



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

NOVEMBER 2017 VOL. 21, No. 11 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

Daylight Saving Time Ends November 5



Spring forward, fall back — don't forget to turn your clocks back one hour!

Cane Creek Cemetery Work Day

Come one, come all: Saturday, November 11th, 9 am–12pm.

Assistance is needed in cutting down trees and clearing bushes as well as general maintenance. Your help is greatly appreciated! Refreshments will be provided.

For information, call 273-2528.

Handcrafted, Homemade Local Holiday Shopping



The Fairview Craft & Gift Fair will be held November 11, at the Fairview Community Center.

Angela's Artworks Studio Show and Sale

Saturday, November 4, 9 am–3 pm

8th Annual studio show and sale. Six vendors this year, and items sold will include canvas paintings, gemstone jewelry, reclaimed wood birdhouses, metal jewelry, crochet items, handmade candles and clay jewelry. Off 74A at 106 Lytle Rd. Fletcher; follow the yellow and blue signs. Contact Angela at 778-1901.

Fairview Baptist Christmas Bazaar

Saturday, November 11, 9 am–1 pm

Booths will include gifts for the kitchen, jewelry, decorations, desserts, teas, coffees, bath and beauty and canned items by local farmers. There will be a photo booth and cafe serving food and drinks. 32 Church Road. Contact 628-2908 or 231-5035.

18th Annual Fairview Craft & Gift Fair
Saturday, November 11
9 am–3 pm
Fairview Community Center

Annual Craft Fair at Fairview Community Center

Saturday, November 11, 9 am–3 pm

Many local and regional crafters and artists, including several new ones. Refreshments and lunch available. Friends of the Pack Library Book Sale with coffee table and children's books, music, videos. Everything handcrafted. Contact Wanda at 301-3932.



SOFA RAFFLE EXTENDED!

Our Ol' Girl Is Shaping Up



Due to the interest in this 1939 Chippendale sofa, we've decided to extend the raffle ticket (donation) purchase period to November 20!

Raffle tickets are \$25 and the money goes to support your non-profit newspaper, *The Fairview Town Crier*. A winner will be picked on November 21. That lucky person will get to select the fabric of their choice (up to \$25 per yard) and become the proud owner of a completely renovated vintage Chippendale sofa to enjoy or donate as he or she sees fit.

To purchase a raffle ticket (or to make a donation), please visit our website at fairviewtowncrier.com, call 628-1422, or stop by the *Crier*/Hub office at 1185-G Charlotte Highway any Monday to Friday, from 10am–5 pm.

The Crier is not only your community newspaper but it is a non-profit, 501(3)(c) so your donation is tax deductible.



Town Hall to Discuss Local Opioid Crisis

A town hall will be held on Thursday, November 9, from 6 - 7:30 pm at the Fairview Fire Department to discuss the rising problem of heroin and opioid addiction locally.

The meeting will be led by Chris Winslow, a former Buncombe County Sheriff undercover narcotics detective, who is also running for sheriff.

Lost: Lady's Ring

Lady's ring, turquoise stone with silver/feather shape. Last seen August 19, in Fairview (Local Joint, library or post office).

Has great sentimental value. If found, contact 443-912-3846.

The Fairview Town Crier
P. O. Box 1862
Fairview, NC 28730

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COMMUNITY EVENTS

NOVEMBER 1 (WEDNESDAY)

Fairview Area Art League

10 am at The Hub. A special FAAL meeting to discuss reviews and recommendations about the fall art show on October 22; review, discuss and vote on bylaws; and to discuss upcoming small art show in February 2018. 1185 Charlotte Hwy, Suite G.

NOVEMBER 2 (THURSDAY)

Embroiderers' Guild Monthly Meeting

This month's program, "Northern Lights," is a needlepoint project, which can be finished in several different ways. Techniques will be taught by Sandy Washington, chapter vp. Kit fee of \$3. Cummings United Methodist Church, 3 Banner Farm Road Etowah/ Horse Shoe. Registration 9:30 - 10 am, followed by short business meeting and program until noon. Contact Carol Gray at 335-0375 or Janet Stewart at 575-9195.

NOVEMBER 3 - 11

Foundations of Faith

All evenings except Nov. 4. Pastor Doug Bachelor will give a stirring, convincing call for Christians of all backgrounds to return to the Bible and

reaffirm scriptural teachings. Fairview Seventh-Day Adventist Church. 57 Cane Creek Circle. See ad on page 10 for more info.

NOVEMBER 4 (SATURDAY)

Angela's Artworks Studio Show and Sale

8th Annual studio show and sale, 9 am-3 pm. Six vendors this year, and items sold will include canvas paintings, gemstone jewelry, reclaimed wood birdhouses, metal jewelry, crochet items, handmade candles and clay jewelry. Off 74A at 106 Lytle Rd. Fletcher; follow the yellow and blue signs. For information, contact Angela at 778-1901.



Korean Cultural Night

The one and only firsthand experience of Korean Culture in WNC. 6 pm. Fairview Seventh-Day Adventist Church. 57 Cane Creek Circle. Seats are limited. RSVP to 337-1253. See ad on page 10 for more info.

Concealed Carry Class

A concealed carry gun class will be held 8:30 am-5 pm. Completion of this class enables participants to meet part of the requirements for a Concealed Carry permit in Buncombe. Class is limited and reservations and prepayment required. Call 828 778-0279 for more information. Cost is \$85, which includes snacks and lunch. springmountaincc.com

NOVEMBER 7 (TUESDAY)

Us TOO of WNC

A prostate cancer support forum for men, caregivers and family members will meet at 7 pm at First Baptist Church of Asheville on 5 Oak Street. Dr. Eric Kuehn from Mountain Radiation Oncology will speak. No fee to attend. Contact 242-8410 or wncprostate@gmail.com.

NOVEMBER 9 (THURSDAY)

Opioid Town Hall

Chris Winslow, former Buncombe County Sheriff detective and candidate for Buncombe County Sheriff, will hold a town hall meeting, 6-7:30 pm at the Fairview Fire Department. See front page.

Republican Women's Lunch

Buncombe County Republican Women's Club regular meeting at The Olive Garden, 121 Tunnel Road, Asheville from 11:30 am-1:30 pm. Stephen Eldridge,

CPA and a retired partner Ernst & Young, will speak on "President Trump and Tax Reform." All conservatives (both men and women) welcome. Contact lisa-baldwin4kids@gmail.com or 243-6590.

Senior Dems Monthly Meeting

Nov. 9, 6-7:30 pm, BCDP Headquarters, 951 Old Fairview Rd., Asheville. Pot luck; please bring a covered dish to share or pay \$5. RSVP to helene.marcoux@gmail.com.

"Father Knows Best"

Presented by the ACRHS Theatre Arts Department. 7-9 pm. Tickets \$10 Adults, \$5 Students/Seniors/Military. Concessions available. Box office opens one hour before the show. Cash or check accepted. Come see this beloved radio drama, turned TV show, turned stage play.

NOVEMBER 10 (FRIDAY)



Fairview Area Art League

A field trip is planned to the studio of member May Rhea to learn more about

COMMUNITY EVENTS



Cane Creek Cemetery

her artistic path. 10 am. 344 Depot Street, Suite 101, Pink Dog Creative, Asheville. Lunch at one of the RAD restaurants after the meeting.

NOVEMBER 11 (SATURDAY)

Cane Creek Cemetery Work Day

9 am-noon. Cutting down trees, clearing bushes, and general maintenance. Your help is greatly appreciated! Snacks provided. For info, call 273-2528.

Fairview Baptist Christmas Bazaar

Annual Christmas Bazaar & Farmer's Market, from 9 am-1 pm. Christmas Booths include gifts for the kitchen, jewelry, decorations, desserts, teas, coffees, bath and beauty and canned items by local farmers. There will be a photo booth and cafe serving food and drinks. 32 Church Road. Contact 628-2908 or 231-5035.

Fairview Craft & Gift Fair

Fairview Community Center. Everything is handcrafted by local and regional crafters and artists. See front page for more info. 9 am-3 pm.

One Stop Christmas Shop

9 am-3 pm at Trinity Presbyterian Church, 17 Shawnee Trail, Asheville. Support local artisans!

International Sabbath Experience

A seminar will provide an opportunity to learn about the Sabbath of the Bible and meet Sabbath keepers. International buffet will be provided. 10 am-noon. Fairview Seventh-Day Adventist Church. 57 Cane Creek Circle. See ad on page 10 for more information.

Cedar Ridge Celebrates 5 Years

Cedar Ridge Animal Hospital celebrates its 5-year anniversary from 12-3 pm. Raffles, giveaways, free food and drink, hospital tour, and live music. 184 Charlotte Highway. Contact 575-2430 or vet@cedarridgevet.com.

NOVEMBER 13 (MONDAY)

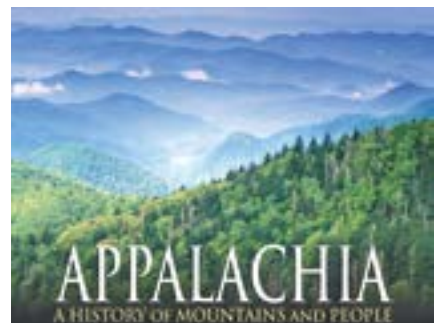
Stitching Group Meeting

Stitches of Love (formerly known as the WNC Knitters and Crocheters for Others - Arden) meets every month to create and donate hand-sewn articles. New Hope Presbyterian Church, 3070 Sweeten Creek Road, from 7-9 pm. All skill levels are welcome. Contact Janet Stewart, 575-9195. See page 25 for more info.

NOVEMBER 14 (TUESDAY)

Fairview QuickBooks & Accounting Meetup (Free!)

Accounting is the language of business. What is your Accounting telling you? Even a basic understanding of QuickBooks will reveal what large corporations have long known: an effective Accounting System is key to the financial success of your business. At every meeting, Brenden presents a subject that relates to key operations within your business. He will answer your QuickBooks questions and help you fix things too. Just bring your laptop or a backup of your company's files. This month's topic: How to Make QuickBooks Run Faster. 5-7 pm. meetup.com/Fairview-Quickbooks



Appalachia Documentary

The Friends of the Fairview Library will welcome critically acclaimed docu-

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2010 SILVERADO K1500 EXTCAB 4x4 LONGBED REDUCED 56K miles! One owner! 5.3 V8, auto, A/C, AM-FM CD player, and more. Warranty included! \$20,995	2015 GMC SIERRA C1500 LONGBED REDUCED 21K miles! One owner! PW, PDL, tilt, cruise, bedliner, and tow package. Factory warranty! \$18,995
2011 DODGE RAM 1500 QUAD CAB 4x4 REDUCED Outdoorsman Package! 5.7 Hemi, auto start, audio controls, fully equipped. Warranty included! \$19,995	2010 EXPRESS G3500 15-PASSENGER VAN One owner! 6.0 V8, PW, PDL, tilt, cruise, AM-FM CD, and more. Warranty included! \$17,995
2017 RAM PROMASTER 1500 CARGO VAN 25K miles! One owner! PW, PDL, telescopic wheel, keyless entry. Factory warranty! \$22,995	2016 FORD TRANSIT T-250 CARGO VAN 20K miles! Bulkhead, PW, PDL, tilt, cruise, running boards, and more! Factory warranty! \$22,995

Family Health Center *at* Cane Creek

Our office welcomes

JT LaBruyere

Physician Assistant

Now accepting new patients

Office Hours: Monday: 7:40am-5:00pm
Tuesday-Friday: 8:00am-5:00pm

628-8250

1542 Cane Creek Road, Fletcher, NC

COMMUNITY EVENTS

mentary filmmaker Jamie Ross, Nov. 14 at 7 pm. Ross will present clips of her PBS miniseries “APPALACHIA: History of Mountains and People” and do a Question & Answer throughout the evening. See page 7 for more information.

NOVEMBER 16 (THURSDAY)

BCDP Women’s Club Dinner

6–7:30 pm, BCDP Headquarters, 951 Old Fairview Road, Asheville. Dinner is catered; cost is \$12. For information or to RSVP, please contact buncombedemwomen@gmail.com.

NOVEMBER 18 (SATURDAY)

Methodist Thanksgiving Meal

Bethany United Methodist Church will host a community Thanksgiving meal at 5:30 pm. See page 24 for more information.

Women’s Weekend Retreat

9 am–5 pm, Laughing Waters Retreat Center, Gerton. “Part I – Body, Mind & Soul Balance leading to Well-Being & Personal Growth.” \$99 single-day pass for the first 10 people who register. For more information, contact Ileana Calderon at 305-877-0202 or info@ileanacalderon.com.



Oyster Fest

Trout Lily’s 8th annual oyster fest, 2–5 pm. Featuring steamed oysters from Cape Fear Coast Seafood, local craft beer vendors, a bluegrass Jam on the Porch, and full indoor & outdoor garden seating with shade cloths. Deli specials include New Orleans jambalaya, hot cider & organic coffee, sweet potato casserole (vegan & GF), vegetable bisque (vegan & GF), and various deli case finger foods. Trout Lily Market & Deli, 1297 Charlotte Highway. See ad on page 16 for more info.

NOVEMBER 19 (SUNDAY)

Ethical Humanist Society

“The Nature and Nurture of Passion” will be presented by Gregg Levoy, 2–3:30 pm, at Friends Meeting House, 227 Edgewood Road, Asheville. All are welcome to attend. Contact 687-7759, EHSAsheville@gmail.com, EHSAsheville.org, or meetup.com/Ethical-Society-of-Asheville.

Women’s Weekend Retreat

9 am–5 pm, Laughing Waters Retreat Center, Gerton. “Part II – Sex Health for Today’s Women.” \$99 single-day pass for the first 10 people who register. Contact Ileana Calderon at 305-877-0202 or info@ileanacalderon.com.

THE LIGHT CENTER

urlight.org or 828-669-6845

Saturday, Nov. 4, 1–3 pm: **Access Your Superpowers** with Jessica Martinson. Tickets: \$20 advance; \$25 onsite

Saturday, Nov. 11, 2–4 pm: **Intro to Reiki and Healing Circle** with Odilia Forlenza. NCReiki.com Suggested donation: \$19.

Sunday, Nov. 12, 2–4 pm: **Toning for Peace and Transformation** with Yvonne Rainbow Teplitsky and Bob Hinkle. Suggested donation: \$12.

SAVE THE DATE

DECEMBER 1–DECEMBER 2

An Evening of One Acts

“Watching Paint Dry” and “Tracks.” 7 pm. Presented by the ACRHS Theatre



Lake Julian Festival of Lights

Arts Department. Tickets: by donation.

DECEMBER 2

Tiffany & Co. Trunk Show

9 am–1 pm. Prizes, discounts, and giveaways at Elite Eye Care. Enter to win a free iPad! 140 Airport Road, Arden. See ad on page 15 for more info.

DECEMBER 2–DECEMBER 23

Lake Julian Festival of Lights

Perennial favorite drive-through Christmas light show returns! The Lake Julian Festival of Lights will operate nightly from 6–9 pm for a thrilling drive-through experience. Vehicle entry is \$10 per passenger vehicle and \$20 for large vans, motor coaches, and buses. Advance tickets may be purchased for \$7 per passenger vehicle and \$14 for

COMMUNITY EVENTS

Festive Fairview Friday

December 8, 4 - 8 pm

A night of fun in "downtown" Fairview. Four local businesses have coordinated to bring a lot of festivity to our community this night. New Moon Marketplace, Whistle Hop Brewery, The Hub of Fairview and Woof in the Woods are all participating in this night of Christmas fun. Besides lots of nibbles and beverages, there will be live music, visits with Santa, doggie pics with Santa (he does get around) and a fun, festive photo booth with props at The Hub. Prepare to stay in our "town" this night to kick off the season. For more information, stop by any of the participating businesses.

large vans, motor coaches, and buses. Advance tickets can be purchased online at festivaloflights.buncomberecreation.org.

DECEMBER 3 (SUNDAY)

Go Hike NC

Following the popularity of the summer Go Hike NC series, Buncombe County Recreation Services has added fall and winter community hikes. All hike locations were chosen due to their moderate difficulty so that everyone can get out and enjoy the beautiful scenery. Participants will be led by an experienced guide and the pace will be set by the participants. The group will be tackling High Windy at the YMCA Blue Ridge Assembly on Sunday, December 3 at 10 am. It's a challenging, 7.4-mile hike. Preregister at GoHikeNC.com.

Fairview Area Art League

Holiday potluck at the home of EJ Haack. 2–5 pm.

DECEMBER 5 (TUESDAY)

Fairview QuickBooks & Accounting Meetup

“Resolution 2018 – Simplify Your Accounting System,” 5–7 pm.

PET EVENTS

Asheville Humane Society

ashevillehumane.org

Saturday 11/4, 6–9 pm: **Taste of Compassion Auction & Gala.** Return to the 1920s for a rousing night at the “Barkeasy,” to enjoy local cuisine, craft beer, cider, and wine. Live music and bidding on exclusive experiences and one-of-a-kind items. All proceeds will

benefit local animals in need. Tickets at ashevillehumane.org/events. 227 Cumberland Ave, Asheville.

Saturday, 11/18, 10 am–2 pm: **Hard To Recycle.** Accepting electronics, batteries, small appliances, styrofoam, books, pet supplies and TerraCycle items. 2319 US 70 Hwy, Swannanoa.

Saturday, 11/18, 11 am–2 pm: **Holiday Parade and Adoption Event.** After the parade, Patton Avenue Pet

Company will be hosting AHS for an adoption event from 1–2 pm. 109 Patton Ave, Asheville.

Saturday, 11/25, 11 am–4 pm. **Blood Drive (for people).** The Blood Connection will hold a blood drive in the AHS Education Room. All donors will receive TBC Rewards Points and a coupon for \$25 off adoption fees. Register and reserve a time slot at thebloodconnection.org. 14 Forever Friend Ln, Asheville.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (3) (c) company that publishes a monthly community newspaper twelve issues per year that are delivered free on or about the first of every month to more than 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 39.

Allen Helmick

Cool Mountain Realty
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Barton Helmick

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2 ACRES, PAVED STATE ROAD, AREA OF BEAUTIFUL HOMES AND ESTATES, views overlooking Cane Creek Valley. \$79,900, MLS# 3250948

5 ACRES, END OF ROAD PRIVACY, 1/2 MILE OFF 74A, RUGGED MOUNTAIN BEAUTY with spectacular views, hiking trails. \$142,500, MLS# 3184088

PRICE LOWERED \$35,000! BORDERS 90-ACRE NATURE CONSERVANCY PROPERTY, private, wooded, large trees, western views, rocky year-round creek, will divide, electric on property, long road frontage. \$280,000 MLS# 3248664

TOP OF THE WORLD! END OF THE ROAD! Stunning view of Fairview, Reynolds, Asheville and beyond! Private 5 acres in exclusive area of 2 to 7 acre estates, wilderness, trails, 5 minutes to Asheville, \$275,000 MLS# 3149499

Drovers Road PRESERVE

Located on the Drovers Road Scenic Byway, Drovers Road Preserve is a place of natural beauty and unique value. A 110 acre conservation easement surrounds this neighborhood in the heart of Fairview farm country. 9 homesites are available with 1.6 to 8+ acres, from \$210,000 to \$265,000.

- Nature paths
- Picnic pavillion
- Lookout tower

- Several small creeks to play in
- Nestled in an area of conservation properties and organic farms

CAROL FISK
828-674-0441
carolfisk@beverly-hanks.com

CHRISTIE MELEAR
828-776-1986
christiemelear@beverly-hanks.com

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BRAND NEW ARTS & CRAFTS



3/2 home, one-level in new Fairview subdivision. Wood floors, vaulted ceiling, breakfast bar, kitchen island, open floor plan, community garden w/ rustic barn. Level to sloping lots. Many floor plans to choose from. **\$380,000**

BEAUTIFUL NEW HOME— MOVE-IN READY

NEW LISTING



Craftsman, 3 BD, 2-1/2 BA. Open floor plan, tongue + groove vaulted ceilings. Gorgeous views from living, dining and kitchen. Covered porch/deck. Flex room on main level. **\$525,000**

10 ACRES WITH BEAUTIFUL HOME

NEW LISTING



Beautiful 2/2 home, privacy, views, spring-fed solar panels heat the home; fireplace, wood furnace for backup. Heated floors upstairs, wraparound deck, 10 acres can be divided. Call Susan 828.301-1410. **\$334,900**

4,900 SQUARE FEET OF SUPERIOR CRAFTSMANSHIP



Soaring ceiling, stone fireplace, custom built-ins, windows galore w/ finished basement on 3 beautiful acres. 4/beds/4bath. www.youtube.com/watch?v=CFCzrviR5SI **\$600,000**

BEAUTIFUL 2/2 HOME WITH MOUNTAIN VIEWS

NEW LISTING



2/2 home on 10 acres with gorgeous year-round views, lists of pasture, wrap around private deck. Spring fed property w/ solar panels on the house. Call Susan 828.301.1410. **\$334,900**

SPACIOUS TWO-STORY

NEW LISTING



4/4, 2-car garage, finished daylight basement, main level master, 2 covered porches, open kitchen w/ dining, pantry, office & studio, sunny den, appliances. 0.80 acre lot, move-in ready. Call Glen 828.628-6321. **\$389,000**

LOTS OF CHARM ON 4.6 ACRES



2/1.5 1400-square-foot, one-story home with up-graded bathrooms and kitchen. Sunroom with views of the great outdoors. Call Susan Lytle for more information at 828-301-1410. **\$310,000**

QUAINT ONE-STORY 2/2 WITH TWO-CAR GARAGE

SOLD



All one level living w/ covered front porch and 0.65 acres. Mature trees on the lot and well manicured front yard w/ beautiful bold creek running through the property. **\$150,000**

NEW CHARMING RANCH

NEW LISTING



3/2, Space-efficient ranch offers all the features you've been looking for. Master BR suite, full-size bath, walk-in closet, huge great room. New agrinhood subdivision in the heart of Fairview. Many plans to choose from. **\$295,000**

LAND FOR SALE

NEW LISTING 0.88 ACRE OF WOODED MOSTLY LEVEL BUILDING, suitable for 1 level home. Year-round mountain views possible. Access paved and level. Call Karen Cernek 828-216-3998. **\$100,000**

NEW LISTING 0.74-ACRE MOUNTAIN VIEW piece ready to build. Creek runs through it, priced to sell: **\$25,000**

NEWLY REDUCED 4+ ACRES READY TO BUILD. Hike from your back door. Gravel driveway and existing building site. Long-range mountain views. Perked for 3 bd in 2008. Mature hardwoods, rhododendrons, lots of wildlife. **\$40,000**

11 ACRES OF UNRESTRICTED FAIRVIEW PROPERTY. Driveway cut in to several building sites. Wonderful large hardwoods and old grapevines from Ireland. Lovely creek and block building would make a great shop. End of the road privacy. Cool boulders, old log barn and lots of mountain laurels to enjoy. **\$150,000**

NEWLY REDUCED 33+ ACRES ON GARREN CREEK w/ pasture, running creek, several mountain build sites w/ views. **\$189,000**

NEW LISTING STUNNING 39-ACRE PARCEL with commercial potential. Pasture, woods, level, rolling & hilly with potential for views. Stone entrance, creek, small stream, 2 ponds. City water & small box sewer treatment possible. Call Karen 828.216.3998. **\$2.5M**

BIG PRICE REDUCTIONS OWNERS SAY "SELL!" 5.25 acres. City water, paved access, 10 min to Asheville Call Karen, 828.216.3988. **\$50,000**

7.7 ACRES WITH CREEK, DRIVEWAY AND POTENTIAL for great view. Private, wooded lot in nice area of homes on large tracts, convenient to town. Call Karen Cernek 828.216.3998. **\$150,000**

1 BEAUTIFUL LOT IN LEICESTER 0.63 acres on cul de sac; 3 BR septic permit without a pump on gentle rolling hill, year-round views. Call Rick Jaynes 828.713.7626. **\$18,900**

0.87-ACRE CORNER LOT, paved access. Great topography for site preparation w/ mountain stream. Call Karen Cernek, 828.216.3998. **\$65,000**

5 AFFORDABLE UNRESTRICTED LOTS totaling 3.25 acres — will divide. Call Karen Cernek 828.216.3998.

STUNNING RIVERFRONT LAND WITH HISTORIC GRIST MILL. Driveway and septic installed, site graded, pasture and mountain views. Call Karen Cernek at 828.216.3998. **\$100,000**

9+ ACRES TO DEVELOP w/ multiple build sites or private estate. Off US 74 in Fairview, 10 minutes from Asheville. Beautiful views and lots of wildlife. **\$228,000**

0.63-ACRE LOT IN MONARCH ESTATES in Fairview. Mountain views in a quaint gated community. Rolling to level lot with different spots to build. **\$59,000**

GORGEOUS 2 ACRE PARCEL IN VALLEY potential for pasture & long-range mountain views. Pave access in new home area. Call Karen 828.216.3998. **\$135,000**

4.7 ACRES, SMALL CREEK, GREAT VIEW potential driveway to home site which has been graded. Call Karen 828.216.3998. **\$65,000**

7+ BEAUTIFUL, PRIVATE ACRES in Old Fort Road Community. Mature hardwoods, rhododendrons, mountain laurel, small stream. Long-range mountain views, multiple build sites. Call Susan 828.301.1410.

MAJESTIC OAKS OF FAIRVIEW



LOT 1	0.5	\$59,000
LOT 2	0.5	\$59,000
LOT 3	0.5	\$59,000
LOT 4	0.521	\$59,000
LOT 5	0.482	\$59,000
LOT 6	0.51	\$59,000
LOT 7	0.64	\$64,000
LOT 8	0.526	\$59,000
LOT 9	0.521	\$59,000

+ ALMOST 1/2 ACRE OF GREEN SPACE!

LAND/HOME PACKAGES STARTING IN THE MID-300s!



Walk to the library, grocery store, bank, post office, and ice cream shop!

LOT 1	0.57 ACRES	\$45,000
LOT 2	0.83 ACRES	\$45,000
LOT 3	0.57 ACRES	\$45,000
LOT 4	SPEC HOUSE	\$525,000
LOT 5	0.86 ACRES	\$75,000
LOT 6	0.83 ACRES	\$69,000
LOT 7	1 ACRE	\$75,000

FRIENDS OF THE LIBRARY JAMIE McDOWELL

Give a Book This Month

You can make the holidays bright for a child in Fairview! Our Holiday Giving Tree program places books in the hands of local children in need. Throughout the month of November, visit the Fairview Library and select a child from our tree. Purchase a new book (\$10 minimum retail value) and return it to the Fairview Library or donate \$10 and the Friends of the Fairview Library will do the shopping for you. Please bring donated books unwrapped. The donations will be given to children in need at Fairview Elementary School. For more information, call 250-6484.



Appalachia Documentary

The Friends of the Fairview Library will welcome critically acclaimed documentary filmmaker Jamie Ross, Tuesday November 14 at 7 pm. Ross will present clips of her PBS miniseries "APPALACHIA: History of Mountains and People" and do a Q & A throughout the evening.

Ten years in the making, this groundbreaking series, narrated by Academy Award-winning actress Sissy Spacek and produced by Jamie Ross and Ross Spears, tells the compelling story of how landscape shapes human cultures and, in turn, how humans shape the land. Surrounded by half the population and two-thirds of the industry in the United States, Appalachia has experienced in full force the impact of humans on the most biodiverse mountain

ecosystem on the continent.

APPALACHIA is the story of the Iroquois and the Cherokee; of Revolutionary War heroes and Civil War atrocities; of brutal industrial logging and pioneering public conservation. It is the story of the black bear, the spotted salamander, and the American chestnut tree. Above all, APPALACHIA provides a window onto the defining question of our age: How do we use the land to provide for the needs of today and at the same time, preserve it for the future? The history of Appalachia is the story of our own struggle as a people to find our proper relationship to the natural

world. It is the American story, writ intensely.

At the end of the evening Ross will speak about her latest film project about the roots of Southern food and Southern culture in Africa, Europe, and Native America.

The Power of One

The Fairview Evening Book Club will be reading *The Power of One* by Bruce Courtenay for the month of November.

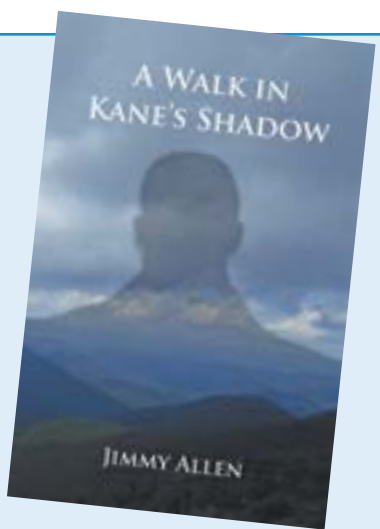
In 1939, as Hitler casts his enormous, cruel shadow across the world, the seeds of apartheid take root in South Africa. There, a boy called Peekay is born. His childhood is marked by humiliation and abandonment, yet he vows to survive and conceives heroic dreams – which are nothing compared to what life actually has in store for him. He embarks on an epic journey through a land of tribal superstition and modern prejudice, where he will learn the power of words, the power to transform lives, and the power of one.

The discussion for *The Power of One* will take place on Tuesday, November 21 at 7 pm. No sign up or registration is required to be a part of the Evening Book Club, and you can join anytime.

Local Author Publishes Second Book

Jimmy Allen, a Fairview resident for the past 20 years, used to read books to his kids when they were younger. Unlike most of us, though, he decided to write one of his own. He got an idea for a fantasy novel of my own and typed out the first chapter. But life got in the way and he didn't pick up until later, after his children had grown. However, he did finishing and publishing his first book, *Vahlaron*.

He's now released his second book, *A Walk In Kane's Shadow*. It is a fictional tale of a serial killer who resides in Fairview. Much of the story takes place in Asheville and surrounding areas, and residents of Fairview will recognize many of the streets and areas featured in the story. And just to be clear – this is not a children's book! It's not for anyone who's afraid of what lurks in the shadows. The book is available now online at Amazon and Barnes & Noble.



Huge Book Fair at Fairview Annual Craft Fair

Saturday, November 11, 9 am–3 pm

Many local and regional crafters and artists, including several new ones. Refreshments and lunch available Friends of the Pack Library Book Sale with coffee-table and children's books, music, videos. Everything handcrafted. Fairview Community Center. Contact Wanda at 301-3932.

Book Fair November 18

Come by the library and pick up a voucher that will provide 10% off at Barnes and Noble at the Asheville Mall on Saturday, November 18 only. The 10% will be donated to the Friends of the Library to support children's and adult programming. The discounted sales price is good all day Saturday from 9 am–10 pm. Fairview Library is located at One Taylor Road in Fairview.

KIDS PROGRAMS

LEGO Club

LEGO Club will be back on Friday, November 4th at 3:30 pm. Join us for special builds and fun challenges. You bring the creativity; we'll provide the LEGOs.

Bird Study

Scientists need your help in studying birds everywhere, including your own backyard!

Join Fairview Library and the North Carolina Arboretum for an introduction to ornithology, the study of birds on Thursday, November 9, 4–5 pm. Find out how you can be a citizen scientist! Geared towards kids age 5–13, but all ages are welcome to attend.

Storytimes

Mother Goose for 4-18 months: Tuesdays at 11

Bounce n' Books: A movement based storytime for toddlers and preschoolers – Wednesdays at 11

Preschool Storytime for 3-5 year olds:

Thursdays at 11 (ages are just a guideline)

COMMUNITY ANNOUNCEMENTS

How can you be involved?

• **Tell us your story!** Your story is important. How did you end up in Fairview? What was it like to grow up here, work here? What changes have you seen? We want to preserve the stories of our community for future generations.

• **Show us your stuff!** We are interested in photographs, architectural plans, maps, yearbooks, family histories, church directories, and many other types of ephemera. Donate or loan these items to the library for preservation. We can even scan copies of most items so you don't have to part with the originals.

• **Volunteer!** Are you interested in conducting an oral history interview or helping to transcribe one? We'd love your help.

Be on the lookout for more information regarding this project, which is set to start after the first of the year. And be sure to visit our table at the Fairview Holiday Craft Show to ask questions, sign up to be interviewed, or sign up to volunteer.

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, saving you time and energy. Best of all, the teacher request service is free! Please allow at least one week for materials to be selected. You will be notified by email when your resources are ready for pick up and they will be held in your name for one week. This service is absolutely free. The library is happy to support our teachers and we look forward to working with you!

NEW BOOKS OUT IN NOVEMBER:

Adults

The Midnight Line by Lee Child (11/7)
The House of Unexpected Sisters by Alexander McCall Smith (11/7)
Hardcore Twenty-Four by Janet Evanovich (11/14)
End Game by David Baldacci (11/14)
Artemis by Andy Weir (11/14)

Kids and Teens:

Diary of a Wimpy Kid: The Getaway (11/7)
Warriors: Darkest Night by Erin Hunter (11/7)
Magic Misfits by Neil Patrick Harris (11/21)

LIBRARY CLOSINGS

The Library will be closed on Friday, November 10 for Veterans Day

The Library will be closed Thursday, November 23 – Saturday, November 25 for Thanksgiving.

The North Carolina Digital Library is always open.

Rare Photos of the Great Asheville Flood of 1916

I was attending the Russell reunion about a month ago and a cousin brought her grandfather Russell's old picture album to the gathering. It contained family pictures as one might expect, but it also contained, to my surprise, photos of the 1916 flood. Bob Russell apparently was working for the Southern Railroad at the time of the flood. The pictures had been taken by Higgssoon Photo for Southern Railroad. These pictures are not commonly available and I thought they would be of interest to our readers.

A hurricane hit the Gulf Coast the first week of July 1916. The hurricane traveled northeast from the Gulf of Mexico toward Western North Carolina. The storm remained almost stationary over the mountains from July 8 - 10. The storm dumped a large amount of rain over the area, the ground became saturated, and the streams and rivers were near flood stage. Less than a week later another hurricane hit the Atlantic coast. It moved northwest across South Carolina toward the mountains. A high-pressure area in the northeast stalled this second hurricane over Western North Carolina. This caused the storm to practically exhaust itself over the local mountains. The ground and rivers were still saturated from the hurricane a few days earlier and could not hold any more water.

The second storm hit the area on July 15, 1916. For 24 hours from 2 pm on July 15, 1916, the storm dropped up to 23 inches of rain on Western North Carolina. That total was said to be the largest 24-hour rain fall total ever recorded in the United States at that time. Kanuga and Osceola dams burst in Henderson County, and the Lake Louise dam burst in Montreat. Lumber yards, warehouses, freight yards, and bridges were swept away. Asheville's Riverside Park was washed away. The water rose so rapidly people abandoned their cars and ran for their lives. Street cars flooded so rapidly the drivers and passengers had to flee for their lives as well. Weaver Dam at Craggy was swept away, which left Asheville in total darkness



Houses underwater

for many days. All telegraph and phone lines were wash away. The city of Asheville was cut off from the outside word for over a week. The French Broad River crested at 21 feet above flood stage at Lyman Street. This was six feet higher than the 1876 flood.

The river rose so fast that none of the guests at the Glen Rock Hotel were able to leave. They all climbed to the roof of the four-story hotel. Lonnie Fletcher and Luther Frazier tried to take food to the stranded hotel guests in a row boat. The river swept the boat away and both men drowned. Sixty homes in Asheville were washed away, as five factories were too. Four hundred residents of Asheville were left homeless. It took 18 days before the first train was able to reach Asheville.

Local historian Bruce Whitaker documents genealogy in the Fairview area. He can be reached at 628-1089 or brucewhitaker@bellsouth.net



Smok Park Bridge



The train depot



Asheville Grocery

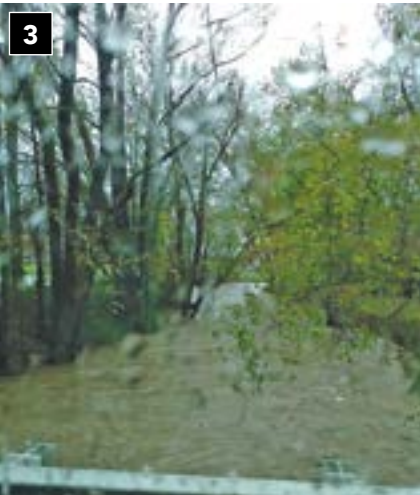
Flooding Is Still a Modern-Day Problem in Fairview

An unusually heavy storm rode into town on October 23, flooding our creeks, fields and roads. Asheville recorded an amazing 3.52 inches of rain, which broke the record for that day. Wow!

We'd like to thank several readers who sent in some pictures of the flooding.

- 1 Lower Brush Creek
- 2 Cane Creek
- 3 Bridge over Lower Brush Creek
- 4 Cane Creek across from Dotson Florist
- 5 Cane Creek Road near Happy Tails

(Photos 1, 3 - 5 by Melanie Kuykendall; photo 2 by Mike Bostic)





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Fairview Seventh-Day Adventist Church Presents

3 Free Programs in November.

Location: 57 Cane Creek Circle, Fairview, NC.



Foundations of Faith November 3 - 11, 7PM

(Daily, except the evening of November 4th)

500 years ago, on October 31, Martin Luther nailed his 95 Theses to a church door in Germany, which sparked the Protestant Reformation that changed the world. Over the centuries, however, the devil has sought to undermine the Rock-solid foundations of our faith, resulting in an all-out flood of error that is eroding the fundamentals of Christianity—everything from the inspiration of Scripture to the story of Creation and the God-ordained role of the traditional family. It is a stirring, convicting call for Christians of all backgrounds today, to return to the Bible and reaffirm scriptural teachings.

Presenter: Pastor Doug Bachelor (AmazingFacts.org).
Fairview SDA Church is the official downlink site in Fairview, NC.



2

The one and only firsthand experience of Korean culture in WNC. Exhibitions. Korean vegetarian buffet. Games and trivia. Story from Korean War witnesses. Seats are limited. [RSVP](#) Call (828)337-1253

International Sabbath Experience:

SATURDAY, NOVEMBER 11, 10:00 AM-12:00 NOON

Sabbath was ordained in the garden of Eden by God. This most ancient and sacred holiday has been observed every single week in the past 320,000 weeks or 6,000 years without interruption, thanks to a lineage of Sabbath keepers within and without Jewish heritage who kept the commandment that begins with “Remember”.

This seminar will give you a unique opportunity to learn about the Sabbath of Bible and meet Sabbath keepers in our community. Experience Sabbath, perhaps your first one, in an international way. Presenters will wear their own ethnical costumes to talk about “Why and how Messianic Jews keep Sabbath”, “Sabbath Keeping history in America” and “How I kept Sabbath in communist Romania” and others. Enjoy an international lunch banquet. Exchange ideas. A free DVD set (\$39 value) further exploring the topic will also be available.



3

FOOD FOR FAIRVIEW JEFF COLE

Successful Food Drive Led by Fairview Elementary’s Kingergarteners

The Board of Directors, all the volunteers at Food for Fairview, and I want to thank all the Fairview Elementary children and their parents for their recent participation in our food drive at the school.

This food drive is Food for Fairview’s largest item collection donation drive

the four kindergarten classes at the school. The daily and class totals are shown in the chart at right.

The competition this year was held for a pizza party at the school for the winning class. The party was held lunch time on October 25th. The pizzas were obtained from Fairview Pizza and the sponsor for



Kids like these enjoyed the pizza party! Created by Pressfoto - Freepik.com

this year’s event was the Fairview Business Association (FBA). Food for Fairview thanks the FBA for their generous sponsorship. The kindergarteners really enjoyed their pizza! A flyer was sent home with the students in the week before the start of the week-long drive.

The flyer was produced at a discounted price by Post Net, located on Bleachery Boulevard in the Kohl’s/Walmart Plaza off of Swannanoa River Road. Post Net’s owner is also a Fairview resident.

Many of the more than 40 client families that go through the Food for Fairview

pantry weekly have children at Fairview Elementary School, and I know they appreciate the generosity of their neighbors.

This fight against food insecurity in Fairview can only be won with the help of Fairview residents, organizations like the Fairview Business Association and Fairview Elementary School, businesses like Post Net

and Fairview Pizza, and all the volunteers who give their time and effort to Food for Fairview each week. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation. For more information, please call 628-4322 or email food4fairview@gmail.com.

Jeff Cole is the Executive Director of Food for Fairview.

Donation Drive by the Numbers

	K	1	2	3	4	5	TOTAL
Monday	93	10	8	13	41	27	192
Tuesday	27	58	13	29	52	41	220
Wednesday	100	103	33	87	25	37	385
Thursday	107	48	37	38	70	66	366
Friday	194	80	70	71	35	194	644
TOTAL	521	299	161	238	223	365	1,851*

*44 donated items were not associated with a particular class



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Cold Snaps Are on the Way

We've had very few early season cold snaps to start the fall season, but I suspect there will be plenty to come over the next month or so. In terms of averages, they continue to drop as we head through the month with average highs about 63 at the start of November, dropping to 53 by month's end. The lows drop from 40 at the start of the month to a frosty 32. The warmest day on record was 83 degrees on the first of the month in 1950, and the coldest was a numbing 8 degrees on the 25, also in 1950. In any given November about an inch of snow falls across the area.

November Trivia Question

What is black ice, and why is it so dangerous?

In terms of what to expect this winter, you have many choices to pick your favorite prognosticator – from the woolly worm to Farmer's Almanac, or a more scientific choice: NOAA's long-range winter forecast. Another good local source is Ray's Weather, which forecasts for the Western North Carolina region. In general, during El Niño events, winter and early spring temperatures are cooler than average with above-average precipitation in the

central and eastern parts of the state and drier weather in the western part. La Niña usually brings warmer than average temperatures with above-average precipitation in the western part of the state, while the central and coastal regions stay drier than average. Most of these forecasts are issued in mid-fall and we will revisit these outlooks next month.

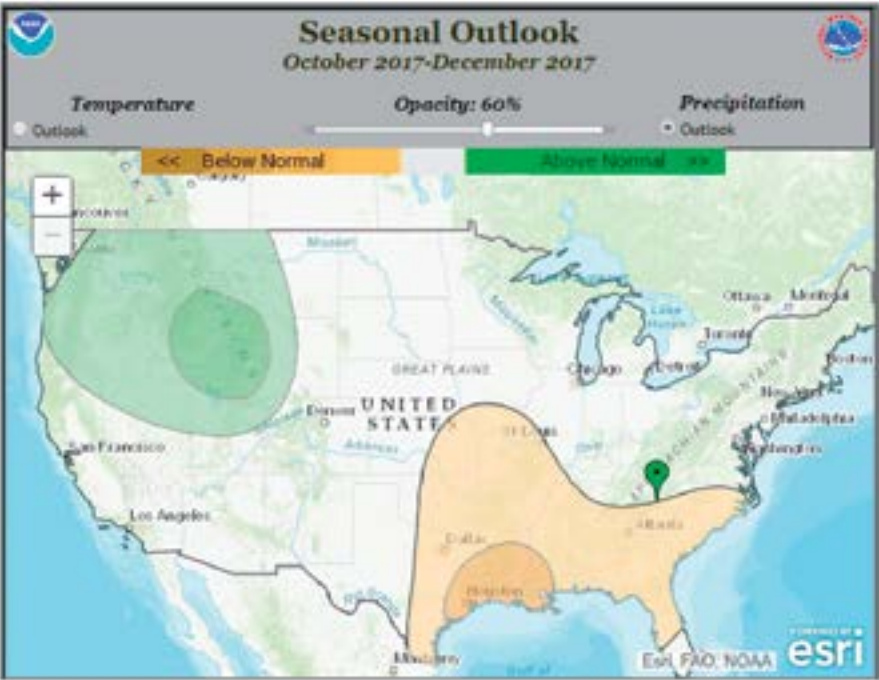
What's Expected

However, we can take a look at expected temperatures and precipitation for the next month or so with a little bit more reliability. The chart at right, which can be found at cpc.noaa.gov, shows the predicted fall (October, November and December) outlooks for temperature and precipitation. Temperatures are forecast to average about normal and precipitation is a bit more tricky, with averages close to normal.

Interestingly our two "heavy" precipitation events so far this fall were from decaying tropical systems. We had between three and six inches of rain in the Fairview area from Irma and two to four inches of rain from Nate.



Meteorologist Tom Ross managed the Climate Database Modernization Program at the National Climatic Data Center.



October Trivia Answer

When were the wettest, driest and snowiest Novembers?

The wettest, driest and snowiest Novembers based on the long record at the Asheville airport were as follows. The wettest was November 2015, when 7.82 inches of precipitation fell; the driest was back in 1909, with .07 of an inch. The snowiest was November 1968, when 9.6 inches fell – actually the snow fell over a four-day period from November 9 through November 12th. One of the earliest November snows was actually just a couple years ago on November 1, 2014. The Asheville airport recorded 3.2 inches of snow, which was a new daily record, and we had 3 - 5 inches of snow across the Fairview area.

Conservation at Glade Creek – Protecting Forest Corridors and Water Quality

East of Fairview, three major watersheds of the Southeast converge — the Broad River, Catawba River, and French Broad River systems. This year, the Southern Appalachian Highlands Conservancy (SAHC) purchased 200 acres at the juncture of these regional watersheds, protecting forest habitat and wildlife corridors as well as water quality.

"This completes the protection of a large, contiguous swath of land containing important clean water sources," said Michelle Pugliese, SAHC's land protection director. "The Glade Creek tract purchased by SAHC is critical to the network of protected land at the south tip of the Black Mountains."

The Glade Creek property bridges two SAHC conservation easements and a corner of Pisgah National Forest. On its west side, the property adjoins 400 acres protected by the SAHC conservation easement at Christmount. On the east are 329 acres that landowners Mary and Joe Hemphill worked with SAHC to protect with a conservation easement in 2003.

"Pristine springs and headwater streams of Glade Creek and its tributaries will remain undisturbed," said Pugliese. Glade Creek (classified as Trout Waters by the NC Division of Water Resources) and four of its tributaries flow through the tract and into the Broad River.

The Catawba River headwaters are located only 1,000 feet north of the property, and the popular Catawba Falls recreation site is

nearby. The property contains part of the Eastern Continental Divide — meaning that headwater streams originating on one side of the property flow to the Atlantic Ocean while those on the other side empty into the Gulf of Mexico.

Puzzle Piece

"This property was important because it is a 'puzzle piece' that fills a gap in the midst of other protected lands," said Sarah Sheeran, SAHC's Stewardship Associate. "Permanently protecting it provides corridors for wildlife movement."

The property, which is visible from Highway 70 and points within the adjoining section of Pisgah National Forest, contains diverse forest habitats. Old trees with diameters more than four feet are not uncommon. The property is also home to Pine-Oak/Heath Forest, which is dominated by table mountain pine, as well as a hemlock grove, acidic coves, and specimens of mature American chestnuts.

Property Protected

"This land has been in the Hemphill family for over 65 years," said Pugliese. "Mary and Joe Hemphill, who protected their



SAHC Land Protection Director Michelle Pugliese on the Glade Creek tract. Old trees with diameters over 4 feet are not uncommon in portions of the forest.

adjoining property with a conservation easement, had long desired to see the Glade Creek property protected. We are so pleased to fulfill the family's wishes to preserve it for posterity." The Glade Creek tract was owned by Joe's sister, Lynn Hemphill Wolter, and her husband Bill.

SAHC intends to own the property for the long term and lead guided hikes on it as part of the Connecting People with Land program. Read more about recent land protection updates and upcoming guided hikes and events at Appalachian.org.

Angela Shepherd is Communications Director of the Southern Appalachian Highlands Conservancy in Asheville. She can be reached at 253.0095 ext. 200 or by email at sahc@appalachian.org. To join in saving the places you love, visit Appalachian.org.

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SWAT Breathing to Fight Stress

This breathing exercise can very literally be a lifesaver, or, at the very least, help you manage stressful situations in just a few short moments. Special Weapons and Tactics (SWAT) team members are law enforcement professionals who are specially trained to enter the highest stress criminal encounters. They are primarily sent in to handle situations like riots, standoffs, acts of terrorism and hostage negotiations, to name a few. Their lives are on the line nearly every time they are mobilized, so they need to be cool, calm and collected for the safety and welfare of everyone involved.

Constant Threat
When you start having heightened stress responses on a regular basis, your brain starts to feel like you are constantly threatened, like SWAT members. It might be that your boss isn't happy with you, your kids are having serious trouble at school, relationships are strained, finances are troubled, etc. These situations can trigger strong stress responses that make it difficult to operate effectively in those situations and life in general. It's vitally important to bring these stress responses down to protect your health. This starts with bringing your heart rate, breathing speed and blood pressure down. And it often takes more than just trying to

(or being told to) "relax."
Enter Tactical Breathing
This breathing exercise uses a 4:4:4 breathing ratio. This means inhaling through the nose for 4 seconds, holding the breath for 4 seconds, and exhaling through the nose for 4 seconds. Just a few breathing cycles (3 - 5) at this pace can lower your stress levels significantly by activating your parasympathetic (relaxation) response. This can allow you to regain control over your vital bodily functions. Also, when done regularly, it sends a powerful message to your brain that you are in control of how stress controls (or doesn't control) you!
You can use this breathing exercise in all types of situations. At work, in traffic, kids screaming, deadlines looming, collections agents calling, or whatever else pushes your buttons. It also buys you a little time to step back and more effectively evaluate the situation in front of you so that you may be in better control of the decisions you make – hopefully decisions you will not regret because your mind was too clouded by the stress!



Dr. Trayford is a Board Certified Chiropractic Neurologist. More at ApexBrainCenters.com

Relief from Migraines

If I could only treat one condition all day long where I have the highest rate of success, it would be headaches and migraines. After 20 years in practice I consistently see a very high success rate for these troubling health conditions.
What is a Migraine?
A migraine is a primary headache disorder characterized by recurrent headaches that are moderate to severe. Typically, the headaches affect one half of the head, are pulsating in nature, and last from two to 72 hours. Associated symptoms may include nausea, vomiting, and sensitivity to light, sound, or smell. The pain is generally made worse by physical activity. Up to one-third of people have an aura: typically a short period of visual disturbance that signals that the headache will soon occur. Occasionally, an aura can occur with little or no headache following it. Around the world, approximately 15 percent of people are affected by migraines. They are believed to be due to a mixture of environmental and genetic factors; about two-thirds of cases run in families.
Conventional treatments include migraine specific medication, nerve blocks, and intranasal procedures. Chiropractic is a valid alternative with far fewer risks. There are many studies on the value of chiropractic treatment in managing

migraines. One study examined chiropractic treatment for different types of headaches, including migraines. The study combined the results of 22 studies, which had more than 2,600 patients total. The studies show that chiropractic treatment may serve as a good treatment for migraines.
Study Results
Another trial found that 22 percent of people who had chiropractic treatment saw the number of attacks drop 90 percent. In that same study, 49 percent said they had a significant reduction in pain intensity.
One study of 127 migraine sufferers in Australia found that those who received chiropractic treatment had fewer attacks and needed to take less medication.
In addition to traditional chiropractic care, other modalities that can help reduce stress and provide pain relief include advanced myofascial release (Graston Therapy), posture correction, and exercise spinal traction to restore normal neck biomechanics.



Dr. Reilly is past president of the NC Chiropractic Association. dreilly@fairviewdc.com, fairviewdc.com, 628-7800. Call us today for your always-free consultation.

Heartburn and the Holidays

As leaf season arrives and we're surrounded by beautifully colored mountaintops and cooler weather, I can't help but get excited about all of the upcoming holidays. From the excitement of Halloween to the joy of ringing in the New Year, we've got a lot to celebrate over the next few months! And whether you're chowing down on a turkey leg or sneaking a few M&M's, the one thing all these holidays have in common is food. We break bread, celebrate, and maybe have a few festive drinks.
And while all the celebrations are wonderful, they can coincide with a common medical ailment: heartburn. Heartburn in fact has nothing to do with your heart; it occurs when acid from your stomach moves into your esophagus, thus causing the burning sensation. This is also why heartburn can be referred to as acid reflux. Unfortunately, many of the foods we eat around the holidays can trigger heartburn either by weakening the lower esophageal muscle or overfilling the stomach when you recline. So as you're preparing to gather and celebrate the holidays keep these tips in mind to prevent heartburn.
Try to avoid overeating. Easier said than done during the holidays, but portion control can go a long way in preventing heartburn. A good tactic can be to eat slowly to allow your system to feel full, and slower

eating also helps prevent heartburn!
Try to avoid high-fat foods. Consider baking a dish that you normally fry, or using reduced-fat dairy products to make that casserole.
Recognize which foods trigger heartburn. Acidic foods like tomatoes, salsas, and vinegars can cause heartburn, particularly when consumed on an empty stomach. And unfortunately some of our favorite holiday candies like chocolate and peppermint can cause heartburn, too.
Be aware of what you're drinking. Alcohol, coffee and sodas can cause heartburn. Red wine in particular can be a trigger.
Check the spice level. Even spices such as black pepper, onion, and garlic may cause increased symptoms, so be aware of what you add to your dishes.
Avoid eating too late at night. Even though late-night leftovers are delicious, it's best to stop eating three hours before you go to bed.
Hopefully these tips can help you get through the holidays comfortably, but if you're having symptoms more than twice a week on a regular basis you may want to see your primary care provider. Enjoy the festivities and keep these food tips in mind as you celebrate!

J.T. LaBruyere, PA-C, is a physician at MAHEC Family Health Center at Cane Creek.

Anti-Dizziness Medication

The inner ear provides valuable information about balance, movement and spatial orientation. Having two inner ears (a left and a right) is a blessing and, at times, a curse. Two inner ears allow us to detect a wide range of movement; however an imbalance creating dizziness and sometimes nausea occurs when one inner ear is damaged from conditions such as viral infections, fluid disorders, head trauma, tumors or age-related changes, to name a few. Frequently, antihistamines such as Meclizine (Antivert, Bonine), a first-generation antihistamine, or less often Benzodiazepines such as Valium are prescribed to manage symptoms of motion sickness and vertigo. As is true with most medications, this is attempting to treat the symptoms, not the source. Quite often medications to treat dizziness and vertigo are over-prescribed and can have unfavorable consequences.
The vestibular system is made up of the inner ears and their pathways which communicate with the eyes, body and brain. The inner ears each send information about balance, movement and spatial orientation. This information varies according to the position, direction and speed of head movement. The right and left inner ears must work together in a "push-pull" relationship for the brain to interpret signals correctly. As one side "pushes," the other

side "pulls," translating into one side sending an increased signal to the brain while the other side sends a decreased signal. This is how the brain identifies movement and spatial orientation, assisting in balance and stability.
Immediately following inner ear damage to one side, the signals are no longer balanced in the necessary "push-pull" relationship. Initially the brain is unable to interpret this information correctly and will perceive constant motion despite the absence of movement. As a result, a person may feel violently ill for hours or up to a few days with a constant feeling of dizziness, vertigo, unsteadiness, light-headedness and often sweating, nausea and vomiting. The use of anti-dizziness medication can be appropriate during this early stage and may help to prevent dangerous, secondary issues such as dehydration and falling. Once this acute phase has passed, continued use of these types of medications can inhibit recovery by suppressing the vestibular system, masking symptoms instead of correcting the problem. Additionally, these medications all list dizziness as a possible side effect – the same symptom you are trying to resolve! Vestibular therapy, when done correctly, and after a proper examination pinpointing the source and extent of the problem, can be very beneficial and can begin early in the

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First Bank acquired Asheville Savings Bank on October 1, 2017. We will continue doing business as Asheville Savings Bank until March 2018, at which time all locations will become First Bank locations.

OF INTEREST TO SENIORS MIKE RICHARD

Explaining the Annual Election Period

Annual Election Period (AEP) can be a confusing time for many Medicare Advantage (MA) or Prescription Drug Plan (PDP) beneficiaries. It starts with the Annual Notice of Change (ANOC) arriving around October 1. Every year I encourage folks to read it, but it can be an eye-watering, sleep-inducing prospect for most. “Do I have to reenroll every year?” is a common question reflecting the angst inherent in every AEP season from plan members and prospective enrollees.

What Do I Need to Do?

The action required by you depends on many variables. Here are a few questions to consider: Is my plan sticking around for next year? Are my healthcare providers in network? Are all my prescriptions covered? Is the plan type or benefits a good fit for me? Will my pharmacy be considered a “Preferred” pharmacy to get the lowest prices? Will I be changing my physical address or plan to travel more next year? These questions give a flavor of the thought process necessary to make the best decision for you.

Other resources available to help you include – you guessed it – your ANOC. If you prefer a trusted local agent, feel free to call for a no-obligation consultation. Also, most companies have a robust website where you can get information about your

plan doctors, pharmacies, prescriptions, and other topics as well. Many of these same questions will also be pertinent to you if you are searching for a plan for the first time.

The Gorilla in the Room

By now, you may have heard that Mission Health will no longer be participating with any BCBS plans with the exception of Medicare supplements. It appears that neither party blinked during the contract negotiations and the October 5 deadline passed, meaning HMO policyholders will be without coverage with their Mission Health-based providers, and PPO members will be paying higher out-of-network costs. This includes BCBS MA plans as well. If you have or are considering a BCBS MA plan, you may wish to factor this into your plan-selection process during AEP. Remember, you will be “locked in” to your chosen plan benefits for all of next year after the end of AEP on December 7 and there is no guarantee an agreement will be reached to bring Mission back into the fold.



Mike Richard is president of Prime Time Solutions. If you prefer a trusted local agent, feel free to call for a no-obligation consultation: 628-3889 or 275-5863.

YOU ARE HERE BLAIR CLARK

The Many Meanings of Peace

Each year I receive at least one Christmas card with only one word on it. The word is peace. During the years I've placed those cards in strategic locations because I really like the word. It means something different to me each time I read or hear it, so over the course of my journey the word has meant a lot of different things.

The first time I really thought about peace was around the time of the Vietnam War. I connected the word with rebellion against the war and certain societal norms. I do remember feeling a lot of turmoil, which I came to associate with the word.

The way I am thinking about peace now is different, at least in part because of my illness. Today, because of the rapid physical changes, I am coming to look at peace as a process. I must first become aware of and recognize what is going on, then accept it, and engage with the people and circumstances I find myself surrounded by.

So peace is not a passive word. Peace is something that can be experienced in the context of our current life situations. Once there is acceptance, we can learn to engage with our journeys in some new way. There

is no peace without acceptance. Acceptance is pretty useless unless you engage with any new awareness you may acquire. The way that engagement occurs often evolves because life circumstances are always changing. We don't change who we are when we are seeking peace. We accept who we are.

Peace may have an element of calmness in some situations but it is not about being calm. Because if you engage there will be ripple effects that may not be very calming and yet you can still be pursuing peace.

Definitions of peace include “a state of tranquility or quiet,” “freedom from disquieting or oppressive thoughts or emotions,” “harmony in personal relations,” and “a state or period of mutual concord between governments.”

In my experience, peace is not necessarily a “state” or “freedom from” something. It is not about having what you want, fixing something, staying busy to avoid discomfort, or getting all tangled up in details. It is

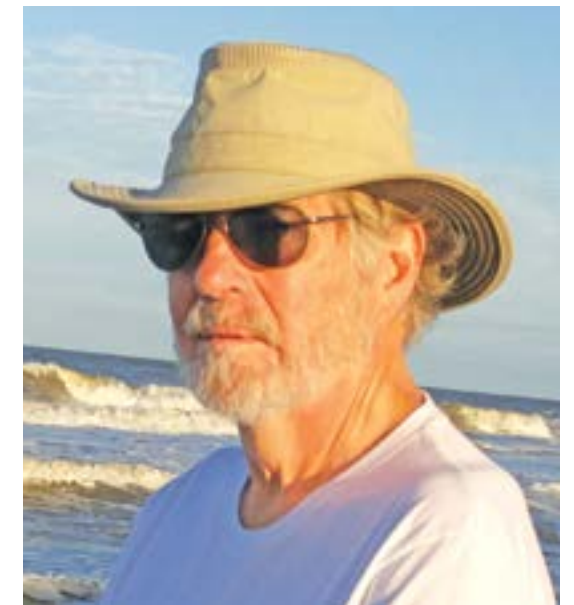
not a fixed place or a condition that is static. It is always moving; it is fluid; it is situational.

Your perspective on peace changes according to life circumstances, such as when there is a crisis, after a loss, after a win, or when there are issues in relationships.

You may carry expectations into your day, getting distracted by things that fit or do not fit expectations, thereby closing down some avenues for peace.

Maintaining faith in your ability to achieve moments of peace is important. Faith allows us to find those moments even when peace makes no contextual sense. In other words, faith allows the opportunity for “the Peace that passes understanding.” One way to achieve peace is to accept that there is much we do not know, and to let go of our old answers.

Almost every language has some kind of a greeting or parting phrase that includes the idea of peace. What does it mean when you say “the peace of the Lord be with you,” or “peace be with you,” or even phrases like “goodbye” or “good morning”? What kind of peace are we wanting for each other when we say these words? When we say “peace be with you,” we are hoping to create



opportunities for peace to be experienced. We may or may not have an idea of what that peace might look like, and the person might or might not have an idea of what peace might look like or taste like or smell like or sound like or feel like as a texture or as an emotion. Our exchange of the hope for peace is an invitation to be available to whatever peace might come each others' way. Perhaps when we wish peace for somebody, we may be wishing something quite different than what peace might be for us. Each of us experiences peace in our own way.

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MAKING SENSE OF INVESTING

The Ubiquitous Bird: Thanksgiving Turkey Traditions

Thanksgiving. One of the most quintessential American holidays. Folks gather around the harvest table, mouths watering in anticipation. They lavish in its vibrant autumn palette — golden squash and glossy red apples, each reflecting the glint of the candelabra’s glittering flames; pumpkin pie like a copper disc sinking deep into the late November sky. Crimson cranberries tumble forth onto a tablecloth that’s practically a family heirloom. The bouquet of fall spices kindles the appetite. A distant relative, intoxicated by holiday cheer (and perhaps too much eggnog), looks over his shoulder with darting eyes and discretely dips a finger into the sweet potato casserole. Scurrying children (no doubt, daydreaming of the impending Christmas season) nab candy corn from a dish when no one is looking. The crisp autumn air invigorates the room and sets even the grumpiest of guests at ease. As the family bow their heads to give thanks for the bounty set out before them, a few sets of eyes remain fixed on the succulent centerpiece of this colorful cornucopia...the Thanksgiving turkey.

Harvest Celebration

Cultures have long celebrated the harvest with a ritual of giving thanks. The “thanksgiving” tradition dates back to the days of the English Reformation nearly five centuries ago. Under Henry VIII, special “Days of Thanksgiving” replaced the multitude of Catholic religious holidays. When things went exceptionally well in the Puritan

The turkey is symbolic. On the shores of the New World all those centuries ago, the Pilgrims were sick and starving, seeking the promise of prosperity. This serves as a reminder that people in our own community go hungry each year.

world, people were called to give thanks on specially dedicated days. When the Pilgrims left England behind to start life anew in the New World, they transported with them their customs of thanksgiving. With their arrival to the Plymouth settlement late in the fall of 1620, the Pilgrims missed the harvest season—they would have to make due with what they had (as well as with what they stole from neighboring Native tribes). The Pilgrims’ first winter was devastating. Anyone who’s ever endured a New England winter knows how bitterly cold it can be, but this one was particularly taxing on both mind and body. By spring, only half of those who had landed on Plymouth’s shores had survived. Naturally, the first successful harvest in the fall of 1621 was accompanied by great thanksgiving and



The First Thanksgiving, 1621

celebration.

The Pilgrims didn’t celebrate Thanksgiving in subsequent years. In fact, for the next two centuries, Thanksgiving was celebrated inconsistently and informally. In the following century, George Washington called for Americans to observe Thanksgiving, but still not for nationalization of the holiday. Fortunately, by the mid 19th century someone took it into their own hands to see this observance dedicated as a national holiday. After reading a personal account of what Pilgrim life was like in the New World, a woman by the name of Sarah Josepha Hale campaigned to formalize Thanksgiving once and for all. Finally, in the wake of great national division President Abraham

Lincoln declared Thanksgiving a national holiday in 1863. At the time, it was celebrated on last the Thursday in November. Today, we celebrate on the fourth Thursday of November, kicking off the winter holiday (and shopping) season.

Today’s Thanksgiving menu — starring the turkey — differs from that of the first Thanksgiving. In his personal journal (lost but then reprinted in 1856), then colonist and future governor William Bradford noted that colonists hunted the wild turkeys that skulked the landscape of the Plymouth area. A similar recollection is provided by Edward Winslow, colonist and author of Mourt’s Relation: A Journal of the Pilgrims at Plymouth, which alludes to the presence

“No citizen of the United States shall refrain from turkey on Thanksgiving Day.”

Alexander Hamilton

of “wild fowl” at the feast. But he doesn’t specifically mention turkey. Given the Plymouth settlement’s proximity to the Atlantic Ocean, it’s far more likely that the Pilgrims supped on shellfish and seafood rather than our feathered friend. And evidence suggests that venison was actually on the menu. Fresh cranberries were more probable than canned cranberry sauce, and pumpkin pie didn’t gain traction until sometime in the 19th century. This is all far off from today’s staples of turkey, stuffing, cranberry sauce, cornbread, casseroles, and pumpkin pie (with a generous dollop of whipped cream). Many of these items were added to the Thanksgiving menu as the holiday evolved.

Even though turkey wasn’t the main course (let alone on the menu) at the first Thanksgiving, Americans remain preoccupied with this flightless bird. When Americans could easily chow down on duck, pork, chicken, beef, or lamb, nearly 90% of them choose this “wild fowl” instead. A few thoughts on this. For starters, turkey is practical. Larger than the average bird, one medium-sized turkey can feed about two average-sized families. Turkey is abundant in the United States. North Carolina ranks



Thanksgiving postcard circa 1900 showing turkey and football player.

among the top six turkey-producing states. Turkey is popular. Depicted frequently in popular culture since the mid 19th century, the turkey has been a favorite character since its debut in Charles Dickens’ *A Christmas Carol* in 1843. The turkey appears in other popular holiday films such as *A Muppet Family Christmas*, *National Lampoon’s Christmas Vacation*, and *A Charlie Brown Thanksgiving*. And twists on traditional turkey recipes are all the rage. With humble beginnings in the American South, deep-fried turkey is sweeping the country.

Symbolism and Tradition

The turkey is symbolic. On the shores of the New World all those centuries ago, the Pilgrims were sick and starving, seeking the promise of prosperity. This serves as a reminder that people in our own community go hungry each year. Local initiatives offer a beacon of hope to these people in need. Serving our community since 2011, Fairview Welcome Table provides nutritious meals each Thursday at no cost (donations of any kind welcome at the door) in order to offset the rising prices of nutritious food

and the growing number of people who go hungry each year. Partnering with other local farms and organizations such as The Lord’s Acre and Harvest Market, each year Fairview Welcome Table offers a Thanksgiving-themed meal on the Thursday prior to the actual holiday. Executive Director and Chair Barbara Trombatore states that turkey is always included on the menu at this feast — in years past, turkey-stuffed crepes, turkey casserole, and pulled turkey barbecue have been featured.

Lastly, turkey is tradition. While it may not have made the final cut for the first Thanksgiving, it’s been a large part of American tradition for centuries. Many past presidents saw it as a unifying force during divisive times, and today they even go so far as to “pardon” one each year. Turkey rode the coattails of crusades to nationalize the Thanksgiving holiday.

Clearly, Thanksgiving traditions ebb, flow, and evolve over time. While turkey may not have been on the Pilgrims’s Thanksgiving platter, it will likely take center stage on millions of American tables this year and in the decades ahead.

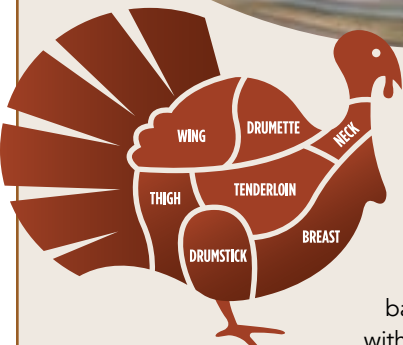
FUN FACTS: The National Thanksgiving Turkey



Minnesota turkey farmer Grady McCulley, far right, presenting a turkey to President Harry S. Truman in 1949. McCulley was the first Minnesota turkey farmer to have this honor and he served as chairman of the National Turkey Federation that year.

- The National Turkey Federation (NTF) first presented the National Thanksgiving Turkey to President Harry S. Truman in 1947.
- This year’s presentation marks the 70th anniversary of a tradition that has continued through 12 successive administrations.
- The annual presentation of the National Thanksgiving Turkey to the president has become a highly anticipated ritual in the nation’s capital, signaling the unofficial beginning of the holiday season and providing the president an opportunity to reflect publicly on the meaning of Thanksgiving.
- Early National Thanksgiving Turkeys were destined for a dinner plate until President George H.W. Bush began the official tradition of pardoning the turkey in 1989.

With any luck, the Minnesota Turkey (and his alternate) this year will serve his duty proudly at the White House.



Preparing the Perfect Turkey

Tradition and memories are key ingredients to the annual holiday dinner. The aromas drifting from the kitchen bring back memories of the days of celebrations with family and friends. Our senses are awak-

ened by these holiday dinners that feature the fragrances of roasted turkey and other holiday foods. Turkey and all the trimmings are the traditional choices for Thanksgiving in the majority of American homes.

Buying and Prepping

Fresh or flash-frozen is personal preference in price and convenience. Flash-frozen to 0 degrees is virtually at the same freshness as the day it was processed. Fresh turkeys are deep chilled after packaging, though with a shorter shelf life, they are usually more expensive.

The slow thaw is best but takes up to six days, depending on weight. Cold water can thaw your turkey in 12 hours, but fresh cold water must be changed every half hour. Or microwave with caution.

Roasting Your Turkey

Whether you try a new recipe or use a traditional one, the questions frequently asked are, “How should I roast the turkey?” “Should the turkey be covered with foil?” “What is the correct temperature to roast a turkey?” “Should I use a cooking bag?” The National Turkey Federation recommends turkey be roasted by the open pan method in a preheated 325°F oven until the internal temperature, as registered on a meat thermometer, reaches 180°F in the thigh or 170°F in the breast. The open pan dry heat cooking method is the easiest and most reliable and results in a juicy, tender, flavorful golden brown turkey. In addition the National Turkey Federation makes the following recommendations when cooking turkey:

- Do not roast the turkey in an oven temperature lower than 325°F. Poultry should be roasted at 325°F or higher to avoid potential food safety problems.
- Do not roast the turkey in a brown paper grocery bag. Present-day grocery bags may be made of recycled materials and are not considered safe for food preparation.
- Do use a meat thermometer to determine the correct degree of doneness.

After the Feast

Refrigerating and freezing turkey is your choice, but refrigerate within two hours, use within four days, or freeze for up to four months. If you buy fresh turkey, you have two days to cook; frozen turkey can keep for 12 months.

—via the National Turkey Federation website (www.eatturkey.com)



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READER'S POV GREG PHILLIPS

Hurricane Vet Can't Avoid the Storm

"You're kidding, right? I can't leave until I prepare for a hurricane? Isn't this Fairview, North Carolina!?" These were my words as I packed for a recent road trip to Mississippi and then Florida for a series of magic programs. I learned there have been at least 12 tropical events in WNC over the last 100 years. The most memorable was Hugo in 1989 which caused \$67 million in damages. Nearly all of Asheville's major floods have been caused by hurricanes.

Hurricane prep is nothing new to me, a vet of Florida's east coast storms. In all that time the family only ran from one. The rest we weathered in our shuttered, concrete block house. But this time, with the prompting of my daughter, I...
• filled the propane tanks. I wasn't the only one! The store I visited had over 100 people filling tanks prior to the storm's arrival.
• hit the local stores with dozens of others, grabbing canned goods, paper goods, bread, and hurricane comfort foods that always get eaten before the storm arrives (Little Debbie's, brownies, Twinkies).
• made sure there was a manual can opener!
• filled the gas cans. I was told there was a definite increase in gas cans being filled — too many, they said, for just lawn mowers.
• got out the 55-gallon drum to fill with clean water. It could be used for drinking or flushing (though my neighbor mentioned we could use creek water for that!)

• brought in all projectiles, including the trampoline, jungle gym, lawn chairs, potted plants, etc.
• and finally, checked my generator, a gift from FEMA when we were without power after a Florida hurricane some years ago. Wouldn't you know it — it wouldn't start!

I determined the fuel valve was not allowing fuel into the engine. The part wasn't available locally, but I found it online. Could it get here before the storm? Unfortunately, I wouldn't know. I had to leave family and friends to do my shows.

As I continued to check in I found the part had arrived just as the power on the mountain had gone out! My sons replaced the part, but it still wouldn't start. That's when I called Nick from Nick's small engine repair. His parents own Mountain Hardware. He's been here since he was born. He stopped in, and five minutes later the generator was working. My family plugged in, turned on, and were able to handle the 12-hour outage.

As I arrived in Florida for the programs after Irma had gone through, I had the privilege of helping with the clean up. I thought moving to the mountains would get me away from these tropical things! Oh, well. It's a Funbelievable life, Fairview edition!

Greg Phillips is a professional speaker, magician and comedian. Contact Greg@GregPhilipsMagic.com or MountainMagicAcademy.com

MAGIC TRICK GREG PHILLIPS



The Boomerang Illusion (also known as the Jastrow Illusion) is an effect based on an optical illusion in which two boomerang shapes appear to shrink and grow while in actual fact they are identical.

Effect: Two identical boomerang-shaped pieces are shown. However when one is stretched, it is shown to have grown larger than the other. When repeated with the other boomerang piece, it is now shown to be bigger!

Prep: Get two pieces of train track (above right) or cut 2 identical boomerangs out of cardboard (above left). Two opposite colors work good for a great visual.

Secret: It works itself. Both are identical in shape and size when placed on top of each other. However, when one is held under the other, the one below always appears to be longer. This means that you can repeat the effect over and over again.

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October Board Meeting Sets Budget, Reviews School Grades

Did you ever attend a Buncombe County School Board meeting or watch a video recording? If so, you may be familiar with these fun facts: Board of Education agendas usually include a Budget Amendment. They almost always include Good News and a Curriculum Feature. We often hear from members of the community during Public Comment. And we often vote on some aspect of a building project.

But the October meeting was a biggie: the curriculum feature focused on the newly released and much-discussed 2016-17 school performance grades, and we approved the full budget for the year.

School Performance Grades

The letter grades that schools are given by the NC Department of Public Instruction are controversial. Public school advocates argue that the grades are misleading, that the grades oversimplify the complicated nature of education, and that they don't accurately represent the success of our public education system. Critics of public education disagree.

As with most of life, the truth probably lies somewhere in the middle. As Associate Superintendent Susanne Swanger pointed out in our meeting, when you look at the school grades for Buncombe County, "You will see some excellent school performance measures and you will also see our disappointments and challenges."

Here are a few key points from the Reynolds District:

- For the overall School Performance grades, our district received mostly Bs and Cs, with one D. The D was Oakley Elementary: although they met expected growth, their achievement score (which makes up 80% of the overall grade) was just below the C level. Unfortunately, research shows that higher levels of poverty in schools correlate closely with lower achievement levels. This reality is reflected in Oakley's challenges.
- All but two schools in our district met or exceeded expected growth. Reynolds High and Bell Elementary did not quite make their growth targets, but Fairview Elementary exceeded growth. All BCS schools

will have a laser-like focus on growth this year. After all, growth means learning. Even though this category only makes up 20% of each school's grade and is based on a limited number of courses, our goal is to help all students learn.

Overall, we were pleased to hear that Buncombe County's graduation rate continues to increase. As Testing Director Steve Earwood pointed out, the graduation rate is the "final measure" of what our public schools are all about. The presentation led to a lively Board discussion of the grading system, with general agreement that the daily successes of our classrooms simply can't be captured in a grading system based on such limited factors.

2017-18 Budget

Because we can't pass a budget until we have official numbers from the state, we are often several months into the school year before we pass a budget. It usually happens in November — but we were a month earlier this year.

Although state and local funds increased over last year, the 2017-18 budget is 3.4 percent lower than last year, due to decreases in federal, capital, and other specific revenue funds. Personnel costs make up 82% of the overall budget, including the second phase of a two-year increase to the local supplement for licensed teachers, thanks to the Buncombe County Commissioners. As Superintendent Tony Baldwin pointed out, this supplement allows our school system to "continue to recruit and retain highly qualified applicants and remain competitive with surrounding school systems."

Budget concerns loom on the horizon for next year. As Dr. Baldwin indicated, House Bill 13 class size restrictions for K-3 are scheduled for 2018-19. While we all agree that smaller classes benefit students, this is an unfunded mandate, and school systems will have to cut funding for vital arts, foreign languages, and PE offerings to fund smaller classes. In addition, we simply do not have the classroom space to accommodate these changes.

No matter how you interpret grades and budget numbers, it is clear that school

November Calendar for Reynolds Schools

Please spread the word! Cane Creek is seeking a PT bus driver. CDL required.

THURS, NOV 2	Cane Creek Fall Chorus Concert 7 pm
FRI, NOV 3	Reynolds High Blood Drive starting at 8:30 am
TUES, NOV 7	All County Chorus, First Baptist Church 7 pm
THURS-SAT, NOV 9-11	Reynolds High Fall Productions Show 7 pm
FRI, NOV 10	Schools closed in observance of Veterans Day
THURS, NOV 16	Fairview Elementary Spirit Night, Nachos & Beer 5-9 pm (10% of proceeds go to FES)
TUES, NOV 21	Fairview Elementary PTA parent social 8 pm
WEDS-FRI NOV 22-24	Thanksgiving holidays
TUES, NOV 28	All County Band 7 pm (location TBA)

performance and school funding are inextricably linked. Public education is the foundation of our democracy. And if we want our schools to be successful, we must ensure they receive adequate resources.

Reynolds Rock Stars

Carol Buckner, Head Secretary at Oakley Elementary, was recognized at the Board meeting for 50 years of service. What a milestone! And Reynolds High School's own Beth Love was recently recognized as Teacher of the Year for all of Buncombe County Schools. She will go on to compete

at the regional level. Love is also a Reynolds High graduate. We couldn't be more proud of her commitment, passion, and talent. Congratulations to these Reynolds Rock Stars!

Find details of School Board meetings at www.BuncombeSchools.org.



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Contact: cindy.mcmahon@bcsemail.edu.

Preschoolers Enjoy Orchard, Farm Visits



Trinity of Fairview Preschool's 4-year-old class (above) had their first field trip to Stepp's Hillcrest Orchard. They learned about apples and pumpkins, made their way through a corn maze, took a walk through a pumpkin patch, rode on a wagon through the orchard to pick apples, and tasted the yummy apples and cider! It was a fun-filled morning and the weather was perfect!

Call 828-628-1188 ext. 208 or email weekdaykids@trinityoffairview.org for more information about their preschool program.

Fairview Preschool students visited Hickory Nut Gap Farm (right). Several times each year, students and family members take fun, educational field trips.

Find out more at Fairview Preschool on their Facebook page or at fairviewpreschool.org.



STUDENT OF THE MONTH

Hannah Lancaster

The A.C. Reynolds Student of the Month is Hannah Lancaster. She was nominated by Eva Lewit, one of the school counselors, who said, "Hannah is a model human. Her resume is extensive and she is passionate about helping special needs students. She is kind, respectful and humble."

When asked what Rocket Pride meant to her, Hannah said, "It means having the integrity to do the right thing when no one is watching, the motivation to be the best you can be, the maturity to grow from failure, and the humility to remaining teachable, regardless of how many times you succeed. Rocket Pride doesn't have a thing to do with test scores or GPA. It has to do with development of character, knowledge, and experiences with an eagerness to learn and impact your community."

When the Crier asked about her fondest high school memory (so far), Hannah wrote: "[It was] a chorale trip to New York City in April 2016. Mr. Haynie is a phenomenal choral director who makes a very intentional effort to connect his students to music in every way possible. He often tells the story behind each piece of literature rehearsed, giving historical context of the time period and lifestyles and hardships of those who likely would have performed the piece. So, performing in his ensemble, I learned to empathize with music lovers from all around the world who lived hundreds of years before me. I felt overwhelmed, hearing months of our hard work echo off the floors, walls, and seemingly sky-high ceilings of breathtaking cathedrals in NYC."

The Crier congratulates Hannah and wishes her much luck in the future!





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Garren Creek Fire Department Dinner

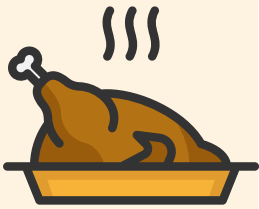
The Fire Department will hold its annual Turkey Dinner on Saturday, November 4, from 5:30 - 7 pm. Everyone is welcome and donations are accepted. This event is a fundraiser for the Auxiliary, which supports fire fighters and rescue workers. Please join us for good home-cooked food at the main station (10 Flat Creek Road, at the corner of Flat Creek and Old Fort/Chestnut Hill Roads). Contact Elizabeth Simmonds at 669-2846 or 230-3986 (cell).

UNGCC Annual Thanksgiving Community Meal

Upper Hickory Nut Gorge Community Club's Thanksgiving meal is Tuesday, November 21, 6:30 pm. Highway 74 in Gerton. Turkey and dressing will be provided; guests are asked to please bring sides.

Bethany Church Supper

Bethany United Methodist Church, at 212 Bethany Church Road, will host a Community Thanksgiving Meal on Saturday, November 18 at 5:30 pm. Everything will be provided by the church. Please join us in giving thanks for all the blessings we have received. Call 684-4338 for further information.



Angels of Fairview's 10th Annual Holiday Meal Drive

Tax deductible donations accepted through Dec. 20
Checks made payable to Angels of Fairview P.O. Box 94 Fairview, NC 28730
\$50 secures a complete prepared meal for a family of 4 - 6 people. (Meal includes 10- to 12-pound turkey, two side dishes, rolls and a dessert.)
Angels of Fairview is a 501-3c non-profit group of community members who want to make a difference. Families in need are identified by the counseling departments at Fairview and Cane Creek schools. In addition to providing holiday meals at Thanksgiving and Christmas, we have also assisted families in need with power bills, car repairs, eyeglasses and clothing. We have provided gas and restaurant cards to families with a loved one in the hospital. Several victims of house fires have benefited from our assistance.
Our endeavors are funded by the generous donations of this community. From our family to yours, thank you for your continued support of The Angels of Fairview and more importantly our community! Contact Ron Gortney at 775-7750 or Laura Booth at 216-6002 with any questions.

Stitching Group Has New Name, Seeks New Members

Stitches of Love is a group of talented people who have created and donated over 20,000 handmade articles to local charities in the past 10 years. Formerly known as the WNC Knitters and Crocheters for Others - Arden, the group wants to create and donate hand-sewn articles such as quilts, fleece blankets, fleece hats and scarves and lap robes along with our knitted and crocheted items. Their next monthly meeting will be November 13 at New Hope Presbyterian Church, 3070 Sweeten Creek Road, from 7 - 9 pm. All skill levels are welcome. Contact Janet Stewart, 575-9195.



Donating Blankets for Children

Project Linus, a non-profit organization headquartered in Kansas City, has donated 5,000 handmade blankets for Hurricane Harvey relief efforts in Texas. The local chapter contributed 100 blankets for this outreach. Project Linus donates blankets to children in crisis, providing a sense of security and warmth. Over the past decade the WNC Chapter has donated over 63,500 blankets in 12 local counties. Contact Ellen Knoefel at 645-8800 or gknoefel@charter.net.

Jane Anne Colle Armstrong



Jane Anne Colle Armstrong, 1925-2017

Jane Anne Colle Armstrong, 92, of Asheville, NC, passed away peacefully at Givens Estates Health Center in Asheville, surrounded by her loving family.
Mrs. Armstrong was born on April 7, 1925, in North Adams, MA, to the late Carl Colle and Mary Cook Colle. She attended First Baptist Church of Asheville where she loved to worship. Mrs. Armstrong was a retired physical education teacher. She taught for many years in Palm Beach County, FL, where she also owned and operated a nursery in Lake Worth. She was a very active lady who enjoyed playing bridge seven days a week.
Mrs. Armstrong was a lover of animals, enjoyed cooking for family gatherings, grew beautiful flower gardens, and had fun traveling and camping. Most of all, she loved and adored her children, grandchildren, and great-grandchildren.
In addition to her parents, she is also preceded in death by her husband, Robert; a son Mark Armstrong; and a brother, Carl Colle, Jr.
Surviving Mrs. Armstrong are her son, Steve Armstrong, of Fletcher; a daughter-in-law, Kathy Armstrong, of Fairview; a brother, Royal (Susana) Colle, of Ithaca, NY; granddaughters Amanda Armstrong, of Fairview, Wendy Armstrong of Asheville, Sarah Armstrong, of Fairview, and Kristine Armstrong, of Houston, TX; great-grandchildren Benjamin Long and Easton Duke, both of Houston, TX, and Braylon Armstrong, of Asheville.
Memorialization will be by cremation and no services are planned at this time. Memorials for Mrs. Armstrong may be made to Brother Wolf Animal Rescue. Kirksey Funeral Home is honored to be assisting the Armstrong family with arrangements.

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a. Jinx is a 10-year-old, 28-pound Pug/Boston Terrier mix. He gets stressed in our adoption center and sometimes barks at strangers. Once in a quiet setting, he is a completely different dog! *Asheville Humane Society*

b. Becker is a 6-year-old who would make a great indoor/outdoor kitty, as he spent much of his life outside and knows the ropes. He gets along with female cats and likes attention, but also likes his independence. *Asheville Humane Society*

c. Bubbles is a social pig who loves belly rubs. She's content outdoors as long as there's some shade, mud, and shelter. Although her favorite thing is food, she's on a diet! Contact clatrer@aol.com for more info. *Brother Wolf*

d. Brie is a deaf, 1-year old Catahoula mix. She loves people but needs to be an only-dog as she's very protective of her family. She's a real outdoorsy and fun-loving girl! *Charlie's Angels*

e. Tiger is a sweet, handsome 3-year-old guinea pig. Contact ecochristian@yahoo.com. *Brother Wolf*

f. Molly is a 5-year-old female Shepherd/Golden mix. She has a very sweet disposition. She enjoys playing with the other dogs in the New Leash on Life program. *Animal Haven*

g. Lucy is a three-year-old Poodle/Shitzu mix, very sweet, and great with cats. She's good with other dogs but may be the alpha. She was a shelter pup and will require regular grooming. *Animal Haven*

h. Samantha is a loving Tortoise Shell kitty born on May 10. She loves to cuddle and play and is good with other cats and with dogs. *Charlie's Angels*

i. Valentine is a stunning, 8-year-old medium-haired cat. *Brother Wolf*

j. Harvey is a male all-American mix. He's a very sweet 5-year-old, weighs 48 pounds, and enjoys the New Leash on Life program. *Animal Haven*

k. Slinky and **Noodle** are bonded, 2-year-old female ferrets who must be adopted together. They're smart, sweet, and gentle, and use their litterboxes. They're very inquisitive and like other animals. *Brother Wolf*

l. Jax is a 1-1/2-year-old neutered male Retriever mix. He weighs about 40 pounds and is enrolled in the New Leash on Life program, where he can channel some of his energy for proper training. *Animal Haven*

m. Rosa is a sweetheart who loves car rides, snuggling, and belly rubs. She needs to be in a home as the only pet, and with children who are older than 6. *Brother Wolf*

n. Trey is an adorable 9-month-old bunny. Contact naatalianstanley@gmail.com to learn more. *Brother Wolf*



Local Animal Shelters and Rescue Organizations

Animal Haven of Asheville
299-1635
animalhaven.org

Asheville Humane Society
761-2001
ashevillehumane.org

Brother Wolf Animal Rescue
885-3647
bwar.org

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

YOUR PET DEAN HUTSELL

Veterinarians and the Military

So you want to be a veterinarian? Most people grow up enjoying the joys of a puppy and the warmth of a kitten.

These early relationships with furry family members lead to the thought of becoming a doctor for animals, but school changes that childhood dream for many. Science-based curriculums are not for everyone, even those who really want to make that dream come true. Thus the love for animals shifts to always having a furry pet and letting the dream pass to those who thrive on science courses and long school hours. And there is also the cost of paying for the degree, which limits many from achieving their goal.

While there are many areas of animal care and medicine that a veterinary degree can lead into, the military route is one to consider. The US Army employs hundreds of veterinarians and even more veterinary nurses. You can serve animals and your country at the same time. The US Army Veterinary Corps has been in place for over 100 years. The Department of Defense employs nearly 900 veterinarians in all branches of the military. In addition, there are several thousand food inspection specialists, animal care specialists, and civilian employees who help comprise the US Army Veterinary Corps.



US Army veterinarians provide medical care for working military canines, enlisted soldiers' pets, and food inspection services, and they assist human physicians in zoonotic (animal to man and man to animal) disease prevention.

Army veterinarians are not exempted from the Army's physical fitness standards and they must meet those as well as passing all medical tests. Many

are required to move as often as every two to three years and sometimes endure deployments from families for up to a year.

Young, adventure-bound veterinarians or veterinary technicians may find that joining the military can be rewarding due to the options to relocate and see the world. The Army can and does absorb the cost of the education but expects a minimum of three years of active duty. Becoming a member of the Army reserve program can assist with veterinary debt as well.

The US Army provides an alternative lifestyle for the veterinary student and even the veterinary graduate. While there are exacting requirements for the US Army Veterinary Corps, the benefits of an enlisted veterinarian are something to consider.

Dean Hutsell is a doctor of veterinary medicine at Fairview Animal Hospital.

COMPUTER BYTES BILL SCOBIE

Top Computer Tips for November

If you still use Windows Vista or XP and have been relying on Firefox as your up-to-date web browser, Mozilla has announced that Firefox will no longer be supported and fixed, as Microsoft stopped supporting Vista this past April.

Small Scanner

Using your smartphone as a scanner is rather easy now with free apps available from Microsoft, Evernote, Adobe, and others. If you are tied in with Microsoft Office, find Office Lens in your phone's app store and learn how you can scan business cards, receipts, and even whiteboards, and save them to your OneDrive so you can access them on your other devices. Evernote has Scannable for iOS, while Adobe has Adobe Scan. Other products that people like include Genius Scan and Scanbot. And look at Scanner Pro if you need to scan text in other languages.

Separate Worlds

If you would like to keep your online personas separate in Firefox when you have multiple accounts on a particular website, such as different Amazon accounts, download Firefox's add-on called "Firefox Multi-Account Containers." Translated into English, this means you can have a container for "play," for example, whose cookies won't be available to your "work" container. This way you don't have to rely on using a handful of different web browsers to keep your play separate from your work.

Don't Play

Chrome, Google's web browser, will finally start preventing sites from auto-starting videos. Google engineers promise this as a feature by the beginning of 2018. In the meantime, see if a quick tap on the space bar halts the video.

Chrome: Speed and Secrecy

Tab-heavy Chrome users sometimes find that, if one of their tabs stops responding, it slows down the whole browser. If you can click on those three vertical dots in the upper right corner of the browser, then highlight More Tools, then highlight and click on Task Manager, you will see a list of your open tabs, extensions, etc. Click on the offending site's tab, then click on the End Process button in the lower right of this window. This lets you avoid force-quitting all of Chrome.

Private or incognito mode can be a helpful way to, among other things, check for website price differences based on your browsing. You can start a private or incognito window using the File menu or the three bars or three dots icon in the upper right of your browser. Just remember, private browsing does not hide your web traffic from your Internet Service Provider (ISP).



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Local Collectors Are Always on the Hunt — and Having Fun Doing It

Working at New Moon Marketplace is fun because I get to meet lots of people. You never know who might walk through the door. But it's people who are collectors. And they love to talk about their collections. I can sympathize because I usually have about five to six collections going on at all times. I love to hear why someone collects, what it is that they collect, and to what lengths they will go to find what they are looking for! A lot of times, a customer will tell me right up front that they are on a quest for a certain treasure. They find the hunt exciting. Some collectors are more laid back and like to look and see what's out there. I enjoy observing this behavior. People get excited, and for me that's fun to see.

Growing Collections

One of my favorite customers is Glenda. She's a local 80-something grandmother who loves to collect. She gets tickled when she finds an item that she can add to one of her many collections. She likes to look for spoons from around the world. She started this compilation when her grandson, who travels extensively, started bringing back a spoon for her from each place he visited. She will tell you straight up that these spoons have no real monetary value. She just loves to collect for fun. It makes her happy. She was delighted to find a wooden spoon holder here at the shop; she says they're getting harder to find these days. Good to know! Next time I see a wooden spoon holder at a flea market, I will probably buy it.

And then there is Pete, my husband. He

cannot get enough of old advertising signs. Our house and barn inside and out are covered in signs. Feed signs, oil signs, automotive, soda, ice cream... you name it. He is an avid collector. I have watched him become quite an experienced collector over the years. He has bought and sold some of the rustiest signs I have ever seen. The more bullet holes, the better! Some signs he keeps forever, and some he just keeps for a little while then barter, trades or sells for another sign.

Market Value

He learns the value of signs through research and experience. The colors and the graphics on the signs are vivid and some have characters that are irresistible. The market value of signs fluctuates from year to year depending on the brand and subject matter. Some signs can be worth a

lot of money and will appreciate over time. Some hold a special sentimental value for the owner and that can also determine their worth.

Since moving to Fairview from Florida, Debbie Smith, who is an associate here at New Moon, has transitioned from a mostly tropical collection to love of anything with bears, deer, moose, chickens and roosters. Since moving to the mountains, she has just fallen in love with North Carolina wildlife. She has yet to see her first live bear but has accumulated lots of happy- and scary-looking bears into her own wildlife collection. I am rooting for Debbie to see a real mama bear and cubs from a safe distance. She will be thrilled!

Nita Owenby, my business partner here at New Moon Marketplace, collects all things Coca Cola. The first time I met Nita was in her storage unit, which was packed with Coca Cola stuff. It is an impressive collection. Coke stuff is fun to collect because it is so nostalgic. When displayed in a collection, the colors and the advertising is really top notch. The old Coca Cola displays and signs take you back to a time when Coke was refreshing and simple... back before we knew about high fructose corn syrup. Those were the days!

In the Jungle

Through the years, my collection has fluctuated and I like to change it up all the time.



Ella Pearl (aka "Shop Baby") is delighted by sad trolls and giant cuddly puppies.

A lot of times, a customer will tell me right up front that they are on a quest for a certain treasure. They find the hunt exciting. Some collectors are more laid back and like to look and see what's out there.

Right now, I am really into leather jungle animals from the 1970s that have teeth and whiskers, and are covered in real leather. I love how vicious all these little creatures look. I have about eight little leather animals right now. I plan to display them in a glass case once I get a certain number of creatures. I like to hit yard sales, flea markets, travel to different towns and shop the antique and vintage stores, New Moon (of course!) and ScreenDoor in Asheville. Some might call it hoarding, but I call it collecting!

Amy Spedden is the owner of New Moon Marketplace, 1508 Charlotte Highway.




Amy Spedden's collection du jour



Peter Spedden, pictured with one of his all-time favorite signs. Note that he only wears the Gulf t-shirt on special occasions.



A small part of Nita Owenby's Coca Cola collection



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During Holidays, Be Extra Vigilant About Protecting Financial Data


To help achieve your long-term goals, such as a comfortable retirement, you should save and invest regularly. But that’s only part of the picture. You also need to protect your financial assets in various ways. One such method is guarding your personal information – especially any information that could be linked to your financial accounts. It’s obviously important to be vigilant at any time, but you need to be even more on your toes during the holiday season, when fraudsters are particularly active.

So, to help keep your important data under wraps during the holidays, consider these suggestions:

- Extend your protection to all mobile devices. Identity thieves can now compromise your mobile devices by installing spyware that steals usernames, passwords and credit card information. Fortunately, you can fight back. By doing a little research online, you can find the best mobile security software for your needs.
- Use multiple passwords. Online security specialists recommend that you use different passwords for each new online shopping site you visit during the holiday season. Although this might seem like a hassle, it can be helpful, because even if identity thieves were to grab one of your new passwords, they still couldn’t use it for other sites you may visit. And you can even find a free online program that can help you keep track of all your passwords.
- Be suspicious of “huge savings.” It happens every holiday season – identity thieves develop fake sites with attractive graphics and stunningly low prices on a variety of items, especially digital devices. If you fall for these pitches, you won’t get any merchandise, but you might get a handful of headaches once the bad guys have your credit card number and other personal information. To prevent this, be wary of any deal that sounds too good to be true, and do some digging on the websites that offer these mega-savings.
- Watch for fake shipping notices. During the holidays, when you may do a lot of online shopping, you will probably receive some legitimate shipping notices. But the bad guys have gotten pretty good at generating fake notices designed to resemble those from UPS, FedEx and even the U.S. Postal Service. If you were to click on the link provided by one of these bogus notices, you could either take on some malware or get taken to a “phishing” website created by the shipping notice forgers. Your best defense: Only shop with legitimate merchants and only use the tracking numbers given to you in the email you received immediately after making your purchases.
- Keep your Social Security number to yourself. As a general rule, don’t give out your Social Security number online — to anyone. No legitimate retailer needs this number.

Finally, be aware that not all attempts at stealing your personal information will come online. When you’re out shopping at old-fashioned, brick-and-mortar stores, consider bringing just one credit card with you — and protect that card from prying eyes.

By following these precautions, you should be able to greatly reduce the risk of being victimized by identity thieves and other miscreants. And the more comfortable you are in doing your holiday shopping, the more you can enjoy the season.

 This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, contact 628-1546 or stephen.herbert@edwardjones.com.

SEPTEMBER FAIRVIEW REAL ESTATE STATISTICS				
		Max \$	Lowest \$	Average \$
Homes Listed	9	3,300,000	213,900	812,978
Homes Sold	12	1,600,000	129,000	453,558
Land Listed	8	150,000	42,000	67,313
Land Sold	5	240,000	39,500	84,700

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.

Gerrymandering and Judges

As I wrote to you all last month, special sessions in Raleigh bear a close eye. They lend themselves to legislative maneuverings to bring forward controversial bills with little debate or notice. Voters, interest groups and legislators are often surprised and have to scramble to understand the intentions of the bills. Meaningful debate occurs only in the caucus of the majority party, which is held in private. As many voters have discovered, North Carolina has been the victim of severe gerrymandering. We are still litigating districts drawn in 2011, costing large sums of taxpayer-funded legal fees.

Judges have thrown out Congressional and NC House and Senate districts on the grounds of “racial” gerrymandering. In an earlier special session, new districts were drawn. The court has yet to rule on whether these new maps will be accepted for the 2018 election cycle. The judges did ask that a list of “Special Masters” be submitted, whose task would be to draw the maps on behalf of the court. In any event, no districts west of Charlotte are likely to be changed.

There is a larger question hanging over these maps, however. The US Supreme Court is considering whether or not the time has come to limit “partisan” gerrymandering in a case out of Wisconsin. Can state lawmakers continue to draw maps that benefit the political party in power? What has changed is the ability of computer programs and “Big Data” to create extreme voting districts where politicians choose their voters rather than the other way around. North Carolina is a “purple” state, almost evenly divided between Democrats and Republicans. And yet our state sends 10 Republicans and three Democrats to the US House, and the Republicans hold a “supermajority” in both the House and Senate in Raleigh.

Just last week, “partisan” gerrymandering was on trial in Greensboro in another important case: Common Cause vs. Rucho. Common Cause is an interest group fighting for fair elections in general and an end to the gerrymander in particular. Senator Bob Rucho helped to create the districts in question, and is now retired from the General Assembly. This court case is another attempt to overthrow partisan districts in North Carolina. It should be noted that HB 200, a bill with bipartisan support, would set up a nonpartisan method of drawing districts, but it has never been voted on.

And out of frustration with so many court decisions overthrowing not only voting laws, but many other bills, the General Assembly has taken aim at the North Carolina judicial system. As one of the three pillars of the separation of powers, our court system must remain independent and non-partisan in its relationship to the legislative branch. The judicial system must resist political influences in making decisions and render reasoned and impartial decisions. Let me go through some of the bills relating to our court system.

In a surprise announcement, we were called back to Raleigh on October 17 for one vote, an override of a bill vetoed by Gov. Cooper. The bill actually had some parts I liked (reducing primary winning percents from 40% to 30% and making it easier for smaller parties to list their candidates). But at the last minute, a provision was added to eliminate all judicial primaries for 2018.

HB 717 set up new judicial districts across the state. Buncombe County has been divided into two districts, and is basically a gerrymander. There has been an uproar across the state against this bill, in large part because of the process. I recently received a Resolution from the 28th Judicial District Bar, stating that the Legislature should “... be respectful of historical geographical boundaries when deciding whether to split Buncombe County into two judicial districts and that the North Carolina Legislature hold over voting on this matter until the next session to allow all stakeholders time to review and provide input on these important decisions.” At this point, HB 717 has passed the House but not the Senate.


During our regular Session, two more judicial laws were passed. One would make judicial races partisan (candidates would have D’s and R’s next to their names). North Carolina would be the first state since 1921 to change to a partisan election for judges.

A second law reduced the number on the Court of Appeals from 15 to 12, preventing the governor from making three appointments to replace judges who are retiring.

Furthermore, judges used to be able to partially fund their campaigns with public funding, minimizing special interest money affecting our courts. That funding ended, and the year afterward over \$6 million was spent on a NC Supreme Court election.

Just after our vote on the override, another bill was filed to amend the state constitution to require all judges to run every two years. (Our current Supreme Court terms are eight years.) Bob Orr, a former justice of the Supreme Court and a prominent Republican, was quoted in the *Charlotte Observer*, that this move is a “...continued effort to try and intimidate the judiciary. It’s just wrong.”

Finally, there is a move to take voting for judges away from the people altogether, and allow the legislators to appoint them. That plan would be the ultimate breakdown of the separation of powers in our state. There is an argument to be made for merit selection of judges, but only if every effort is made to remove politics from the process. Thank you for allowing me to serve you in Raleigh.

 Rep. John Ager, District 115 North Carolina House of Representatives

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Entertainment Company Makes Fairview Home

Mark Rountree has provided entertainment and event services in San Francisco, Pittsburgh and New Orleans, but he and his company call Fairview home now. “After coming here for years, we were impressed with the area and the people to the extent that we decided [it] would be a beneficial relocation,” he said. Audio, video, lighting, music, large-screen projections, live feeds, theme parties – you name it and Mark’s done it. “From PowerPoints to parties, it’s an industry in which there is no typical day,” he said.

Most of Rountree’s clients are on the East Coast or in the Gulf South, so the Fairview location makes sense. And because the Asheville area has such a good, sociable business community, there’s work here too. Mark’s done numerous shows for WNC country clubs, colleges, and private parties. “This is a special community,” he said. “We’re committed to being a part of [it] and giving back.” If you’ve got some entertainment needs, contact Mark at 412-656-4792 or rountreeproductions@gmail.com.



Church Members Lose Weight, Get Healthy



Members of the Fairview Seventh-Day Adventist church recently completed their third annual Daniel Fast. This diet is based on the biblical Book of Daniel and usually lasts from 10 to 21 days. The program was held from September 5 - 30 at the church on Cane Creek Circle.

Participants received support from the volunteer staff, including easy-to-follow recipes, cooking demonstrations and health lectures by physicians. At every meeting, meals were served so that people came right from work. Park Ridge Health Wellness on Wheels provided pre- and post-program health screenings for free. “People are hesitant to jump into this program because they imagine the diet will be too difficult to follow,” one volunteer said. “But once they are in, they almost automatically float through the program.” Another participant, the “biggest loser” at just over 14 pounds, said, “I learned to give up eating after 6:30 pm. That was revolutionary to me. With this diet, I was never hungry although I ate smaller portions. It was a miracle.”

Dr. Hongjae Kim, an internal medicine physician at Park Ridge Health, who served as medical director, said, “The clinical results of this community-based lifestyle modification program are comparable to residential programs. While they typically charge about \$8,000, our fee is only \$40 ... because our program is 100 percent run by volunteers.” Dr. Kim can be reached at 577-5723.

BUSINESS SHORTS

The old stone building on the corner opposite Food Lion (1349 Charlotte Highway) has been renovated and now has offices to rent in addition to storage facilities. Plus there’s a new (temporary) **Consignment Shop** open Tuesday and Thursday 12-6pm and Saturday 9am–1pm. They accept (and sell) clothing for women and children, shoes, purses, jewelry, perfume, etc. Stop by an say “Hey” to Heidi.

A Touch of Grey Tattoos is up and running and owner Erica Canady is busy creating some unique, bold color statements on new skin. The elegant studio is open Tuesday–Saturday 12–8 or 9pm at 911 Charlotte Highway in Fairview (next to Smokey & The Pig), 338-0465. Check out some of her designs on the new website touchofgreytattoos.com.

You’re probably aware that **Mountain Mojo** has a new owner, Devin Walsh, and the place is hopping — open 7 days a week — Monday–Friday 7am–5pm and Saturday and Sunday, 8am–3pm. There will be a new baker/barista soon as Alix is heading West but you can still look for great coffees, sweets, and savories. Located at 381 Old Charlotte Highway at the top of Mine Hole Gap in Fairview, [Facebook.com/mojofairview](https://www.facebook.com/mojofairview), 338-0550.

Smokey & The Pig is squealing! They opened late October and they are slammed. Tim Brewer said they will be tweaking the menu a bit and they will not be open on Sundays. Ribs will be available starting in November Thursday, Friday, and Saturday. Call ahead for large orders or catering. Smokey & The Pig is at 1299 Charlotte Highway in Fairview, open 11 am–7pm, 242-1624.

Mark Fox informs us that Western Carolina Physical Therapy and the Asheville Balance & Vestibular Center are now called **AVORA**. The new name came as part of a re-branding effort to bring consistency and an easier name for the company’s three locations (East Asheville, Black Mountain and Asheville).



Welcome New Members

- Marc Czarnecki of Asheville SCORE

The Fairview Business Association has grown and evolved over the many years since it was founded. We’ve taken a turn at different business projects, like doing a trade show, having a coffee “Meet & Greet,” etc., and what we’ve found is that networking and socializing with local business folks works best for actually bringing new customers to our members. When folks can put a face to the name, they remember you. And our community is made up mostly of people who want to support each other and they will choose a neighbor business before a “Yellow Pages” business every time. And that’s the value of attending a meeting now and then. We have them on different days and even different times, so to get the most for your membership, you should pop in once in a while and let everyone recognize your face and get to know you and what you do.

November's Member Meeting

The next member meeting will be at **The Hub of Fairview on Monday, November 13, 6 pm**. The Hub is located in the Fairview Business Park (Americare Pharmacy) at 1185 Charlotte Highway. This meeting will be hosted by several members whose businesses don’t lend themselves to larger meetings. We’ll also discuss some changes in officers and welcome new energy for committee heads such as Hospitality,

Social Media, Bulletin Board, etc. And of course, our upcoming annual holiday party at Highland Brewing on December 4 will be discussed as well. Anyone with entertainment suggestions for a small 2 - 3 piece band please email faa.president@gmail.com.

NEW MEMBERSHIP SPECIAL
Join now and get the rest of 2017 plus 2018 membership, all for \$60!

What you get when you join the FBA:

- Your \$60 yearly membership includes:
- Listing in the Directory at right printed every month in the *Town Crier*.
 - Displaying business cards on the bulletin board outside of the Fairview Post Office.
 - Listing on fairviewbusiness.com (logo, photo and link to email and/or website).
 - Networking events throughout the year.
 - Opportunity to host a member meeting.

Visit fairviewbusiness.com to join online via Pay Pal or your credit card. 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 also mail your \$60 check payable to FBA to Fairview Business Association, PO Box 2251, Fairview, NC 28730 or drop it by the The Hub/Town Crier’s office at 1185-G Charlotte Highway, Monday–Friday, 10am – 5:30pm (cash/check only). A fourth option is to join at a members’ meeting.



Whistle Hop Brewery was a very well attended meeting in October. Above members got a tour of the actual brewery. At right, aerial shot of members enjoying some beverages. Photo by Michael Trufant.

The FBA Holiday Party

Every December, FBA members get to enjoy a social event to celebrate the end of a year’s hard work. In early days, these events were held in our community but as membership grew to over 100, we had to find a larger venue and that was Highland Brewing, just past Reynolds. The food will be catered by Barbara Trombatore this year, the amazing director/chef who feeds a hot and cold healthy lunch to hundreds of folks every week at The Welcome Table. Quite a few of our members got to enjoy her cooking first hand at last month’s meeting. Menu will include some vegetarian/gluten-free options as always. Highland runs the cash bar, which features beer, wine and soft drinks. Live

music will provide the backdrop for good conversation and dancing after dinner. In the past, members have brought dessert items to fill the goodie table but this hasn’t been decided yet. We are a group of volunteers and we don’t want the party to be a burden to a few so... can you help? Highland and the caterer do most of the work but we need a few volunteers to help with set up, decorating, check in, donation and dessert tables (if we have these) and break down. Some decisions have yet to be made so if you can help at the event, join the Party Planning Group and throw in your ideas. For info, please email faa.president@gmail.com or call Sandie at 628-1422.

KEEP IT LOCAL with FBA Members

Accounting/Bookkeeping	Ray’s Landscapes..... 628-3309
My Office Wizard..... 242-0390	Landscaping/Excavating/Nurseries CONT’D
Artists/Artisans	The Garden Spot..... 691-0164
Mountain Glass Werks..... 424-1077	Legal Services
Silverpoem Studio..... 782-7984	Legal Shield..... 606.6442
Auto/Truck Sales	Markets Farm Stores CSAs
High Country Truck & Van..... 222-2308	Cane Creek Asparagus & Co..... 628-1601
Financial Planning/Mortgages	Flying Cloud Farm..... 768-3348
Union Home Mortgage Bankers..... 243-4687	Hickory Nut Gap Farm..... 628-1027
Edward Jones..... 628-1546	Silas’ Produce..... 691-9663
Building/Maintenance Services	Troyer’s Amish Blatz..... 280-2381
AA Diamond Tile..... 450-3900	Medical Services
All Seasons Heating & AC..... 651-9998	Anger Management/Therapist
Balken Roofing..... 628-0390	on Call/Maggi Zadek..... 628-2275
Cane Creek Concrete..... 230-3022	Apex Brain Center..... 681-0350
Daylight Asheville..... 778-0279	Fairview Chiropractic Center..... 628-7800
Vintage Remodeling..... 628-1988	Flesher’s Fairview Health Care..... 628-2800
Business Services	Skyland Family Rehab Center..... 277-5763
Asheville SCORE..... 367-7570	Avora Health..... 505-2664
Crunch Media..... 384-2330	Monuments
OMH Solutions (Wellness)..... 214-7827	Martin Monuments..... 298-8282
PostNet of Central Asheville..... 298-1211	Newspaper
The Hub of Fairview..... 628-1422	Fairview Town Crier..... 628-2211
Cleaning Services	Non-profits
Cinderella Cleaning Service..... 713-2798	Food for Fairview..... 628-4322
Rainbow International..... 333-6996	The Lord’s Acre
Steam Master Carpet & Upholstery Cleaners..... 628-9495	Hunger Garden..... 628-3688
Computer Services	Pest Removal
MacWorks..... 777-8639	Bugtec LLC..... 777-1577
Scobie.Net..... 628-2354	Pet Services & Supplies
Contractors/Builders	3 Bs Inn – Bed, Breakfast
Appalachian Log Homes..... 628-3085	& Biscuits..... 625-4926
Asheville Contracting..... 785-8788	Elena the Groomer..... 628-4375
Bostic Builders..... 606-6122	Fairview Kennels..... 628-1997
Cool Mountain Construction..... 778-2742	Little Friends Pet Sitting..... 808-4350
Moose Ridge Design & Const..... 777-6466	Pharmacy
Richard Killian Construction..... 775-3039	Americare Pharmacy..... 628-3121
Dance Lessons/Events	Photography Services
Dance For Life..... 505-1678	Highlander Unmanned
Education/Instruction	Drone Services..... 777-0719
Advanced Education	Real Estate Sales
Tutoring Center..... 628-2232	Allen-Burton Team..... 329-8400
Fairview Preschool..... 338-2073	Terri Balog, Keller-Williams..... 702-9797
Rising Star Magic/Comedy/Motivational Speaker..... 321-626-2622	Sandy Blair, Realtor/Broker..... 768-4585
Mighty Oaks Montessori School..... 338-0264	Cool Mountain Realty..... 628-3088
Emporium/Flea Market/Gift Shop	Lynelle Flowers, Exit Realty..... 337-3077
New Moon Marketplace..... 222-2289	Greybeard Realty..... 778-2630
The Hub of Fairview..... 628-1422	Nina Kis, Keller-Williams..... 242-8029
Equipment Rental & Repair Services	Justin Purnell, Town & Mountain Realty..... 551-3542
Carolina Equipment Rental..... 628-3004	Restaurants Breweries Distilleries
Ed’s Small Engine Repair..... 778-0496	Brewskies..... 628-9198
Eyecare Center	Fairview Pizza..... 338-5039
Elite Eye Care..... 687-7500	H&H Distillery..... 338-9779
Flooring – Retail and Commercial	Mountain Mojo..... 333-1776
CC Flooring..... 712-1671	Nachos & Beer..... 298-2280
Home Inspections	Subway of Fairview/Reynolds..... 628-3080
Mountain Home Inspections..... 713-9071	The Local Joint..... 338-0469
House Rentals – Short Term/Vacation	Whistle Hop Brewery..... 231-5903
Bearwallow Cottage..... 712-2651	Saw Mills
Cloud 9 Relaxation Home..... 628-1758	Sunrise Sawmill..... 277-0120
Sabél Apartments..... 232-1042	Solar Systems
Sunset Hollow Vacation Rental..... 768-0120	Sugar Hollow Solar..... 776-9161
The Cove at Fairview..... 628-4967	Tattoo Parlors
Insurance	Touch of Grey Tattoos..... 778-2742
Financially Complete..... 230-8168	Veterinarians
Gloria Berlin Agency/Allstate..... 298-2483	Cane Creek Animal Clinic..... 628-9908
Prime Time Solutions..... 628-3889	Cedar Ridge Animal Hospital..... 575-2430
Stovall Financial Group..... 275-3608	Fairview Animal Hospital..... 628-3557
Tammy Murphy Agency..... 299-4522	Wellness/Healing/Massage
Trout Insurance..... 338-9125	Dream Roper..... 209-8981
Landscaping/Excavating/Nurseries	Fairview Massage & Bodywork..... 216-1364
Asheville Stone..... 628-ROCK	Marie’s Essential Oils..... 713-2798
Fairview Landscaping..... 628-4080	Mountain View Healing Hands..... 628-1539
Lucas McCain Lawn/Landscape..... 691-0333	Relief/Licensed Massage and Bodywork Therapy, LLC..... 333-0089

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ON THE ROAD



- 1** Doug and Betsy Clarke visited their daughter, Lily Clarke, who is getting her Master's in poetry at St. Andrews, Scotland. After they read the *Crier*, they jumped off this pier!
- 2** Kyle Bailey toured the south island of New Zealand for two weeks with a friend. Milford Sound (seen here), part of the vast Fjordlands National Park, was a highlight, with towering peaks, waterfalls, and seals playing in the water.
- 3** Jessica Frary sent us this photo from Lauterbrunnen, Switzerland. There is dramatic scenery there, as you can tell, including the 974-foot-high Staubbach Falls.
- 4** Julie Bagamary spent some time in Portland, Maine, and carried *The Crier* with her. Henry Wadsworth Longfellow was born there, and his poem "My Lost Youth," part of which is seen on the informational sign in the picture, begins: "Often I think of the beautiful town / That is seated by the sea..."
- 5** Peggy Sutton took the *Crier* to Waterford, Ireland, where she visited the House of Waterford Crystal.

ON THE ROAD



Dinner with friends in Paris always includes wine, cheese, bread and a discussion of the latest news. Lynn Stanley and Steve Fulghum enjoyed all four at the Paris apartment of French friends Bénédicte and Pierre Arnould one evening in September. From left, Bénédicte, Lynn (newly retired copy editor for the *Crier*), Steve and Pierre. We know Lynn was reading nothing but good news!

During their two-week stay in Paris, Steve caught a photo of Lynn checking the news from home as she sits by the Seine on the Ile de la Cité, a central island in the river that separates the Right and Left banks. Lynn and Steve stayed in an apartment just around the corner from Notre Dame Cathedral, and each day they were delightfully serenaded by the cathedral bells.



HUB HAPPENINGS SANDIE RHODES

Fairview's very first outdoor fine art show was a success. The new art league (FAAL) had 24 artists set up around the perimeter of the buildings. The day was perfect and many people came from outside the community to look and shop. Some of these same artists have new works in The Hub Gallery, so be sure to stop by and check them out. The Art League now has 37 members! (Thanks to member David Koll for the photo below.)

Fairview Area
ART LEAGUE



NEW IN THE GIFT SHOP

Wow, do we have some cool new things in the shop! You know when you microwave a bowl of oatmeal or soup and the bowl gets super hot? Just slide it into a handmade bowl cozy created by Patti Parr. You can hold the bowl in one hand and dig in with the other. Great for kids to hold a mug or small bowl while watching TV. They come in four different sizes!

We're now carrying several local photographers' works (Brenden Almand, David Koll) in affordable sizes. Below are a few of Koll's iconic Blue Ridge Mountain prints (only \$20 each), and they are also available in greeting cards and magnets.



We've got a new artist, Jim Ashley, who has moved from plexiglass fabrications to dabbling with Steampunk stuff that we just love. He'll be bringing in a few more elaborate pieces but – "beam me up, Scotty" – I think this little goose-egg spaceship carved by Cindy Christenson is the perfect vehicle to transport us forward (or back) to planet Steamship.



HUB LUVS

The Hub of Fairview was created to support our community, its residents, non-profits ("Yes, we're still selling pecans and black walnuts for the Garren Creek Fire Department and hot pink t-shirts for the Fairview Fire Department Operations Support Group), artists, crafters, farmers (local honey, jam, carmel sauce, etc.), and more.



We have faxing, scanning, and design services and use local printers whenever feasible. Everything has been local, but then there are just a few things we've come across that aren't local, but definitely handmade, and we couldn't resist. The bookmarks created from antique silver teaspoons are one of those things.. The perfect little gift when you don't know what fragrance someone likes. You must stop by and see these. So cute and clever.

EVENT SPACE/MEETING ROOM

The word is getting out that The Hub also has an elegant room to rent with walls covered in beautiful, interesting, varied artwork by local talent. The room has been rented for meetings, a workshop, several "Meet Ups" on taking charge of your business financial accounts (aka QuickBooks), an artist's open house, Art League meetings, team building sessions, and so on. There is eating for 30 people or an executive table and chairs for up to 10 in a more intimate setting. Kitchen, fridge, copy machine, etc. Only \$25 per hour so give a call if you've got a need for a different space than your office for a gathering.

COMING UP

Workshops, Girl's Creative Night, and more. Mark the calendar for Friday, December 8, 4 - 8 pm when The Hub will coordinate with New Moon Marketplace, Whistle Hop Brewery and Woof in the Woods to bring you "Festive Fairview Friday!"

The Emerging Farmer: The Modern Revolutionary

In the scope of agricultural history, it was not long ago that people were leaving the fields in mass numbers. They came to pursue careers in the city that offered an alternative to the tough agrarian lifestyle, and understandably so. From the Industrial Revolution to the Great Migration to all the urbanization and technological development that has happened since, it may seem like a step backward to pursue a career as an organic farmer. But I beg to differ.

Remaining Vulnerable

When we came to the cities, we did so with the assumption that our basic needs would be taken care of. We traded life in the country for a (false) sense of security. Over time, urban life became too busy to think much about the sources of our water, energy, and food. As a result, we became reliant on entities outside of ourselves. We accepted the expanding barriers between ourselves and nature in the form of longer supply chains and consolidation of business. Now we remain vulnerable, not only to the loss of our crops due to unpredictable weather patterns and pest pressures, but also to the collapse of interconnected global markets that we rely on in daily life.

At the time, moving from the country to the city was a means of survival for most people, but, in the bigger picture, this migration brought us further away from our physical and metaphorical roots. As a millennial, it is impossible for me to ignore the grim state of the world we are thrown into, and perhaps even more impossible to

The reward lies in the colorful pepper eaten seconds after plucking it from the plant, and in the smiles of regular customers who are grateful to know their food and farmer.

pinpoint a particular cause for it. I cannot speak for the personal motivations of my entire generation, but I can say that, for me, growing food is an act of resistance against the urbanized, mechanized, corporate system that we have, mostly unknowingly, become so reliant upon.

Reconnecting with the source of our food is the most tangible first step toward leading more healthy and resilient lifestyles. The solutions I can see for reconnecting with nature begin with reconnecting with our food. Yet, even with the rise of the organic, local, and Slow Food movements, it seems like farming as a profession still doesn't get the same credibility or respect from our society at large in the way that fields of medicine, law and education do. There are probably countless reasons for this, beginning with the fact that farming is not glorified. It can be uncomfortable, wet, dirty, monotonous, and labor intensive. It takes a lot of initial investment and may take time to become profitable. It is vulnerable to the



unpredictability of climate change. To some, it may be a demeaning symbol of slavery. It may seem unnecessary given that large machines can now do the work of hundreds of people.

Playing an Essential Role

With these perceived hurdles, it takes a special sort of person to pursue this type of work. The small-scale organic farmer is not in it for the money or status. The reward lies in the colorful pepper eaten seconds after plucking it from the plant, and in the smiles of regular customers who are grateful to know their food and farmer. In my limited exposure to the farming community, it has become clear that these folks do much more than grow food. They are mechanics, electricians, plumbers, engineers, inventors, and entrepreneurs. They are parents, pioneers, and steward of the land. They play an essential role in grassroots efforts to strengthen local communities and economies.

Having moved to Western North Carolina just six months ago, I was amazed at the prolific community support around local and organic food – the future of food has taken root and is thriving. People of every age, race and gender are taking an interest in organic farming, food security, and self-sufficient lifestyles. The richness of old Appalachian wisdom combined with 21st century technology and the values of equality and sustainability make up the perfect recipe for revolution. We certainly have all the tools needed to reclaim our food, and the future of food for generations to come.

Melissa Kelmar is the Lord's Acre 2017 intern.



Maitake Mushrooms Growing in Popularity

Living in these sacred and ancient mountains is a profound gift, as there is an energy and presence in the forests of the Blue Ridge that is so deeply reassuring, peaceful, healing and nurturing to body, mind and spirit.

One of the great treasures of living in the mountains is finding and enjoying the many dimensions of nature's abundant bounty, and one of the greatest gifts I find in late summer and autumn is the maitake mushroom. Maitake (*Griifola frondosa*) is commonly called Hen of the Woods in America and Europe, as the layers upon layers of the fruiting mushroom body do resemble fluffed out or ruffled feathers of a hen. However, in Japan and China these perennial mushrooms are called "maitake" or the "dancing mushroom," and throughout many parts of Asia they are revered and considered special treasures, as they are culinary delicacies and have also been used as essential medicine for centuries.

Maitake are growing in popularity in North America, as we rediscover the gifts

Western North Carolina forests contain an abundance of several of the most powerful medicinal mushrooms on the planet. These include reishi, lion's mane, turkey tail and maitake.

of abundant wild foods. Our culture is shifting, and now across the country folks are waking up to the gifts that have always dwelled here. Maitake is a mushroom well worth learning about, as it is relatively easy to identify, and, like its cousin Chicken of the Woods, it often comes back in the same spot year after year. The name "dancing mushroom" arises from an old Japanese legend in which a group of Buddhist nuns and woodworkers met on a trail and discovered a huge maitake fruiting on the forest floor. They all danced to celebrate and rejoice in their newfound treasure.

Maitake belong to the Polypore family, as they have pores instead of gills, and although most species in this family are like solid wood and inedible, maitake and a few others in the family are soft, tender and scrumptious when fresh.

Maitake are native to our mountain hardwood forests and usually can be found feeding upon dead roots of oaks and elm trees. For many years while living in the Shenandoah valley, I was thrilled to discover an enormous maitake fruiting outside my house on an ancient, rotting, giant oak stump that I guarded over the years, as it was like having a hidden treasure in my woodland backyard. Maitake can reach gargantuan sizes (some supposedly surpassing 40 - 50 pounds) but I have never found any in the wild bigger than 6 to 8 pounds – but that's still an amazing gift! Maitake can be



cultivated, and you can order spawn or find kits online and from local mushroom growers in our region. When they are cultivated, they are easy to keep free of dirt and leaves and also much easier to harvest when perfectly fresh, as they decay and rot quite easily and become infested with maggots in the woods; so timing is critical when harvesting these mushrooms.

Maitake are not only delicious but exceptionally nutritious, as they are estimated to have 25 percent protein and are loaded with minerals like B-Vitamins, pantheonic acid, and exceptionally high potassium concentrations. Numerous studies have documented how maitake can reduce blood glucose levels in humans, and there is promising research being conducted to see how maitake medicine may help in the treatment of type 2 diabetes. Furthermore, maitake hold much promise, given their potential immune-boosting properties as well as capacities to create what scientists see as "programmed suicide of specific cancer cells." These amazing mushrooms may assist us all in the future treatment of cancers and other diseases that plague humanity.

Western North Carolina forests contain an abundance of several of the most powerful medicinal mushrooms on the planet. These include reishi, lion's mane, turkey tail and maitake. All four show enormous



promise in current medical research and have been used as medicine by other cultures for centuries.

One thing is clear: This is without a doubt one of the most delicious wild mushrooms I have ever eaten and has been a favorite delicacy of mine for decades. I am aware that there are references indicating that a very small percentage of people may have some allergy to maitake but no more so than with any other wild or supermarket food. So always try a small sample first to make sure it agrees with you and, of course, make sure you are 100 percent sure of any mushroom you are harvesting from the wild!

At a recent dinner, we made a mixture of golden chanterelles and shiitakes from the freezer with a few maitake from the woods, sautéed everything in butter and garlic and served them over sourdough toast. This is as good as it gets and I am indeed a fortunate man to live in these beautiful mountains and call this place home!



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Anti-Dizziness Medication

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course of an injury or illness. Unlike medication that suppresses the vestibular system, vestibular rehabilitation works to normalize signals and teach the brain how to correctly interpret information through small, controlled and repeated movements. Vestibular rehabilitation may provoke dizziness and unsteadiness but should never stimulate nausea or vomiting. Anti-dizziness medication interferes with this learning process. For a moment, think of the use of anti-dizziness medication for vertigo or dizziness as the same as wearing a sling for a new shoulder injury. For a few days, a sling can be appropriate to allow the acute injury to settle, much like anti-dizziness mediation during the acute phase of an injury. Imagine going to therapy several weeks later and asking your therapist to rehabilitate your shoulder without removing your arm from the sling. Even worse, imagine what your shoulder, and even your entire arm, would feel like if you left your arm in a sling for months or even years! You cannot rehabilitate the shoulder if you never remove the sling and, even worse, the entire arm will continue to weaken from lack of use, creating more problems than you originally started with. Medications that suppress the vestibular system will inhibit the recovery process and potentially lead to further decline in balance and stability from lack of use. Additionally, in March 2015, Dr. Shelly Gray, et al. published research in the Journal of American Medical Association's (JAMA) *Internal Medicine* titled "Cumulative Use of Strong Anticholinergic Medications and Incident of Dementia," linking

long-term use of first-generation antihistamine medications, such as Meclizine, with an increased risk for dementia.

In a prevalent condition that causes vertigo, known as Benign Paroxysmal Positional Vertigo (BPPV), calcium carbonate crystals become dislodged and travel into the semi-circular canals. While there are many different conditions that cause vertigo, BPPV is prevalent and worth mentioning here as anti-dizziness medications provide little to no benefit and will not fix the problem. The American Academy of Otolaryngology, endorsed by the American Academy of Family Physicians, states that vestibular suppressant medication is not recommended as a source of treatment for BPPV. Likewise, the American Academy of Neurology also does not list medication as recommended treatment for BPPV.

Matching each person's condition, after proper assessment, with the correct treatment is the key to effective and efficient treatment. It is important to talk to a medical provider familiar with vestibular disorders as to the appropriate use of anti-dizziness medications that can be beneficial in the first one to two days following certain types of injuries or illnesses causing dizziness or vertigo but are limited in their long-term benefits, that can cause undesirable side effects, and that can be counter-productive to recovery.



Dr. Kim Fox, DPT, is the Clinical Director and Founder of AVORA Health

The Many Meanings of Peace

continued from page 17

It is possible to integrate these concepts of peace if you are working on trauma integration or if you are working on building resilience or on forgiveness.

To help ourselves through the process of peace, we may want to engage our senses, including our emotions. When seeking peace, we may become aware of disharmony, and then we can recognize the disharmony, accept it, and integrate it by engaging with it. Reflecting on the last week, when were you at peace?

- What does peace look like?
- What smells do you experience when you think of peace?

- What tastes do you associate with peace?
- What are the physical sensations of peace?
- What are the sounds of peace?
- What emotional feelings do you associate with peace?
- Peace is not the absence of conflict; it is the acceptance of conflict.

You Are Here



Blair Clark is a Licensed Professional Counselor Supervisor and author of Answers to What Ails You (AWAY).



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