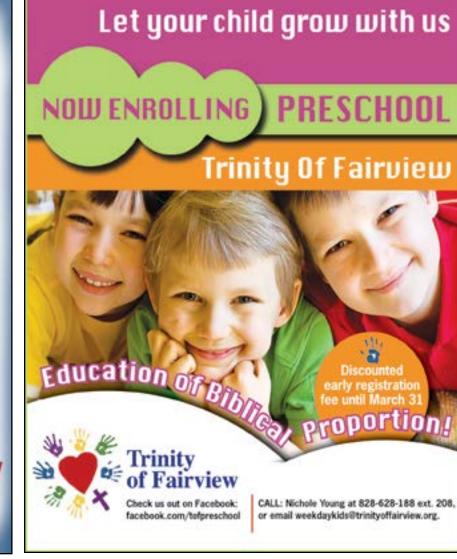
Modern customs of the holiday involve early morning celebrations to watch the groundhog emerging from its burrow. Groundhog Day was adopted in the U.S. in 1887. Clymer H. Freas was the editor of the local paper Punxsutawney Spirit at the time, and he began promoting the town's groundhog as the official "Groundhog Day meteorologist." The largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania, with Punxsutawney Phil. As many as 40,000 people have gathered at Phil's burrow in the past, in a tradition dating back to 1886. Phil weighs 15 pounds and thrives on dog food and ice cream in his climate-controlled home at the Punxsutawney Library. Up on Gobbler's Knob, Phil is placed in a heated burrow underneath a simulated tree stump on stage before being pulled out at 7:25 a.m. each February 2nd to make his prediction. Already a widely recognized and popular tradition, the event received even more widespread attention as a result of the 1993 film *Groundhog Day*.

According to Wikipedia, the day is observed with various ceremonies at other communities in North America, including Canada, with more than 33 famous groundhogs emerging out of their burrows around dawn each February 2nd.

MARCH'S TRIVIA QUESTION

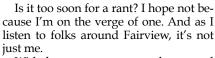
Is there any truth to the saying "If March comes in like a lion, it will go out like a lamb?"





Snow-mageddon... a Rant for the Road

by Greg Phillips



With the recent snowstorm that caused so much havoc, I think I need to go over some "Snow-tiquette" (Snow Etiquette for winter driving).

First, let me offer some credentials. I grew up in Western New York, an equal distance from Rochester and Buffalo – the heart of the "Snow Belt." Lake effect snow was the story of my youth. Winter cars, studded tires, donuts in the parking lots, getting your car plowed in regularly and going to school when it was below zero with 6 foot piles of the white stuff all around were what I knew.

Then it was a move to Florida for the last 35 years, with a yearly visit back to New York NEVER around snow time. Then came the recent move here, to Fairview. I was guaranteed there was no winter to speak of here. But I happened



Driving through a "window" carved out on the windshield is dangerous.

to be visiting Fairview a year ago last January, when we couldn't get out of the driveway for three days! Not a plow or a salt truck, only our neighbors whizzing up and down the road on their ATV. Ugh.

Snow-maggedon!

Okay, okay — the rant. Fast forward to the present, a week after the New Year turned over to 2017. Local weather was calling for 5 to 8 inches. To me, a light dusting. But the more I listened to the news and the people around me, you would have thought it was "Snow-mageddon!"

Now, I know I have to make some adjustments to my thinking. I know what snow is and how to drive in it; I have to take into consideration "the mountains" and these roads, treacherous enough when they are dry, but add a little white stuff and many people lose all driving sense and ability they may have had.

It seems that some folks become so scared that they drive at 2 miles an hour, white knuckled death grip on the steering wheel. Others become so brave that they go whizzing by in their big 4-wheel drive vehicles. Later you can see both types hanging off the embankment just a little way up the road.

In our most recent storm, the North Carolina Highway Patrol reported nearly 70 weather-related vehicle accidents statewide by early Saturday Mission Hospital reported at least a dozen incidents that they deemed "snow-related 16 The Fairview Town Crier February 2017





Add a little white stuff to these mountain raods and many people lose all driving sense and ability they may have had.

automotive incidents." Fortunately none around here were serious.

Chief Scott Jones of the Fairview Fire Department said that the period between Friday, January 6th and Monday, January 9th saw a total of 25 total responses including medical calls. There were 10 motor vehicle accidents with damage.

One major incident was a multiple car oileup that closed Emma's Grove for a time; Chief Jones said in order to get to the accident, the department first needed to sift through the multitude of cars that had driven into the scene and become stuck themselves. The department had to pull, push or move these vehicles out of the way first. Fairview had four pieces of equipment dedicated to moving or assisting disabled or stuck vehicles, many of which, according to the chief, had no business being on the road. The chief also responded to citizens'

complaints about the responsiveness of the Department of Transportation's plows and salt trucks. "First the D.O.T. epares major highways, Routes I-40 and I-26 being the priority, and then Charlotte Highway gets salted. In the case of this past storm, the snow came; people got out driving on it, packed it own and with falling temperatures it urned to ice. Then motorists proceeded to drive on it as they normally would for good road conditions. Driving without ation shut I-26 down for hours.

"In the case of this past storm, the snow came; people got out driving on it, packed it down and with falling temperatures it turned to ice. Then motorists proceeded to drive on it as they normally would for good road

conditions. Driving without caution shut I-26 down for hours. " - FFD Chief Scott Jones

When it comes to clearing the snow and ice after a storm, the chief went on to say, "We need to remember that the salt won't work until the temperature is above 18 degrees. And when the snow gets packed and turns to ice, the road graders can't dig up the ice to remove it. Warm temperatures are needed to melt it, as was the case Tuesday and Wednes-

In closing my conversation with the



When the snow gets packed and turns to ice, the road graders can't dig up the ice to remove it.

chief I asked for some Chiefly wisdom. He said, "I know how people can feel about the media, but we need to understand that they have information the general public may not. We need to heed their warnings and prepare. Look to getting home early. And if you want to drive, first think about it; is there really a need for you to go out?"

The chief mentioned several incidents where they assisted inexperienced vouthful drivers who were just out joyriding, as well as people in two-wheeldrive cars with only regular street treads. He talked to several people who thought their four-wheel-drive vehicles "were all they needed."

"Don't go out unless you know what you are doing," the chief concluded. "If you don't have to go out, don't!"

Snow-tiquette Tips

So here are some "Snow-tiquette" Tips to help during our next Snow-mageddon:

1. Stay off the roads unless absolutely necessary. Plan ahead. Keep extra essentials including prescriptions stocked up. NOTE: if a store or restaurant doesn't stay open late during regular hours, chances are they are not going to have "special storm hours" in the middle of the night.

2. Clean off your vehicle in its entirety; brush the snow off all windows and especially the roof. If you are creating your own "white out" situation it's not only rude but dangerous. So is driving through a "window" you carved out

on the windshield.

3. Just because you have big tires or four-wheel drive doesn't mean you can try passing on curves or driving faster than you would drive during normal conditions. Having the equipment doesn't mean you have the ability.

4. People ahead of you have the right of way. It is your responsibility to avoid them and not to follow too closely.

5. Don't stop to point out the beauty in the fields in a place where you obstruct the road or are not visible from behind.

6. Keep a blanket, shovel and bag of sand, kitty litter or Ice Melt in the back of the car. The blanket and shovel are obvious. The other stuff can be used as weight to stabilize the vehicle or can be used to help get stuck vehicles unstuck. Don't use cinder blocks for weight as they will become projectiles in an accident.

7. Observe all posted signs and warnings and plan ahead.

The few times we see snow around here, let's enjoy it in ways that are safe staying home, putting on a pot of chili and enjoying our fireplaces. And may the only thing you drive be a sled or saucer down your local hill!

So when it snows, be a kid, just not on

Greg Phillips M.M.E.H. is a professional speaker, magician and comedian. You can reach him at Greq@GreqPhilipsMagic.com. He has just beaun teaching magic classes at the Hub Meeting room. Visit MountainMagicAcademy.com for more information.

YOU ARE HEREby Blair Holland Clark

The Hair of the Dog

Consider these steps:

with no computer, TV and phone.

Hug a person or animal tightly for

Spend 15 seconds smelling the air

Reflect on your beliefs, thoughts

after each of the above activities.

and feelings for a few minutes

when you first go outside each day.

15 seconds or more each day.

• Give yourself ten minutes a day



January and February can be the toughest months of the year. In western North Čarolina these months tease us with mild sunny days making it seem like spring, then mix in cold

blustery days, with ice and blowing snow. Our attention then shifts from the beauty of the mountains to the potentially treacherous mountain roads. We may get something I call winter "shut-in" syndrome. This year, however, it seems like I've added something new to this seasonal transition. It feels like a hangover.

Normally in winter I look forward to my indoor activities, knowing outdoors is still available with minor adaptation. I am able to shift back and forth, writing, reading recommended books and listening to books on tape obtained from our peaceful little library. Some winters I do some traveling (preferably southward). I increase volunteer work and check on my older neighbors who seem happy for the conversation. I also enjoy playing in my little wood shop and getting my lawn tractor and tiller ready for spring.

This year I noticed I wasn't writing much. I wasn't really interested in traveling. I walked some when it wasn't too smoky, cold, snowy or rainy. I didn't get into repairs or woodworking. I even felt restless sitting in my blue chair reading or listening to books on tape. My energy for volunteer work at the not-for-profit Sunrise Community for Recovery and Wellness suffered. I was restless and couldn't

seem to shake the "hungover" feeling. Eventually I asked myself a standard question: "When was the last time you did something you have never done before or simply stepped outside of your routine?" This is one of the most import-

ant questions for people who are struggling to engage. My answer was "I don't remember." Though I had a desire to alter my course and I knew I had the capacity to do so, I was missing willingness.

A Hungover Feeling

had been on the recent derisive political process. The elections seem to break with longstanding traditions, giving some who'd felt disenfranchised a voice while frightening and negatively impacting others. The never-ending stream of true and false information exhausted me, magnifying this year's self-imposed winter shut-in syndrome and leaving me with a numb-headed, hungover feeling.

looking at my journev in some "macro" way. The macro perspective on my ourney made me feel small (I'm just a little fish), disengaged and impotent to affect my course or direction. My macro view also acted as a great excuse to embrace

I was aware of how much of my focus

I noticed I'd been

familiar, comfortable and safe beliefs, thoughts, feelings and behavior.

I started looking for solutions inside myself, but only found well-ingrained

Eventually I asked myself a standard question: "When was the last time you did something you have never done before or simply stepped outside of your routine?"

old responses. I needed new perspective but I still wasn't willing to do the work needed to gain it; rationalizations and blame seemed much easier to embrace. There are times when macro perspective or introspection can be useful, but in this case I needed more.

So what do I do with this shut-in, winter restlessness, hungover feeling? The eventual answer was really quite simple – think smaller.

We know hangovers occur when we overindulge, and it doesn't have to be from alcohol or other drugs. We can overindulge in thrills, pursuit of success, grief, relationships, disappointment, smoke, rain, snow, news, Facebook, email, phone, texting and many other things. The "hair of the dog" (doing more of the same), may give temporary relief, but just puts off the inevitable crash. What we want is true relief. What we need is the new perspectives obtained by acting outside our normal routine in non-threatening ways.

I chose to start breaking routine by only filling my coffee cup half full. I went to bed earlier, getting more in sync with daylight. I spent some extra time playing with and talking to my dogs and cat. I took different routes to get places. I put a comfortable chair and radio in my shop where I relaxed and waited for inspiration. I stayed off my phone and computer except for necessities (and found out there were few real necessities). I started meeting my wife at the door when she got home from work. I was putting out the effort needed to gain new perspectives and the hungover feeling subsided. Eventually, my energy level increased.

Your beliefs, thoughts, feelings and actions are tied to perspective. More time spent reinforcing old perspectives (the hair of the dog) cannot bring you to new ways of seeing, believing, thinking, feeling or acting. Altering course in non-threatening ways offers access to different perspectives about your journey, allowing new or altered beliefs, thoughts, feelings and actions to follow.

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







MEETING & EVENT VENUE

- Perfect for workshops, meetings, classes, gatherings
- Convenient central Fairview location
- Large conference table for smaller meetings
- Six folding tables and 30 chairs for larger groups
- Kitchen and private bathroom
- Business center with copier, fax, etc. available
- For rent by the hour, half day or full day!





For information, call the Hub at 828-628-1422

The Hub of Fairview 1185-G Charlotte Highway, Fairview, NC, 28730

Kaleigh Quick is Student of the Month

The Fairview Town Crier and A.C. Reynolds High School are pleased to announce that Kaleigh Quick is the December, 2016 Student of the Month.

Debbie Ebner from the Career and Technical Education department nominated . Kaleigh.

"Kaleigh has grown into a young adult," she said. "She works part-time & carries a heavy class load. She has become more self-confident and has a genuine concern for others' well-being."

Congratulations on all your hard work, Kaleigh!





Fairview Preschool Welcomes New Students

Fairview Preschool welcomed several new students in January for the spring

Pictured are two of the new students

painting winter snow scenes.

Enrollment is open now for Fall 2017. For more information, call 338-2073 or visit fairviewpreschool.org

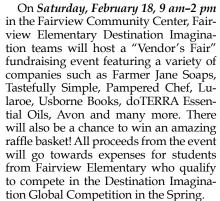


five-year-olds, Sparklers: three-year-

Above, preschoolers work on their computer skills. For information, contact Nichole Young, 628-1188 ext. 208, weekdaykids@trinityoffairview.org, or

Destination Imagination Vendor's Fair

by Allison Currie



Destination Imagination is an international innovative and creative program featuring hands-on learning experiences in the fields of Science, Technology, Engineering, the Arts and Math (STEAM). Using critical thinking, project and time management, teamwork and innovative ideas, teams invent and build their own sets, design costumes, create props, write stories and choreograph theatrical per-

Last year, out of the 6 categories of elementary challenge competitions offered in the state of North Carolina, Fairview Elementary competed and placed 1st in 4 of those categories. This achievement earned them the privilege of competing with over 12,000 children from around the world at the Global Finals, an event known as "the world's largest international creative competition." One of the biggest reasons the FES teams were able to raise the needed funds to participate was the support of volunteers and businesses within our community.

So let's mark the calendar for February 18, 9 am-2 pm, and enjoy handcrafted soaps and art made by locals in the



mountains of North Carolina. Fairgoers will be inspired to cook delicious meals or desserts using outstanding cookware, and learn how to sleep naturally and improve overall health using 100% pure essential oils and healthy farm-fresh juices. Whether it is clothes, local crafts, makeup, skincare or jewelry, the Destination Imagination Vendor Event will have goods for the whole family. While browsing, patrons will be entertained by short performances from Destination Imagination teams, and there will be activities and games for all ages.

Thank you for helping the students of Fairview Elementary Destination Imagi-

Gerton and Fairview Students Attain UNCA Dean's and Chancellor's Lists

Sarah Caitlin Carballo of Gerton has been named to UNC Asheville's fall Dean's

The following students from Fairview have been named to UNC Asheville's fall Chancellor's or Dean's List:

> Matthew P. Rose -- Chancellor's List Melinda Kaye Schueneman -- Chancellor's List Andrew Samuel David Allen -- Dean's List Katie Alexandria Ownbey -- Dean's List Logan Keith Ponder -- Dean's List Connor William Rvon -- Dean's List Miranda Camille Redmann Satterfield -- Dean's List Sara Elizabeth Williams -- Dean's List

The Chancellor's List is made up of full-time students who have achieved a 4.0 grade point average. The Dean's List is made up of full-time students who have achieved between 3.5 and 3.99 grade point average.

Congratulations go to these hardworking and talented students.

UNCA December Fairview Graduates

The following students from Fairview graduated from UNC Asheville in Decem-

Christopher Allen Cowart - Bachelor of Arts in History, Second Major in Interdisciplinary Studies, Concentration in International Studies **Andrew Jordan Paris** – Bachelor of Arts in Mass Communication Miranda Camille Redmann Satterfield - Magna cum laude, Bachelor of Science in Biology, Concentration in Cell and Molecular Biology, Distinction in Biology

Congratulations and best wishes to these fine students.

EDUCATION UPDATE

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

Snow Day Decisions: What Happens While You Sleep



often on our minds: WEATHER. But have vou ever wondered how snow day decisions are made for our local schools? Here's your peek at what

happens while you're still sleeping: It all starts at 4 am, if not before. Tommy Stotesbury, who is in charge of Parts and Dispatch and has been with the Buncombe County Schools Transportation

Department for eighteen years, knows

his stuff and he knows the right people. Stotesbury is at work very early, checking the forecast and the radar, and making calls to key school transportation officials from nearby counties. If the storm is heading to us from the south, he's on the phone with Henderson County. If it's coming from due west, he's talking to his contact in Haywood. And if it's the typical "border counties" storm, he's in touch with the right person in Madison County. He knows

what's heading our way. By 4:15, BCS bus mechanics are on the road and using their two-way radios to let Stotesbury know the status of roads in all six Buncombe County school districts. And around 4:30, Superintendent Tony Baldwin and Assistant Superintendent Joe Hough arrive at the Transportation Department. It's decision time.

Buncombe County is different from the nearby counties in that we have multiple districts and weather can vary widely across our broad area. If conditions are bad in only one or two of the districts. Dr. Baldwin and his advisors can make a "split decision" and open schools in the unaffected districts. But if three or more districts need to close then policy dictates that they close all of Buncombe County Schools.

The final decision is made by 5:30 am at the latest, and ideally earlier. In the next half-hour, Stotesbury contacts all the radio stations, Hough contacts the TV stations, and Stacia Harris, Communications Director, gets the information out via social media, email, websites, and automated phone calls.

Some days, though, it's not so clear cut. It may be that the morning sun will melt off enough ice to make roads safe.

Some days, though, it's not so clear cut. It may be that the morning sun will melt off enough ice to make roads safe. Or perhaps the roads are mostly fine, but we need to be sure that bus drivers can see the roads in the light of day just in case there may still be some black ice in the shady spots. Or maybe a storm is just skirting our area, and more time is needed to know whether it will be safe to open schools. In these cases, Baldwin, Hough and the Transportation Department may call for a two-hour delay.

Cold weather may necessitate a school delay, even when there has been no precipitation at all. The diesel fuel in the buses begins to gel when the tempera-

This time of year, it's ture is in the single digits overnight, especially after a weekend when they have not been cranked recently. A delay gives mechanics time to get out and get the buses cranked and warmed up, and students are not left standing at the bus stop waiting for a bus that won't start.

> By 4:15 am, BCS bus mechanics are on the road and using their two-way radios to let Stotesbury know the status of roads in all six Buncombe County school districts.

Worst Situation

Probably the worst situation is when an unexpected storm arrives and school is already in session. In this case, the first step is to bus students from the satellite ograms (Community High School, Nesbitt Discovery Academy, and others) back to the schools in their home districts, since these students are always bussed by way of their district schools. Early dismissal is then announced and buses, parents, and student drivers hit

Fonda Durner, Transportation Director for Buncombe County Schools, always emphasizes safety first: "Any decision made is to ensure the safety of children across the whole entire district, as well as the families and school employees, who have to stay at school until the last student has left."

Questions? Please email cindy.mcmahon@ bcsemail.ora.

Reynolds District Events

Wednesday, February 1 Rising Kindergarten Parent/ Family Tour, Fairview Elementary

Weds-Fri, February 1-3 "Food for Fairview" Canned Food Drive, Fairview Elementary

Thursday, February 2 Literacy Night, Bell Elementary, 6

Friday, February 3 EARLY RELEASE DAY

Sunday, February 4

Harlem Wizards Game, Reynolds High Gym, 6 pm (doors open at 5)

Tuesday, February 14 Jump Rope Team/Marvelous Moments, Bell Elementary, 1 pm

Wednesday, February 22 EARLY RELEASE DAY

Mon-Fri, February 27-March 3 Read Across America Week special activities all week to promote literacy

Tuesday, February 28

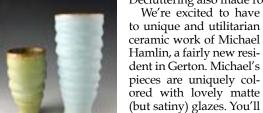
Spring Open House & Curriculum Fair, Reynolds High, 5:30 pm (8th grade families welcome)

What's Up at... by Sandie Rhodes

by Sandie Rhodes

The early days of the new year were fairly quiet at The Hub... a good thing as it afforded time to declutter from all of the cool Christmas items we had left in the Hub GIFT SHOP. Some people came in to do some late shopping so we were glad to have a good assortment left.

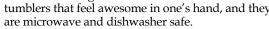
Decluttering also made room for a few new artists.



ceramic work of Michael Hamlin, a fairly new resident in Gerton, Michael's pieces are uniquely colored with lovely matte (but satiny) glazes. You'll have to see the min per-

We're excited to have

son. He has huge

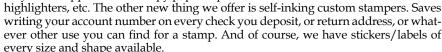




The Hub Business Center has been humming right along. We've been able to save some folks a long drive into town for faxing, copies, scanning, prints and we even sold a ream of copy paper one

day. As most people realize, there are a lot of costs associated with starting up a small business, so we weren't able to

open the doors with everything we hope to have. But that's alright. We're all about small and local. In January, we have added a few new services. We can do laminating (up to 8-1/2 x 11 inch), and we can put a magnet backing on laminated photos so you can put your grand baby's picture on your fridge without anything cluttering the front. We've also had a call for shredding of documents and we've gotten a shredder, or R2D2 as I affectionately call it. We will stock very basic supplies such as copy paper, tape, markers,





The Hub Meeting Room & **ART GALLERY** is really in full swing. Had our first Second Friday at the Hub in January and it was a great event. Had 6 or 7 artists on hand to chat with folks in a relaxed (wine and snacks) environment. Lynn Stanley amazed everyone with an Asian brush art demo. Don't miss February's Second Friday event on February 10, 5–7 pm. We have local author Laura Camby McCaskill signing copies of her new book, Fallow, and

acclaimed realistic nature artist Bob Travers has promised to do a painting demo... it will amaze you. A number of other Hub artists and crafters will also be on hand to talk about their work and answer any burning questions folks might have.

The gallery is jam-packed full of new art. We're very proud to have sold four paintings so far... pretty good for Fairview! This IS a place you can find one-of-a-kind art and even get to know the artists.

We've got a number of booked events in February as well: Introduction to Yoga starts on Wednesday, February 8, 7-8 pm with Tami Zoeller easing everyone into gentle poses. (The intro and 4-week series is full but you might leave your name and number in case of an opening – 628-1422.) Julie Bagamary is teaching a 2-hour workshop on Fabric postcards with a Valentine's theme on Wednesday, February 8, 10 am-12 pm. The space is available to rent, complete with a kitchen and seating and tables for up to 30 for \$25/hour or by the half day or full day. Call me for information or to book - 628-1422.

In closing, I'm very grateful to those who have come in the shop. It has been my dream to bring this little Hub to Fairview, to offer resources for those of us down this way, and a retail space to showcase and sell works by our many, many talented artists! We're open, Monday-Friday, 10-6 pm, and Saturday by appointment. Hope to see you. The Hub is located at 1185 Charlotte Highway, Unit G, in Fairview.

The Fairview Town Crier February 2017 19



Enrollment Now Open at Trinity of Fairview

Enroll your child now for 2017-18 at Trinity of Fairview Preschool.

Classes offered: Firecrackers: four- and olds, and Poppers: two-year-olds. visit trinityoffairview.com.



Dreamer is an energetic two-year-old Boxer/Pit Bull Terrier mix. She lived with children in her previous home, and we have observed her playing well in doggie playgroups at the Adoption Center

HUMANE SOCIETY



Brooklyn is a domestic long-haired female kitten born on 4/03/16. She loves to play and sometimes gets a little sassy so it would be best that if you have children, they be older. Brooklyn likes other cats and loves to play with them...or with you!

CHARLIE'S ANGELS



Chloe is a 4-month old Min-Pin puppy, a little hesitant in a strange environment but warms up fast when cuddled. House trained.

CHARLIE'S ANGELS



Cooper is a 20-month-old neutered Black Lab mix weighing 74 pounds, very sweet, smart as a whip, loves car rides and squeaky toys. He is a graduate of the New Leash on Life program and great with other dogs too.

ANIMAL HAVEN



Hopster and Blacky are just over 2 years old and are best friends, so they're looking for a new home together. Please contact brooke@bwar.org today to learn more, or come meet them at the Second Chances West Thrift Store located at 697 Haywood Road in West Asheville! **BROTHER WOLF**

LOCAL ANIMAL SHELTERS AND RESCUE ORGANIZATIONS

Animal Haven of Asheville 299-1635 or animalhaven.org Brother Wolf 885-3647 or wncanimal rescue.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.





Chorizo is a beautiful 6-month old kitten who loves to play with cat toys, chase a laser pointer, climb a cat tree and have fun. He is social but still a little skittish when touched, does well with other cats his size or larger and ignores dogs, but probably would prefer a home without small kids. He has excellent litter habits.

BROTHER WOLF



Cordelia is a two-year-old kitty with a lot of love to give, sweet, curious and playful. She enjoys watching and interacting with people, as well as curling up in a warm lap to take a

HUMANE SOCIETY



Edge is a 1-year old, intelligent, loyal, well-trained guy, house-trained, walks well on a leash and rides nicely in the car. Active and athletic but a bit sensitive, would prefer a calm and patient family.

BROTHER WOLF

FOR THE BIRDS

Birding in the Winter Months

For some of us, winter can be a gloomy time of the year. Our summer birds have gone and won't be back until next spring. The hummingbirds are buzzing around the flowers in Central America, and most of the warblers are flitting around in rainforests and brush throughout the Neotropics; our swallows are catching insects over the fields and freshwater swamps while some of our shorebirds are probing for food on the mudflats of Patagonia.

The trees are bare of leaves and the landscape is a pastel of grays and browns with splashes of evergreens in the somewhat monotone winter world, plus a redbrown layer of leaves covers the ground, concealing next year's spring plants. It can be a quiet time of the year and with a coating of snow, the world seems to be in suspended animation, waiting for life to return in the spring.

Not All Birds Move South

Of course there is birdlife in the winter. Nature continues unabated in the seemingly quiet outdoors, and with a bit of effort it's easy to discover our winter birdlife. Not all our birds move south during the colder months of the year. Carolina Chickadees, Tufted Titmice and Northern Cardinals stay around, and their numbers are probably increased by visitors from the north. Also their territorial instincts tend to break down, resulting in larger numbers of individuals at feeders or in areas of dense undergrowth. Many of our woodpeckers also stay and are an eye-catching sight in our leafless forests. Our resident Downy, Hairy and



Birding at Lake Junaluska

Red-bellied Woodpeckers are joined by the wintering Yellow-bellied Sapsucker, whose quiet demeanor is only betrayed by a soft regular tapping and its squir-rel-like calls. As the winter fades into spring, this bird will move higher into e mountains and farther north, where it will breed. Pileated Woodpeckers are also more visible at this time of the year, and it's not uncommon to see or hear several while on a morning walk.

Waterfowl are also more evident during the winter, when our lakes and reservoirs are visited by larger numbers from the north. Many ducks, geese and swans move south to escape frozen water and find more abundant food, but their numbers vary in accordance with the extent of bad weather our north. Regular species include Hooded Merganser, Buf-flehead and Mallard, with smaller numbers of Shoveler, Green-winged Teal and Lesser Scaup, but every winter we get more uncommon species such as Snow and Great

White-fronted Geese, Common Merganser and many other species.

Some of us are like the birds and, as the days grow shorter, we think of spreading our wings and flying south for tĥe winter.

Yes, the birdlife is a lot less diverse during the winter, but then we don't have the dense foliage to deal with. There's no bird song to decipher, and putting up a bird feeder can bring in many of our wintering seed-eating birds. One sure thing





is that, despite the weather and the business in our day to day lives, the majority of migrant birds will be back again next spring, and who does not enjoy a good winter walk when the snow lies crisply on the ground?

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





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The Fairview Town Crier February 2017 21

Fairview Baptist Pie Sale Fundraiser

Chocolate Pie, Lemonade Pie, Million Dollar Pie, Peanut Butter Pie ... the Fairview Baptist pie sale has returned to make winter and early spring events de-

From now until Easter buying a pie will make a difference in the lives of students in our neighborhood, as God leads the Fairview Baptist congregation to serve more students and families in our community. Fairview Baptist Church will be partnering with Camp Good News to hold their 2nd annual "Meet with God" Youth Retreat for middle and high school students, and many of the students are counting on the kindness of the community for support.



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

Not everyone needs a new home; some just need help repairing the one they already own. 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 more about the criteria for qualifying and how to apply, visit ashevillehabitat.org or call 210-9370.

Through Easter, April 16th, pies can be ordered for Valentine or Easter get-togethers or just for every-

day great eating.

The cost of each of the four pies is \$10 and they can be ordered the same day or in advance for pickup at Fairview Baptist on 32 Church Road.

For more information or to order visit Fairview Baptist on Facebook or Twitter or call 231-5035.

Spring Mountain Community Club Garden Project

by Jim Smith

When a Garden Project was started at the Spring Mountain Community Center in August of last year, six folks joined in to install, plant and harvest the garden. Now we at SMCC are expanding participation and size of the garden.

All interested are invited to come and learn about this exciting project on Thursday, February 9, 5:30-7:30 pm at the SMCC lower level. We will discuss plans for Spring and answer questions about garden and joining the group effort.

There are several ways to take part in the project. Members can work their own plot, work with other members as a team, work a plot for those not able to do so or in need of fresh food, or some combination of all these options.

Work on the Garden will be done beginning March 13 on Monday evenings from 5:30 -7 pm.

Free Medicare Classes

The Council on Aging of Buncombe County, in conjunction with Seniors' Health Insurance Information Program (SHIIP) announces Medicare Choices Made Easy, through April. The classes will explain how Medicare works, the enrollment process, how to avoid penalties and ways to save money.

The Information Sessions are free and open to the public. People new to Medicare, caregivers and others who help senior citizens with their Medicare insurance should consider attending this informative class. The information presented is unbiased and accurate. No products are sold, recommended or endorsed.

For more information or to register for the classes, go to the Council on Aging of Buncombe County (coabc. org) website or call the Council on Aging at 277-8288.

First Quarter Medicare Classes 2017

February 21, 6 - 8pm

February 28, 2 – 4 pm

Blue Ridge Community Health Services,

March 7, 2 - 4 pm

Goodwill Training Center, 1616 Patton Avenue

.....

February 7, 2 - 4 pm Leicester Public Library, 1561 Alexander Road

February 10, 2 - 4 pm Goodwill Training Center, 1616 Patton Ave, Asheville

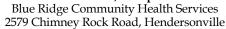
Skyland/So. Buncombe Library, 260 Overlook Road

2579 Chimney Rock Road, Hendersonville

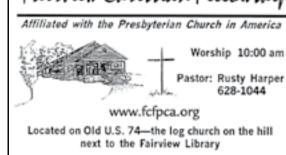
Black Mountain Public Library, 105 Dougherty Street March 10, 2 – 4 pm

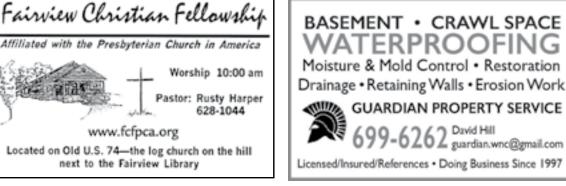
March 16, 2 – 4 pm Fairview Public Library, 1 Taylor Road, Fairview NC

March 21, 2 - 4 pm





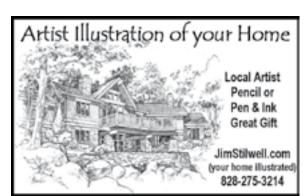
















JUST PERSONAL

IN LOVING MEMORY

Gordon O. Guffey, Sr. (August 26, 1926 – January 22, 2017)

Gordon Onley Guffey, Sr., 90, of Fairview, died Sunday, January 22, 2017 at John F. Keever, Jr. Solace Center. A native of Buncombe County, he was a son of the late Thomas and Carmie Jane Chatham Guffey. Gordon was also preceded in death by his wife, Hazel Martin Guffey, who died in 2013, and a step-grandaughter, Angela Phillips Noble, who died in 2015.

A proud veteran of the U.S. Army Air Corps, Gordon served and was injured in WWII. He loved his

family dearly, especially his wife, Hazel, and had a great fondness for animals.

He is survived by three daughters, Kathryn Phillips (J.B.) of Hendersonville, Sandi Kisselburg (Lee) of Fairview and Christine Bradley (Joe) of Asheville; one son, Gordon Onley Guffey, Jr. (Leslie) of Fairview; five grandchildren, eight great-grandchildren and one great-great-grandchild.

A funeral service was held on Thursday, January 26, in the chapel of Groce Funeral Home at Lake Julian. Burial followed at the Western Carolina State Veteran's Cemetery in Black Mountain.

For those who desire, memorial donations may be made in Gordon's memory to John F. Keever Solace Center c/o CarePartners, PO Box 25338, Asheville, NC 28813.

Happy Anniversary Frances and Alan Johnson January 12, 1964 — 53 Years of Love!



Tuck a Town Crier into your suitcase so you have it the next time you go "On the Road" Email pics to copy@fairviewtowncrier.com

Happy 10th Birthday, Isa! We love you! Mom, Dad, Charley, Poppy, Nelly & Shoni



ON THE ROAD





More than a few Fairviewians made the trek to Washington DC to join in the Women's March on Saturday, January 21; a few brought along the Town Crier to fill the time while waiting. Pictured at top, Syb Adcock (L), a potter and wife to Lynnie Wright, a photographer and felter, of Fairview. Lower photo is Kelly McNally Koney (L) and Carla Padvoiskis, a returning intern at Flying Cloud Farm in Fairview. Additionally, Fairview's Kendall Hale was spotted by Vanity Fair magazine and the publication included her photo as "Rosie the Riveter" in an online photo essay of the March. The Crier received more photos but these met the criteria for the "On The Road with the Crier" section



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Pat Howard path@tphowardsplumbing.com

When Do You Need a Financial Advisor?



Are you a "do-it-yourselfer"? If you can take care of home repairs, lawn work and other types of maintenance by yourself, you'll save money and probably gain satisfaction. But

you will almost certainly need some help in other areas of your life — one of which may be investing. In fact, you could benefit from the

In fact, you could benefit from the services of a professional financial advisor at several points in your life:

- When you're starting out in your career When you land your first "career-type" job, you will have some financial decisions to make: Should I participate in my employer's 401(k) or other retirement plan? (Hint: Yes!) If so, how much should I contribute? How can I juggle saving for retirement with paying off student loans? These are the types of questions you can answer with the help of a financial advisor.
- When you're saving for important goals Whether you're saving for a down payment on your first home, or for your children's college education, or for your own comfortable retirement, you'll face many choices. A financial advisor someone with experience in helping people work toward these goals can assist you in making the choices most

appropriate for your individual situation.

 When you're experiencing a personal "milestone" - Like everyone, you'll go through many major life events. Some will be joyful, such as marriage and the arrival of children, while others may be unpleasant or sad, such as divorce or the death of a loved one. But virtually all these events carry with them some type of financial component – establishing new investment accounts, purchasing sufficient insurance, naming and changing of beneficiaries, and so on. A financial advisor who truly understands vou and vour needs can help vou make appropriate moves for all

- When you're close to retirement

 As you near retirement, you'll
 have several issues to consider: About how much income
 will you need each year? When
 should you start taking Social Security? How much can you afford
 to withdraw annually from your
 IRA and 401(k)? A financial advisor has the tools, training and
 experience to explore alternatives
 and suggest suitable moves for
 you.
- When you're retired Even after you retire, you've got plenty to think about, in terms of finan-

cial moves. For one thing, you need to ensure that your investment portfolio provides you with both sufficient income for your desired lifestyle and adequate growth potential to help you stay ahead of inflation. What's the correct balance of investments for your needs? Are there investments that can provide you with rising income without exposing you to undue risk? Once you're retired, you just won't get a lot of "do-overs," so getting the right help is important.

......by Stephen Herbert

If you're a do-it-yourselfer, you may not get it right each and every time. But you won't pay much of a price (except, perhaps in embarrassment) if that chair you built collapses under a stack of newspapers. However, you also know when it's time to call in a professional – and that's whom you need when it comes to building your financial future. So, get the assistance you need, when you need it, from a financial advisor.

Written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, 628-1546 or Stephen.herbert@ edwardjones.com.

DECEMBER FAIRVIEW REAL ESTATE STATISTICS

		High \$	Low\$	Avg\$
Homes listed	5	338,000	169,900	268,480
Homes sold	19	1,089,000	87,004	419,285
Land listed	4	127,500	20,500	87,000
Land sold	14	460,000	38,000	185,571

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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The General Assembly Begins the 2017 Long Session



The North Carolina General Assembly is back in action! On January 11th, 120 members of the North Carolina House (including me) and 50 members of the North Carolina Senate, swore

to uphold their constitutional duties. The political makeup of the House is little changed numbers-wise. In the House, the Democrats lost three rural seats and gained four urban ones for a net pick-up of one seat. Both bodies remain "veto proof." The urban/rural divide is even more pronounced in North Carolina than it was before the election. The biggest difference is that North Carolina now has a Democratic governor, Roy Cooper. How will our state fare in the coming two years?

High on our "to do" list must be repealing HB2. Governor Cooper worked behind the scenes with House and Senate leaders, as well as the Charlotte City Council, to try to resolve this issue prior to his taking office. A special session to repeal HB2 was called just before Christmas, but it failed. I was disappointed that more effort had not been made to assure that legislators would support the deal before calling us all back to Raleigh. The GOP has been operating in the General Assembly under a self-imposed rule that nothing passes without the support of a majority of GOP legislators, and this too contributed to the failure.

HB2 continues to harm our state, codifying discrimination and hamstringing local government. The latest fallout is

the report that, as a result of HB2, our universities are having a harder time attracting top-flight candidates. There is bi-partisan support to repeal the bill, and I would like to commend Chuck Mc-Grady from Henderson County for his efforts make that case to his Republican caucus.

Education: A Difficult Policy Issue

Education continues to be one of the most difficult policy issues in the General Assembly. At one time, there was almost universal support for our public school system, but that is no longer the case. Besides the traditional, neighborhood schools, we now have a robust public charter system, school vouchers for private schools, a virtual school option and now a new school system for "failing" schools (the Achievement School District). Politically, the Democrats are pushing hard in support of the traditional schools, while the Republicans are advocating for their "school choice" agenda. Adding to this mix is North Carolina's Home School movement, and the effects that technological advances have on the goals of education at every stage in the numan life cycle.

Governor Cooper has already proposed a goal of raising NC teacher pay back to a mid-range among all states, and for some focus on administrator pay raises, which are way out of line. A new Republican Superintendent of Public Instruction was elected in November, which will bolster the "school choice" argument. The General Assembly responded to this change in power

by shifting considerable powers away from the State Board of Education to the new Superintendent. Additionally, the re-election of Dan Forest as Lt. Governor aids this cause. Moreover, the Federal government under a Trump administration will be another ally, especially if Betsy DeVos is confirmed.

Challenges of Health Care

Health care will be a hot topic in Raleigh. Governor Cooper has already thrown down the gauntlet by advocating for Medicaid Expansion, a provision of the Affordable Care Act that would use federal funds (95%) to provide health insurance for perhaps 500,000 low income citizens of North Carolina. And now the ACA is going to be repealed and replaced under the Trump administration, throwing families, hospitals and health care providers into a state of confusion.

Health care costs make up about 18%

of our entire American economy, and these costs are growing. The capabilities of healing have grown exponentially in my lifetime, and so it is not a surprise that we are struggling with a system of how to pay for it. 10% of the population is responsible for about 2/3 of the expense. Moreover, our population is aging, which will add new stress to our medical capacity. If we are unwilling to ration health care by the ability to pay, we have to either overcharge the insureds or subsidize the system with government payments (or both). The future of health care in America will play out in unpredictable ways at local, state and Federal levels over the next few years.

Another concern that I will be taking to Raleigh is the opioid crisis that is gripping the nation in general and Western . North Carolina in particular. We are now seeing addicted mothers giving birth to babies who face drug withdrawal on day one. Finding foster homes for these children is a big challenge. We are fortunate that we have an excellent state-owned alcohol and drug treatment facility in Black Mountain. However, it is facing financial problems and operating under capacity. One of my goals is to bring this facility back to full operation. They are already making plans to treat addicted mothers while providing a way for them to be with their children.

There are many more issues we will take up in Raleigh, including climate change and the end to gerrymandering.

I feel fortunate to be alive during one of the most interesting times in human history, and I feel especially blessed to live in our community of Fairview.

Please feel free to contact me with your concerns or problems with state government, at my office in Raleigh (919-733-5746) or on my cell (713-6450).

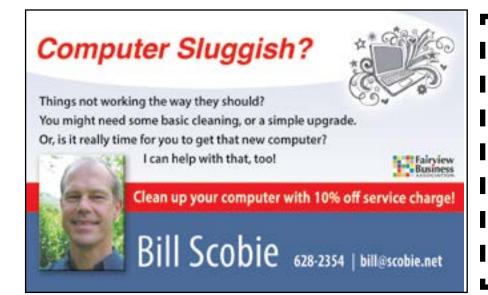
John Ager

NC House of Representatives 16 West Jones St, Room 1004

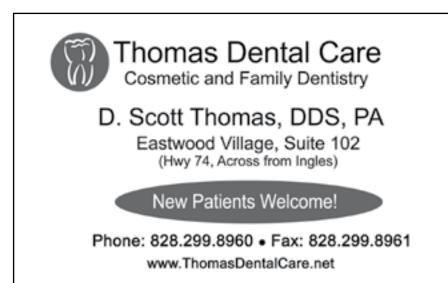
Raleigh NC 27601-1096

John.Ager@ncleg.net jagerhng@gmail.com

628-2616 / 713-6450 cell









Turgua Brewing Opening in Fairview



Turgua "Valley of the Birds" Brewing, a small farmstead brewery, is scheduled to open in Fairview sometime mid- to late February.

Turgua Brewery (pronounced "Tur-gwah") focuses on unique artisanal beers brewed using grains that are grown in the region and incorporating locally farmed herbs, fruits and root vegetables. The brewery has a small tasting room where you

can sample the beers and purchase growlers to take home. Beer will also be available on tap in local venues in the near future.

The Turgua Brewery is not your average brewery, says owner/head brewer Phil Desenne. "We are located on a small farm surrounded by forest, farmland and wildlife. It's a family and pet-friendly environment to relax and enjoy a beer while listening to the birds sing."

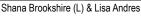
The brewery is located at 27 Firefly Hollow Drive, Fairview. News and progress will be on their Facebook page, @turguabrewing and their website turguabrewing. com. Turgua's opening date will be announced on Facebook and the website some



Carolina Mountain Sales is proud to announce the addition of Fairview resident Chris Andres and the Shana Brookshire and Lisa Andres Team to their award-winning company. Chris practices commercial real estate brokerage; he and Lisa Andres have been buying, remodeling, and selling luxury homes for the past five years.

Previously, Chris was a leader in the United States Coast Guard and is a high-





for Oracle Corporation. Lisa, a veteran and also a military spouse, has over 20 years of extensive relocation experience throughout the country. Chris and Lisa are excited to join the Carolina Mountain team and to settle down and grow roots in Fairview with their two daughters.

level helicopter instructor pilot. Chris is

also a Business Development Consultant

Tergua Brewing Owner and Head Brewer Phil Desenne

home, heat and serve.

Trout Lily Market also hopes to begin offering other take-home meals on a weekly basis, such as Roasted & Stuffed Chicken, Vegetarian Quiches, and Vegan Meals. New additions to the deli will

Visit troutlilymarket.com for more

Cool Mountain Realty Welcomes New Agents

Cool Mountain Realty welcomes Glenn Gottfried and Omar Fakhuri, two very experienced Realtors, to their team of seasoned real estate professionals.



Glenn Gottfried has lived in Fairview since 2007 and has come to know the area well. Glenn's daughter graduated from Reynolds High School, joined The U.S. Air Force and will be graduating basic training in the near future. Glenn enjoys fly fishing and woodworking, along with playing the guitar. Before entering real estate, he designed and built custom furniture



Omar Fakhuri has been a licensed broker for over 15 years. He is also a licensed general contractor and has always been involved in the real estate and construction/renovation fields. Omar's background allows him to help clients see the potential in various properties, and to avoid decisions that lead to a hazardous or costly outcome.

Trout Lily Now Offers Take-Home Meals

Trout Lily is now offering freshly cooked take-home meals. Starting Friday, February 3rd, Trout Lily Market will begin offering freshly cooked pot roast dinners to take home. In the morning Trout Lily Deli's Alan will slow cook chuck roasts and then add fresh potatoes, carrots, onions and celery, topped with special seasoned jus. The takehome meal will be a combination of 1 lb of beef, gravy, and 1 lb of vegetables, all in a reheatable container ready to take

This new deli addition will serve 3 to I people depending on appetite and will cost \$14.99. The meal will be available at 3 pm every Friday.

be initiated and announced this Spring.



Tai Chi Classes Starting in Fletcher

Classes in Tai Chi for Healthy Lives are now forming at convenient Fletcher locations and times. The evidence-based programs are designed for older adults to improve balance, strength and flexibility and to increase overall health and well-being. Tai-Chi practice is recommended by the Arthritis Foundation, the Center of Disease Control & Prevention and The Administration on Aging.

For details and registration, contact Certified Instructor Jana Weed at 329-9022 or taichiforhealthylives@gmail.com, or visit taichiforhealthylives.com.



Welcome New Member

- Justin Purnell of Purnell Real Estate
- Joe Welch of Fairview Pizza

Next Members' Meeting

Curious about the FBA? Best way to get your questions answered is to attend a monthly Member's Meeting. The next meeting will be Tuesday, February 7, at The Hub of Fairview. Meetings start at 6 pm and are always finished by 7 pm. After the meeting, a social networking period follows. Members are encouraged to bring a snack or beverage to share. A brief tour of the new Hub will be given by owner and current FBA president, Sandie Rhodes

Membership Dues

If you haven't already renewed your membership, please do so immediately. A 10 day grace period extended the cutoff date of January 31 to February 10. Members can renew at the meeting, online at fairviewbusiness.com or at The Hub of Fairview/Town Crier office, Monday-Friday, 10-6 pm

After February 10th, members who have not renewed will be marked inactive on the website and will be removed from the Member's list at right. After this time, archived members will have to input all of their contact information and ioin anew.

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

Joining couldn't be easier. Visit the FBA website and join online, securely, via Pay Pal 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 The Hub of Fairview/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 memers' 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.

KEEP IT LOCAL with FBA Members

.277-0120

.628-3557

209-8981

.216-1364

.713-2798

.333-0089

Aquarium Sales		Landscaping/Excavating/Nurse	
The Evolved Fish	. 782-4254	B & B Tree Service	
Artists/Artisans		Fairview Landscaping	.628-4080
Appalachian Designs	. 628-9994	Ray's Landscapes	.628-3309
Mountain Glass Werks	.424-1077	The Garden Spot	
Silverpoem Studio			
Art Classes		Legal Services	000 0440
Beads & Beyond	222_2180	Legal Shield	. 606.6442
Auto/Truck Sales	. 222-2 103	Marketing Promotion Printin	g
	222 2200	PostNet of Central Asheville	
High Country Truck & Van	. 222-2300	Markets Farm Stores CSAs	
Banks & Financial Planning	000 1510		600 1601
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Balken Roofing	. 628-0390	Trout Lily Deli & Cafe	
Cane Creek Concrete	. 230-3022	Troyer's Amish Blatz	. 280-2381
Control Specialties		Medical Services	
Daylight Asheville	778-0279	Anger Management/ Therapist	
Mr. Sandless		on Call/Maggi Zadek	628-2275
Vintage Remodeling		Apex Brain Center	
	.020-1300	Fairview Chiropractic Center	
Business Services	000 0040	Flesher's Fairview	.020-7000
Covan Enterprises	. 298-8249	Health Care Center	628 2800
The Hub of Fairview	. 628-1422		
Cleaning Services		Park Ridge Health South Avl	
Asheville Housekeeping Service	. 582-1252	Skyland Family Rehab Center	
Cinderella Cleaning Service	.713-2798	W. Carolina Physical Therapy	. 298-0492
Rainbow International	. 333-6996	Monuments	
Steam Master Carpet &		Martin Monuments	298-2
Upholstery Cleaners	.628-9495	Newspaper	
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Scobie.Net	628-2354	Non-profits	
MacWorks	777_8630	Charlie's Angels Animal Rescue704	-506-9557
Contractors/Builders	.111-0000	Food for Fairview	
	705 0700	The Lord's Acre Hunger Garden	. 628-3688
Asheville Contracting	. / 00-0 / 00	Pest Removal	
Bostic Builders		Bugtec LLC	.777-1577
Cool Mountain Construction		Pet Services & Supplies	
Moose Ridge Design & Const		Elena the Groomer	628-4375
Richard Killian Construction	. 775-3039	Fairview Kennels	
Education/Instruction		Little Friends Pet Sitting	2020-1337 202 /350
Advanced Edu. Tutoring Center	. 628-2232		.000-4550
Fairview Preschool	. 338-2073	Pharmacy	600 2101
Greg Phillips Magic/Comedy/		Americare Pharmacy	.020-3121
Motivational Speaker321	-626-2622	Property Management	
Mighty Oaks Montessori School		Rent-a-Home of Asheville	. 676-6764
Electric & Sound Engineers	.000 0204	Real Estate Sales	
Taylor Webb Electric & Sound	712 /830	Allen-Burton Team	.329-8400
	. 1 12-4000	Terri Balog, Keller-Williams	.702-9797
Emporium/Flea Market	000 0000	Sandy Blair, Realtor/Broker	
New Moon Marketplace		Cool Mountain Realty	
Equipment Rental & Repair Ser		Lynelle Flowers, Exit Realty	337-3077
Carolina Equipment Rental		Greybeard Realty	
Ed's Small Engine Repair	. 778-0496	Nina Kis, Keller-Williams	242-8029
Eyecare Center		Judy Stone, Buyer's Agent	
Elite Eye Care	. 687-7500	Melissa Webb, Exit Realty	712 /1838
Gift Shop/Handcrafted/Vintage		Purnell Real Estate	
New Moon Marketplace			
The Hub of Fairview		Restaurants Confections Ca	
	. 020-1422	Brewskies	
Home Inspections	740.00=:	Fairview Pizza	
Mountain Home Inspections		Subway Fairview & Reynolds	.628-3080
House Rentals - Short Term/Va		The Local Joint	. 338-0469
Bearwallow Cottage	.712-2651	Piazza Wood Fired Oven	
Cabin in Asheville		Caur Milla	

222-230	6 FOSITIVET OF CELLULAR ASTREVILLE
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450-390	Hickory Nut Gap Farm
651-999	
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628-432	<u>_</u>
778-027	9 Anger Management/ Therapist
620-596	
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ure Addiction Soaps & Salves.. 865 403-9994 The Fairview Town Crier February 2017 27

Today I Was Thinking

Today I was thinking about the many ways people have connected around the sharing of things pertaining to food. Over time we humans share and have shared recipes, seeds, farm work and farm equipment, meals, preserves, homemade beer and wine, excess garden vegetables, wild game, potluck fare, cuttings and roots — and hard-won knowledge. There's something about food and its procurement that, when shared, connects and affects us deeply.

In late 1986 and January 1987 I was pregnant with our second son and had to stay in bed for the last 2.5 months of my pregnancy. My husband took care of everything, including my job as garden manager for *The Mother Earth News* magazine. We lived on top of Bearwallow in Gerton and almost didn't make it down for the birth during a snow storm. In addition to our amazing son, Walker, those hardships were also the birth of community. During those challenging months, Pat Stone, my then-boss, told his friends of our plight and we began receiving meals, firewood, and help preparing for spring planting from complete strangers. Soon those strangers became our life blood and our community.

Over the past several decades this same community has taught our sons the responsibility and power of sharing whatever strength they could contribute



when they were asked to help get up hay in a friend's field or shown how to hunt by a neighbor who then shared the bounty. They were present at thousands of potlucks and saw scores of produce and pies given and received.

The Lord's Acre's hope for Fairview and beyond is that we will all reweave the fabric of community by sharing seeds, food and the knowledge of how to grow and share.

One place to begin is with seeds. Asheville has at least two commercial seed sources: Sow True Seeds and Eden Brothers. I've included here a list of other seed sources you may want to try. Many offer heirloom and open-pollinated seeds, and some offer rare and unusual varieties. You can find most of them online. We've also included a list of some of our favorite "unusual" vegetables that grow well for us in case you're wanting to try, and to share, something new this season.



THE SEEDS OF AN IDEA

Expand your seed sleuthing with these catalogs:

......by Susan Sides

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Unusual vegetable crops that grow well at The Lord's Acre:

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Popping sorghum
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Yacon
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African jelly melon
Watermelon radish

Mexican sour gherkin

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Sochan: Green Headed Coneflower



The new year began with a wonderful snowfall that was magical and beautiful to behold, coupled with bitter cold temperatures that kept the insulated blanket of snow on the ground for a

while, which is wonderful for the natural world, including our human gardens.

For many years, I have noticed that a good snowfall means an abundance of new plants, as somehow the minerals in the snow seem to help certain plants propagate. One of the plants that always seems to send out an abundance of tiny seedlings after a snow is the beautiful wildflower Echinacea or purple coneflower, which we grow in abundance on our land. In recent years I have added another native perennial wildflower to our gardens; it is in the same family but is quite different from the rosy purple coneflowers that we love.

Rudbeckia lanciata or Green Headed Coneflower is a gem of a plant native to our mountain habitats, and it is beyond tough and vigorous. A few years back, a dear friend and serious gardener who passed away recently gave me a handful of these plants that he pulled from his driveway gravel, but he warned me that they can take over. I planted each of them and for 4 years watched them grow bigger and taller each year, but they never spread or showed up anywhere else. The plants grew to about 3 feet across and often topped six feet in height, and every fall they were covered with a multitude of beautiful yellow daisy-like flowers with



green heads. I fell in love with them, as the flowers were so abundant and usually lasted until early November. I thought Jim had been exaggerating about their invasive nature until the next year, when it seemed like there were about six dozen baby Green Headed Coneflowers sprouting up everywhere in the landscape.

Ever since, we have given away dozens of these beautiful plants to friends, but about a year ago I discovered something new about the plants that delighted me beyond belief: these native coneflowers are a choice edible plant and tough winter green that remains as one of the Cherokee people's most prized wild vegetables.

The Cherokee name for green headed Coneflower is "Sochan." For thousands of years, the Cherokee have relied upon these plants as a treasured wild green, often combining them with creasy greens and other wild herbaceous plants. The flavor is distinct and tasty, especially when harvested in late winter and early spring, since by summer the plants become much stronger in flavor and even too bitter, though the taste can be moderated by mixing in mild-



The way most Cherokee prepare them today is by boiling the spring greens for a few minutes, then pouring off the water;

later in the season I do the same, but I add a second change of water if they taste too strong. The Cherokee also dried the greens to preserve them throughout the depth of winter, but I haven't yet tried this method.

A year ago, I visited Alan Muskat's home and saw he had a section of the yard dedicated to Sochan — it was like a carpet of greens growing wall to wall. They were very tasty in late December as I boiled them lightly then sautéed them with garlic, onions and spices. I thought, this is an ideal plant in our landscape, giving more nutrients than kale or chard — and it's perennial, with no weeding, no seeding, no covering with hoops... carefree, wild and abundant! My kind of plant!

Sochan is very easy to identify when flowering, and the premier time for harvesting the plants for a food source is early spring when the plants are low to the ground in a basal rosette stage. Its leaves are variable in shape; starting at the base they are pinnately compound and moving further up the stem they become deeply three-lobed and then become simple towards the flower. The leaves feel roughly

hairy on the upper surface if you rub your fingers down towards the base. This sand-paper-like texture is most noticeable if you rub your fingers down the outermost edge of the leaf. The undersides of the leaf are smooth with a slightly silvery sheen.

Sochan also has medicinal uses. The roots have similar properties to coneflower extracts and have immune system boosting properties when used as a tea. How-

As Always, Be Careful!

I recommend watching these plants for a whole season, coming back for a season or two so you can make sure you know what you are eating, because in the young stages Sochan leaves could be mistaken for some commonly found but seriously poisonous look-alikes in the carrot family.

Also, numerous references suggest that pregnant women avoid using Sochan in a tea form.

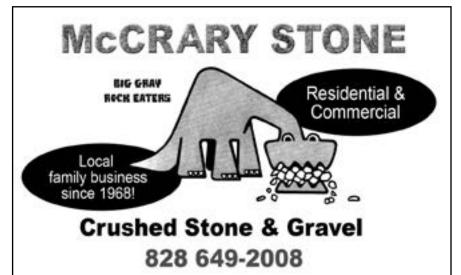
ever, numerous references suggest pregnant women avoid using Sochan in a tea form, although the greens have been used traditionally to boost iron levels during pregnancy. Southwest tribes used sochan flower petals for treating burns.

Sochan is an amazing native wildflower and well worth learning about. This hardy perennial can be found throughout North America with the exception of California and the Northwest. You'll be amazed at how abundant and common it is throughout our mountain region.

Contact Roger at rogerklinger@charter.net.









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Upper Hickory Nut Gorge	625-0264

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Fairview Business Assoc	338-962
Fairview Farmers Market	550-386
Fairview Library	250-6484
Food for Fairview	628-432
The Lord's Acre Garden	628-368
Meals on Wheels	253-528

The Ultimate Feel-Good Drug continued from page 10

exercising. These studies showed that exer- house work such as mopping, and yoga. biochemicals that are thought to contribute to brain health and a sense of well-being and significantly decreased markers of inflammation that are thought to contribute to many disease processes. The data is compelling - exercise can help ward off despair and improve our sense of well-being.

Does this mean you need to train for a marathon or start a CrossFit program to reap these benefits? Good news: you do not. While more research needs to be done, it is generally thought that 150 minutes per week of moderate exercise or 75 minutes per week of high intensity exercise is sufficient to obtain these benefits. Modbrisk walking, gardening, light aerobics, dancing, slow jogging or swimming, golf (without the use of a cart), yard work, brisk

cise increased levels of hormones and other Vigorous activity would include things such as jogging/running, fast swimming, aerobic classes, cycling and sports such as basketball. The most important thing is to pick something that gets your heart rate up and is enjoyable to you, and to do it, most days of the week. If you have chronic medical problems or injuries you should talk with your doctor before starting an exercise regimen to determine which type is best for you.

Our bodies were made to move. Our ancestors were hunters and gatherers. They did not work at desks, play on computers, watch TV, or sit for extended periods of time. If you are feeling tired and blue, go erate exercise includes activities such as outside for a walk or move your body in some way. This "medicine" is likely to help you feel much better. A half hour a day keeps the doctor away!



Upper Hickory Nut Gorge • Highway 74A in Gerton To rent: call Margaret Whitt at 625-0264mwhitt@du.edu

Fairview • 1357 Charlotte Highway To rent: 338-9005 or fairviewcommunitycenter@gmail.com

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

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Pending in 7 days	Winding Wa
Pending in 8 days	Blalock Ave
Pending in 13 days	Liberty Rd
	Pending in 1 dayPending in 2 daysPending in 3 daysPending in 4 daysPending in 7 daysPending in 7 daysPending in 8 days Pending in 13 days

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	Ridgeway Dr	Pending in 14	days
	Bramblewood	.Pending in 27	days
	Rotunda Circle	Pending in 28	days
	Melody Ln	Pending in 29	days
	Winding Way	Pending in 34	days
	Blalock Ave	Pending in 35	days
	Liberty Rd	Pending in 39	davs