



THE VOICE OF OUR COMMUNITY

# The Fairview Town Crier

MARCH 2018 VOL. 22, No. 3 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

## Join Library in Preserving Local History

**H**ow do we preserve the rich details of our past that could be lost or forgotten otherwise? How do we make the case that preserving our past is valuable?

Fairview is a great place to observe history and to develop a personal connection to it. There are landmarks which have changed relatively little since the pioneer days more than 200 years ago. The surrounding mountains offer views

which are truly prehistoric. It's pretty special to live in a place where you can walk in the footsteps of Davy Crockett, who blazed the cattle trail between here and Old Fort.

The storytelling tradition is also strong here. The natives will tell you what it was like a hundred years ago, according to their grandparents. Oral history such as this is often passed along for generations before being written down; but some accounts are never written, and when the last old-timer who knew a tale dies it goes with them. If you do much family history you will inevitably hear the regrets, "I wish I had asked my grandma about

*Continued on page 9*

### YARD SALE FUNDRAISER

#### Fairview Community Center

Saturday, March 31

8 am-1:30 pm

Fairview Community Center  
1357 Charlotte Highway

Gigantic multi-family indoor yard sale. Antiques, collectibles, tools, toys and games, and furniture.

Spaces available for \$15, setup is available the night before; leave message at 338-9005.

For more information, please call 338-9005.



There's an **ART EXPLOSION** going on in Fairview! Drawing, charcoal, painting, clay, jewelry, basketry – so many artsy workshops planned at The Hub in the next few months. Check out the roundup on pages 6 and 7.

## BBQ Fundraiser for Fairview Firefighters

Smokey & the Pig has partnered this year with the Support Group of the Fairview Volunteer Fire Department to raise needed funds for the renovation of the dilapidated bathrooms and showers of the firehouse's living quarters. This area is always last on the list to be fixed due to equipment purchase requirements. Our goal is to raise \$10,000 in order to complete the entire project for them this year.

### Smokey & the Pig BBQ Fundraiser

Fairview Volunteer Fire Department  
1586 Charlotte Highway  
Friday, March 23, 10 am-6 pm  
Saturday, March 24, 10 am-6 pm



## GET A MOVE ON Hiking the Newly Opened Wildcat Rock Trail in Gerton

By Clark Aycock

**"R**ight here," said Lisa as she poked an icy patch with a hiking pole. "This is where you fell on the way up." Being extra careful on our way back down, she gently placed a boot on a safer spot and – whoosh! – down she went too. We're both OK, but that spot was like much of our hike that day in January – cold and hard.

We love to get outside on the weekends. Having easy access to nature was a big reason we moved from New York City to Western North Carolina in 2015. However, sometimes it's not so fun to drive an hour and a half each way to hike, so we're always looking for newer places that are closer to home.

We've done the Upper Hickory Nut Gorge hike several times, so we were excited to learn that a nearby trail had been created recently.

Drive east on 74A past the Gerton post office, continue around a few sharp curves, and then park on the left in the lot for the Upper Hickory Nut Gorge Trailhead.



Cross the road, walk down the fenced path, and you're on your way. I would classify this as a strenuous hike. At least it was for us. (A woman and her dog who

zipped by us didn't seem to mind.) It is uphill most of the way, with lots of steps. Usually an uphill is fun because you can coast coming back, but all the steps made it extra hard on the knees coming down.

The payoffs are good. There's a waterfall near the beginning that you can walk right up to. It was completely frozen on our hike but was still awesome to see. And once you make it to the top, there's an unexpected meadow to relax in. It'd be a great place to picnic in warmer weather.

Allow for 3.5 hours for this hike, which was slightly more than five miles. And if you go during cold weather, remember to keep an eye out for icy patches.

## Now it's Time for YOU to Get a Move On!

We live in a beautiful part of the country, where it's so easy to get outdoors and be active. The *Crier* wants to share how you keep moving in hopes of inspiring others to get out there, too. Do you like to hike in Fairview? Paddle down the French Broad? Do yoga on Bearwallow Bald in Gerton? We want to know!

Go to [fairviewtowncrier.com/get-moving/](http://fairviewtowncrier.com/get-moving/) to submit your activity and you may be featured in the *Crier*. All submissions must include a photo of you and/or companion(s) doing the activity. If you have any problems with the submission process, you can always email [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com) for help.

## Join the Crier's Labeling Crew!



After living all over the world during Roy's 38-year military career, Roy and Faye Anthony settled in Fairview in 2006. Soon after, they were helping to label the *Crier*. And they've been at it ever since. Join them! For more info, please email Patti Parr at [pattiparr@yahoo.com](mailto:pattiparr@yahoo.com).

### FUTURE LABELING DATES

March 30 at 10:30 am  
May 1 at 10:30 am  
June 1 at 10:30 am

The Fairview Town Crier  
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Fairview, NC 28730

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## COMMUNITY EVENTS

MARCH 3 (SATURDAY)

### Cane Creek Middle School Craft Fair

10 am-4 pm. Regional artisans and crafters, with all table rental proceeds going to CCMS students. Table rentals are \$40 for one space (10" x 4"). Bring your own table and set up at 8 am. 570 Lower Brush Creek Rd., Fletcher. For more info, go to the CCMS Facebook page or email canecreekmiddleschoolpto@gmail.com.

### County Republican Party Convention

Registration 8 am-9:30 am; meetings 9:30 am-9:50 am; convention starts at 10 am. You must be a registered Republican in Buncombe County as of January 31, 2018 to attend. Breakfast items and raffle tickets available for purchase. Buncombe County Courthouse, 60 Court Plaza, Asheville. For more info, contact Lisa Baldwin at 243-6590 or lisabaldwin4kids@gmail.com.

MARCH 7 (WEDNESDAY)

### Fairview Quickbooks & Accounting Meetup Group

1-2 pm. Lecture series: "Get Ready for Taxes." The Hub of Fairview. Farms half price. For info call Brenden 828-

242-0390 or visit: Meetup.com/Fairview-Quickbooks/.

### FBA Member Meeting

11:30 am-1 pm. A daytime gathering for lunch at Hickory Nut Gap Farm on Wednesday, March 7, 11:30-1 pm.

### Step-by-Step Watercolor Techniques

4-6 pm. First of six classes in watercolor workshop. \$120 for six two-hour sessions. Register at thehuboffairview@gmail.com or 628-1422. See pages 6 and 7 for more info. At the Hub of Fairview, 1185-G Charlotte Hwy.

MARCH 8 (THURSDAY)

### Stenosis Seminar

5:15-6 pm. Learn about treatments that might alleviate your symptoms and help you avoid spinal surgery. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

MARCH 9 (FRIDAY)

### Second Friday at The Hub

5-7 pm. Stop by and meet several local artists, see what's new and enjoy some light fare at The Hub, 1185-G Charlotte Hwy., next door to The Local Joint.

MARCH 12 (MONDAY)

### FAAL Monthly Meeting

The Fairview Area Art League will meet at 10 am. Members and others interested in the arts are welcome. Questions? 704 975-0095. Fairview Public Library, 1 Taylor Rd.

### Stitches of Love Meeting

7-9 pm. Stitches of Love donates handmade articles to local charities. New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville. All skill levels are welcome. For more info, call 575-9195.

MARCH 13 (TUESDAY)

### Polymer Clay Jewelry Class

6-8:30 pm. Janet Link will teach this one-day class at The Hub of Fairview. \$30, including materials. Register at thehuboffairview@gmail.com or 628-1422. See pages 6 and 7 for more info. 1185-G Charlotte Hwy.

### Around the Galaxy

7 pm. The Friends of Fairview Library will present accomplished astronomer and astro-photographer Bill Lynch at the library. See page 9 for more info. 1 Taylor Rd., Fairview.

### ACT Auditions

10:30 am-2:30 pm. The Autumn Players will hold auditions for *The Dresser* at 35below. Open to all; no experience required. All audition material is provided at audition. For more info, visit ashevilletheatre.org.

MARCH 15 (THURSDAY)

### Planning Your Vegetable Garden

10 am-12 pm. Mary Alice Ramsey will talk about identifying a gardening site, selecting your vegetables, drawing a diagram, and improving soil quality. Her garden has been included in the Gardens of Fairview tours each spring. Free but registration is requested; call 255-5522. 49 Mount Carmel Rd., Asheville.

### ASAP's CSA Fair

3-6 pm. Flying Cloud Farm and Hickory Nut Gap Farm will be among those taking part. CSA stands for community supported agriculture, which means that farms grow and supply food to subscribers. The family-friendly event is free; meet area farmers, browse farmers' CSA programs and products, and sign up. For more info, visit asapconnections.org. New Belgium Brewing, 21 Craven Street, Asheville.

## COMMUNITY EVENTS

### Foot Pain Seminar

5:15-6 pm. Learn about the causes of foot problems, DIY treatments, and professional help. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

MARCH 16 (FRIDAY)

### Play with Paint Night

6-8:30 pm. \$30, including materials. If you have no experience you will still tap into your creative side and have a lot of fun. Register at thehuboffairview@gmail.com or 628-1422. See pages 6 and 7 for more info. At the Hub of Fairview, 1185-G Charlotte Hwy.

MARCH 17 (SATURDAY)

### Make-A-Blanket Day

10 am-2 pm. Project Linus is sponsoring this event at Eliada Home, 2 Compton Drive, Asheville. No experience necessary; all supplies provided. Finished blankets or donations of yarn, fabric, or gift cards are accepted. Refreshments provided. For more info, call Ellen at 645-8800, Ennis at 702 499-3567, or Janet at 575-9195.

### Shamrock 5K/10K/Fun Run

8:30 am, 9 am, and 9:15 am. Asheville Catholic School 12th annual race. The event will benefit a scholarship fund.

gloryhoundevents.com/event/shamrock-5k10k. 12 Culvern St.

MARCH 20 (TUESDAY)

### Book Talk and Lunch

11 am. In her book *Mister Owita's Guide to Gardening*, the late Carol Wall wrote about befriending her Kenyan gardener. Her husband Dick will give a talk, and there will be a three-course lunch. \$25 donation to the Mountains Branch library, purchased in advance, either at the library or by mail. Send your check to "Friends of the Mountain Branch Library," to 150 Bill's Creek Rd., Lake Lure, NC 28746.

### Dine To Be Kind

Asheville Humane Society's 15th annual day of dining out to help local animals in need. Participating restaurants donate a portion of their proceeds to Asheville Humane Society. Participating restaurants are available at ashevillehumane.org/events.

MARCH 21 (WEDNESDAY)

### Neurofeedback Seminar

12:20 pm. Neurofeedback might help you retrain your brain from years of destructive behaviors and ways of relating. Free, but you must reserve. Call 628-7800. Whole Foods, 4 S. Tunnel Rd., Ste. 100, Asheville.

## Momma Molasses at Joint Next Door



Friday, March 9, 7:30 pm

In case you didn't know, the Local Joint also has a tap room and bar, called The Joint Next Door, that features great music. Stop by on March 9 for a free show right after The Hub's Second Friday artist's open house from 5-7 pm – they are right next door!

Momma Molasses is the musical project of singer-songwriter Ella Patrick. A graduate of Warren Wilson, she describes her style as a mix of southern Appalachia and 1960s folk revival. For more info, go to mommamolasses.org.

MARCH 22 (THURSDAY)

### Knee Replacement Seminar

5:15-6 pm. Find out about eliminating drugs from your life and avoiding surgery with a lengthy recovery. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

MARCH 23 AND 24

### Creative Basketry: Learn Wicker

5-8 pm on Friday and 10-3 pm on Saturday. It'll be a fun and creative way to learn an easy-to-master technique.

\$110 for 2-day workshop, including supplies. Register at thehuboffairview@gmail.com or 628-1422. See pages 6 and 7 for more info. At the Hub of Fairview, 1185-G Charlotte Hwy.

MARCH 24 (SATURDAY)

### Church Yard Sale

7 am-12 pm. Church-wide yard sale at Trinity of Fairview's Family Life Center, 646 Concord Rd, Fletcher.

### Bunny Brunch

2-4 pm. Free, family-friendly event featuring refreshments, photos with

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## COMMUNITY EVENTS

the Easter Bunny, story time, and a springtime craft. Spring Mountain Community Center. 807 Old Fort Rd.

### MARCH 25 (SUNDAY)

#### Easter Egg Hunt & Cookout

5 pm. Fairview Baptist Church, 32 Church Road, Fairview.

### MARCH 27 (TUESDAY)

#### Basic Wire Wrapping for Jewelry

6-8:30 pm. \$30, including supplies included. Participants may bring a gemstone, shell or crystal they wish to wire wrap. Register at thehuboffairview@gmail.com or 628-1422. See pages 6 and 7 for more info. At the Hub of Fairview, 1185-G Charlotte Hwy.

### MARCH 28 (WEDNESDAY)

#### Passover Seder

6:30 pm. Fairview Baptist Church. 32 Church Road, Fairview.

### MARCH 29 (THURSDAY)

#### Local Author at Malaprop's

6-8 pm. Jon Michael Riley will be at Malaprop's in downtown Asheville to promote his latest novel. For more info on the book, see the January Crier or visit jonmichaelriley.com. 55 Haywood Street.

## Medicare Choices Made Easy

The Council on Aging of Buncombe County will hold classes to explain how Medicare works, the enrollment process, how to avoid penalties and ways to save money.

**March 2** 2 pm-4 pm, Goodwill Training Center, 1616 Patton Ave., Asheville

**March 20** 5:30 pm-7:30 pm, Weaverville Library, 41 North Main St., Weaverville

**March 29** 2 pm-4 pm, Blue Ridge Community Health Services, 2579 Chimney Rock Rd., Hendersonville

### MARCH 31 (SATURDAY)

#### Yard Sale Fundraiser

8 am-1:30 pm. Giant multi-family indoor sale to benefit Fairview Community Center. See front page for info.

#### Ingles Easter on the Green

2-5 pm. Ninth annual fest with Egg hunts, fun, and photos. Free/open to the public. Pack Square Park, Asheville.

#### Easter Egg Hunt

Trinity of Fairview. 646 Concord Road, Fletcher

### APRIL 1 (SUNDAY)

#### Easter at Fairview Baptist

6:30 am. Sunrise Service, Cane Creek

Cemetery. Breakfast, 7:15 am, Fairview Fellowship Building. Resurrection Sunday Celebration, 11 am. 32 Church Road, Fairview.

#### Easter Sunrise Service and Meal

Trinity of Fairview. 646 Concord Road, Fletcher.

### APRIL 6 (FRIDAY)

#### Play with Clay Night

6-8:30 pm. \$30, including materials. Register at thehuboffairview@gmail.com or call 628-1422. See pages 6 and 7 for more info. Will be held at the Hub of Fairview, 1185-G Charlotte Hwy.

### APRIL 8 (SUNDAY)

#### Intro to Pencil Drawing & Charcoal Rendering Class

3-5 pm. \$20, including materials. Eight-week series to follow. Register at thehuboffairview@gmail.com or call 628-1422. See pages 6 and 7 for more info. Will be held at the Hub of Fairview, 1185-G Charlotte Hwy.

### APRIL 14 (SATURDAY)

#### Birdhouse Baskets

11-4 pm. Participants will create a unique birdhouse while learning twining technique. \$55, including materials. Register at thehuboffairview@gmail.com or call 628-1422. See pages 6 and 7 for more info. Will be held at the Hub of Fairview, 1185-G Charlotte Hwy.

### APRIL 20 (FRIDAY)

#### Play with Old Jewelry Night

6-8:30 pm. Turn your old favorites into something new. Bring your old earrings, bracelets, beads, necklaces, etc. Fee is \$30, including materials. Register at thehuboffairview@gmail.com or call 628-1422. See pages 6 and 7 for more info. Will be held at the Hub of Fairview, 1185-G Charlotte Hwy.

## COMMUNITY EVENTS

### MARCH EVENT

#### Theater, Dance for Socially Conscious Youth

The Different Strokes performing arts collective will hold workshops for kids who want to explore the implications of bias, diversity, and social justice through theater and dance. See page 22 for more info.

### ONGOING EVENTS

#### Embroiderers' Meeting

March 1. 9:30 am-12 pm. Embroiderers' Guild monthly meeting. Call Sandy at 693-4499 to reserve. 3 Banner Farm Road Etowah/Horse Shoe, NC.

#### Ethical Humanist Meeting

March 18. 2-3:30 pm. "Coping Strategies in a Complex World," 227 Edgewood Road, Asheville. 687-7759 or EHSAsheville@gmail.com.

#### UR Light Center Events

Saturday, March 17, 7-9 pm. A Journey into Breath, Body, and Sound with Zach Evans & Kennedy One-Self. Soulmedicinevibrations.com. Advance \$20; Onsite \$25.

For more events and info, call 669-6845 or email dome@URLight.org.

### PET EVENTS

#### Brother Wolf

March 16-18, 10 am-2 pm. Vintage Market Days of Asheville at the WNC Ag Center.

March 24, 11am-7 pm. Asheville Food Truck Showdown, WNC Ag Center

### COMMUNITY CENTER EVENTS

#### Spring Mountain CC

807 Old Fort Rd. springmountaincc.com

**Early Spring Gardening Event:** March 17, 9:30 am-1 pm. \$20. Learn what to plant early in spring, how to prepare the ground, what varieties of plants and seed to use, how to compost and mulch, and utilizing smaller spaces. For info, contact Jim Smith, jimsmith1945@gmail.com or 864 313-5106.

### SAVE THE DATE

#### Tool Share, Swap, Sell, Trade

April 14. 9:30 am-12 pm. Bring your old tools, mowers, pots. Price is \$15 to set up a space (no commercial vendors). Spring Mountain Community Center. 807 Old Fort Rd. For more info, go to springmountaincc.com/event/tool-share-swap-sell-trade.

#### Carolina Mountain Cheese Fest

April 29. A celebration of all things

cheese returns to WNC at Highland Brewing Company. For more info, go to mountaincheesefest.com.

#### Fairview Area Art League Spring Art Show

May 5 and 6.

#### Successful Aging Conference

June 14. The Council on Aging of Buncombe County sessions on health and wellness, staying active, and financial literacy, as well as a keynote address. At the Reuter Center at UNC Asheville. For more info, call 277-8288 or go to acoabc.org.

## Roadside Clean Up & Scavenger Hunt

**Saturday, March 17, 10 am-12 pm**

Spring Mountain Community Center will hold a roadside litter clean up along Old Fort Road. To encourage participation, special "trash" will be hidden in secret spots along the road. See page 21 for more info.

### IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (3) (c) company that publishes a monthly community newspaper Twelve issues per year are delivered free on or about the first of every month to 8,400+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. The Fairview Town Crier is located at 1185F Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

**Editorial Policy:** The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of the publication. A best effort has been made to verify legitimacy of information received and published. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier.

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to copy@fairviewtowncrier.com. For staff directory, contacts and additional information, please see page 39.



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## Horseback Riding Arts & Crafts • Pottery Theater • Singalongs

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**FIVE WEEKS AVAILABLE**

WEEK 1 • JUNE 18-22  
WEEK 2 • JUNE 25-29  
WEEK 3 • JULY 2-6  
WEEK 4 • JULY 9-13  
WEEK 5 • JULY 16-20

**One-time registration fee of \$25  
Cost for each week of camp is \$450**

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# ART EXPLOSION!

## INTRODUCTION TO PENCIL DRAWING & CHARCOAL RENDERING CLASS

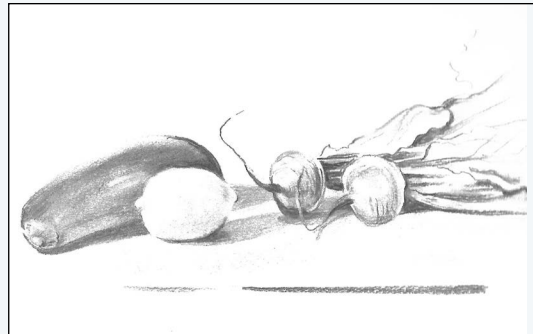
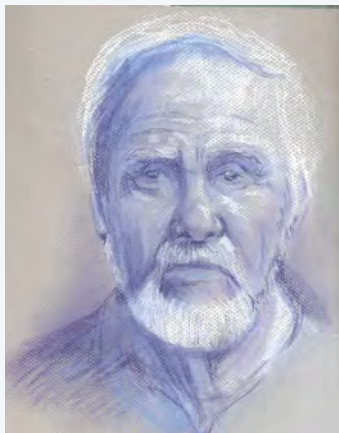
Noted artist Theresa Matregrano will offer an **Introduction to Drawing in Pencil and Charcoal on Sunday, April 8th, 3-5 pm**. The cost for the Introduction Session is \$20 which includes materials. Following the introduction, there will be an 8-week series (broken up into 4 weeks of pencil drawing followed by 4 weeks of charcoal rendering) starting in April. The cost for the series will be \$25/2-hour workshop or \$100 for the Pencil Drawing classes and \$100 for the Charcoal Rendering Workshops. Classes will be held at The Hub of Fairview. Register early as the classes require a minimum of 10 students to be held. Email [thehuboffairview@gmail.com](mailto:thehuboffairview@gmail.com) or call 628-1422 for more information or to register.

### DRAWING

This class is aimed at accessing skills you already have, waiting to be released. It is an opportunity for enthusiastic beginners to gain the skill you've always wanted.

Drawing is not difficult; it's seeing that is the challenge. Step-by-step exercises will encourage you to use the right-brain's ability to see objects with shadows and record them exactly as they appear.

By blocking the left-brain's thought patterns you can be transported to the creative zone, relaxed and ready to explore the pleasure of drawing and seeing things differently. The basics will include contour drawing, values and perceptions of edges, space, relationships, lights and shadows.



### CHARCOAL RENDERING

Deepen your artistic perception with easy-to-follow projects that will teach you all the essentials of charcoal drawing.

Students will work from still life and black/white photos with one of the oldest drawing media, charcoal, which has been used in its natural state to heighten artists' drawing for hundreds of years. The rich, velvety-black quality of charcoal makes it one of the boldest and most evocative mediums when rendering tonal drawings. Come join in the fun of demystifying the aesthetic composition of art!



## POLYMER CLAY JEWELRY CLASS

Local artist Janet Link (JL Art) will teach a one-day Polymer Clay Jewelry class on **Tuesday, March 13, 6-8:30pm** at The Hub of Fairview. All supplies are included at a total cost of \$30 for the 2-1/2 hour workshop. Feel free to bring snacks and/or beverages.

Please call The Hub at 628-1422 to register. There must be 8 participants for the class to be held.



## BASIC WIRE WRAPPING FOR JEWELRY

On **Tuesday March 27, 6-8:30pm** Janet Link will teach a class on how to do basic wire wrapping for jewelry pendants and beads to make beautiful necklaces. All supplies will be included, but participants may bring a gemstone, shell or crystal they wish to wire wrap. The class cost is \$30 per person.

Feel free to bring drinks and snacks to the class. This will be a fun 2-1/2 hour class.

Please call The Hub at 628-1422 to register. There must be 8 participants for the class to be held.

## PLAY WITH PAINT NIGHT

**Friday, March 16**, grab a friend and head to The Hub for the first Play with Paint Night! All materials will be included (except your snacks and beverages which you are free to bring). From 6-8:30, artist Janet Link will instruct all levels in the painting of a lovely tree in blossom. If you have no experience you will still tap into your creative side and have a lot of fun. If you have experience, you might learn a few new tricks. Cost for the class is \$30.

## PLAY WITH CLAY NIGHT

On **Friday, April 6, 6-8:30pm**, it's another night of fun when Janet Link will get everyone rolling, pounding, shaping and whatever else with polymer clay. You might make a cell phone holder, or a tea bag cup, or even a votive candle holder. Whatever hits your fancy. All materials are supplied except for your choice of beverage and snacks. Cost is \$30 for the evening.

**Call The Hub of Fairview for information or to register! 628-1422**

## PLAY WITH OLD JEWELRY NIGHT

This workshop will be held on **Friday, April 20, 6-8:30 pm**, and will be led by Janet Link. Who doesn't have a favorite single earring because you lost one? Or a broken bracelet or necklace? This fun workshop will have you reclaiming your old favorites and turning them into something new to wear and love just as much. Bring your old earrings, bracelets, beads, necklaces, etc. All materials and instruction provided except for your choice of beverage and snacks. Cost is \$30 for the evening.



## CREATIVE BASKETRY SERIES

Carla and Greg Filippelli are master basket makers living in Fairview for the last thirty years. They maintain a studio at their mountain homestead and create an original weaving style called random weave. The Filippellis delight in making custom pieces for corporate, and residential settings. They also enjoy teaching basketry and fiber arts in local schools and craft schools around the country.



## CREATIVE BASKETRY: LEARN WICKER BASKETMAKING

This 2-day workshop begins on **Friday, March 23, 5-8pm** and continues **Saturday, March 24, 10-3pm** with a lunch break. Participants will create an Interwoven Base basket and learn other wicker and twined basketry techniques. Using hand dyed reeds, everyone will take home at least two baskets and have a good foundation to try more ambitious styles. This



## 6-WEEK WATERCOLOR CLASS

If you missed the introduction to Watercolor class in February, and have some previous watercolor experience, you may still be able to get into the 6-week class and/or the next introductory class. Class begins Wednesday, March 7, 4-6 pm at The Hub. Call 628-1422 for information or to register.

2-day workshop is a fun and creative way to learn an easy-to-master technique.

All materials including reeds, tools and handouts will be supplied. Cost is \$110 for 2-day workshop. Call The Hub of Fairview at 628-1422 for information or to register. Note this class requires a minimum of four students with a maximum of eight so register early.



## BIRDHOUSE BASKETS

This workshop will be held on **Saturday, April 14, 11-4pm** with a break. Participants will create a unique birdhouse while learning the twining technique. Many birding tips and birdhouse basics will be discussed during this perennially favorite custom of providing shelter for our bird friends.

Instructor supplies all the hand dyed reeds, paints and tools for this class. The cost is \$55 for the one day class. Call The Hub of Fairview at 628-1422 for information or to register. Note this class requires a minimum of four students with a maximum of eight so register early.

## STEP-BY-STEP WATERCOLOR TECHNIQUES

This class is designed to release the potential within. Watercolor offers the painter a fantastic opportunity for artistic expression which is why this class is great for beginners (with or without drawing experience). Discover beautiful effects with speed and relative ease. With step-by-step guidance and start-to-finish projects, you will master techniques that can turn your curiosity into passion for this wonderful and versatile medium. Instructor and students, together we will explore color mixing; wet-i-wet techniques; spattering, lifting and masking. Join the lively conversation and the camaraderie of like-minded people. Motivation is vision! Fee is \$120 for six (6) two-hour sessions to be held on Wednesdays, 4-6 pm, starting on March 7 at The Hub. Call 628-1422 to register.

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## FRIENDS OF THE LIBRARY JAMIE McDOWELL



"View in Fairview along the road to Chimney Rock, circa 1920," by William Barnhill. Credit: The North Carolina Room at Pack Memorial Library

## Join Library in Preserving Local History

*Continued from page 1*

those days. She was sharp as a tack and could probably have told us a great deal."

The Fairview History Project is giving us an opportunity to not have those regrets and to further develop our personal connection to history. The public library is about to embark on a several months long mission to engage residents in preserving neighborhood history and the history of Fairview in a rapidly changing community. They will be collecting oral histories, photographs, maps, family histories, yearbooks and the like. What they collect will be archived in the North Carolina Collection at Pack Memorial Library downtown as well as at our own branch library right here.

If you're not familiar with it, the North Carolina Room is one of the finest regional history collections anywhere in the country. It has some amazing photographs mostly taken in town, but unfortunately as you get out into the rural areas of the surrounding county there are fewer photos. And for a special collection whose focus

is on local history, it is important that Fairview's history be a part of that.

The ultimate success of the Fairview History Project depends on members of the community coming forward to share such stories and items from their personal and family collections. Reach out and share your perspective on local history with future generations. And it helps ensure that Fairview and the people who come from here and live here will not be forgotten.

For more information or to be involved as a volunteer, contact the library at 828-250-6484.

## ADULT PROGRAMS

### Book Club

Fairview Evening Book Club will be reading *Hillbilly Elegy* by J.D. Vance for the month of March and discussing it on Tuesday, March 20 at 7 pm.

"In this compelling hybrid of memoir and sociological analysis, Vance digs deep into his upbringing in the hills of Jackson, Ky., and the suburban enclave of Middletown, Ohio. He chronicles with affection—and raw candor—the foibles, shortcomings, and virtues of his family and their own attempts to live their lives as working-class people in a middle-class world." – *Publishers Weekly*

No sign up or registration is required to be a part of Evening Book Club, and you can join anytime.



Photo by Bill Lynch

### Around the Galaxy with Bill Lynch

The Friends of Fairview Library will present accomplished astronomer and astro-photographer Bill Lynch on Tuesday March 13 at 7 pm at the library.

Bill will take us on a tour from the edge of our galaxy to nearby planets and moons before leading us on a journey out to the nebulae in our Milky Way and beyond to other, more distant galaxies.

Bill captures his professional images from his Fairview observatory. As an additional treat we'll see his photos from last August of the total lunar eclipse. Bill was in the zone of totality in South Carolina where the weather was clear.

## BOOK SALE!

Visit the Friends of the Fairview Library Book Store, located just inside the library doors. All funds raised from the sale go directly to the Friends, which supports library programming and much more!

## Library Database of the Month

The library isn't only about books. We also provide the community with access to tons of helpful electronic resources to meet your needs. Each month in the *Town Crier* and on the library's Facebook page we will be highlighting one of those resources.

This month's database is Lynda.com. Lynda is an online educational site where you can learn business, creative, education, and technology skills via thousands of online video tutorials taught by leading industry experts. Better than YouTube, with Lynda you are guaranteed that each video tutorial is high quality, useful, and contains accurate information.

Want to learn Wordpress? Curious about Photoshop? Need to sharpen your technology skills for the workplace? Lynda.com is designed to help you with all of that.

Normally, using lynda.com requires a paid subscription, but Buncombe County Public Library cardholders can access lynda.com content for free with their library card number from any computer or device, anytime, anywhere.

## CHILDREN'S PROGRAMS

### Storytimes

**Baby Storytime** Tuesdays, 11am

**Toddler Storytime** Wednesdays, 11am

**Preschool Storytime** Thursdays, 11am

**LEGO Club** Friday, March 2, 3:30 pm

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\$394,000 MLS 3343186



3-bedroom, 2-bathroom Swannanoa home on 14 acres of land.  
\$334,900 MLS 3311302



3-bedroom, 2.5-bathroom Swannanoa home.  
\$299,000 3355039



3-bedroom, 1-bathroom Swannanoa home.  
\$194,500 MLS 3329559

## LOTS AND LAND

**Echo Valley Estates, Old Fort Rd,**  
2.05 acres \$61,000 MLS 3349855

**Byers Park Lot with .61 Acres**  
\$55,000 MLS 3277895

**10 Acres on Copperhead Cove**  
\$57,500 MLS 3300178 **CLOSED**

**.92 Acres in Briar Ridge**  
\$86,000 MLS 3296442

**Four Parcels on Emmas Grove Road**  
3.25 acres \$269,750 MLS 3264823  
3 acres \$249,000 MLS 3264859  
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## DAYS GONE BY BRUCE WHITAKER

### The Life of David Garren (1883-1909)

David Garren was born in Fairview, Buncombe County, North Carolina on December 25, 1833. He was the fourth of nine children born to Joseph Garren (December 19, 1805 – April 1853) and his first wife Bertha Elizabeth Russell (1806-1849). David's father Joseph Garren bought at least 900 acres of land around Ashworth Creek. Joseph Garren's home was within a half mile of the present day intersection of Hollywood Road and Charlotte Highway (74A).

Joseph Garren sold 597 acres of land along Ashworth Creek to James Toms (1803-1885) on August 7, 1841 for \$2,750.

Cherokee lands in north Georgia were being sold following the Cherokee Removal. A little over a week before Garren sold the 597 acres of land in Fairview to James Toms, he bought several hundred acres of land in Gilmer County, Georgia, from Lewis O. Ellington on July 27, 1841. Garren was listed on the deed as being from Buncombe County when he bought the land.

Garren bought 160 acres of land from John Dickerson in Gilmer County, Georgia on September 28, 1841. Joseph Garren was listed on that deed as being a resident of Gilmer County. This was two months after Garren bought his first piece of land in Georgia and six weeks after he sold his farm in Fairview. David Garren (Joseph's father) bought 22 tracts of land in Gilmer County between July 1841 and September 1851.

People from all over western North Carolina moved to north Georgia in droves. Joseph Garren's sister, Catherine Garren Sumner, and her husband William Sumner moved to the Mountaintown section of west Gilmer County. Another sister, Jane Garren Price, and her husband John moved to Gilmer County as well. Bertha Russell Garren's sister, Narcissa, and her husband William Harper moved to what is now Fannin County in 1849.

Joseph Garren prospered in Gilmer County until 1849. Joseph and Bertha Garren's ninth child, Martha Rosilla Garren (my great grandmother), was born on June 17, 1849. Bertha Garren had problems when her daughter was born and she died in October of that year. Joseph was left a widower with a house full of children. He remarried eleven months later on September 22, 1850.

Joseph and his second wife, Tinsey Waters Garren, had a son, James, the next year. Joseph Garren died in April 1853. Tinsey was seven months pregnant with another son at the time. Joseph Garren's family was shattered. Garren's sons, Ben and Eli, and daughters, Martha and Dicy, were sent back to Fairview to be raised by his mother and old maid sister Rebecca Garren. The rest of his children went west to Texas, California and Alabama. The only child to remain in Gilmer County was his son David.

David had been living in Gilmer County for almost 12 years when his father died. He was almost 8 years old when his parents moved to Georgia and barely remembered Fairview. Elijah was the only place he really remembered, and he considered it home. David married Sarah Ann Withrow in Elijah on January 11, 1857. Sarah Ann's father Jonathan Withrow had been born in Fairview in 1815. He was the son of Jonathan Withrow (1770-1850) and Susannah Ashworth 1782-1857. Susannah was the daughter of John Ashworth Sr. and Nancy Ann Wood and was raised in Fairview. Susannah and her husband Jonathan moved to Haywood County around 1820 and to the Mountaintown section of Gilmer County in the early 1840s. David and Sarah Ann Garren had a son, Jona-



than (named after her father and grandfather), born on Christmas Day 1857, but he died 15 days later on January 9, 1858. Sarah Ann Garren died around two years later on January 1, 1860.

The Civil War began less than a year later. David Garren went off to war. He was a Private in Company D, 6th Georgia Calvary, CSA. He made it back home to Elijah after the war and married Louisa Elizabeth Milton on April 6, 1866. Elizabeth Milton was born in Gilmer County on November, 24, 1845. She was the daughter of William Hamilton Milton (1785-1863), a physician, and Elizabeth Love Peoples (1808-1882). David and Elizabeth remained in Gilmer County and opened a store in Elijah. David Garren's store was located on the town square across from the Gilmer County Courthouse. The Gilmer County Library was located on the site of his store from the 1970s to the 1990s until the new library was built south of town.

David Garren's store had a very good business. And then President Ulysses S. Grant appointed him Postmaster of Elijah on May 17, 1875. This brought in even more business to his store. Garren was one of the most respected men in Elijah and Gilmer County. He was elected to represent Gilmer County at the Georgia State Constitutional Convention in 1877.

Georgia elected Garren as one of the 185 men to meet at the Kimbell Opera House in Atlanta to approve a new Constitution for the state of Georgia.

It would replace the state's 1868 Constitution. The following is a sketch of David Garren found among the biographies of the 185 men who attended the Constitutional Convention on July 11, 1877.

*David Garren Forty First District*

*David Garren was born in Buncombe County, North Carolina on the 25th of December 1833. When he was quite young his parents removed to*



*Gilmer County, Georgia, where he since has resided.*

*His education was limited, being acquired only in the schools to Gilmer County. He was first married to Miss Sarah Ann Withrow, January 11, 1857. She died January 1, 1860, and Mr. Garren married on 6th of April 1866, to Miss Louise Milton of Gilmer County.*

*He served in the Confederate Army two years and made a good soldier. Since the war he has been a Republican. He has never held any office prior to his election to the Convention, save that of Postmaster at Elijah, which is a position he still holds. He is also a prosperous merchant in that town. He is a man of great integrity and honesty of conviction.*

David Garren received a veterans peddler's license from the state of Georgia in 1903. He continued to run his store on the square in Elijah and be very active in the town until his death on October 11, 1909. Garren's wife Elizabeth died a little over six months later on April 25, 1910. David and Elizabeth had six children. All were born in Elijah, Georgia.

1. John William Garren was born March 10, 1867. He died February, 17, 1828 in Coaldale, Scott County, Arkansas. He married Oregon Katherine Henson (1880-1957). She died in Redlands, San Bernardino County, California.

2. Pinkney Lafayette Garren was born on August 28, 1874. He died in Elijah in 1890. Never married.

3. Cora Garfield Garren was born January, 23, 1880. She died in Elijah on September 18, 1923. She never married.

4. Edgar David Garren was born on May 31, 1883. He died September 15, 1869 in Dalton, Whitfield County, Georgia. He moved there shortly before his death to live with relatives. He was buried in Gilmer County. Never married.

5. Estelle Louise Garren was born on September 7, 1885. She married James Franklin Key (1883-1962). She died October 26, 1969 in Dalton, Whitfield County, Ga.

6. Beulah Effie Garren was born on December 9, 1888. She married Arthur Judson Kincaid (1886-1928). She died August 11, 1968 in Etowah, McMinn County, Tennessee.

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

# Saving Time, and Snowfalls in March

So far, this winter has lived up to its name with a cumulative total snowfall over a foot. Temperatures were well below normal in January for several weeks with a cold flow of air from central Canada. February changed to feature more moderate temperatures by mid-month and moisture for the month was above normal, which is always good going into spring. I believe that this pattern will persist somewhat in March. We also have time and the length of daylight on our side. In March, we gain almost an hour of daylight and increasing solar radiation. We really notice the change with the additional daylight in the evening, helped by the beginning of Daylight Saving Time.

Most of the country begins Daylight Saving Time at 2:00 am on March 11 at 2 am. Widespread confusion was created during the 1950s and 1960s when every city was given the right to start and end Daylight Saving Time as it desired. One year, 23 different pairs of DST start and end dates were used in Iowa alone. For exactly five weeks each year, Boston, New York, and Philadelphia were not on the same time as Washington D.C., Cleveland, or Baltimore – but Chicago was. And, on one Ohio to West Virginia bus route, passengers had to change their watches seven times in 35 miles! The situation led to millions of dollars in costs

to several industries, especially those involving transportation and communications. Extra railroad timetables alone cost more than \$12 million per year (in 2018 dollars). The Uniform Time Act of 1966 provided standardization in the dates of beginning and end of daylight time but allowed for local exemptions from its observance.

Let's get back to the weather. Temperatures will be on an upward track with normal highs and lows at 54 and 32 at the beginning of March and rising to 63 and 37 by month's end. However, remember that in March we can also get some big snowstorms. Usually, any snow that falls in March melts quite quickly due to the increasing amount and duration of solar radiation. We also had a fairly steady supply of precipitation over the winter months. The trend for a fair amount of the winter has been for a trough in the east and a ridge in the west. This tends to lead to warmer than normal conditions in the west and cooler than usual conditions in the east. Time will tell if that pattern will repeat itself this upcoming spring.



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

## WEATHER WONDER



*What are a few of the reliable folklore sayings related to spring weather?*

Perhaps surprisingly, most handed-down "folk wisdom" is quite accurate, and has a lot of science behind it. Weather proverbs of old can be applied today just as well as they were centuries ago. We will start out with one that is close to home and that you may not know: "The wonder of a single snowflake outweighs the wisdom of a million meteorologists." Some folks I know count this one as undeniable truth! However, let's move on to a more practical proverb: "If spiders are many and spinning their

webs, this spell of weather will soon be very dry." Spider webs are incredibly sensitive to moisture in the air. When humidity is high, their webs can absorb that water, making them heavy to the point of sometimes even breaking. Spiders are aware of this, so when they sense high humidity, they are most apt to stay in their hiding places. For humans, this is a sign that rain/poor weather is on its way. When spiders sense dry air (a sign of good weather), they'll come out and spin their webs freely, knowing they have a few days of happy hunting.

## QUESTION of the MONTH



How are clouds classified?

# How It All Got Started

Last December, with the coming of the new year, I spent some time reflecting on the past. Back then, did I see myself as a part of a local family farm and processor of value-added products? No. In high school, I was headed to NC State to become a veterinarian for small animals. But somewhere along the road at college, I found Walter. Once that happened goals changed, life and love happened, and dreams became entwined. Even then farming wasn't anywhere in my future. Medical technology was our future-hospital lab work.

A few years into our marriage we made our way to Asheville. Walter grew up here but never planned to return. The town was too podunk, but somehow it called him back. Asheville grew up while he was away.

Walter took up blacksmithing as a hobby. Since there was no way to blacksmith out of an apartment in West Asheville, Walter set up a small shop on his great-grandparents' farm in Fairview. Somehow, everything grew from there. We began spending our days off at the farm, beginning with cleaning up the building for use for blacksmithing. Then, once the weather turned warm, we began to find the hidden treasures left behind on the farm. No one had lived on the property for about 20 years, but we found apple trees, plum trees, crocus, jonquils, azaleas, and rhododendrons, which bloomed in wild

abandon during that first spring.

These were followed by blackberries, wine berries, honeysuckle, and the late-blooming shrubs. What also awakened was a curiosity about how our predecessors lived. Could you really grow enough to live all year long? I grew up with an extended family that grew vast amounts during the summer and put it up for the winter, but I never saw myself doing those things. I wondered if maybe I could and did I really want to do those things.

Thus began our experiments. We planted a small garden that year and we started making plans to move to the farm. If we were going to live on the farm and clean it up, we needed to figure out how to make it work. There was no reason to reclaim it if we weren't going to use it. It would just be too much work.

I'd never worked so hard physically. We set up the old spring system early on to supply our house. We cleared off a section of the old cow pasture for our house. Finally, after digging 750 feet of waterline, attempting to dig out a rock the size of our van from the driveway, and discovering the dangers of locust trees and multiflora rose, we were home.

Wendy Harrill is co-owner of Imladris Farm, a sustainable supplier of jams, jellies, and preserves made from locally sourced fruit. [imladrisfarm.com](http://imladrisfarm.com)

# A Huge Thank You to Fairview



Community members enjoyed biscuits and gravy, eggs, sausage – and of course, pancakes – at our pancake breakfast fundraiser last month.

## New (Used) Ambulance

Thank you to the Buncombe County Commissioners for voting in February to donate one of their surplus ambulances to the Fairview fire department. Once equipped and inspected by the NC Office of EMS, it will replace the older ambulance that is currently being used. We will keep the older one as a backup when one of the other two ambulances is in the shop for maintenance and/or repair.

## Pancake Breakfast

Thank you to the community for helping us raise a little dough at the pancake breakfast on February 10. It was a good community gathering, great fellowship with our neighbors and no one walked away hungry.

## BBQ Fundraiser

Now we are looking forward to the March 23 and 24 Smokey and the Pig Barbecue fundraiser. We are hopeful that we will raise enough money, with this fundraiser, to fix the dilapidated bathrooms and showers at the main station. There are many tiers of giving to this fundraiser and we encourage any and all levels of involvement: make a monetary donation, buy a T-shirt, make an in-kind donation, or buy a plate of BBQ at the fundraiser.

Whatever you can do to help us obtain this goal would be greatly appreciated.

Robin Ramsey is the Treasurer of the Support Unit Group of the Fairview Volunteer Fire Department.

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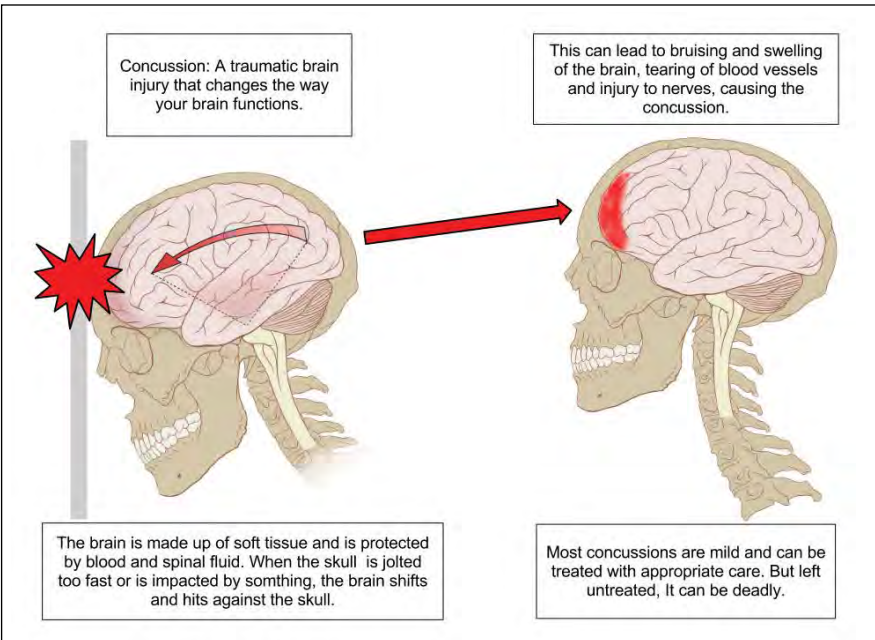
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# Advanced Therapies May Offer New Hope for Brain Injuries

**T**raumatic Brain Injuries (TBIs) or concussions are an extremely complex medical condition caused by a blow to the head, sports trauma, war injuries or car accidents that may – or may not – result in loss of consciousness. While not all hits to the head result in a TBI, they are extremely common – and the incidents of these injuries has increased dramatically in recent years. How common? According to the Centers for Disease Control and Prevention (CDC), there were about 2.8 million TBI-related emergency room visits, hospitalizations, or deaths in the US in 2013. From 2007 to 2013, the percentage of emergency room TBI-related visits increased by 47 percent.

## PCS Symptoms

Traditionally, the designation of mild, moderate, or severe was applied to these types of injuries, with the idea that, in all but the most serious cases, the sufferer would recover quickly with no long-term side effects. However, recent research has proven that this is not the case. About 15 percent of people who have suffered a TBI will develop symptoms of post concussion syndrome (PCS). Symptoms of PCS include frequent headaches, dizziness, irritability, loss of focus, memory problems, insomnia and anxiety. For the individual who has suffered repetitive TBIs, Chronic



Traumatic Encephalopathy (CTE) can develop. With this disorder, a protein called Tau forms clumps that slowly spread throughout the brain, killing brain cells. Those who have had repeated TBIs are at greater risk for developing dementia, Alzheimer's, and Parkinson's. Much research is now being done on the relationship between TBIs and late-in-life health risks. Current medical treatment focuses primarily on prevention and education.

Rest, restricted activities, and medications for the symptoms, such as headache and nausea, are prescribed. None of these treatments do anything to reverse damage to the brain or prevent the long-term, adverse health risks associated with repeated TBIs. However, new research is showing promise in helping those with these kinds of injuries. Pulsed Electro Magnetic Frequency therapy (PEMF), laser or photobiomodulation, and

neurofeedback (brain wave retraining) have been shown to not only alleviate symptoms but actually help heal the brain and reduce the possibility of long-term damage. For example, a study published in the Frontiers of Human Neuroscience in September 2015 documented the recovery of brain connectivity utilizing PEMF in the treatment of mild TBIs. Dozens of studies, including a report to Congress by the CDC in 2003, indicate that laser therapy may be an effective treatment option for patients with post-concussion syndrome. The Indian Journal of Neurotrauma (India ranks 3rd in the world for TBIs) recently published a study citing the efficacy of neurofeedback in memory recovery and enhancement of learning in patients with mild head injuries.

It is shameful these advanced, proven therapies are not being used routinely in helping improve the quality of life for those with these injuries. The evidence is there. If you or a loved one is struggling with this type of injury, you may want to contact a doctor who provides these services.



Dr. Reilly is past president of the NC Chiropractic Association. [drreilly@fairviewdc.com](mailto:drreilly@fairviewdc.com), 628-7800.

# The "Take Five" De-Stress Exercise

**S**tress is at the root of so many physical and mental health struggles Americans deal with. And it comes at a major cost to not only ourselves but our families, communities, jobs, the health care system, and beyond. Because psychological stressors contribute both to commonly attributed ailments – such as anxiety, depression, and PTSD – as well as to cancer, cardiovascular disease, and even neurodegenerative diseases like Parkinson's and dementia, their reduction or elimination can pay huge dividends both personally and financially.

I had the pleasure recently of interviewing a well-known mindfulness expert who has been featured on Dr. Oz and other programs. Cory Muscara shared with me, and my podcast listeners, a simple but highly effective technique to break the cycle of damaging stress responses in just a few short breaths.

## Take 5

Hold your hand in front of you, palm side up, with elbow bent at 90°.

Take the index (pointer) finger of the opposite hand and place it in the palm facing you just in front of the wrist crease.

As you begin to inhale slowly and deeply, slide your finger along the course of your thumb to the tip.

Follow the course of the thumb with your finger back to the wrist as you slowly exhale.

Repeat with the pointer, middle, ring, and pinky fingers for a total of five breaths.



Do this initially with eyes open, and then try it with eyes closed.

Pausing to breathe like this, while bringing your attention to the tactile sensation of your finger sliding on your hand, creates a few moments of mindfulness that can interrupt most any stressor and get your brain back on track. This technique creates a parasympathetic (relaxation) response that will lower your heart rate, normalize breathing patterns, and simply make you feel better!

Practice often and you'll find even thinking about it will evoke the same responses.

To listen to the full interview, search in your podcast app for episode 339 of the Train Your Brain podcast.



Dr. Trayford is a Board Certified Chiropractic Neurologist. More at [ApexBrainCenters.com](http://ApexBrainCenters.com)

# Midseason Flu Report: How Bad Is It?

**T**here has been much talk and fear this year about the flu as reports surfaced that the vaccine is not particularly effective compared to previous years. One of the more frequent questions from patients persists: Should I still get a flu shot?

I finished a seven-day tour last month on MAHEC's hospital service during which we had an abundance of patients hospitalized with the flu and related illnesses. As of that time in Buncombe County, there were 10 confirmed flu-associated deaths this season.

- 7 were 65+ years of age.
- 3 were 50-64 years of age.
- 5 were not immunized against flu.
- 7 had underlying medical conditions.

All reports by the Center for Disease Control indicate that the flu is still active and on the rise. This year, the influenza A (H3N2) virus is the predominant strain and it is particularly virulent. The H3N2 virus is associated with more severe illness compared to other more common strains, as I witnessed in the hospital this week. The people who are most vulnerable are persons older than 65 and young children. People with weaker immune systems, as well as pregnant women, are also at greater risk.

So should you still get the flu shot? Even though this year's vaccine does include protection against both the virulent

H1N1 and the H3N2 strains, the H3N2 undergoes rapid genetic change during a season compared to other viral strains. This essentially means that the H3N2 virus can look very different at the beginning of a flu season compared to right now. Even though it is not a perfect match, the flu vaccine still protects you. Flu season typically lasts through February but can last until May, as we have seen before in Asheville.

It's important to recognize that the flu shot is about reducing your risk, not totally eliminating it. Studies have shown that even when the flu vaccine is considered "less effective," it still significantly reduces the total number of vaccinated people who get the flu. Other studies show that in children, the benefit of the flu vaccine is even more protective compared to adults.

So I recommend the vaccine. It could save your life and has very rare side effects. Unfortunately, we have not seen the end of this flu season. As a reminder, antiviral treatment is most effective when started within 48 hours, so don't hesitate to see your physician if you think you have the flu.

Dr. Gilmer is a family practice physician at MAHEC Family Health Center at Cane Creek.

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## Decisions, Decisions

Over the last year, I've chronicled my wife's and my transition onto Medicare with two main purposes in mind: first, to better understand and empathize with my clients' experiences and to use these articles to help guide others with their own transition process; and second, to address my own family's insurance needs. I've learned a lot along the way and I hope you have as well.

The decision-making process up to this point has been a real roller coaster for us, mostly influenced by external forces such as the BCBS/Mission Health fiasco last year. However, most of those decisions had to do with whether to opt into Part B of Medicare or stay with my wife's (Marilyn) group plan. We enrolled in Part B and now that Marilyn and I are on full Medicare, we have transitioned to the next phase of decision making: choosing a Medicare plan.

### The Choices

While everybody's situation is unique, these general courses of action are most common: Original Medicare only, with Part D (or not) and no supplement; Original Medicare with Supplement and Part D (or not); or Part C Medicare Advantage containing Part D (or not).

The Mission/BCBS issue, which has since been resolved, prompted us to put

the Medicare Advantage option back on the table after first discounting it. Buying insurance is all about buying a plan that maximizes one's peace of mind. There are two components to that: the benefits and the cost. Supplements cost more but have the more robust benefits, and Marilyn and I would also need to buy a Part D as well. An Advantage plan costs less and has different benefits featuring copays for doctors and hospitals (which we experienced with Marilyn's group plan) and incorporated Part D.

### The Results

In the end, the lower premium (reflecting my sense of frugality) and other ancillary perks such as a paid gym membership (saving us \$600/year) won us over to a Medicare Advantage plan, at least for now. There will be opportunities for changing it during the Annual Enrollment Period later this year if we're not happy. There was a lot more to making our decision than these factors but, for us, it seemed the best fit.



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.

## Friends, Data Control, Real Fixes and Easy Printing

If you have a Mac and are curious to know why Facebook suggests you friend certain people, Gizmodo has made an app to help explore what information points Facebook may be using in recommending friends for you. You can download this app by going to gizmodo.com/tag/people-you-may-know and scrolling to the article titled "Keep Track Of Who Facebook Thinks You Know With This Nifty Tool" to find the actual download link. And while you are on this list of articles, see what else Facebook might be doing.

Facebook is slowly giving users a bit more control over their data as they prepare for the European Union's new General Data Protection Regulation (GDPR). Although it is not live yet (I am sure FB is testing it with some large subset of its 2 billion+ users), it will have to be by May, when that EU law goes into effect. Look for this new "privacy center" in the next few months.

In its next major update to Windows 10 in March or April, Microsoft, in a move probably related to this same GDPR law, will also have a "Windows Diagnostic Data Viewer" to explore what they are collecting and sending. Hopefully by the time they release this tool it will be more user-friendly than it looks at this point.

It is fascinating how Microsoft is

becoming more aggressive in forcing better behavior from some software companies. Starting in March, users running Windows Defender will find that applications that promise to find problems and fix them but then force you to pay for the actual fix will be prevented from running and you will be protected from such "coercive" programs. Other Microsoft updates may also end up doing this same "cleaning" to cover people running different third party internet security applications.

Netflix has an amazing amount of content, even if it does not have all the latest broadcast TV shows or movies, but it really fails in recommending content. You should explore flixable.com for a different take on Netflix content.

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Bill Scobie fixes computers and networks for small businesses and homes. 628-2354 or bill@scobie.net

## Poetry Taking Root and Blossoming in Fairview

Jim Carillon and his wife, Aline, retired to Fairview over a decade ago.

Their previous venture and adventure had been transforming seven acres with a lake house on it into a successful bed & breakfast in the middle of Pisgah National Forest near Old Fort, NC. When they were ready to sell their business and retire, it was the beauty and spirit of the mountains that drew them to Fairview, where they have enriched the life of the community through their service work and interest in the arts.

Of late, Jim has taken up writing poetry, taking classes to hone his craft. His poem "Legacy," inspired by his volunteer work at The Lord's Acre, appeared in January's *Town Crier*. Recently I sat down with Jim



Sarah Elizabeth Malinak and Jim Carillon

and learned how this art form took root in him and has since been growing and producing a harvest.

**Sarah Elizabeth Malinak:** Your poetry is intimate. It sounds and feels like a dance. Does that resonate for you?

**Jim Carillon:** Poetry is always a dance between the creator, the potential of where you're going, and the reader. It's sort of a square dance that way. I find that, in a given moment, I may not really have a good idea for a poem but something compels me to write. What is that and how do I do it even though I don't know where I'm going with it? There is something wanting to be said and I find I need to respond to the uncertainty of the moment by sitting down and writing.

Though I tend to write when I'm inspired, I try to write something at least every week. My schedule, between being retired and involved in various volunteer activities, is highly variable. When I'm even near a pen or computer is highly unpredictable. It doesn't happen every day or even every week, but when I have private time and can concentrate for a long period of time, then I write. Something that helps inspire me is my bicycle riding. It gets me outside where I have ninety minutes to two hours of riding from point A to point B. I'm not doing anything else

except enjoying the bike ride and enjoying long periods of thought. If I have a germ of an idea and two hours a day to ride, I can mull over different ideas in my head. Then when I get to point B in my destination or return home, I'll sit down and capitalize on those long journeys.

**Sarah:** It seems clear that you want to serve the poem to the poem's best interest. Tell me about service being a part of your life and how that is reflected in your poetry.

**Jim:** A lot of my retirement years are about serving others. A lot of my volunteering is in realms where I'm serving the public or neighbors in a way that helps redress the economic disadvantage they may have

received over the years. I try to help those that have not been as advantaged as I have. When I can serve both social justice and the community: that's a big win for me.

Even in my writing, even though it's a solitary journey, it's

meant to serve the

reader. It's meant to share feelings with the reader that we share. We can relate and touch across the written page.

**Sarah:** What moved you to start writing poetry?

**Jim:** As a teenager I used to write music and lyrics but in my academic training and work life I didn't do a lot of it. There I wrote to help people manage change in their organizations but I didn't write for myself. At different points in time I've taken poetry writing classes, most recently at the Osher Lifelong Learning Institute (OLLI) at UNCA with Professor Mike Ross. He had us write poems on a particular idea during the week. Then in class he'd show them on an overhead and have the class offer recommendations. It was a supportive environment that encouraged me to keep writing.

Once the class came to an end I feared I'd stop writing without regular encouragement. But OLLI classmates get together once a month and we share our poetry. In addition, at our church we now have a poetry writing group that gets together on a monthly basis. With the two discussion groups, I've got the social support to keep writing.

*Sarah Elizabeth Malinak is a Fairview author and retired relationship coach.*

## This Virgin Page

*This virgin page stares at me  
So full of promise, potential  
unrealized,  
Like this morning's cold bright  
winter sky  
Intimidating in her stark glare.*

*How can I bring her potential to  
fruition  
Without spoiling it, or damaging  
her beyond repair?  
Add meaning without cluttered  
confusion;  
Share feelings without  
demanding expectations?*

*Maybe I should just let her be,  
Wait, observe more, get a better grip  
Before intervening to who knows  
what end.*

*Listen rather than solve what isn't  
even a problem.*

*But she stares back so expectantly  
Wanting me to do something,  
anything  
Until I think I might then begin to  
doubt again  
Whether any move, any word,  
could help or only hurt.*

*I walk away wondering  
If on another day I might do more,  
Do something meaningful  
Just for her.*

Jim Carillon, January 2018

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# St. Patrick’s Day: Past & Present

**H**omesick. A word used to describe a longing for one’s home. In the decades preceding the American Revolution, Irishmen stationed in New York and serving in the British Army likely pined for home. Yearning for the emerald hills of Ireland, these men—many of them ex-patriots, and all of them strangers in a foreign land — banded together in solidarity on March 17, 1762 in honor of St. Patrick, the patron saint of their homeland. Marching in step to the steady beat of the drum, and sporting kelly green attire, the boisterous men cluttered the streets of New York, playing fifes and singing Irish tunes in their native tongue. With no objective other than to locate the nearest tavern, the nostalgic Irishmen paraded to their destination, ordered a round, and raised their glasses in a proud salute to their Irish heritage. Although they couldn’t have known it then, the seeds were sown for a tradition that’s survived for over 250 years.

**Celebrating Patricius**

We celebrate St. Patrick’s Day today because of a Romano-British man named “Patricius.” As the story goes, Patricius (or Patrick) was kidnapped and taken to Ireland at the age of 16, escaped and returned to his family, and in the 5th century A.D chose to dedicate himself to a life of Christian mission work in Ireland. Patrick (although never formally canonized) was ordained a bishop, and many centuries later dubbed a patron saint of Ireland. Since the 17th century, March 17 has been observed as St. Patrick’s feast day by Catholics and Protestants alike. When this holiday falls during Lent, Lenten restrictions (such as fasting) are lifted – perfect conditions for cultivating jovial celebrations and bacchanalian traditions.

Myths abound surrounding the circumstances of St. Patrick’s life. One of the

## Irish Blessing

May the road rise to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your face,  
And rains fall soft upon your fields,  
And until we meet again,  
May God hold you in the palm of His hand.

most well-known legends is that he drove the snakes from Ireland, when in fact the waters surrounding the “Emerald Isle” are far too chilly to allow the migration of snakes to begin with. A convert to Christianity himself, he is credited for Christianizing Ireland, and most likely the story of the snakes illustrates that narrative. Another legend, born in the centuries following his death, is that St. Patrick first associated the shamrock with the Holy Trinity, and that he created the Celtic cross.

**Parade Popularity**

Circle back to the St. Patrick’s Day parade. The parade’s strength in numbers paralleled the surge of Irish immigration to the United States. (In Colonial America, the parade was loosely organized by militia). The devastation of the potato famine in the 1840s caused Irish people to flee to the US, and the nation’s Irish immigrant population swelled. Seeking to honor St. Patrick (and to connect with their Irish kinsmen home and abroad), parades, festivals, and parties became commonplace in the US on St. Patrick’s Day, especially in New York City, which housed the nation’s largest Irish immigrant population. Years passed and the parade’s popularity grew, with competition spurring dueling parades.

Soon, other cities across the map began to host St. Patrick’s Day parades. Among those most notable are Southern cities such as Savannah, Georgia, a city with a longstanding history of Irish settlement; and the colorful city of New Orleans. Even closer to home is Charlotte, which boasts



Since the 17th century, March 17 has been observed as St. Patrick’s feast day by Catholics and Protestants alike.

a rich Irish heritage. With a festival to accompany the merriment, the Charlotte St. Patrick’s Day Parade is enjoyed by thousands each year. The “combination of flags, floats, kids, and pipe band music” gives it an authentic Irish-American feel, and it’s no wonder that – with Irish music and dance, vendors, a Kids Zone, and free admission – “[t]he parade has grown to be one of Charlotte’s biggest and best,” contend the parade’s organizers.

**An Historic Route**

Travel north, and the New York City St. Patrick’s Day Parade can still be witnessed marching up 5th Avenue. Various groups and organizations traverse the historic route, on display for nearly three million spectators and the Archbishop of New York as they pass St. Patrick’s Cathedral (a longstanding tradition that hasn’t changed, except for the physical address of

the church itself). Those who are unable to attend the parade in person can visit [NBCNewYork.com](http://NBCNewYork.com) to view the parade live at 11 am on St. Patrick’s Day.

**A Protestant Celebration**

Although St. Patrick’s Day is typically viewed as a Catholic celebration, it is also a Protestant tradition. Records indicate that the first true St. Patrick’s Day gathering in colonial America was hosted in Boston in 1737 by The Charitable Irish Society, a predominantly Protestant Presbyterian Scotch-Irish association formed to facilitate integration into society.

Centuries ago, Scottish people emigrated to Ulster (or northeastern Ireland). These “Lowland Scots” then emigrated from Ireland to the US in the early 18th century, with the largest wave of immigration around the turn of the 19th century. Originally settling in Philadelphia, they



Seeking to honor St. Patrick (and to connect with their Irish kinsmen home and abroad), parades, festivals, and parties became commonplace in the United States on St. Patrick’s Day,

began to migrate into Virginia and then traveled in groups with their families to Tennessee and the Carolinas in search of land and work.

According to Digital History, “They brought with them their religion, folk traditions, and cultural traits which contributed to the distinctive cultural mix that developed in Southern Appalachia...The Scotch-Irish influence still continues to impact the people of western North Carolina.” Thus, a great deal of Scotch-Irish heritage and pride has infused the Western North Carolinian culture.

**Local Festivities**

And while there aren’t any local parades with floats garnished in green, many people in our community (Scotch-Irish or not) identify with the Irish on this holiday by cooking traditional Irish meals, playing Irish folk tunes, drinking green beer, donning green garb, and attending church

services. Local folks can even participate in Asheville Catholic School’s 12th Annual Shamrock Run held on St. Patrick’s Day, followed by on-site festivities.

Situated smack dab in the middle of Irish-American pride month, St. Patrick’s Day is a day to recognize all things Irish. At heart, it’s a day to honor St. Patrick, the man who selflessly gave himself in service to God and country. But, for roughly 33 million Americans who lay claim to Irish roots, it’s also a day to identify with their Irish kinsmen, at home and abroad.

**Marching into the Future**

In our region and all over the country, Americans with Irish ancestry proudly wear the badge of Irish pride on St. Paddy’s Day, and countless others unite to celebrate with them just for fun. Whether the legends of St. Patrick are true will likely remain a mystery, but his influence is apparent. The soldiers who marched in the streets of New York before our nation’s founding laid the groundwork for unwavering Irish-American pride, and it’s because of them that St. Patrick’s Day traditions proudly march on into the future.



ST. PATRICK’S DAY PARADES, THEN AND NOW: New York City marchers in 1909 and spectators in 1951; cheerleaders in modern-day Charlotte, NC. (Charlotte photo by James Willamor)

## Easter Events

**March 31**  
**Ingles Easter on the Green**  
The ninth annual Easter on the Green, from 2-5 pm in Pack Square Park. Free and open to the public. There will be Easter egg hunts, inflatables, crafts, games, activities and prizes. Kids can also meet the Easter Bunny and have their photo taken. For the egg hunt schedule and photo times, go to [ashevilledowntown.org/easter-green-presented-ingles](http://ashevilledowntown.org/easter-green-presented-ingles).

SPRING MOUNTAIN COMMUNITY CENTER, 807 Old Fort Road, Fairview

**March 24**  
**ANNUAL SPRING MOUNTAIN BUNNY BRUNCH**

2-4 pm. Free (sponsored by Daylight Asheville), family-friendly event featuring refreshments, photos with the Easter Bunny, story time, and a springtime craft.

FAIRVIEW BAPTIST CHURCH, 32 Church Road, Fairview

**March 25**  
**EASTER EGG HUNT & COOKOUT**

5 pm. Egg hunt is outdoors, but will move indoors if there is bad weather.

**March 28**  
**PASSOVER SEDER**, 6:30 pm.

**April 1**  
**EASTER SUNRISE SERVICE**, 6:30 am at Cane Creek Cemetery

**BREAKFAST**, 7:15 am, Fairview Fellowship Building

**RESURRECTION SUNDAY CELEBRATION**, 11 am

TRINITY OF FAIRVIEW, 646 Concord Road, Fletcher

**March 31**  
**CHILDREN'S EASTER EGG HUNT**

**April 1**  
**SUNRISE SERVICE AND MEAL**

### Giant Church-wide Yard Sale

**Saturday, March 24**

7am - 12 noon

Trinity of Fairview's Family Life Center  
646 Concord Road  
Fletcher, NC 28732

(Conveniently located off Emma's Grove Road, Cane Creek Road, and Mills Gap Road)



### ON THE ROAD: ST. CROIX, CANADA, FINLAND



Each year, Pat and Wayne Faas spend a week on vacation in Christiansted, St. Croix, in the U.S. Virgin Islands. This picture is from the Christiansted boardwalk and harbor, with the Hotel on the Cay in the background.

...

Tip Ray took along the *Crier* as he did his duties as Technical Official at the Para Biathlon World Cup competition held in Canmore, Alberta, Canada last December (below, bottom) and in Vuokatti, Finland in February (below, top).

Para Biathlon athletes have physical disabilities and are classified as "Sit" or "Standing" skiers and visually impaired. Biathlon combines cross country skiing and rifle marksmanship. Races are of different distances but each skier will complete a preset loop, enter the shooting range to fire a 5-round clip (air rifles) at targets 10 meters away. Vision-impaired skiers use an electronic rifle and targeting system. Depending on the competition, entrants may have to ski a "penalty" loop or have a time penalty added to their finish time.



Canmore is about an hour west of Calgary on the eastern edge of the Canadian Rockies and Vuokatti is north of Helsinki. These winter games are also hosted in Germany, Sweden, Norway, Russia, Japan, South Korea, China and the US.



One of the summer 2017 host families pictured with their Italian exchange student (far right).

### Host an Exchange Student this Summer

Xplore USA provides WNC families with the opportunity to host an international student in the summer for three to four weeks. Students, typically from Spain, France, Italy, Germany, and Austria, and between the ages of 13 and 17, participate in a day camp alongside American students.

Host families often send their own children to Xplore USA's day camp, as



it is a great way for students to study a foreign language, make friends from all over the world, and learn about other cultures.

The Xplore USA Intercultural Day Camp is held at Hanger Hall, 64 W.T. Weaver Blvd., Asheville. Weekly sessions are available from July 2 to August 16 for kids ages 8 to 18. For more info, email [info@xploreusa.org](mailto:info@xploreusa.org), go to [xploreusa.org](http://xploreusa.org), and see ad on page 3.

### Farewell to Jocko the Donkey

By Jeanette Sams

It is with great sadness that we report to the community of Fairview that Jocko, the donkey that lived on Whitaker Road, has passed away. Our family adopted Jocko when my youngest son was just born, 23 years ago. Jocko, born on Halloween and named for a jack-o-lantern, was loved by his neighbors. Many times, they would bring treats of apples, sugar cubes and peanut butter crackers (Jocko's favorite) for his enjoyment. His long ears would take turns



flopping back and forth as he devoured his special treats.

Known to have an adverse reaction to white shirts, a friendly nip or two did not stop eager friends and family from paying Jocko attention. You never tested Jocko because he would kick up his heels and try to

get you with his hind legs.

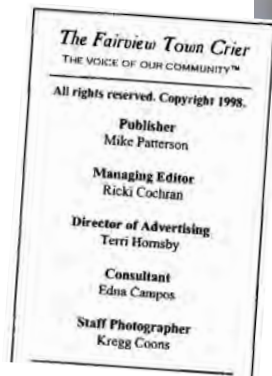
The farm on Whitaker Road will miss the antics of our beloved Jocko. However, he had to go to donkey heaven to see his papaw, E. M. Pettit.

### Terri Lynn Hornsby (1962-2018)

On Thursday, February 8, 2018, Terri Lynn (Sirota) Hornsby passed away peacefully at the age of 55, following a lengthy illness. Born in Hialeah, Florida on July 15, 1962, Terri was the youngest daughter of Raymond and Beverly (Morgan) Sirota.

Terri grew up in south Florida with a deep love for the ocean, sunshine, swimming, music and dancing. She graduated from American High School in 1980. She and her husband Mark were married in 1988 and moved to Asheville in the 1990s to raise their two daughters. She was an active member of the community, organizing school events, volunteering for local causes, and always lending a helping hand whenever possible. She was a founder of the Fairview Town Crier. Terri is remembered for her beautiful smile, charitable heart, and uncanny ability to brighten up a room and bring people together.

Terri was predeceased by her father Raymond Sirota. She is survived by her mother



Beverly, brothers Walter and Ray, sister Diane, former husband Mark Hornsby, daughters Paige and Grace, and many nieces and nephews. She was a loving daughter, mother, wife, and friend and is dearly missed.

Services held will be private.

In lieu of flowers, please consider a donation to a research foundation such as the Center for Neurodegenerative Disease Research at Perelman School of Medicine ([med.upenn.edu/cndr/giving.html](http://med.upenn.edu/cndr/giving.html)) to help expand the knowledge, prevention, and treatment for those affected by these debilitating diseases.

### Scavenger Hunt & Clean Up on Old Fort Road

Spring Mountain Community Center will hold a roadside litter clean up along Old Fort Road on Saturday, March 17, 10 am-12pm. (Rain date is one week later, March 24, 10 am-12pm.) Snacks and drinks will be provided.

To encourage participation, special "trash" will be hidden in secret spots along the road. Meet at the community center to begin your quest. Volunteers will be briefed as to what the treasures might look like when they check in to get their safety vests, gloves, and trash bags. Anyone finding and retrieving a special item will win a prize if they also turn in at least one orange bag of litter.

Children must be accompanied by an adult and should be old enough to safely move along the roadside.

For those who would like to help but cannot come on Saturday, call Ruth at 628-1625 to arrange for safety vests, gloves, and bags. You may do your litter pick-up at another time, but scavenger hunt items will only be available on Saturday. Your prize will be knowing that you did a good deed!

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STUDENT OF THE MONTH: ARYELLE JACOBSEN



By Annie MacNair

Interested in some good news for the future? News and weather weighing on your spirits? I've got two words of encouragement for you: Aryelle Jacobsen, an A.C. Reynolds senior and Student of the Month.

I spoke with Aryelle following a weekend of particularly dreary weather and discouraging national news. And it's no exaggeration: her abundant enthusiasm and plans for her future gave my soggy

spirits a genuine, Rocket Pride boost. Aryelle is a published author, entrepreneur, musician and aspiring leader. Her favorite high school memory says a lot about who she is: "Being part of the marching band and playing 'Carry On' my junior year...we played our hearts out during a competition."

Although her band ended up winning Grand Champion, Aryelle describes the win as secondary to how and what she felt while playing. Why, I wondered, did this song mean so much? It's a song about overcoming despair, something she felt an abundance of during her first year of middle school. Back then, she says, self doubt and depression had her isolating herself and looking to social media and a negative peer group for attention. Things improved by the end of middle school, and Aryelle, being the fundamentally caring person she is, thought her experience might benefit other kids (helloooo, Rocket Pridel!), so she and some of her artistic friends wrote and illustrated a book, "A is for Awkward: A Guide to Surviving Middle School." (Available in bookstores and online.)

"It's a pocket guide," she says cheerfully. "Kids can literally carry it in their pocket and read encouragement throughout their day." With the help of her teacher, Ms. Mayer, Aryelle has written and taught her "A is for Awkward" curriculum in area middle schools. The response from students and teachers to her – a student teaching other students – has been so positive that Aryelle is developing a training program for other high school students that would continue teaching her empowerment curriculum in middle schools.

Drawn to helping people by means of leadership, Aryelle actively serves on the School Improvement Team where, according to principal Doris Sellers (who nominated Aryelle for this column), "she has an ability to bring the voice of students to the table."

"This is a time of youth empowerment," Aryelle says energetically, "of making a better future by building each other up instead of tearing each other down."

What does this energy- and action-oriented student want to do after college? She says her answer has been the same ever since kindergarten: "President of the United States." For real. And to that we at the *Crier* say, "Go, Aryelle!"

Theater Classes for Socially Conscious Youth

The Different Strokes performing arts collective will hold workshops for kids who want to explore the implications of bias, diversity, and social justice through theater and dance. The "Just Kids" workshops are divided into classes for 7- to 10-year-olds and 11- to 14-year-olds.

During the theater workshop, kids will learn craft-based theater skills and about the concept of art for social justice. At the close of the semester, each class will present a short play demonstrating the curriculum.

The dance program covers a wide range of dance styles, including African, hip-hop, jazz, and modern. Students will learn three routines in 10 weeks, and perform for friends and family at our end-of-semester show.

For kids 7 to 10, acting classes run March 5–May 7, 10 am-12 pm, at \$200. For kids 11 to 14, acting classes run March 7–May 9, 10 am-12 pm, also at \$200.

For kids 7 to 10, dance classes are held on Mondays only, March 5–May 7, 12:30 pm-1:30 pm, at \$100. For kids 11 to 14, dance classes are held on Wednesdays only March 7–May 9, 12:30 pm-1:30 pm, at \$100.

For more information or to register, contact Kristi DeVille at 779-7740 or kristi@differentstrokespac.org.

EVERY LOVE, TEEN REPORTER

Love, Disappointment and Sadness

When I started to register for classes for fifth grade, my dad told me I had to at least try one year of band; if by the end of sixth grade I hated it, I could drop out and not have to do it ever again. (Full disclosure: My dad is the band director at A.C. Reynolds Middle School). At the time I didn't know that I would love it and that playing euphonium would become my passion.

All-District is an audition-based band competition that results in two elite bands – symphonic and concert – full of the best musicians from all around the district. The symphonic band is the best, and the top two euphonium players from this band get to try out for All-State, which was my ultimate goal. Last year I tried out as a seventh grader but didn't make it, so I was determined this time.

There are three parts to an audition: a solo, seven scales, and the dreaded sight reading.

Sizing up the Competition

I have four friends from Valley Springs that play euphonium, so I listened to them play for support (and also to size up the competition), and they all sounded really good! They got their audition results first, and my friend Emilee told me the news. All four made it! Two in the symphonic band, and two – including Emilee – in concert band. Our results came in the next day, and we clustered anxiously in my dad's office to learn the results. I made it as first chair symphonic. I had hit my goal of heading to All-State auditions!

Unfortunately, I got sick the day before the All-District clinics. Stuffy nose, sore throat, whole deal. You could practically see the bags under my eyes from Europe. I kept it from my family because I learned that I wouldn't get to go to All-State try-outs if I didn't go to All-District. But very early in the morning before All-District, I realized that it wasn't fair for me to go and risk making somebody else feel this bad too. I went to the doctor's office, and the tests concluded that I had Flu A. I stayed home.

I'm not going to tell you that you always

have to be strong and that disappointment is good practice for the real world. When I had to cancel the two things that I'd been looking forward to for weeks, I died a little inside. Every time someone would bring it up, I'd start crying. I had worked so hard for this, earned it, and then had it taken away just as I was about to grab it. The wound is still raw, and it will stay that way for a while.

Overcoming Disappointment

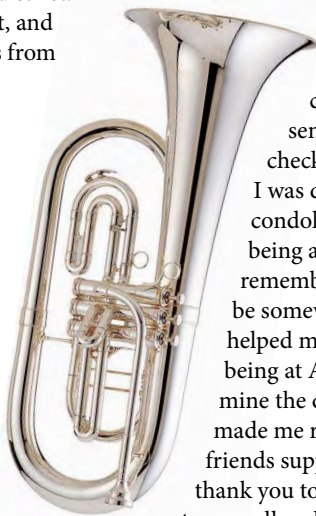
While I am very disappointed that I had to miss out on such an amazing opportunity, it did show me how much my friends care about me. They all sent their love, regularly checked in to ask about how I was doing, and all sent their condolences. It was lonely being at home, every moment remembering I was supposed to be somewhere else, but friends helped me remember that not being at All-District didn't determine the quality of my music. It made me realize just how much my friends support me and love me. So thank you to the people who listened to me yell and scream and cry about the unfairness of it all. Thanks to the people who were sad for me. Thanks to everybody who kept me from going crazy.

This has been an emotional roller coaster for me – disappointment, love and sadness in such a short amount of time. If you ever experience a crisis and/or extreme disappointment, here's my advice. First, have a good cry, which will probably help at least a little. If it doesn't, then take a bath and eat as much chocolate as possible. Next, please appreciate your friends, as they'll be there for you when you don't think you can stand up.

Finally, I'd like to give a shoutout to all my friends from other schools that I met at All-County and All-District auditions. I miss you guys. Thank you for your support, and many congratulations to the finalists!



Avery Love is an eighth-grader at A.C. Reynolds Middle School. She lives in Fairview with her mom, dad, and sister Zoe.



*Congrats, A.C. Reynolds!*

A.C. Reynolds cheerleaders won the North Carolina Cheer Coaches Association state championship in the Small Varsity Non-Tumble Division 1 group. And the boys basketball team won their conference tournament and are on their way to the state championship playoffs.

We Still Read! Supporting Literacy in Buncombe County Schools

"She slinked down the stairs, down and down again, into the damp darkness of the sub-basement until she came to the slanted, brown-dripping corridor..."

Read aloud to sixth graders – really? But as I recently read these words to a full class at AC Reynolds Middle School, they hung on every word. In fact, we started this literacy period with the class collaboratively recounting the story of what led up to this scene. This was Serafina and the Black Cloak, and they were enrapt.

At the February School Board meeting, we were lucky to have Robert Beatty, best-selling author of the *Serafina* series, as our guest. Beatty was there with Nicole Lowery (of the Asheville Barnes & Noble store) to present a check for \$6,600 to the Title 1 reading programs of Buncombe County Schools. This was the second year that Barnes & Noble donated a portion of the proceeds from a Serafina book launch week.

Addressing the audience, Beatty said, "As a writer, one of the greatest honors I have ever received is to have my book read and taught in schools. It's one thing to get a book published—that was a great honor. But to have it actually be valued by teachers, and to be read by students in school, is a true honor. I greatly appreciate the support of the school system in that effort and I hope that we continue." Referring to the launch of his next book, *Willa of the Wood*, he added, "This year I would like to make that check at least twice as big!"

As we all know, reading is the foundation of a solid education. This is why Reynolds Middle School instituted the literacy period this school year. It runs from 9 to 9:30 am on Mondays and Wednesdays, and the kids and teachers love it. When surveyed about

"As a writer, one of the greatest honors I have ever received is to have my book read and taught in schools..."

Robert Beatty  
Serafina series author

schedule adjustments for second semester, an overwhelming number of students and teachers were adamant that the school not do away with this reading time.

Not only is it popular, but early indicators show that the new literacy period is already changing students' reading habits. The media coordinator reported that there has been a tremendous increase in the number of books checked out in the media center as compared to the same time last year. Year-end surveys will tell us more about the changes in students' attitudes about reading, but it looks good!

I plan to go back and read aloud every month. I love reading, and it was a great way to connect with the students. Reynolds Middle School welcomes volunteers from the public as well. If you're interested, simply email principal Stanley Wheless (Stanley.wheless@bcsemail.org) at least two days before you'd like to come. Maybe I'll see you there!



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



Author Robert Beatty is a supporter of reading programs at Buncombe County Schools.

CCMS Calendar Says Spring Is on the Way

By Karen Wallace-Meigs

While the thermometer occasionally suggests warmer days may be on the way, the school calendar is filled with all of the rites of spring.

It is time to register Cane Creek's eighth graders for high school. Visit the school website at ccms.buncombeschools.org and scroll down to "CCMS High School Registration Timeline" for more information. Your student should also have information specific to registering at either T. C. Roberson High School or A.C. Reynolds High School.

Multiple sports hit the field and links in March. To find specific sports, game or match dates/times, and more, visit the same website and click on "Athletic Schedules."

Cane Creek's Battle of the Books team matches up against teams from across Buncombe County Schools on March 9 at the Buncombe County Schools Central Office. Team members have read and memorized titles and authors of 27 books, chosen by the North Carolina School Library Media Association.

There remains a need for items such as lip balm, leggings, paper, pencils, deodorant, washcloths, "no-see" socks, and t-shirts at the school. A "Hurricane Helpers" donation bin is located at the front office.

Finally, the Parent-Teacher Organization hosts the Cane Creek Middle School Regional Artisan Fair on March 3, 10 am-4 pm, in the school's cafeteria. Crafters still have time to get in applications, available through the school website or the PTO's Facebook page. Singers and musicians are wanted to perform on stage at the event. Contact canecreekmiddleschoolpto@gmail.com for vendor or performer information. This event will be a true celebration of mountain heritage. View and purchase beautiful pottery, unbelievable photographs, one-of-a-kind jewelry, handmade hats and scarves, and more from talented vendors who have purchased space to both display their original work and support classroom mini-grants that directly encourage hands-on, dynamic learning opportunities for all students.

Karen Wallace-Meigs is the PTO Communications Coordinator for Cane Creek Middle School.

Do You Have Cabin Fever?

Cabin fever is described as a claustrophobic reaction that takes place when people end up stuck indoors in confined quarters for an extended period. Cabin fever describes the extreme irritability and restlessness people feel in these situations.

As a kid when the cold kept us close to our fireplaces, I remember the fun I had. We all looked for ways to enjoy each other's company with games and crafts and watching television – all three channels!

The cold also gave me opportunity to lock myself away, knowing I didn't have to go anywhere and could work on a new trick or fine-tune a routine. Even today I try to work on something to be added to the show. The cold weather also gives me the opportunity to catch up on my reading, magical and otherwise.

Old News

Just prior to moving to Fairview I changed the presentation of a trick I have performed for years. Known as the "Torn and Restored Newspaper," it has become a classic in magic. When I first started performing it, newspapers were big and



full of the news of the day. Performing the trick was a breeze. Size mattered, but before long my paper of choice, *USA Today*, shrank to the same physical size as *Town Crier*, with a whole lot less news in it.

I nearly dropped the trick altogether due to the difficulty in performing with the smaller size, but David Letterman gave me an idea with his "Small Town News" segment. Now as I tear the paper into shreds, I share some "small town news" headlines from the *Crier*. When I'm done reading through the headlines, I give a quick flip and the paper is magically back in one piece.

The reaction is always great. And who knows? I may have given up on the trick altogether if it wasn't for cabin fever! Which, by the way, is the direct result of living here during the winter in Fairview.

See the box at right for a variation on this trick, made simpler by using a paper napkin.

Greg Phillips is a professional speaker, magician and comedian. Contact him at [Greg@GregPhillipsMagic.com](mailto:Greg@GregPhillipsMagic.com) or [MountainMagicAcademy.com](http://MountainMagicAcademy.com)



GREG'S MAGIC TRICK

Torn and Restored Napkin!

Here's a fast, fun trick!

The idea is simple: You rip a napkin into pieces and then the napkin magically joins back together!

**Materials** Two napkins — and practice!

**Step 1** You make it work by hiding a intact, balled-up napkin in your hand and holding it in your fingers so it cannot be seen by the audience. This is called palming.

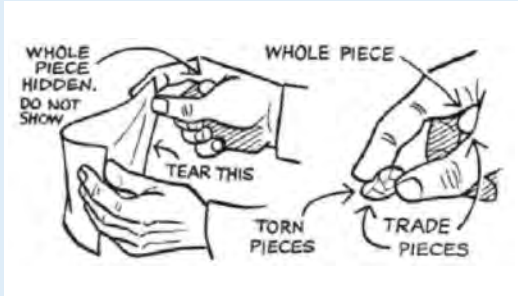
**Step 2** While hiding the balled-up napkin, pick up another napkin and open it up. Begin the trick by tearing the napkin to pieces.

**Step 3** After you rip up this napkin, you wad it up tightly into a small ball and hold it in the hand that is already holding the intact napkin. Reach into your hand and pull out the good one instead of the bad one.

**Step 4** Secretly switch the ripped napkin with the "restored" one. Slowly open the napkin showing it all back together.

**Step 5** After showing the napkin back in one piece, wad it up secretly – adding the torn pieces – and get rid of the whole thing

On your first few attempts, you are likely to feel self-conscious of the secret ball of paper being visible in your hand. Just remember that your audience is not aware of what you're doing and there is no need to stress too much.



THOM BLISS MAGIC TRICKS

Mountain Mussels Important but Threatened

Freshwater mussels are a distinctive component of the biological communities found in aquatic habitats throughout North America. Freshwater ecosystems of the Southern Appalachians in particular are home to a diverse array of mussel species.

Lifecycle of Freshwater Mussels

Mussels inhabit the sediment of streams and lakes throughout the region and possess a unique lifecycle. After fertilization, larvae (also called glochidia) are released by female mussels to attach to the gills and fins of fishes. These larvae mature into juveniles on the host fish and subsequently leave the host to further develop into adults on the stream or lake bottom. By attaching to fish hosts, mussels are able to disperse over substantial distances for a relatively immobile animal.

Mussels employ a variety of strategies to infect host fishes. Perhaps most unusually, some mussel species possess a modified structure that resembles a prey insect or fish to attract a predatory fish. When the fish attacks this structure, known as a lure, the female releases



The Elephant Ear, *Elliptio crassidens*. Photo by Matt Ashton

glochidia into the fish's mouth, which then attach to the gills to complete the lifecycle.

Benefits to Stream Health

Mussels provide a number of important benefits to stream health. Most notably, mussels feed on organic matter suspended in the water column. This "filter feeding" removes material from the water, includ-



Left: Watching a mussel in the Little Tennessee River. Credit: Gary Peeples, USFWS

ing potentially harmful algae, bacteria, and chemical compounds.

The natural waste produced by mussels in turn serves as food for aquatic insects. Mussels are an important component of the diets of mammal species such as muskrats and raccoons as well.

Additionally, mussels can play a major role in shaping the physical features of streams. As they bury in soft substrates, large mussel populations can stabilize stream bottoms and banks, thereby reducing the probability of severe erosion. Mussel shells also serve as habitats for algae and invertebrate species.

Threats to Freshwater Mussels

Despite their importance to aquatic ecosystems, freshwater mussels are a highly imperiled group. In North Carolina for example, approximately half of the native species are in need of conservation, according to the North Carolina Wildlife Resources Commission.

Threats to freshwater mussels include a variety of factors that negatively impact aquatic biodiversity, such as degraded water quality and sedimentation. Mussels



are also sensitive to the loss of host fish species required to complete their lifecycles. Stream blockages — ranging in size from road culverts to dams — can fragment fish populations and inhibit access to these hosts, in addition to the altering effects these structures have on stream habitats and their fauna.

The preservation and restoration of aquatic habitats supporting mussel populations will not only protect this group in need of conservation but also improve

entire ecosystems via the water filtration and other ecosystem services provided by these species.

Patrick Ciccotto, Ph.D., volunteers for the Southern Appalachian Highlands Conservancy, a non-profit land trust that has protected over 71,000 acres of unique plant and animal habitat, clean water, farmland, scenic beauty, and places for people to enjoy outdoor recreation in the mountains of North Carolina and Tennessee. More info at [Appalachian.org](http://Appalachian.org).



Mussel inventory on the Little Tennessee River. Credit: Gary Peeples, USFWS [www.fws.gov/asheville/](http://www.fws.gov/asheville/)



Freshwater mussels live on the stream bottom. Filter feeders, they open their shell slightly to bring water in from the river, filter it to get their food, then return clean water to the stream. Credit: Gary Peeples, USFWS [www.fws.gov/asheville](http://www.fws.gov/asheville/)

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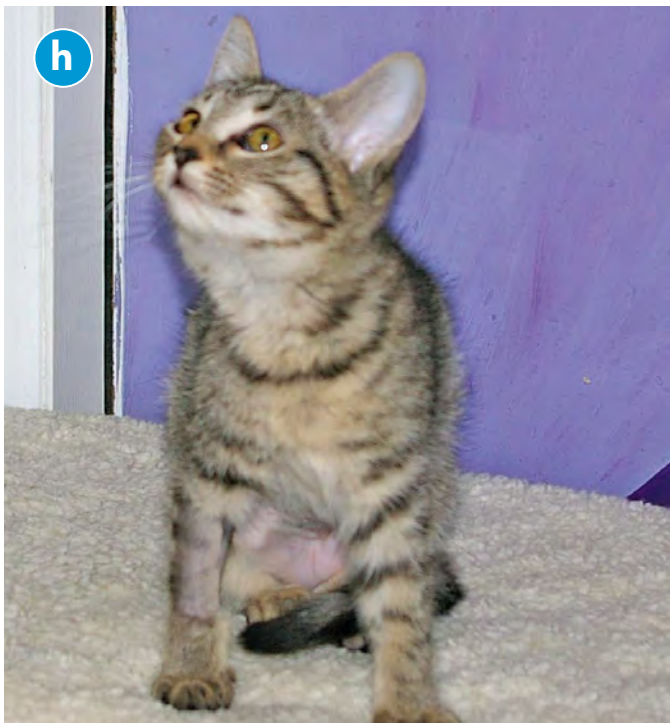
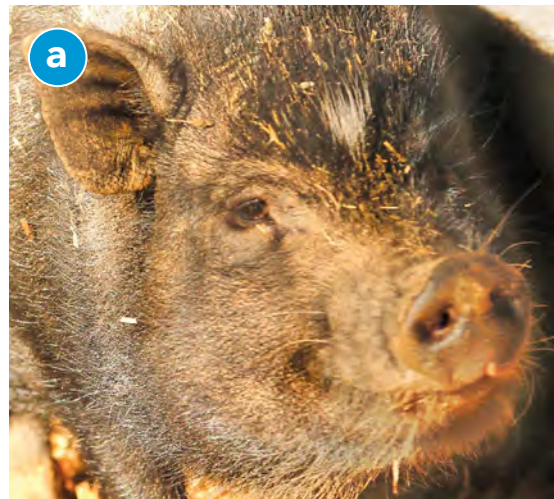
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24 THE FAIRVIEW TOWN CRIER March 2018

THE FAIRVIEW TOWN CRIER March 2018 25



**a. Catnip**, a 1-year old pig, spends his days running and playing with dogs. He likes to work on his tan by rooting in the mud and sunbathing. He spends his free time working on his harness training and watching old episodes of Green Acres on late-night TV. His cat friends say he is super awesome. *Brother Wolf*

**b. Mack** is a 4-year-old English Bulldog/Basset Hound. He loves attention and to play tug of war with his rope toy (but doesn't want to share it). He needs a home with no children, dogs, or cats. He is house trained, is not clingy and is happy to entertain himself. This sweet guy has so much personality! *Charlie's Angels*

**c. George**, born in December 2016, is a handsome Abyssinian guinea pig. He is sweet, very talkative, and likes to have his head petted. His fave foods are carrots, lettuce, and cucumbers. He gets along very well with his foster brother, Lionel, and they would like to go to their forever home together if possible. Contact his foster mom Kristina, at klarinet01@aol.com for info. *Brother Wolf*

**d. Zsa Zou** is a sweet, petite, 1.5-year old tortoiseshell/calico girl who loves to purr. She enjoys other cats, so probably would do best going to a home with another cat. *Brother Wolf*

**e. Malcolm** is an affectionate, fun-loving 55-pound, 5-year-old. He's super-smart and loves to learn new tricks. His favorite activities are car rides and walking/hiking! Malcolm likes a lot of other dogs but if you have another pooch, we recommend a meet-and-greet. If you have kids, he prefers those that are 10 years or older. *Brother Wolf*

**f. Flower Pot** is an adorable 1-year old mouse who has been well handled. She must be adopted with a companion mouse or go to a home that already has a mouse in residence. Contact her foster mom Rhi (rhi@bwar.org) for more info. *Brother Wolf*

**g. Zoe** is a sweet 12-year-old Shepherd mix whose owner passed away. Zoe is trusting, friendly, cooperative, and calm. She's just looking for a warm bed and a loving home where she can spend her golden years. *Humane Society*

**h. Autumn** is a Domestic Short Hair Tabby kitten born on August 16, 2017. She's very sweet and very playful – of course, she's a kitten! She was raised in a loving foster home, so she's used to lots of TLC. *Charlie's Angels*

## An Animal Doctor Is a Real Doctor

There are some people in the medical profession that do not consider a veterinarians as an RD – real doctor. Consider this, though – depending on the patient's need your local veterinarian may be an internist, oncologist, radiologist, dentist, orthopedic surgeon, soft tissue surgeon, nutritionist, neurologist, behaviorist, gastroenterologist, parasitologist, and so on. So how do you get to become one of these awesome individuals?

If you want to become a veterinarian, you really want to start the process in high school by studying the sciences and mathematics. In college, you want to concentrate on the chemistries – general, organic and biochemistry – and also on

In veterinary school the first years are spent studying anatomy – dog, cat, horse, and cow, usually. How many species did your MD learn?... The last year of veterinary school is spent in various clinics — small animal, large animal, zoo animal, etc. After four years and successful completion of the required curriculum you graduate.

physics and animal sciences. There is not a pre-veterinary degree but rather an emphasis. In most colleges the pre-veterinary, pre-med and pre-dental students take many of the same classes. Most of the veterinary schools expect a minimum of 400 hours of animal-related experiences.

As of 2015 there are about 180 medical schools in the United States but only 30 veterinary schools. Admission to veterinary school can be very stringent. An undergraduate degree is not required if all

the specific school's prerequisites are met. However, many veterinary students have anywhere from undergraduate degrees to PhD degrees.

Student applicants also must take the GRE (Graduate Record Examination). Following are some stats of the 2021 class of the NC State University Veterinary School: 921 people applied for 100 positions (11 percent admitted); from 18 states and Puerto Rico; 85 women and 15 men; 183 in-state applicants (80 admitted); 739 non-residents (20 admitted). The overall GPA was 3.67.

### The Price Tag

Now for the big question: how much does it cost? According to the American Veterinary Medical Colleges, the median annual cost for an in-state student is \$23,664 and for an out-of-state student is \$50,123. As a result, the American Veterinary Medical Association reports in 2016 the average debt for a veterinary school graduate is \$143,757.82.

In veterinary school the first years are spent studying anatomy – dog, cat, horse, and cow, usually. How many species did your MD learn? Histology and physiology, followed by the study of the individual systems — cardiology, gastroenterology, neurology, etc. The last year of veterinary school is spent in various clinics — small animal, large animal, zoo animal, etc. After four years and successful completion of the required curriculum you graduate. But you still must pass the national and state board exams.

If you are interested in becoming a Doctor of Veterinary Medicine, please talk to your local veterinarian.

### Warm Weather Warning

PS: Now that the weather is getting warmer, you may want to consider having your dog vaccinated with a Rattlesnake Vaccine (also good for copperheads, which are more common in this area).

Charles Lloyd is a Doctor of Veterinary Medicine at Fairview Animal Hospital.




Veterinarians like this one may be an internist, oncologist, radiologist, dentist, orthopedic surgeon, soft tissue surgeon, nutritionist, neurologist, behaviorist, gastroenterologist, parasitologist... and more.

## Spend a Day with Animal Haven's Critters

With the weather getting warmer, the animals at Animal Haven might appreciate a visit. They anticipate the weather change as much as we do and enjoy it as well. Sheep, goats, geese, rabbits, dogs, a cow, cats, chickens, pot-belly pigs, and ducks – the sanctuary has more than 80 animals – love visitors and the attention (and snacks?) they receive. There is also a thrift shop on site and all proceeds go directly to the animals. Clothing, furniture, housewares, electronics, and pet supplies can be found. On Wednesdays, with a bag provided by the shop, you can grab as much clothing (under \$3) as you can for only \$5. Sanctuary hours are Tuesday through Saturday from 11 am to 5 pm.



Local Animal Shelters and Rescue Organizations	Animal Haven of Asheville	Asheville Humane Society	Brother Wolf Animal Rescue	Charlie's Angels Animal Rescue
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Ping-pong: Across the Net and Across the World

We were enjoying our game of ping-pong. As usual Tom was decimating me. This tall English-man had spent many profitable hours of his youth mastering a forehand drive which, since I never see the ball flying by my backhand, must be traveling at Millennium Falcon light-speed. I glanced out of the window at an unusual sight cautiously maneuvering its way up my driveway. An enormous white bus. Out of it streamed 40 Chinese men and women. The only unsurprising thing about this affair was that in their midst was the easily recognizable figure of my children’s Uncle John.

Up for an Adventure

Ever since John Ager and I married sisters over 40 years ago, I have no memory of John ever turning down an adventure. He and his wife Annie became lost on the Russian side of the Berlin Wall on their honeymoon 40 years ago. Later we — I from the suburbs of London and John from Atlanta — wrestled pigs together in the mud.

Together we managed to extricate a calf stuck in its mother’s birth canal by tying a rope around its front legs and pulling it out with John’s jeep. I got my inspiration for this having just read “All Things Bright and Beautiful” by James Herriot. There was



Tom and his opponent may have not been pros like these players, but they played a spirited match.

no vet available and mother and child did well. As our legislator, John has a conciliatory spirit which makes him the perfect ambassador for the Chinese. He had been asked to take these agriculture students from a Shanghai university on a farm tour. He had been by the Ramseys, Hickory Nut Gap Farm, and Looking Glass Creamery. Now it was Annie Louise and Isaiah’s turn

at Flying Cloud Farm. I had an inspiration. Ping-pong sounded Chinese to me. I rushed out rudely, interrupting the tour, waving a ping-pong paddle and throwing down the proverbial gauntlet. “Fairview ping-pong champion,” I cried, pointing at Tom, “against Shanghai champion.” They spoke almost no English; but they

had an interpreter and at once owned the idea. There was a vociferous debate and

“Fairview ping-pong champion,” I cried, pointing at Tom, “against Shanghai champion.”

their champion was chosen. Half of them (about 20) squeezed around the table and the battle was joined.

Deafening Noise

The noise was deafening as enthusiastic and encouraging cheers resounded in the packed room every time Tom won a point. The noise dissolved to a hush every time their Shanghai champion won. Why were they not appearing to support their man? At any rate he beat Tom, 21-16, with Tom putting up a worthy fight.

Later I accompanied the students down to the farm and, trying to cross the language barrier, explained the principle of organic farming, which is “taking care of the soil, getting your hands in it.”

“Oh no!” one student explained. “We don’t do that. We are learning to be agricultural policy-makers.”

NEW AT THE HUB

Second Friday at The Hub is back on Friday, March 9, 5-7 pm. Stop by for a bite and meet and greet with local artists and crafters. And on Friday, March 16, 6-8:30 pm, artist Janet Fink will host a Play with Paint Night. Bring a snack and beverage of choice and prepare to have a blast. You’ll go home with a finished painting. All materials will be supplied for only \$30 for the class. No previous talent or experience is required – really, just have a good time and let loose.



If you are parent (or grandparent) to a little young lady, we’ve just gotten in the best present possible for any little girl who loves her dolly — a finely crafted doll bed or cradle made of beautiful North Carolina cherry. Michael Stevens, the craftsman of these exquisite beds, said they are sized for the American Dolls.

Janet Link, who will be teaching a Polymer Jewelry workshop at The Hub on March 13, brought some of her own pieces in. They are unique, colorful, reasonably priced and – the best part –light-weight. If you’re not up for learning how to make your own, you can just enjoy Janet’s handiwork.

Brenden Almand has had his local nature photography in the Hub Gallery as well as some cards, but now we’ve got a great selection of matte prints at unreal prices ready to get popped into the frame of your choice.

Olaf Snyder has had his always unique, reclaimed wood pieces at The Hub for over a year now but he has even topped his Christmas trees with his new series of Reclaimed Wood Animals. The giraffes fly out of The Hub as fast as they can duck in and now we also have bears, owls and elephants. The cost of Olaf’s zoo animals (under \$20) makes them affordable fun for anyone.



For those who stopped by to get one of Stan Starika’s “front pocket” wallets last month when we hadn’t gotten them in the store yet, they are here now. Made of exquisite English bridle leather with a bicycle spoke for the “bar” to hold bills, these are beautiful craftsmanship. Stan will be happy to personalize any wallet with up to three initials.

The Hub Meeting Room (only \$25 per hour) is hopping over the next few months. Tons of workshops booked so be sure to check them out on the Art Explosion page (pages 6 and 7). Call 628-1422 to book. The Hub is located at 1185 Charlotte Highway in Fairview, next to Americare Pharmacy and Elena The Groomer.



“ The Crier is our community voice. We look forward to each monthly edition.” – Beth Kandra

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The Fairview Town Crier is a non-profit newspaper in its 21st year of publication. It brings community news and events **FREE** to every mailbox and post office box in Fairview and Gerton and part of Fletcher and Reynolds every month — that’s over 8,500 households. Public support is critical to maintaining our office, which in turn supports other non-profits, community and civic organizations, as well as our non-profit mailing permit. This makes postage affordable for mailing. We appreciate your support, when you can, with whatever you’re able to give. We love our community and want to hear from you so drop us a line from time to time. Or call, Monday–Friday, 11 am–5 pm, 628-2211. **THANK YOU!**

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## POLITICS

# Sheriff, Commissioner Candidates Announced for Buncombe County

On May 8, 2018, primary elections will be held for the Buncombe County offices of sheriff and county commissioner. (Early voting is available from April 19-May 5.) The winners of the primary elections will move on to the general elections on November 6.

The current sheriff, Jack Van Duncan, will retire after serving for three terms. Ellen Frost, one of the District 2 commissioners, has announced that she will not run again after serving two terms.

To see if you're in District 2, go to the following website,

gis.buncombecounty.org/districts, and enter your address. You also will find your local polling place in the search results.

As of the *Crier's* print date, the candidates below have filed paperwork to run.

## ☆☆☆ BUNCOMBE COUNTY SHERIFF ☆☆☆



**CHRIS WINSLOW**  
North Carolina Forest Service Smoke Chaser, Retired Buncombe County Detective  
**Democrat**  
winslowforsheriff.com

"The three most important topics that come up in conversations with Buncombe County citizens are: 1) Communication between the Buncombe County Sheriff's Office and the people they serve. 2) The drug/breaking and entering/larceny problem. 3) Abuse/neglect of our animals."



**RANDY SMART**  
Captain, Buncombe County Sheriff  
**Democrat**  
smartforsheriff.com

"If I am given the opportunity to be the next sheriff, I vow to continue the professionalism of this agency and to keep moving forward to providing the best service possible to Buncombe County."



**QUENTIN MILLER**  
Sergeant, Asheville Police Department  
**Democrat**  
quentinforbuncombe.com

"I'm running for Sheriff to bring modern policing techniques to Buncombe County in order to strengthen community policing and increase accountability and public safety. I will work to ensure that deputies and corrections staff are trained to address a wide variety of challenges including the opiate epidemic in Buncombe County and a growing mental health crisis."



**RONDELL LANCE**  
Retired, Asheville Police Department  
**Democrat**  
lanceforsheriff.com

"So excited and eager to meet the people of Buncombe County and share our message of People, Progress and Professionalism. Looking forward to being the next Sheriff of Buncombe County."



**SHAD HIGGINS**  
Owner, Weaverville Tire and Wheel  
**Republican**  
shadforsheriff.com

"Over the many years of working and living in this county, I have cultivated great relationships with so many of its residents. I am well aware of the challenges and complexities facing law enforcement in and around our community. My goal is to protect and preserve Buncombe County's quality of life."



**R. DARYL FISHER**  
Law Enforcement Training Director, Asheville-Buncombe Technical College  
**Democrat**  
facebook.com/rdarylfisher

"What I have learned in my life is that to be most successful, a visionary leader must marry successes from the past with resources from the present and future to promote higher quality of life for those we serve."



**MICHAEL MORGAN**  
Home builder and housepainter  
**Libertarian**  
facebook.com/bcsheriffmorgan

"Law enforcement's job is to ascertain a suspect, arrest said suspect and bring the suspect to trial to determine innocence or guilt. The military's job is to kill the enemy. Big difference in job description. Citizens are not the enemy and must not be treated as such."



**TRACEY DeBRUHL**  
Business owner  
**Libertarian**  
facebook.com/Tracey-DeBruhl-for-Sheriff-1020051694852061

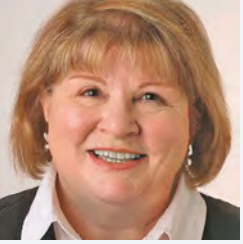
"Who do you want protecting you [and] your kids? Some crooked politician? Someone with no experience? One of the cops that[s] involved in the [corruption]? Or a 10-[year] US Marine that has larger business experience, handling skills, trained more protectors both national and local, [and] more to offer than you can imagine."

## ☆☆☆ DISTRICT 2 COMMISSIONERS ☆☆☆



**AMANDA EDWARDS**  
Executive Director, A-B Tech Foundation  
**Democrat**  
Website n/a

"I believe that my leadership experience — inclusive, accountable, transparent leadership — and my public service ethic — real solutions for real people, delivered efficiently and respectfully — these are what our community needs right now."



**NANCY NEHLS NELSON**  
Resident Project Manager, AT&T Bell Labs  
**Democrat**  
nancynehlsnelson.com

"Local government is an extension of community. It needs input from residents and not just in three minutes at a county meeting. The frustration of folks who feel their voice is not heard has not changed these past two years. I want to address that concern and continue to make Buncombe County even better."



**GLENDA WEINERT**  
Adjunct College Professor, UNC Asheville and A-B Tech  
**Republican**  
glendapweinert.com

"We are seeing more transparency and I want to serve in making sure that oversight, accountability, and transparency continues to be the focus and vision of the commission. The taxpayers of Buncombe County deserve nothing less."

The following individuals have indicated they will run but haven't filed the paperwork yet:

Patrick Fitzsimmons  
Dereck Lindsey

## What Should You Do With Your Tax Refund?

You may not get much of a thrill from filing your taxes, but the process becomes much more enjoyable if you're expecting a refund. So, if one is headed your way, what should you do with the money?

The answer depends somewhat on the size of the refund. For the 2017 tax year, the average refund was about \$2,760 – not a fortune, but big enough to make an

impact in your life. Suppose, for example, that you invested this amount in a tax-deferred vehicle, such as a traditional IRA, and then did not add another penny to it for 30 years. At the end of that time, assuming a hypothetical 7 percent annual rate of return, you'd have slightly more than \$21,000 – not enough, by itself, to allow you to move to a Caribbean island, but still a nice addition to your retirement

income. (You will need to pay taxes on your withdrawals eventually, unless the money was invested in a Roth IRA, in which case withdrawals are tax-free, provided you meet certain conditions.)

Of course, you don't have to wait 30 years before you see any benefits from your tax refund. If you did decide to put a \$2,760 tax refund toward your IRA for 2018, you'd already have reached just over half the allowable contribution limit of \$5,500. (If you're 50 or older, the limit is \$6,500.) By getting such a strong head start on funding your IRA for the year, you'll give your money more time to grow. Also, if you're going to "max out" on your IRA, your large initial payment will enable you to put in smaller monthly amounts than you might need to contribute otherwise.

While using your refund to help fund your IRA is a good move, it's not the only one you can make. Here are a few other possibilities:

**Pay down some debt.** At some time or another, most of us probably feel we're carrying too much debt. If you can use your tax refund to help reduce your monthly debt payments, you'll improve your cash flow and possibly have more money available to invest for the future.

**Build an emergency fund.** If you needed a new furnace or major car repair,

or faced any other large, unexpected expense, how would you pay for it? If you did not have the cash readily available, you might be forced to dip into your long-term investments. To help avoid this problem, you could create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Your tax refund could help build your emergency fund.

**Look for other investment opportunities.** If you have some gaps in your portfolio, or some opportunities to improve your overall diversification, you might want to use your tax refund to add some new investments. The more diversified your portfolio, the stronger your defense against market volatility that might primarily affect one particular asset class. (However, diversification, by itself, can't protect against all losses or guarantee profits.)

Clearly, a tax refund gives you a chance to improve your overall financial picture. So take your time, evaluate your options and use the money wisely.



*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.*

## Sausage Making in Raleigh

One of my goals with these articles is to give readers a sense of what the experience of a legislator is like as well as the policy questions. In my last column, I wrote about a Special Session that began on January 9. Well it continued in a "ghostlike" manner for 35 days. Skeletal "no vote sessions" kept it on life support, while committees met and policy was debated behind closed doors.

On the first day, the NC House debated and passed unanimously a bill to fund the NC Department of Environmental Quality (DEQ) in its efforts to deal with emerging contaminants (such as GenX) in our waterways and drinking water. There was a sense of urgency as families along the Cape Fear River worried about what was coming out of their taps. However, the sense of urgency was not felt in the NC Senate and they adjourned without a vote.

The NC Senate and the NC House both have a super majority of Republican members, but that does not mean that they do not compete with each other for political power. The Senate leadership will hold a bill like the GenX one in order to extract a compromise from the House, feeling little pressure from the voting public.

The Zombie Session went live on February 8. We were not given an agenda of what to expect, which made it difficult to prepare. Would it be GenX, judicial districts, constitutional amendments or the K-3 class size fix? For 10 months, there has been controversy over a mandate by the NC Senate to require smaller class sizes for the K-3 grades. This goal is laudable and supported by research as a way to get more students reading by third grade.

The problem faced by school boards and principals across the state was the costs of building new classrooms and hiring more teachers. The mandate from Raleigh included no money for these expenses, and it looked as though music, art, and PE teachers would have to be replaced. In all, about 4,750 new teachers would have to be hired and new class-



The NC Senate and House of Representatives (shown above) both have a super majority of Republican members.

rooms built at a time when fewer college students are enrolling in teacher preparation programs. The state would need to appropriate about \$240 million just to hire the teachers.

Back in Raleigh, the Appropriations Committee was called into action, still with no bill available for committee members like myself. HB 90 was then placed before us. And here was a perfect example of the Senate playing power politics. It was the Senate that created the funding crisis for our public schools, and the Senate that brought forward HB 90 as the K-3 fix. But HB 90 also contained two poison pills directed at Governor Cooper, and it could not be broken into three bills, as would be logical, nor could it be amended. Take it or leave it.

The first part of HB 90 addressed a \$58 million voluntary gift to the governor's office by the company building the Atlantic Coast (natural gas) Pipeline across six counties in North Carolina. The purpose of these funds as stated would be to help with environmental issues that arose

and to allow for some economic benefits to the counties affected by the pipeline. Think about tapping into the main line to bring energy to nearby communities as a boost to attracting industry and jobs. As many of you know, the pipeline is controversial. I personally would not want to be forced to have my farm dug up for this pipe.

In the Appropriations Meeting, something unusual and disturbing unfolded. Lee Lilley, who had been on the job for all of five days, was invited to introduce himself to the General Assembly as the governor's new legislative contact. But his appearance was more of an ambush as legislators began cross examining him about the \$58 million fund. They characterized it as a slush fund to gain the support of the governor in the pipe debate, even though a similar amount was provided in Virginia as well. For 45 minutes, Lilley was grilled but he knew little beyond the public memorandum of understanding. Despite protests, the chair of the committee, Senator Brown, refused

to halt the brow beating.

Going back to HB 90, the first section declares that the \$58 million will not be spent under the direction of the governor but will be allocated to local school districts in the six counties. There are some legal issues involved with this situation, probably setting up a new round of constitutional lawsuits. In the meantime, the \$58 million could just be retracted by the companies.

The last part of the bill was also aimed at the governor. A prior NC Board of Elections bill, limiting the governor's

**The NC Senate and the NC House both have a super majority of Republican members, but that does not mean that they do not compete with each other for political power.**

appointments, was ruled unconstitutional by the NC Supreme Court, and this section of the bill is meant to be a legislative fix. It appeared to be the case of trying to please the court without going over the constitutional line, but this part too will no doubt be sent back to the courts.

We had to wait until the following week to vote on HB 90. I drove down on Monday night after my grandson's basketball game, getting to sleep about 1:30 am. The next day I voted for HB 90 to support our schools with the K-3 class size problem, but was unhappy with the rest of the bill. I was able to get back to Buncombe for two more of my grandson's games, and hope that our May 16 adjournment holds true.



*Rep. John Ager, District 115 North Carolina House of Representatives. Contact john.ager@ncleg.net or 713-6450*

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Fairview-based Business Consultant Ready to Advise Locals

With roots in Asheville, a family background in manufacturing, a professional career in supporting technologies at retail organizations, and 20 years of living in Fairview, Marc Czarnecki was a natural to become a local SCORE mentor. SCORE (which began as the Service Corps of Retired Executives but now is just known by its acronym) is a nationwide volunteer group of diverse businesspeople who offer mentor services to new entrepreneurs and business owners.



Marc's SCORE business card can be found at the FBA's business card holder/bulletin board in front of the Fairview Post Office at the Food Lion Shopping Center.

What Could SCORE Do for You?

The local Asheville SCORE mentors have expertise in business accounting/budgeting, business financing/capital sources, business plan, business start-up/preplanning, buying and selling a business, cash flow management, customer relations, disaster planning, disaster recovery, e-commerce, exporting, franchising, government contracting, human resources/managing employees, importing, legal issues, managing a business, marketing/sales, risk management, social media, tax planning, and technology/computers.

Below are some of the established rescoures they offer.



Attend a Seminar or Workshop

Asheville SCORE sponsors a wide variety of seminars, workshops, and other programs that offer helpful information for starting and running a business. Offerings in March include “How to Build Your Customer Base,” “Advanced Internet Marketing,” and “Social Media for Business.”

Learn from Others’ Successes

See how other local people did it. Use their website's search tools to zero in on someone like you, including business stage (pre-opening or in business), topic (growth strategies, marketing, legal issues, etc.), entrepreneur type (women, young, over 50), and industry.

Documents and Worksheets

Access helpful documents such as “Business Planning Tools for Non-Profits,” “Simple Steps to Starting Your Business,” “Business Plan Template” and more.

For Women Only

Attend a series featuring discussions with successful local women entrepreneurs.

Visit the SCORE website at [asheville.score.org](http://asheville.score.org) for more info. If you'd like to get in contact with SCORE, visit their offices at 15 Patton Avenue, email [info@ashevillesscore.org](mailto:info@ashevillesscore.org) or call them at 271-4786. Or just get in touch with Marc Czarnecki (see above).

Local Doctor Earns Integrative Medicine Fellowship



Sumandeep Sarai Groh MD, a local clinician, graduated from The Fellowship in Integrative Medicine at the Center for Integrative Medicine at the University of Arizona College of Medicine – Tucson. Dr. Groh is board certified in Integrative Medicine and Pediatrics and serves patients of all ages at Sarai Integrative Health at 1509 Charlotte Highway (behind Visual Eyes at the Cane Creek Road intersection). The integrative program, which is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health, was launched in 1997 by Andrew Weil, MD (shown above with Dr. Groh). For more info on Dr. Groh, visit [saraiintegrativehealth.com](http://saraiintegrativehealth.com).

BUSINESS SHORTS

First things first... **Asheville Savings Bank** is now **First Bank**. I'm sure we can expect the same friendly and efficient service as we've all come to expect. If you bank with ASB you will have received a packet of information by now with all you'll need to know. If you've got questions, stop by and talk with Liz, Maureen, or any of the regular crew who will be transitioning over to the new name.

Congratulations to **Liz and Daniel Bopp** on their new ownership of **Steam Master WNC Carpet and Upholstery Cleaning, Inc.** They are keeping quality customer care in the family! And all the best to Liz's folks, **Cindy and Larry Harrington**, on their new adventure — retirement!

**Susan Bost** would like everyone to know that **Trout Lily Market** now carries locally made elderberry syrup and pure elderberry extract to build up your immune system.

And in case you do get the flu, **Dr. Sandi Bryant** says **Americare Pharmacy** is well stocked with Tamiflu to lessen the symptoms.



Welcome New Members

- *Artisan Aromatics*
- *Moore Funeral Home*
- *Peaceful Hollow Wedding Venue*
- *Sarai Integrative Health*

About the FBA

The Fairview Business Association has grown and evolved over the many years since it was founded. We've taken a try at different business projects, such as 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 of mostly people who want to support each other and who 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. 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.

March Member Meeting

The next meeting will be a daytime gathering for lunch at Hickory Nut Gap Farm on Wednesday, March 7, 11:30–1 pm. The farm owners, Jamie and Amy Ager and store manager Cate Bradley, will be our hosts.

A lot has changed since the FBA visited Hickory Nut Gap Farm two years ago. HNGF was on the cusp of producing their own house-smoked bacon and housemade sausage. They had just opened the kitchen for serving meals and take-out catering,

and their barn dances on Friday evenings in the summer and fall were just an idea. And now they've expanded their store and butchery hours to seven days a week. They also want to share that they now offer Easter hams that are pasture-raised with no added hormones or antibiotics. Before lunch, members will meet in the History Barn for an introduction and meeting (if warm enough) and then migrate to the inside store/kitchen area for lunch. We'll have an opportunity to sample tasty accoutrements with an FBA-subsidized meal of their sandwiches at Hickory Nut Gap Farm's Deli & Bakery.

Bring the latest news of your business to share. The farm is located just off 74A at 57 Sugar Hollow Road in Fairview, 333-9914.

Membership

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 the Post Office.
- Listing on [fairviewbusiness.com](http://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](http://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 that 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, 1 pm-5 pm (cash/check only). A fourth option is to join at a members' meeting.



The FBA made a good showing once again with its quarterly sponsoring of desserts for Fairview's Welcome Table community luncheons. Thanks to all who donated baked goods.

**TIME TO JOIN OR REJOIN NOW FOR 2018!**

**Join at [FairviewBusiness.com](http://FairviewBusiness.com) or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730.**

**Or join at the *Town Crier* office, 1185F Charlotte Hwy, Monday-Friday, 1-5 pm or at a meeting.**

**FBA Voicemail – 585-7414**

KEEP IT LOCAL with FBA Members

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My Office Wizard .....	242-0390
Tammy Murphy Agency .....	299-4522
Trout Insurance.....	338-9125
<b>Architecture</b>	
Rueger Riley .....	407-0437
<b>Artists/Artisans</b>	
Asheville Stone .....	628-ROCK
Fairview Landscaping .....	628-4080
Lucas McCain Lawn/Landscape ..	691-0333
Ray's Landscapes .....	628-3309
The Garden Spot .....	691-0164
<b>Auto/Truck Sales</b>	
High Country Truck & Van.....	222-2308
<b>Financial Planning/Mortgages</b>	
Edward Jones.....	628-1546
<b>Building/Maintenance Services</b>	
AA Diamond Tile.....	450-3900
All Seasons Heating & AC .....	651-9998
Balken Roofing.....	628-0390
Cane Creek Concrete.....	230-3022
Daylight Asheville.....	778-0279
SECO Electric.....	298 9732
Vintage Remodeling.....	628-1988
<b>Business Services</b>	
Asheville SCORE.....	367-7570
OMH Solutions (Wellness).....	214-7827
PostNet of Central Asheville .....	298-1211
The Hub of Fairview.....	628-1422
<b>Cleaning Services</b>	
Rainbow International.....	333-6996
Steam Master Carpet & Upholstery Cleaners.....	628-9495
<b>Computer Services</b>	
MacWorks .....	777-8639
Scobie.Net.....	628-2354
<b>Contractors/Builders</b>	
Appalachian Log Homes.....	628-3085
Bostic Builders.....	606-6122
Cool Mountain Construction ...	778-2742
<b>Dance Lessons/Events</b>	
Dance For Life .....	505-1678
<b>Education/Instruction</b>	
Advanced Educ.Tutoring Center .....	628-2232
Fairview Preschool .....	338-2073
Mighty Oaks Montessori School.....	338-0264
<b>Emporium/Flea Market/Gift Shop</b>	
New Moon Marketplace.....	222-2289
The Hub of Fairview.....	628-1422
<b>Equipment Rental &amp; Repair Services</b>	
Carolina Equipment Rental.....	628-3004
Ed's Small Engine Repair.....	778-0496
<b>Event Entertainment</b>	
Rountree Productions.....	412-656-4792
<b>Event Venues</b>	
Peaceful Hollow Venue.....	777-7094
<b>Flooring – Retail and Commercial</b>	
CC Flooring .....	712-1671
<b>Funeral Services</b>	
Moore Funeral Home .....	667-8717
<b>House Rentals – Short Term/Vacation</b>	
Bearwallow Cottage .....	712-2651
Cloud 9 Relaxation Home .....	628-1758
Sabél Apartments.....	232-1042
Sunset Hollow Vacation Rental ...	768-0120
The Cove at Fairview.....	628-4967
<b>Insurance</b>	
Financially Complete.....	230-8168
Gloria Berlin Agency/Allstate.....	298-2483
Prime Time Solutions.....	628-3889
<b>Landscaping/Excavating/Nurseries</b>	
Cane Creek Asparagus & Co....	628-1601
Flying Cloud Farm .....	768-3348
Hickory Nut Gap Farm .....	628-1027
Silas' Produce .....	691-9663
Troyer's Amish Blatz.....	280-2381
<b>Medical Services</b>	
Anger Mgmt/Maggi Zadek .....	628-2275
Apex Brain Center.....	681-0350
AVORA Health .....	505-2664
Fairview Chiropractic Center ...	628-7800
Flesher's Fairview Health Care ..	628-2800
Skyland Family Rehab Center....	277-5763
<b>Monuments</b>	
Martin Monuments.....	298-8282
<b>Newspaper</b>	
Fairview Town Crier .....	628-2211
<b>Non-profits</b>	
Food for Fairview .....	628-4322
The Lord's Acre Hunger Garden .....	628-3688
<b>Pet Services &amp; Supplies</b>	
Elena the Groomer .....	628-4375
Fairview Kennels.....	628-1997
<b>Pharmacy</b>	
Americare Pharmacy .....	628-3121
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Sandy Blair, Realtor/Broker....	778-4585
Cool Mountain Realty.....	628-3088
Christie Melear, Beverly-Hanks.....	776-1986
Greybeard Realty.....	778-2630
Nina Kis, Keller-Williams.....	242-8029
Justin Purnell, Town & Mountain Realty.....	551-3542
<b>Restaurants   Breweries   Distilleries</b>	
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Fairview Pizza.....	338-5039
H & H Distillery.....	338-9779
Mountain Mojo .....	333-1776
Nachos & Beer .....	298-2280
The Local Joint.....	338-0469
Whistle Hop Brewery .....	231-5903
<b>Saw Mills</b>	
Sunrise Sawmill .....	277-0120
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Sugar Hollow Solar .....	776-9161
<b>Tattoo Parlors</b>	
Touch of Grey Tattoos.....	778-2742
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Cane Creek Animal Clinic.....	628-9908
Fairview Animal Hospital.....	628-3557
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Fairview Massage & Bodywork ..	216-1364
Mountain View Healing Hands...	628-1539
Sarai Integrative Health .....	338-0660
<b>Women's Resale Clothing Store</b>	
Clothes Mentor .....	274-4901

## Crop Swaps, Food is Free, and Backyard Produce Sharing

**S**poiler Alert: The Lord's Acre's "long goal" is not, as it might seem, to grow food for donation. It's true; we do grow some amazing-looking produce to share with people in need of food, but at our core we exist to help break that cycle. One way this can be accomplished is by inspiring and empowering as many of us as possible to grow and share food with each other. Why? Because that model fosters community and communities who are stronger and more resilient than individuals.

Sharing homegrown produce neighbor-to-neighbor is seeing such resurgence that it's gained the attention of major news outlets and magazines. Folks across America are sharing their excess backyard produce, honey, eggs, flowers, seeds and more and getting to know their neighbors in the process. I think our great-grandparents would approve.

So what does all this look like and how do we get started? The great news is that it's up to us. "Crop swaps" can be as simple or as organized as their users want them to be. Some folks simply put food on display in their yards or at their businesses or places of worship with signs saying, "Food

The Lord's Acre seeks a treasurer to join its board. This is a volunteer position. Please send all inquiries to [louisebijesse@gmail.com](mailto:louisebijesse@gmail.com).

is Free – Help Yourself" Others have organized memberships that are more like barter systems where folks share only within a set group. Below are some ideas you can mix and match to start or contribute to your own food sharing.

### **SIMPLEST OF ALL**

**Offer excess produce or animal products** (honey, eggs) to your neighbors. Bring it to your place of worship and attach a sign welcoming takers.

**Place goods on a table or bench at your curb** with a sign that says, "Excess garden produce – help yourself."

**Bring goods to our Share Market** on Thursdays 11:30-1:00 from May to October at 596 Old US Highway, Fairview or drop it off at the garden's cooler weekday mornings.

**Offer to barter** for your neighbor's produce or barter your produce for other things.

**"The sharing of food is the basis of social life, and to many people it is the only kind of social life worth participating in."**

– Laurie Colwin



### **STEP IT UP A NOTCH**

**Host a neighborhood/friends produce swap** once a week or once a month.

**Host a Fairview produce swap** once a week or once a month during the growing season at a public space. Get the word out via this paper, local businesses, places of worship and homemade fliers.

**Host swaps with groups you're already associated with**, such as sports teams, church groups, school and home-school groups, PTAs, your exercise class, your mobile home park, etc.

### **WQW**

**Coordinate with your neighbors to each grow one crop** and share that with the group.

**Host neighborhood potlucks** where excess produce is also shared

**Create an online group** that meets at intervals to barter equal value for equal value or to simply share what anyone needs or wants.

**Yard share a garden spot.** Several neighbors share the same growing area and learn from each other and share with one another.

Sharing is making a comeback but it can be hard for some of us to get past our fears initially. One solution may be to begin a sharing group with people who you already know and trust, such as a sports team, your PTA, any classes you attend, or places of worship.

Legally, thanks to the Bill Emerson Good Samaritan Donation Act, donating or sharing food is legally safeguarded and if you decide to barter within a closed group, you can set up whatever protections and guidelines you agree on.

Susan Sides is Executive Director of The Lord's Acre, [www.thelordsacre.org](http://www.thelordsacre.org), [susan@thelordsacre.org](mailto:susan@thelordsacre.org)



### **Tips for Produce Swap/Shares**

If going it alone, decide where and how you want to share your excess produce

If working within a group, find a handful of committed folks who are excited about the idea to brainstorm with.

Do a little online research using terms such as crop swap, backyard produce networks, food is free, and produce sharing groups.

Decide on a location to swap/share (shade and water are important).

Decide how often to share or swap.

Decide how the group will function. Have clear guidelines.

Spread the word, if that's how your group works.

Remember the good news: You don't have to have it all figured out to move forward!



## Winter Chills and Edible Thrills Part 2

**I**t has been an unusually cold winter but the signs of spring are in the air. I may eat these words if we get a blizzard in March, but in recent years I pay less attention to the actual date of when each season begins or ends; instead, I look carefully at what is actually happening in the plant and animal world. Nature has its own plans and with all the wild fluctuations in temperatures and moisture, it is wise to pay attention more fully in the present moments.

Right now, in the wild edible frontier, new chickweed is sprouting up everywhere like a green carpet, as is burdock root and wild mustard greens. Regeneration of the earth and the will to live and grow is amazing to me!

### **Chickweed**

Chickweed (*Stellaria media*) is in the Carnation or Pink family and the plants are easy to identify with their succulent, bright-green leaves, hairy stems and tiny, white, star-like flowers. Chickweed is one of my favorite wild greens, as I use it regularly in salads and have found that it makes delicious wild pesto that is so nutritious and easy to make.

Chickweed grows throughout western NC and loves meadows, borders of woods and fertile garden beds where it can grow lush and huge. On our land, the borders of our compost piles are covered in these tasty greens. Many people refer to chickweed as "wild spinach." It does resemble it closely in flavor but has far more nutritional value than spinach or any other commercial greens. I often harvest it with either a knife or scissors. It will continue growing like a carpet throughout our spring season, fade out in the heat of summer, return in fall, often make it well into winter months. In fact, one of its other common names is "winterplant."

Chickweed is very high in copper, iron,

magnesium, manganese, silicon and zinc. It is also high in calcium, chlorophyll, phosphorus, potassium, protein, Vitamin A and the flavonoid called rutin. It is a good source of Vitamin C, B6, D, A, riboflavin, niacin, thiamine, silica and plant sodium. In essence, it is a vitamin and mineral powerhouse!

### **Burdock**

Burdock (*Arctium sp.*) is a member of the Aster family and it is also quite common in our region, growing in open meadows and disturbed soils. Burdock produces a delicious root crop that is nearly indestructible. And even though the plants leaves will die back in cold

**Fun fact: When Velcro was developed in the 1940s, burdock seed burrs were one of the sources of inspiration.**

weather, one can still dig the roots all winter just like parsnips. In spring and early summer, these plants generate enormous leaves in a rosette and can be quite beautiful. Burdock has large, heart-shaped leaves that are downy underneath.

As a biennial, only the leaves arise the first year of its life cycle and will often, like chickweed, persist throughout the winter months. The leaves can grow to 20 inches and an old plant can create a gargantuan clump. The second year is when the plants flower and produces seeds, which are loaded with nectar and prized by bees and insects.

What is most desirable with burdock is



the huge taproot, which can reach several feet in length. The taproot is prized in Asia when cooked or pickled. The young shoots are also edible and can be peeled and cooked like asparagus. The leaves have also been used as a pot vegetable but they can become a bit tough and bitter as they age.

### **"Thorny Cocklebur"**

A common name for Burdock is "thorny cocklebur" because the seeds grow within thorny burrs that stick to everything. Our family dog used to get so many burrs in his fur that we literally had to cut them out with scissors. The burrs are an ingenious way that these plants disperse their seeds. Animals are a major means of transport to new fertile grounds, where the seeds quickly take root. Fun fact: when Velcro was developed in the 1940s, burdock seed burrs were one of the sources of inspiration.

Burdock is prized in Asia as an addition to sushi, and it is regarded as an aphrodisiac. Medicinally, burdock is considered

a purification plant, as a tea can be made from the root, leaves and seeds. The Iroquois harvested and dried the roots as a winter food staple. But in Japan, burdock roots are as common in markets as potatoes are in the West.

Burdock is a biennial plant, so generally speaking, it is best to harvest the plant for food or medicine in the first year of its growth cycle; by the second year, the roots can become tough and highly fibrous.

Both chickweed and burdock are terrific plants to learn about and add to your wild edible foraging repertoire. These hardy and delicious plants are a delight to behold and can easily be incorporated into a permaculture landscape on your land and in your gardens.



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

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and Equine Services .....	575-2430	Xplore .....	xploreusa.org
Charlie's Angels		PUBLIC SERVICE	
Animal Rescue.....	606-4335	Sheriff's Department .....	255-5000
Clothes Mentor .....	274-4901	Fairview Fire Dept.....	628-2001
Coldwell Banker,		Garren Creek Fire Dept. ....	669-0024
Sandy-Patti Team....	768-4574/691-8053	Gerton Fire & Rescue.....	625-2779
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Eblen Short Stop .....	628-9888	Cane Creek Middle School .....	628-0824
Edward Jones Investments ....	628-1546	Fairview Elementary.....	628-2732
Elena the Groomer .....	628-4375	Reynolds Middle School .....	298-7484
Fairview Animal Hospital .....	628-3557	Reynolds High School .....	298-2500
Fairview Business		POST OFFICES	
Association .....	681-1029	Fairview Post Office .....	628-7838
Fairview Chiropractic		Fletcher Post Office.....	684-6376
Center .....	628-7800	Gerton Post Office.....	625-4080
Fairview Kennels .....	628-1997	COMMUNITY CENTERS	
Fairview Landscaping .....	628-4080	Cane Creek CC.....	768-2218
First Bank .....	866-792-4357	Fairview CC .....	338-9005
Fleshers Healthcare .....	628-2800	Spring Mountain CC .....	233-5601
Flying Cloud Farm .....	768-3348	Upper Hickory Nut Gorge .....	625-0264
Galloway Masonry .....	776-4307	MISCELLANEOUS	
Great Wall Chinese Takeout ...	298-1887	Fairview Town Crier .....	628-2211
GreyBeard Realty .....	298-1540	Fairview Business Assoc. ....	338-9628
High Country Truck & Van .....	222-2308	Fairview Farmers Market .....	550-3867
Hickory Nut Gap Camp .....	273-6236	Fairview Library .....	250-6484
Keller Williams,		Food for Fairview.....	628-4322
Jim Buff .....	771-2310	The Lord's Acre Garden.....	628-3688
MAHEC Family Health .....	628-8250	Meals on Wheels.....	253-5286
McCrary Stone .....	649-2008		
Mitch Contracting .....	252-0694		
Moose Ridge Construction.....	777-6466		

LETTERS TO THE EDITOR

Garbage on Garren Creek Road

As a resident of Fairview for the past 12 years, I am appalled at the current state of Garren Creek Road. It was bad enough that the person who mowed down our beautiful brick entry sign in 2014 was not made to replace it, but the moment you turn onto Garren Creek from Village Road you are assaulted by miles of garbage and debris in the ditches on both sides of the road.

I realize that a lot of it probably stems from bears and other animals tearing into people's garbage, which has only been made worse by the fact that our garbage collection has been sporadic lately. But a lot of it is just plain litter. I don't expect people to take risks in order to keep the ditches in front of their homes free of debris, but if something isn't done about this situation soon, there will be plants sprouting and covering up what is so easily and disgustingly visible right now.

We are so blessed to not only live in some of the oldest mountains in the world but also in such a wonderful community.



Let's keep Garren Creek Road from suffering this fate

After seeing so much of the world during my years in the Merchant Marines, there is no place in this world more beautiful to me than Garren Creek, and I am heartbroken to see it in such a state.

I hope all of your readers will make an effort, no matter how big or small, to do their part to make Garren Creek beautiful again.

Susan Purdue  
Fairview

Thank You, Kind Stranger!

*How many of us have driven off with a drink or grocery bag left on top of the car? That's exactly what happened to Sandy Rosinski, but it was her purse. Not to worry, though. Someone found it on the road and returned it! This is a fine reminder that*

*there are lots of good people in the world.* "Many thanks to the kind gentleman who found my purse somewhere along Cane Creek Road and brought it to the FirstCitizens bank," Sandy says. "Bless you, sir."

# The Fairview Town Crier

*The voice of our community since 1997*

OFFICE OPEN MONDAY–FRIDAY, 10 AM–5:30 PM

BIG BLUE DROPBOX AVAILABLE 24/7

1185-G Charlotte Highway

628-2211

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

www.fairviewtowncrier.com

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ART DIRECTOR Lisa Witler ads@fairviewtowncrier.com

### Submissions

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

### Editorial Policy

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

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

CLASSIFIEDS

FOR SALE

**1998 SUBARU LEGACY OUTBACK** Selling for parts (it won't run). For info contact Nancy 628-2827

FOR RENT

**COMMERCIAL BUILDING** right on Charlotte Hwy in Fairview. 1300 sq ft. \$1295. Potential for restaurant, brewery, many possibilities, nice outdoor space along the creek, additional parking available. Up fit to suit. Cool Mountain Realty, 779-4473.

WANTED

**REAL ESTATE AGENTS!** Thriving, established local real estate firm in need of experienced agent. Lots of leads furnished! Call 628-3088.

SERVICES

**ACCOUNTING / BOOKKEEPING**  
**FAIRVIEW QUICKBOOKS & ACCOUNTING MEETUP GROUP** QuickBooks Teacher On Site. You learn how. Farms half price! Brenden 828.242.0390. Lecture Series: Get Ready for Taxes. March 7 (Wednesday), 1-2PM at The Hub of Fairview. Meetup.com/Fairview-Quickbooks/

AIRBNB HOME MANAGEMENT

**HAPPY MOUNTAIN HOST**  
Airbnb Host Services in Fairview, NC

**HAPPY MOUNTAIN HOST – AN AIRBNB HOST SERVICE COMPANY EXCLUSIVELY FOR FAIRVIEW PROPERTIES.**

Sit back and relax. We'll do it all. We are experienced, bonded and local. Monthly or à la carte services. We provide 24-hour on-call guest support, guest check in and out, guest reviews, house inventory, cleaning, linens, bed-making, landscaping and more. New to Hosting? We can help set up your Airbnb site with pricing, amenities, photos, welcome letters and everything needed to get up and running. **Call now before you get busy for a free consultation, 828 484-6444.**

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

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

**EVENT SPACE**  
**DIY WEDDING? POND/WATERFALL, GAME AREA, FAMILY REUNIONS.** 2018 dates available Cloud 9 Farm. Call Janet at 628-1758.

**LAWN/LANDSCAPING**  
**COMPLETE LAWN MAINTENANCE.** General cleanup, mowing, pruning, mulching, clearing overgrowth, tree removal. Call 628-1777 or 242-4444.  
**JUAN WORX LAWN SERVICES** Mowing, pruning, brush cleanup, walkways, drainage, retaining walls, clean gutters, miscellaneous jobs. Call 712-3488.

**MUSIC LESSONS**

**PIANO AND GUITAR LESSONS IN FAIRVIEW**, offered by experienced teacher and professional musician. Beginner and intermediate, children and adults. \$20/half hour; \$30/hour. 335-1401 or email: kampjames@hotmail.com.

**PET / HOUSE SITTING**  
**LIVING HARMONY PET SITTING** **RELIABLE**, experienced care for your best friends. Insured and bonded. Pet CPR and first aid trained. Visit livingharmonypetsitting.vpweb.com or call Gretchin DuBose, 582-3363.

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**CLASSES**  
**ART**  
**ART CLASSES** — Age 14 to Adult. Beginner to Advanced Instruction in various mediums, styles and subjects taught by nationally recognized artist, Bob Travers in Fairview location. For more information on classes, visit bobtraversart.com or call 776-6376.

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

Classified Ads WORK!

Only \$10 for 20 words and just 25¢ for each word over!



For more information, call Annie at 828-628-2211 or visit fairviewtowncrier.com

NOTICES

**NEW SONS OF CONFEDERATE VETERANS CAMP** (Cane Creek Rifles) meeting at Fletcher Fire Department, Tuesday, March 6 at 6 pm. Find out about your Confederate ancestors and southern heritage. For more information, call 628-1376.

VOLUNTEERS

**VOLUNTEERS WANTED FOR GARREN CREEK ROAD CLEAN-UP** In coordination with the DOT. For info email Bill at wmfain@gmail.com. Or call the Crier at 628-2211.

# OFFICE SPACE FOR RENT

**CONVENIENT. ACCESSIBLE. PROFESSIONAL.**

1,150-square-foot office suite available in Fairview Business Park on Charlotte Highway. Spacious reception area, three offices (one with front window), break room and private bathroom. Storefront parking. Rent is \$1,150 and includes water and trash pick up. **CALL 628-1422** for information or to arrange an appointment to see the space.



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## The Fairview Town Crier 2018 Advertising Rates

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

### COLOR DISPLAY ADVERTISING RATES

	12x/year	6x/year	1x/year
Full page	\$347	\$376	\$404
Half Page	\$225	\$248	\$266
Quarter page	\$139	\$155	\$168
Eighth page	\$99	\$116	\$128
Business card	\$65	\$75	\$80

### BLACK AND WHITE DISPLAY ADVERTISING RATES

	12x/year	6x/year	1x/year
Full page	\$317	\$347	\$376
Half Page	\$191	\$214	\$231
Quarter page	\$109	\$128	\$139
Eighth page	\$65	\$82	\$92
Business card	\$45	\$55	\$60

**Nonprofit ad rate is 20% off applicable rate.** Note: 1x ads are payable in advance.

**SAVE MONEY:** On an annual or 6-month contract, you can go up and down in size and/or color and still enjoy the discount. Prepaid annual contracts receive a 13th month free.

### CLASSIFIED ADVERTISING RATES

Minimum \$10 for 20 words; 25¢ per word thereafter (example: a 27-word ad is \$11.75). All classifieds ads must be prepaid. Notices and personal ads not selling anything are free.



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## FAIRVIEW RESIDENT SINCE 1992



**LEICESTER!** Pristine duplex on 1+ acres. 2 BR/2 bath each side, 1-car gar on main. Maple floors, vaulted ceilings, Fla room, walk-in closet, 3-car gar in bsmt, + detached 30x60 garage, carport, *MLS#3351760, \$575,000!*



**WEST IN COUNTY!** Need lots of space? 3 BR, 3.5 bath, brick, private 2+ acres, HOME WARRANTY, fam rm, 2 FPs, bonus rm, cov front deck, patio, 3-car gar on main, add'l gar in bsmt, *MLS#3336635, \$559,900!*



**FAIRVIEW!** 4.78 flat acres on Cane Creek Rd in the heart of Cane Creek Valley, property is not in the flood zone, has a well & septic tank - buyer to verify, 330 ft of road frontage, *MLS#3296048, \$425,000!*



**RICEVILLE!** Immaculate brick home on level .84-acre lot, 3 BR, 2.5 baths, full unfinished bsmt, wonderful kitch w/dual ovens, den w/FP, heated sunroom, HOME WARRANTY, *MLS#3324002, \$349,000!*



**WEAVERVILLE!** 3 BR/3.5 bath, office, cov rear deck, patio, in-ground pool, fenced yard, HOME WARRANTY, 2-car gar on main + gar in bsmt, den w/FP, fam room in bsmt, tons of storage, *MLS#3273008, \$299,900!*



**ARDEN!** 2 BR on 1.38 level acres zoned R-3, perfect for multiunit, HOME WARRANTY, fenced yard, cvred porch, back deck, carport, near Ingles & Mission Pardee, *MLS#3321190, \$299,000!*



**WEST!** 3 BR/2.5 bath, 1.5-story home, master on main, FP in spacious living room, den in bsmt, cov front porch & rear decks, quiet subdivision close to schools, *MLS#3342836, \$264,000!*



**OAKLEY!** 3 BR 2 bath manufactured home, FP, vaulted ceilings, includes detached older home that needs total renovation, detached garage, fenced in yard, convenient location, *MLS#3346271, \$157,000!*



**SOUTH!** Wonderfully private 9.54 acres in Hoopers Creek, close to AVL & Hendersonville, wooded, quiet, cascading creek w/waterfalls. Surveyed into 4 lots or suitable for mini estate, *MLS#3186397, \$137,000!*



**LEICESTER!** 4 BR, 2 bath manufactured home on .35 acres, vaulted ceilings, split BR, formal DR, family room w/FP, eat-in-kitchen, paved road, call John Zujkowski 828-231-4135, *MLS#3354696, \$110,000!*

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### RESULTS!

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Winding Way .....	Pending in 34 days
Ridgeway Dr .....	Pending in 14 days
Bramblewood .....	Pending in 27 days
Blalock Ave .....	Pending in 35 days
Campground Rd .....	Pending in 4 days
Oregon Ave .....	Pending in 1 day
Mitchell Ave .....	Pending in 2 days
Mtn. Meadow Circle .....	Pending in 8 days
Rotunda Circle .....	Pending in 28 days
Fairfax Ave .....	Pending in 7 days
Liberty Rd .....	Pending in 39 days
Melody Ln .....	Pending in 29 days
Richmond Ave .....	Pending in 3 days
Lakewood Dr .....	Pending in 7 days