



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

JANUARY 2019 VOL. 23, No. 1 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

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LETTER FROM THE PUBLISHER

Confessions of a Pendant (Pedant)

By Sandie Rhodes

One year ago I wrote *"It's time for me to transition into my next phase of life, and that involves retirement."* Well, here I am, rereading last year's letter to you and shaking my head in disbelief that an entire year has gone by. *"How's retirement been?"* some have asked. Uh, er, well, I sort of don't really know... yet.

According to Merriam-Webster, **retirement** is defined as *"withdrawal from one's position or occupation or from active working life."* Okay, I've actually done that. I am no longer the editor and I am essentially unemployed, but it's the *"active working life"* that seems to be the issue. I get up in the morning, grab a cup of java, and check my email. I must admit, I am enjoying a new sense of freedom, not needing to be dressed and expected at a particular place at a particular time, but I sure still feel fully engaged in an *"active working life."* I attend to emails and check in with the office to be sure all is well. Hmm. Is this working or maybe just habit? Merriam-Webster's definition of **habit**: *an acquired mode of behavior that has become nearly or completely involuntary.* I swear that I don't even realize I'm doing it! If I just remove the word *"working"* it actually sounds pretty good... *"active - life."* I have withdrawn from my position or occupation and from working, but not from an *"active - life."* Well, alrighty then. Glad we've settled that.

So last July I stopped reporting for duty and settled in at home. The Crier team has done an incredible job of keeping things moving along. Clark Aycock, our new Editor, gathers the morsels and nuggets to pack this newspaper with timely events and interesting reads. Lisa Witler, the Crier's Art Director, designs many of our ads and assembles all of the bits and pieces into an aesthetically pleasing read. Once printed, Patti Parr, our volunteer coordinator, gathers a handful of dedicated readers and they go to work applying labels at the Fairview Fire Department (see a photo of them at the right). Once the postal tubs are full, Odell and Sandra Suber arrive to cart them off to the various

post offices. During all of this, the office hums along under Annie MacNair's tutelage: Information is provided, pecans are sold, classifieds are routed, invoices are sent and paid.

It's working, even when I am not. This is good, right? This is how it's supposed to happen, right? Of course it is.

So what's my problem? I confess. I am a perfectionist. Merriam, what do you say? **Perfectionist**: a person who refuses to accept any standard short of perfection. A purist, stickler for perfection, idealist, pedant. **Pendant**? No, don't you know better? It's **Pedant**: dogmatist, literalist, formalist, quibbler, hair-splitter, informal nitpicker.

Nitpicker, me?

I confess. I am a pendant... I mean pedant.

I confess. I am a micromanager*.

I confess. I confess. I confess.

I have cared for this child of the community for so many years that I just don't seem able to let it go. How will it survive without my constant nurturing? What will happen if I'm not there to fret over every word? Who will stay up through the night to inspect and reinspect that the vitals are strong and the parts are all in working order?

I guess the answer to all of the above is... YOU. Please help me let go by getting more involved. Help the Crier team stay connected with what's going on in the community of "you." Send in photos, write your story, come to labeling and get some ink on your hands. Make a donation. If you're opening a new business, stop by and share the news. Let us know if you loved or disliked something you read. Communicate not from a perspective of criticism but from a position of involvement. Stay in touch and help me to finally retire. I need the rest. But be assured that I won't be far away because I'm a pendant—just hanging around... your neck. And I want to stay near. Hope you feel the same.

Bless each and every one of you and may everyone have a healthy and happy new year.

**the derogatory term is control freak*

Sandie

Happy New Year—and Thank You!

2018 is now Auld Lang Syne, but we want to look back one last time and be thankful. The Crier is a true community newspaper, read and enjoyed by the people in Fairview, Gerton, Reynolds, and Fletcher. And written by people from there, too. Thank you to the writers and readers!

And the Crier would also like to thank a special group of volunteers who help us every month. They gather at the main fire station in Fairview and stick labels on hundreds of papers that go to homes in the Fletcher, Gerton and Reynolds areas. And when that's all done, some of them drop off stacks of papers all around the community.

We'd like to acknowledge some of the dedicated labelers who help us every month. Featured here are: (sitting, l to r) Diana Soll, Doris Wright, Cullen Anderson, Barbara Riccardo, and Faye Anthony; (middle row, l to r) Patti Parr, Ruth Erlich, Sarah Malinak, Marianne Richards, Tealey Ellis, and Roy Anthony; and (back row, l to r): Ron Riccardo, Bill Carpenter (President of the Board of the Crier), Tim Richards, and Bill Erlich.

Extra thanks goes to Patti Parr for organizing the labeling and distribution of papers. We know she couldn't do it without the regular support from her husband Tim and son Nathan.

Happy New Year to all!



What's the Town Crier worth to our readers?



Twenty bucks for sure, and a lot more to some. Thank you to those who were able to make a donation last month. We appreciate every one, no matter how small. It helps us meet our fiscal needs to keep things humming along. Revenue from public support (donations) also helps us satisfy our nonprofit requirements. And, most importantly, our nonprofit status allows us to mail to 8,600+ households in our community of Fairview, Gerton, Reynolds and Fletcher and that likely includes you! If you haven't made a donation yet, it's a new year and we still need your help. So, what's a "subscription" to the Town Crier worth to you? We think \$20 a year is reasonable, but please assess your own value. We'll be grateful for whatever you can send.

We are a 501(3)c and your donation is tax-deductible. We appreciate you very much and wish everyone a Happy 2019!

Mail to Town Crier, PO Box 1862, Fairview, NC 28730, drop off at our office at 1185-G Charlotte Highway, or donate online at fairviewtowncrier.com.

STAY IN TOUCH!

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VOLUNTEER COORDINATOR **PATTI PARR** pattiparr@yahoo.com

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COMMUNITY EVENTS

Spring Mountain Community Ctr.

Community Leadership Meeting: Usually first Tuesday, 6:30 pm. **Quilting Bee:** Meets every second Tuesday, 10 am–2 pm. Call 628-7900 or 628-1938. **Berrypickers' Jam:** Tuesdays at 7 pm. **Slow Flow & Yin Yoga with Anna:** Mondays, 8:30–9:45 am. \$5–10 suggested. **Yoga with Sabrina:** Thursdays 6:15–7:30 pm. \$5–10 suggested. 807 Old Fort Rd. springmountaincc.com

JANUARY 1 (TUESDAY)

Prostate Cancer Support Forum

7 pm. Us TOO of WNC. Open discussion; no fee. 5 Oak St., Asheville. 242-8410, wncprostate@gmail.com.

JANUARY 3 (THURSDAY)

Embroiderers' Guild Meeting

9:30 am–12 pm. Registration starts at 9:30 and is followed by a short business meeting and the program until noon. 3 Banner Farm Rd., Etowah/Horse Shoe. If interested, contact Roberta Smith at 243-6537 or Janet Stewart at 575-9195.

JANUARY 8 (TUESDAY)

Birds and Climate Change Talk at Library

Tom Tribble, president of the local Audubon chapter, will give a talk, with

refreshments served after. Fairview Public Library, 1 Taylor Rd., Fairview.

Sons of Confederate Vets Mtg.

7 pm. The Cane Creek Rifles meet at Fletcher Fire Department, 49 East Fanning Bridge Rd., Fletcher. 230-6523.

JANUARY 10 (THURSDAY)

At the Hub: Mandala Dot Paintings

6 pm. Join local artist Janet Link of JL Art for an instructional class on mandala dot paintings. See page 26 for more information. At The Hub of Fairview. 1185 Charlotte Hwy., Suite G, Fairview.

Meditation for Racing Minds

10:30–11:45 am. Learn a practical, modern, Western approach to meditation based on research that doesn't require sitting cross-legged on the floor. To register, go to lightyourfiremeditation.com or call/text 702-2824. Cost \$15. Held at Long Time Sun Yoga, 1611 Charlotte Hwy., Fairview.

Welcome Table

11:30 am–1 pm. A free community lunch served to anyone in the area seeking food, fellowship and community. *The meal will only be served once a month until more volunteers are available.* 596 Old US Hwy 74, Fairview.

Brain Therapy Lecture

5:15–6 pm. Learn about new therapies that may help with brain injuries or diseases of the brain, such as concussions, MS or Parkinson's. Free, but you must reserve your space by calling 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

JANUARY 12 (SATURDAY)

Yard Sale & Breakfast Fundraiser for FES DI Teams

8:30–10:30 am (breakfast, \$6); 8:30 am–2:30 pm (sale). All proceeds will go to benefit the Destination Imagination teams at Fairview Elementary. To rent a space for \$10, email fairviewelementary.di@gmail.com. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

JANUARY 14 (MONDAY)

Stitches of Love Meeting

7–9 pm. Group donates handmade articles to local charities. New Hope Presbyterian Church, 3070 Sweeten Creek Rd., Asheville. Call 575-9195.

JANUARY 14, 16, 18

Fairview Preschool Open House

10 am. Call the school for information, 330-2073. 596 US Hwy 74, Fairview.

JANUARY 15 (TUESDAY)

Library Book Club

7 pm. The group will discuss this month's selection, *The Spirit Catches You and You Fall Down*. See page 6 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

Neuropathy Treatment Seminar

12:30–1:30 pm. Learn about the causes, diagnosis, and treatment of peripheral neuropathy. Free and dinner will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

Weight Loss/Blood Pressure Study

6 pm. Americare Pharmacy will be running a study to measure the effect that weight loss has on blood pressure. Free info session. The Hub of Fairview, 1185 Charlotte Hwy., Suite G, Fairview. See ad on page 11.

JANUARY 19 (SATURDAY)

Fairview Library's 20th Anniversary Kickoff Party

2 pm. There will be pie, a community art project, and a library obstacle course for kids. See pages 6 and 7 for more information. 1 Taylor Rd., Fairview.

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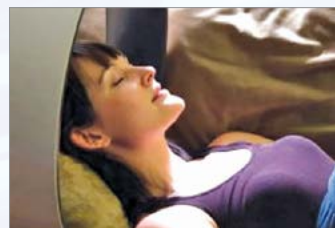
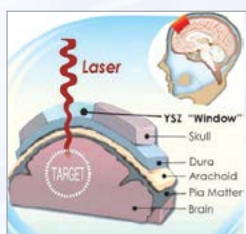
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COMMUNITY EVENTS

JANUARY 20 (SUNDAY)

Ethical Humanist Meeting

2-3:30 pm. 227 Edgewood Rd., Asheville. Call 687-7759 or go to EHSAsheville.org.

JANUARY 22 (TUESDAY)

UHGCC Covered Dish Meal & Meeting

6:30 pm. The community's club first meeting of the year will feature a covered dish meal and a presentation about real estate taxes from the Henderson County Tax Assessor. 4730 Gerton Hwy., Gerton.

JANUARY 23 (WEDNESDAY)

At the Hub: Elderberry Syrup

5:30 pm. Learn to make your own elderberry syrup. See page 26 for more information. At The Hub of Fairview. 1185 Charlotte Hwy., Suite G, Fairview.

JANUARY 24 (THURSDAY)

Fairview Area Art League Mtg.

10 am. FAAL members and others interested in the arts are welcome. 704-975-0095. 1 Taylor Rd.

Knee Replacement Seminar

12:30-1:30 pm. Find out about elimi-

nating drugs from your life and avoiding surgery with a lengthy recovery. Free and dinner will be served, but you must reserve. Call 628-7800. Cornerstone, 102 Tunnel Rd., Asheville.

Sciatica Seminar

5:15-6 pm. Learn about new treatments and technologies that may help you avoid back surgery and eliminate the need for drugs. Free and dinner will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

JANUARY 25 (FRIDAY)

Democratic Fundraiser

6:30-9:30 pm. Buffet dinner, dessert, wine and non-alcoholic beverages, and prizes. Advance tickets are \$50 each (\$25 for Young Democrats/under 35) and include dinner and one drink ticket. Additional drink tickets available for purchase. For tickets, go to buncombedems.org/kickoff19. AB Tech/Mission Conference Center, 16 Fernhurst Dr., Asheville.

Florence Nature Preserve Cleanup

10 am-3 pm. Volunteer to restore native habitat. Morning-only shifts are fine, too. Bring lunch and water; wear closed-toe shoes and long

Steep Canyon Rangers in Asheville

January 19, 8 pm

Local favorites Steep Canyon Rangers will perform at the ExploreAsheville.com Arena next month. They are on tour to promote their new album, "Out In The Open." Hiss Golden Messenger, from Durham, will be the opener. Tickets can be purchased at ticketmaster.com.



pants. Water, snacks, and tools provided. RSVP to volunteer@conservingcarolina.org or call Olivia at 697-5777 ext. 211. 3836 Gerton Hwy., Gerton.

may help you avoid back surgery and eliminate the need for drugs. Free and dinner will be served, but you must reserve. Call 628-7800. Cornerstone, 102 Tunnel Rd., Asheville.

JANUARY 29 (TUESDAY)

Sciatica Seminar

12:30-1:30 pm. Learn about new treatments and technologies that

Town Crier Labeling

10:30 am. Meet other people from the community and help us get the

continued on page 4



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COMMUNITY EVENTS

next issue of the *Fairview Town Crier* into the mail!

JANUARY 31 (THURSDAY)

Frozen Shoulder Seminar

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

SAVE THE DATE

FEBRUARY 9

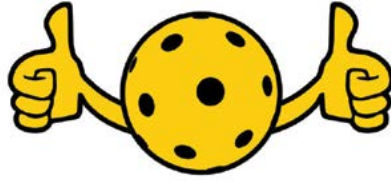
Winter Bazaar Fundraiser

The Destination Imagination teams at Fairview Elementary will be hosting a Winter Bazaar fundraiser, and they are looking for artisans, crafters, and home businesses to be vendors. Please contact Jen Alonso at mountainmama14@yahoo.com or 406-580-9137. Fairview Community Center.

Local Democrats Meeting

A meeting for the Fairview/Reynolds Cluster. Cane Creek Middle School cafeteria, 570 Lower Brush Creek Rd., Fletcher. Contact denise.marecki26@gmail.com.

Anyone for Pickleball?



When the Fairview Community Center's floor was resurfaced, two pickleball courts were added. And now a group has formed to purchase nets, equipment, and determine play times. If you are interested in helping out or playing, contact Franklin Sides at 713-6946 or all4sides@gmail.com to find out more information.

For those unfamiliar with the game, it uses solid paddles, like in ping pong; a net and rules similar to tennis; and the court dimensions of badminton. It can be played by two or four players.

The sport has experienced a recent surge in popularity, particularly among those 55 and older. According to the *Palm Springs Desert Sun* newspaper, the USA Pickleball Association's National Championships in November last year in Palm Springs drew 2,300 players from 46 states and other countries.

The *Crier* will bring you more information on this exciting development in future issues.

Mission Nativity on Display Until January 6



The Nativity display at Mission Hospital was commissioned by the St. Joseph's Hospital Guild in 1988 as a gift to the hospital. It took more than six months to complete and used live models, recruited for their classical faces. Restoration work remains to be done, but progress is slow due to lack of funding. You can view this bit of local history at the circle outside of St. Joseph's outpatient entrance until January 6.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (c) (3) 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 1185G Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to copy@fairviewtowncrier.com. For staff directory, contacts and additional information, please see page 30.

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End of Year Brings Positive Updates

The Annual Board Meeting was held on December 3 at the Main Station. End-of-year reports were given by Chief Scott Jones and our Support Operations Team, as well as a final confirmation of our board members and committee assignments. Chief Jones reported the statistics shown in the graph at right for December 1, 2017 through November 30, 2018. In addition, our personnel received 15,325 hours of training last year.

Fundraiser Successes

The Support Operations Team was able to bring in almost \$17,500 with fundraisers this year. When the proceeds from the December motorcycle fundraiser are added in, the amount is \$64,000. We have raised more than \$100,000 over the past three years. When I say “we,” I mean “we threw the party and you showed up to support.” We as a community have certainly pulled together to support this awesome team and make their station better. The staff, the board and the Support Operations Team communicate on a regular basis to find out what the needs are, then all pull together to meet the need.



Our board Chair, Jeff Augram, said, “In the three years since our community supported the Board of Directors’ need in updating our outdated bylaws, we also had a need to restructure and evolve to a Support Operation Team concept to meet the obligations of our department. The volunteers with our Support Operations Team have met those challenges head-on and have been a tremendous asset to the fire department and the community we all serve.”

Energy Efficiency

Duke Energy has done an assessment on the lighting and has replaced some of the lighting around the station to be more energy-efficient. The bay doors are currently being installed and should be finished in early January. All of these energy-saving efforts should also save the station money on our electric bills, plus be a little kinder to the environment.

Bathroom Update

The bathrooms are still being evaluated by contractors and permitting officials. The building committee is working with the county on building permitting and

compliances that are required of us as a fire department and a public facility. The money that was raised in March 2018 is still earmarked for the renovation of the bathrooms. It will be added to the final total of what it will take to become ADA-compliant and meet the standards outlined for us. (For those who have constructed a building used by the public, you understand the added costs associated with compliance.) We were also holding off due to the uncertainty of the budget process at the end of June. When the cost of construction and remodel went up, the board held back until they were certain of the outcome and, thus, the income.

Check Your Tax Bill

And speaking of income, we’ve noticed a discrepancy in some vehicle tax bills. Please check your vehicle tax bill and make sure that it says Fairview. We have had a few people tell us that their bill was for Skyland. If it does not say Fairview, please let the fire department know. The Buncombe County Tax Department and the State DMV liaison have been notified. They can correct the issue, but they need to know.

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

FIRE DEPARTMENT CALLS 12/1/17–11/30/18

False Alarm and False Call	62
Fire	59
Good Intent Call	202
Rescue and Emergency Medical Service Incident	1,126
Hazardous Condition (no fire)	29
Service Call	284
Severe Weather and Natural Disaster	64
Special Incident Type	9
TOTAL	1,835

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JANUARY 19 | 8PM

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20th Anniversary Kickoff Party

2019 is Fairview Library's 20th anniversary, and we are celebrating big! Join us at our kickoff to this year-long celebration on *Saturday, January 19 at 2 pm.*

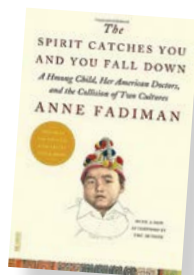
We will have pie, a community art project where you can share your memories of the library, pie, a library obstacle course for kids, and did we mention pie? This will be a big year for the library, and our kickoff party is just the beginning.

EVENTS

Book Club

January 15 at 7 pm

Fairview Evening Book Club will be reading and discussing *The Spirit Catches You and You Fall Down* by Anne Fadiman



No sign up or registration is required to join the book club, and new members are always welcome.

Future Book Club Dates and Titles

February 19 – *Homegoing*, Yaa Gyasi
March 19 – *The Wife*, Meg Wolitzer
April 16 – *Hour of the Land*, Terry Tempest Williams

FOR KIDS

Toddler Gym



January 9, 11:30 am–12:30 pm

Fairview Library is very excited to offer Toddler Gym, just after Toddler Storytime at 11 am. This is a free playtime for ages 0–3. We will have baby- and toddler-size toys, climbing structures, tunnels, and more. It's great indoor fun for you and your little one during the cold winter months. It will be held weekly on Wednesdays.

Heroes Unlimited Role Playing Game (Middle & High Schoolers)

A team of heroes was assembled to defend the planet from the forces of evil. Did they save the day? If you're reading this, they probably did, as the meetup was on January 2. Role-playing games, like Heroes Unlimited, are a great way to cultivate creativity, encourage teamwork

President of Local Audubon Society to Give Talk on Birds and Climate Change

Tuesday, January 8 at 7 pm

For over 100 years, Audubon has focused on making the world a better place for birds. In 2014, National Audubon released a study on birds and climate change. The report concluded that more than half of the breeding birds in North America are threatened by our changing climate. This seven-year science investigation, made possible by decades of community-science data, sounded an alarm that made news around the world. This presentation will summarize the results of the study and describe how individuals can help birds.



IMAGE: KIM BRAND/AUDUBON NORTH CAROLINA

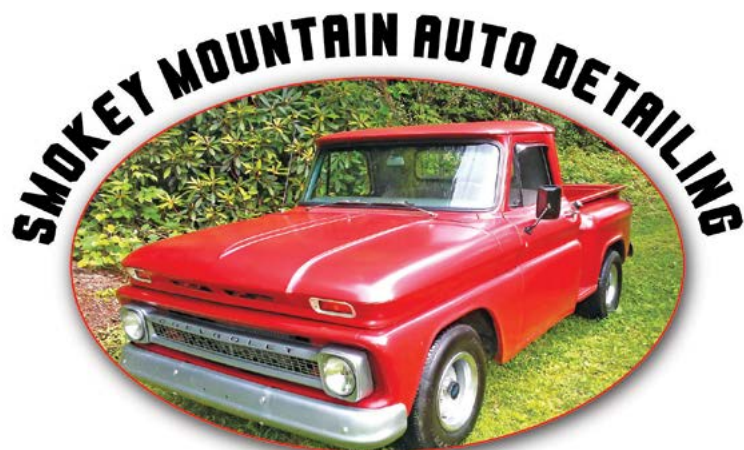
Tom Tribble is president of Elisha Mitchell Audubon Society, the local Audubon chapter that covers Henderson, Buncombe, Madison, and several adjacent counties. Tom has been an Audubon member and avid birder for more than 40 years. He worked for 30 years at the NC Center for Geographic Information and Analysis, the state's Geographic Information System, retiring in 2013. He holds a bachelor's degree from Vanderbilt University and a Master's degree from Duke University.

Presented by the Friends of Fairview Library. Refreshments will be served after the presentation.

Regular Kids Programming

Baby Storytime: Tuesdays, 11 am
Toddler Storytime: Wednesdays, 11 am
Preschool Storytime: Thursdays, 11 am
LEGO Club: First Friday, 3:30 pm

Jaime McDowell is the head librarian at Fairview Public Library.



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Celebrating 20 Years with Our Local Library All Year Long!

First, it's a party—and not just any party. It's a birthday party, an anniversary party, a grand, year-long celebration of epic proportions. It will have celebration days with food and cake and fun things to do. It will have stories and funny hats and glitter and special events. It might even have costumes. And cake. And pies. But it will be more than special days, even more than cakes and pies and glitter, because 2019 is the year the Fairview Library turns 20.

These days, it's hard to imagine a community without a library. Libraries are often viewed as "social equalizers," providing free access to materials and services which would otherwise be prohibitively expensive. In addition to books and research materials (both in print and electronic formats), modern libraries offer music and movies as well as computers,

When in doubt, go to the library.

—J.K. Rowling,
Harry Potter and the Chamber of Secrets

Internet and Wi-Fi access. Children's story times, book clubs, and guest speakers are scheduled throughout the year and most libraries have a community room available for meetings and special events. And—with the exception of those pesky overdue fines and a minimal charge for using the library's printer—all of these services are free. Public libraries, with their democratic missions and unrestricted access to information, are considered an integral part of our nation's ideals and values.

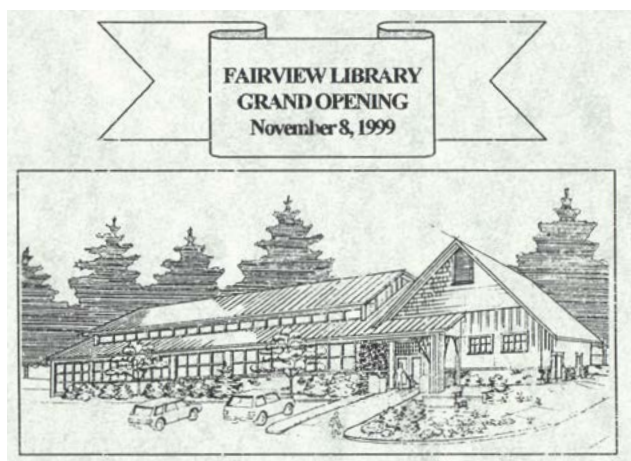
That, however, has not always been true.

It was only after the Civil War that public libraries began to spread across the country. Prior to that, most libraries, with a few exceptions—notably the Darby Free Library in Pennsylvania and the Boston Public Library—operated as membership or subscription libraries. (Think Netflix for books but with restrictions as to whom could obtain a membership.)

The Asheville Library Association

Information compiled by librarian Zoe Rhine of Pack Library's North Carolina Collection, shows that the first known library society in Buncombe County was formed in 1829 with a collection of 500 volumes bequeathed by Dr. Robert Brank Vance. The fate of that collection is unknown but 50 years later members of the Asheville Reading Club formed the Asheville Library Association. According to the Plan of Incorporation, the library was formed "...to establish and maintain a library for the ultimate use and benefit for the people of Asheville and its vicinity as a Public Library."

For the next 15 years, the library moved



Above left: front page of the program for the grand opening. Above right: The land was cleared for construction around December 1998/January 1999.



At left: This little sourwood tree, planted to commemorate the grand opening, is much larger now. Stop by to see it sometime soon! At right, above: An interior shot of today's library, which has kept up-to-date with modern demands.

many times until, finally, in 1894, a building was erected in downtown Asheville specifically to house the library. The subscription fee was \$2, a sum that was beyond many people in a time when monthly income for a laborer was, according to records kept by Princeton University, less than \$10.

In 1919, the Library officially became Pack Memorial Public Library, "free to white citizens of the city who were above the age of 12." Segregation was common in US libraries, both public and subscription, until the 1960s, and in 1927, a separate library, The Asheville Colored Library, was opened on Market Street. That same year, Pack Memorial Library became a county department and was open only to white citizens of Buncombe County. In 1951, the Market Street Library became an official branch library. It was not until November 1961 that the Buncombe County and Asheville Libraries were integrated. The Market Street Branch operated until the librarian, Mrs. Irene Hendrick, retired in 1966.

Meeting Growing Demands

The Market Street Branch was the first of many branches to become part of the Buncombe County system. Throughout the US, libraries were expanding into communities beyond city centers to meet the demands of growing urban and suburban populations. Recognizing the need for accessible services to expanding

communities, Buncombe County began adding branches. By 1978, when Pack Library moved from Pack Square to its current location on Haywood Street, the system had a total of nine branch libraries.

The department also continued to operate the Bookmobile, a service that had begun in 1939 to provide library services to rural residents of Buncombe County. In 2001, the Bookmobile became the "Bibliobus," funded by a grant to provide outreach services to Latino populations in Buncombe, Madison, Henderson, and Haywood counties. At the end of the grant appropriation in 2005, the Bookmobile was decommissioned.

Becoming Free

So our country's and our county's library systems began as subscription libraries, collections of books available almost exclusively to privileged, white men. Then, more quickly than many institutions, libraries changed. They became free. Women were able to work in libraries when few professional fields were open to them. Eventually libraries became integrated. People without great wealth—immigrants, children, anyone who wanted to learn—had access to information and services that not only changed lives but also protected and promoted the democratic cornerstones of justice and equality. Libraries are so successful at what they do and so loved by patrons that we now have over 17,000 public libraries in the US.

And Buncombe County has also continued to grow, adding branches in Weaverville (1981), Enka (1997), Fairview (1999—happy, happy birthday!), and Leicester (2001).

Which brings us (finally!) back to the party.

Year-Long Celebration

We are, of course, celebrating the 20 years the library has been open, the people who worked so hard to get a branch library in Fairview, and the staff who spent endless hours setting up the shelves and planning the programs and reaching out to the community to ensure the library thrived. We are celebrating books and knowledge and information. But mostly, we are celebrating this wonderful community which makes the library possible.

Please join us Saturday, January 19 at 2:30 pm for our kickoff party, the first of many events this year. There will be fun activities, maybe some glitter, and definitely pie!

Vicky Ballard is a Friend of the Fairview Library.

Information for this article was provided by The North Carolina Collection at Pack Memorial Library, American Libraries Magazine, the Digital Public Library of America, libraryguides, University of Missouri, and the Library of Congress Blog, American Public Libraries by Erin Allen. No Wikipedia sources were used.



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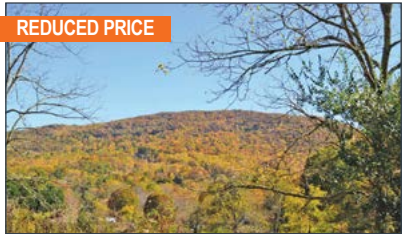
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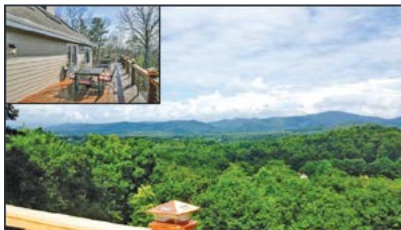
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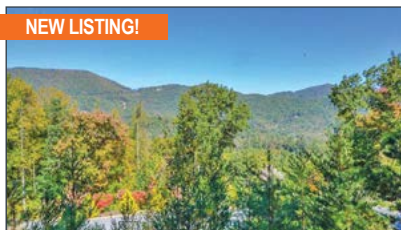


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The Life and Times of Joshua Whitaker Jr.

Joshua Whitaker Jr. was born on Sunday, June 4, 1769 at two o'clock in the morning on Jersey Creek, near Linwood in Rowan (now Davidson) County, NC. He was the son of Joshua Whitaker Sr. (1735-1798) and Mary Reed (1748-1832).

Recently I have come across a few websites that say his mother was Mary Barrickio. This is complete hogwash. The fact that Joshua Whitaker Jr. was the son of Mary Reed is listed in both the Reed and Whitaker Bibles, a Rowan County marriage license, and dozens of other documents and writings.

Joshua grew up on his father's farm on Jersey Creek and Swearing Creek. Both his parents were raised as Quakers, but like many Quakers in what is now Davidson County they eventually became Baptist. They attended Jersey Creek Baptist Church near Linwood. Joshua Whitaker Sr. and his sister, Susannah Whitaker McCrary, are both buried at Jersey Creek Baptist Church Cemetery.

Joshua Whitaker Jr. grew up in Rowan (now Davidson) County during the Revolutionary War. Joshua Whitaker Sr. was in his 40s during that war. He did not fight because of his age and health, but he was listed as supplying "Sundries for the Militia of North Carolina, Virginia and South Carolina in June 1781, and September 1782." Also, there is an invoice (#5309) to Joshua Whitaker Sr. for a horse voucher. So he apparently provided a horse for the American side in the war.

Joshua Whitaker Jr. married Nancy Childers in Rowan County, NC, on August 12, 1791. This marriage bond was overlooked for years because Joshua Whitaker Jr. was listed as the bondsman instead of the groom on the Rowan County marriage register. It's not known whether he signed on the wrong line or the Rowan County Clerk copied it wrong. Nancy Childers was born in North Carolina on April 22, 1769.

Joshua Jr. and Nancy moved to Fairview, Buncombe County, NC, around 1800. Many of his neighbors and family had already moved to Fairview at this time. Joshua's mother, Mary Reed Whitaker, and brother James remained in Rowan County until his father died in 1798.

The first recorded deed for Joshua Whitaker Jr. in Fairview was for 200 acres on Cane Creek from John Carson on October 23, 1801. Joshua and Nancy lived on a farm located on what is now Miller Road.

Joshua Whitaker Jr.'s brother, William Whitaker Sr. (1772-1860), had a son named Joshua Whitaker, born in Fairview in 1797. He married Margaret Ashworth in 1819. From that time on it is hard to tell Joshua Whitaker Jr. from his nephew Joshua Whitaker until Joshua Jr. died in 1856. Joshua Whitaker Jr. would occasionally sign his name Joshua Sr. to set himself apart from his nephew. Joshua Whitaker's nephew would sometime sign his name as Joshua Jr.,

but most of the time they would both sign their names as just Joshua Whitaker.

Joshua Whitaker Jr. was listed as voting in the August 13, 1835 election for Congress. He served on a jury with his youngest brother, James Whitaker (1779-1871), in January 1822. On July 6, 1833 he was at the estate sale of Rand Scoggins. Joshua purchased a spinning wheel for \$2, a pair of towels for 20 cents, and a water bucket and two ladles for 13 cents.

Joshua and Nancy Whitaker were members of Cane Creek Baptist Church. Nancy died on April 22, 1841 (her 72nd birthday). Joshua Whitaker Jr. outlived his wife by 15 years. He died in Fairview on June 26, 1856. Both are buried in Cane Creek Cemetery in Fairview. They had six children, all girls.

1. Mary Whitaker was born in Rowan (now Davidson) County, NC, on July 14, 1793. She married Joseph Trantham (1789-1850). All the Tranthams in Buncombe, Haywood, and Cherokee County, NC, as well as Cocke County, TN, descend from them. Mary died on August 12, 1884 at age 91.
2. Nancy Whitaker was born on October 27, 1796 in Rowan (Davidson) County, NC. She married John Rickman (1795-1841). They lived on Miller Road between the two bridges. Nancy died on August 10, 1878. Both are buried in Cane Creek cemetery.

3. Elizabeth Whitaker was born on October 25, 1799 in Rowan (Davidson) County, NC. She married Charles West and moved to Leicester. She died there on September 12, 1840. The owners of West Funeral Home in Weaverville descend from her.
4. Susannah Whitaker was born in Fairview on August 4, 1802. She married Michael Whitaker (1797-1850). They moved to Cooper County, MO, in the mid-1830. They had 17 children. Susannah died in Missouri on February 5, 1874.
5. Margaret Whitaker was born in Fairview on December 27, 1807. She married David Garren (1801-1894). They lived at what is now called the Taylor Ranch. Their rock wellhouse is still standing on the right side of the road going toward Fletcher. Margaret Whitaker Garren died in Fairview on January 18, 1891. They are both buried at Old Salem Cemetery in Fletcher.
6. Sarah Whitaker was born in Fairview on June 12, 1812. She married Andrew Grant (1810-1855). Sarah died in Fairview on May 13, 1885. All the Grants in Fairview descend from Sarah and Andrew. Both are buried in Cane Creek Cemetery in Fairview.

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

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December Snowfall One for the History Books

We certainly got a good snowstorm to start the winter season of 2018-2019. Most places in the Fairview area received 12–15 inches of snow over a two-day period. This storm ranks historically as one of our top 10 snowfalls. I hope you all enjoyed the snow because it does melt rather quickly at our latitude and usually never stays around for more than a few days. This is especially true for an early-season snowfall. Another interesting fact is the heaviest snowfall was back on December 5–6 in 1886, when 26 to 33 inches of snow fell in Asheville. This is an “unofficial” record, since at that particular time there were no official weather stations in operation in our area.

Here are some helpful hints on how to deal with heavy snow in your landscape and garden. A heavy snowfall like we just had is nothing to worry about if nothing is bent or breaking. In most cases snow in the garden is a great asset; it is a great insulator and when it melts it provides a slow release of water over an extended period. However, heavy snow and ice buildup can cause devastating damage if limbs or trunks bend or break. Snow damage can also be caused by people using snowplows, shovels, and snow blowers. Be careful not to pile snow on your plants; the snow can be quite dense and easily break limbs, branches, shrubs, and small trees



if you are not mindful. Using a broom or your hands, sweep gently in an upward motion, loosening the snow and allowing it to fall. Don't sweep downward, as you might break an already bent branch, and don't shake the plant. The branches will be very brittle and already stressed, so disturb them as little as possible. More information on winter plant care is available at todayshomeowner.com/how-to-deal-with-snow-and-ice-in-the-garden.

Yearly Stats

Let's take a brief look at some interesting statistics for 2018 at my weather station in Fairview, for which I began keeping records in 1989. The year stands out head and shoulders as the wettest on record, as my station received 85 inches of precipitation. That broke my old record of 76.98 inches of rain in 2004. In terms of colder temperature, the only month that was fairly abnormal was January, which had eight mornings with a

temperature below 10 degrees that year. We will see if that repeats this month. We also had quite a few warm and muggy nights over the summer due to a fair amount of cloudiness and precipitation. Only one night in July had a low temperature greater than 70 degrees, but there were quite a few warm humid nights with lows in the upper 60s.

Looking Ahead

“Meteorological winter” is the three coldest months on average during the season—December, January, and February. We are already well ahead of normal for snowfall this winter and it wouldn't take much to have a winter snowfall of more than 20 inches. In terms of temperatures, I suspect that at least for part of the time this month and in February we will be under a cold northwest flow from Canada, which will bring very cold temperatures. I'm guessing that temperatures for at least one of these months will be below normal and wouldn't

WEATHER WONDER



What is our snowiest January on record?

The honors go to January 1965, when 17.6 inches of snow fell during the month at the Asheville airport. We probably had a bit more here in Fairview.

QUESTION of the MONTH

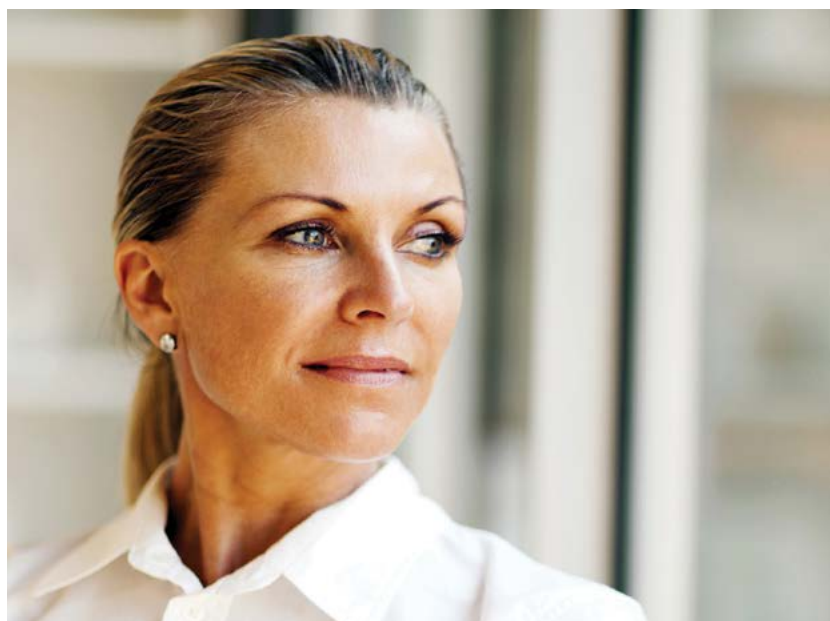


How many groundhogs are actively working across the US and Canada this year on February 2?

be surprised to see at least several mornings below 10 degrees again this winter. Of course, it would be good to have a snow cover when that happens because it insulates and acts as a blanket to protect plants and root systems below.



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



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Vitamin D and Vertigo: Are Your Symptoms Seasonal?

Low levels of vitamin D have been linked to a higher incidence and recurrence of Benign Paroxysmal Positional Vertigo (BPPV), a condition that causes episodic sensations of movement, typically, but not always, a spinning sensation.

BPPV results when small calcium carbonate particles, called otoconia, dislodge from the utricle, located in the inner ear, and travel into one of the six semicircular canals (three on each side). Under normal circumstances, the utricle, along with the saccule, primarily sense linear motion (acceleration and deceleration) and are sensitive to gravity due to the added weight of the otoconia. For example, when you are riding in an elevator, you do not see the elevator moving and you are not moving but you sense that you are going up or down. When riding in a car, even if you close your eyes, you can sense that you are picking up speed or slowing down in a forward or backward motion.

The canals, on the other hand, sense angular motion and, when functioning properly, are not sensitive to gravity. If otoconia fall into one or more of the canals, the affected canal(s) will become sensitive to gravity, causing the sensation of vertigo after you change position.

Vertigo is the illusion of movement: Either you feel like you are moving (when

you know that you are not) or it appears as if the room is moving. For example, after lying down, sitting back up, rolling over in bed, tipping your head back or leaning forward, short episodes (typically less than a minute) of vertigo ensue.

BPPV is the most common cause of peripheral vertigo, and, when diagnosed and treated correctly, can be the easiest form of vertigo to correct without medication, typically in one or two sessions. Treatment involves a series of movements to move the displaced otoconia back into the utricle.

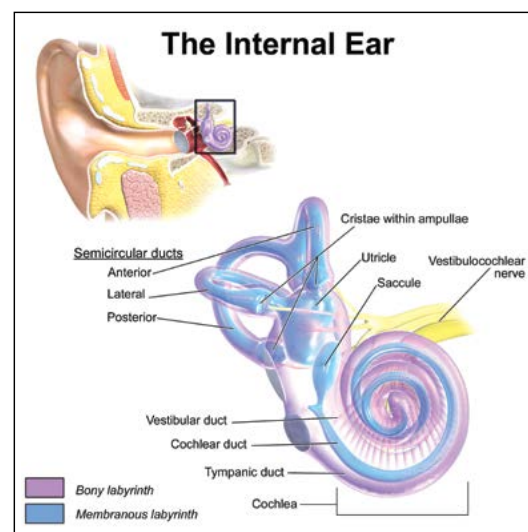
Numerous studies in the scientific literature between 2013 to present have reported connections between low vitamin D serum levels, osteoporosis, osteopenia, estrogen deficiency, and chronic occurrences of BPPV. Some patients even notice that they seem to acquire recurrent BPPV seasonally. This has also been linked with low vitamin D levels during the winter months. Therapeutic options to restore vitamin D levels and manage estrogen deficiencies have been recommended to help prevent the chronic recurrence of BPPV.

When BPPV does occur, proper diagnosis to determine which canal(s) is/are involved, where the otoconia are located within the canal (varies from patient to patient), and which type (there

are several forms) of BPPV is present will determine which treatment is appropriate and most effective. All of this can be determined by performing several in-office tests and matching each test with the results of symptoms and abnormal eye movements.

Each coplanar pair of canals (one from each side) in the inner ears have connections to a different pair of muscles in the eyes. For this reason, a skilled clinician can determine exactly which canal is affected, on which side, and which type of BPPV is present. Isolating the exact problem assures proper treatment.

It is very helpful to be assessed with infrared video goggles, allowing improved viewing of the eyes. However, the use of such equipment is only as good as the knowledge of the provider who is using them. Sometimes it is even helpful to have infrared video goggles in place during repositioning maneuvers to ensure effective treatment. In this way, when clinical results do not match textbook information, a provider who is knowledgeable of these anatomical connections can immediately modify the treatment to maximize the results for each patient, even



if the patient does not have "textbook" anatomy and responses.

For patients experiencing chronically or seasonally recurring episodes of BPPV, consider discussing management of Vitamin D and/or estrogen deficiencies with your healthcare provider as well as connecting with a competent provider to accurately assess and properly treat your BPPV if it does occur.

Kim Fox, DPT, is the clinical director and founder of AVORA Health. For more info about the diagnosis and treatment of balance and vestibular disorders, contact the AVORA Balance & Dizzy Center in Asheville at 505-2664.

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Healthy Resolutions for 2019

It's a new year and a time when many of us decide to take on new challenges. We set goals, we make lists, and we come up with resolutions.

According to a study by the American Medical Association (AMA), almost 50 percent of Americans set New Year's resolutions, and common among them are attempts to improve our health. Maybe you want to run a 10k this year, or stop smoking, or make up for all of those sweets you ate over the holidays by avoiding candy altogether. Research shows that you are more likely to stick with a change you attempt to make around New Year's than at other times of the year, so there is hope for success.

Recommendations for improving health made by the AMA last year are listed below.

- Limit your consumption of beverages with added sugar
- Learn your risk for type 2 diabetes
- Be more physically active. Every healthy adult 18 to 65 needs at least 30 minutes of moderate-intensity aerobic physical activity five days per week, or 20 minutes of vigorous-intensity aerobic physical activity three days a week.
- Reduce your intake of processed food and added sodium
- Know your blood pressure numbers
- If consuming alcohol, do so in moderation as defined by the US Dietary

Guidelines for Americans: up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age

- Talk with your medical provider about tobacco and nicotine use, and quit; also declare your home and car smoke-free to eliminate exposure to secondhand smoke
- Manage stress
- Pain medication is personal: If you are taking prescription opioids, follow your medical provider's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication
- Make sure you and your family are up-to-date on vaccines

If you are motivated, there's no reason you can't achieve your goals. If you make one of the above changes it can pay dividends to your health for years to come. And if you need a little help along the way, or you want to know your risks, you should schedule an appointment with your doctor so he or she can better assess your overall health and make recommendations specific to your lifestyle. Many of these preventative visits are covered by insurance and free to the consumer.

J.T. LaBruyere is a Certified Physician's Assistant at the MAHEC Family Health Center at Cane Creek. 1542 Cane Creek Road, Fletcher. 628-8250.



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MedSup Buying Strategies

Why are MedSup plans whose benefits are supposed to be the same priced so differently? Does paying more mean that you're getting a better policy or, with all else being equal, are you just throwing money away? Just what are you getting for the extra cost anyway?

MedSup policies, also known as Medigap or Medicare Supplements, serve to fill in the gaps of Medicare that can lower a policy holder's out-of-pocket costs.

Cost Factors

There are various reasons why MedSup premiums are priced the way they are. Factors including the average age of the client base, adverse selection (experiencing an unexpected number of claims), the premium type (attained age, issue age, community-based), special incentives or tobacco use, gender bias, and where you live can dramatically affect premium price. Let's break down some of these factors.

The most common factor for premiums is age. Most policies are primarily based on how old you are. This stands to reason because claims experiences increase with age: more claims mean higher costs. Attained age policies change in price based on the claims experiences of those in an age bracket, which is typically per year but can also be every five years or more. You'll pay less if you get an

annual attained age policy—at least at first—because you are younger. You'll pay a higher price where the premiums are averaged to stay the same for five years at a time, for instance. The premiums take a large jump every five years instead of a small one every year.

Issue age plans initially cost most because your premium remains the same no matter how old you get; the company is front-end loading the cost and you are hoping to pay less later if you live long enough.

Community-based rates are exclusive to select organizations. Additional costs such as dues may be required as well.

Some plans offer gender-based rates, typically higher for men than women because of the greater claims risk for men. On the other side of that coin are unisex rates, which are the same for both. Basically, men pay a little less and women pay a little more, thus equalizing the rates.

Where you live can also affect your premium. Some companies have zip code-specific rates and others have broader state-based rates.



Mike Richard is president of Prime Time Solutions offering local, free, no-obligation consultations: 628-3889 or 275-5863.

Salamanders in the Winter



A red eft salamander on SAHC's Laurel Ridge conservation property near Swannanoa

The Southern Appalachians have been called the "Salamander Capital of the World," boasting one of the most varied collections of salamander species on the planet.

But when freezing rain, snow, and ice blanket the region, I pause to think, "Where do our cold-blooded amphibian friends go in the winter?" To find out, I moseyed down the hall to chat with Marquette Crockett, Roan Stewardship Director of the Southern Appalachian Highlands Conservancy (SAHC)—and a professed salamander lover. Marquette, who spent eight years as the Wildlife Biologist of the Canaan Valley National Wildlife Refuge in Davis, WV, before joining the SAHC team in 2014, says, "I kind of owe my career to salamanders."

Angela: So where do salamanders go in the winter?

Marquette: It depends on the species. Mostly, they burrow below the frost line and stay there until the ground warms. Typically they burrow pretty deep—about a meter or so. You can occasionally find some salamanders hiding in the mud, if it hasn't frozen. Some aquatic species can stay active in the water if the stream isn't freezing, but most terrestrial salamanders burrow. They use their heads and little snub noses to tunnel far down into the mud and then basically become dormant. Their metabolism slows down substantially for the winter. Salamander lifespan depends on the species. Some live 15–20 years—so that's a lot of winter burrowing! Salamanders start to emerge again when the ground thaws and temperatures warm up. Spotted salamanders are usually the first you see in spring, appearing as early as late February and the first weeks of March. Then, you'll see more and more as it gets warmer and more species become active. Late in the fall, they will start burrowing down again before the first freeze.

A: What do you do if you accidentally dig up a salamander?

M: Put it out of harm's way as close as possible to where you dug it up. You don't want to move it around. Relocating salamanders can mix up species' genetics and possibly spread disease. If you find salamanders in your yard, please leave them there.

A: What do you think makes salamanders so interesting?

M: Salamanders are what single-handedly got me into wildlife. I changed my college major because of salamanders. I was assigned to do a species count for a class, and I had no idea there were so many shapes, sizes, and personalities of these little creatures. Doing the "herp" count [short for herptile—an amphibian or reptile] was like collecting little jewels. It really felt like a treasure hunt. When I found out this was the only place in the world with this kind of salamander diversity, I was hooked.

A: What's your favorite salamander?

M: Pygmy salamanders because they are so tiny; just about one inch long. But [they] have really feisty attitudes for such little guys. They are bronze and gold and look like little jewels. And they are only found at high elevations in the mountains, which makes them pretty special.

A: What's your least favorite?

M: I love them all! I don't really have a least favorite, but dusksies (salamanders of the genus *Desmognathus*) are difficult to identify from each other.

A: Why are there so many salamanders in WNC?

M: This region is home to over 40 salamander species. Moist forests and plentiful streams, coupled with a wide range of elevations in the region (from 1,000–6,000+ feet), create diverse habitats and microclimates that support a great variety of species.

The age of the Southern Appalachian mountains also comes into play. When glaciers covered much of North America during the last Ice Age, these mountains became a refuge for many kinds of plants and animals. Later, as the glaciers receded, some of those species remained isolated in mountaintop "islands" and continued to develop into genetically distinct populations.

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



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R.I.P. to Rudy the Rooster

In case you haven't guessed, chickens play a big role in the day-to-day chores on the farm. They're not really difficult, but they do require commitment and scheduling. Over the years we've had roosters—most not by choice, as they can be unpleasant in temperament. Usually we end up with roosters because the chicks we ordered as "all female" had an oops or two (or occasionally three). In the early years we named them all Kenny in recognition of the fact that they wouldn't be around long. (Kenny is a character in the "South Park" series who gets killed in every episode.) The exception to that rule has been Rudy.

At one time, we were having trouble dealing with a group of hens that had developed a serious pecking order problem. The hens on the bottom of the pecking order were nearly featherless and looking unhealthily thin. We decided to order a single rooster that year because I had read an article somewhere that said a rooster might help the problem. We ordered our rooster, raised the whole group up, and got them free ranging. The problem seemed to be getting better with the hen, at least until a hawk decapitated the rooster. A neighbor had a spare rooster (as people often do) and swore he was a well-mannered young man. We decided to give him a try.

Once Rudy arrived, I was extremely



Sadly, this is not Rudy.

skeptical because he was a game bird. This is the breed you hear a lot about with cockfighting. Our neighbor has been raising these birds for close to 60 years and has been breeding for gentle roosters. He raises them because they are one of the few breeds of domesticated chickens that will hatch their own eggs. Lots of people use them to hatch out the eggs of other domesticated chicken breeds or even ducks. After a few weeks I

had to admit Rudy was a fine specimen of a bird. Best of all, he did solve our issues with the extreme aggression among the females.

Rudy was very protective of his harem. He was very good at letting the hens know if danger was on the way while the flock was free ranging during the day. He had a particular call to let the girls know something was amiss. He would then lead them into the brushy areas or some other cover until the danger was over. He became quite famous in the neighborhood for his protective senses. Over the years he lost an eye to a raccoon attack on the chicken coop during the night. He survived a bear attack earlier this year, even though he had been severely injured by the new rooster on the farm (one of those oops). Most striking of all is the fact that we thought he was at least 6 years old, which is essentially ancient in terms of chickens.

A Southern Gentleman

Rudy was also very considerate to the girls. If he happened to find some particularly juicy tidbit while out foraging, he had a special call he would make to the hens nearest him. He would then stand guard over the girls while they devoured said tidbit. When it was time to roost for the night, Rudy would lead the girls to the coop and wait outside until all the hens were in for the night before taking his place in the

coop by the door. It was very unusual to find a hen outside after Rudy roosted (it usually meant something had disturbed the flock enough to scatter them).

This spring, after the incident with the new rooster and the bear, we decided Rudy was ready for retirement. A neighbor with a few hens was willing to take the much battle-scarred and arthritic Rudy into her flock until his days were over. We just had no way to protect him from attack by the much younger and heavier breed rooster that had come to dominate the flock on maturity. Rudy got to spend his last days protecting a new set of hens. He was in his new location only a few weeks when he just disappeared. We assume a predator finally caught up with him (there were no missing hens so he fulfilled his duty until the end).

Like the infamous Billy (our goat of many seasons), the farm has not been the same without Rudy these past couple of months. It's not often that we have livestock that become an integral part of the farm as an individual. It's just not practical. Those that do are sorely missed when their time with us is over.

Wendy Harrill is co-owner of Imladris Farm, a sustainable supplier of jams, jellies, and preserves made from locally sourced fruit. Imladrisfarm.com

Happy 2019!

Fairview Landscaping would like to wish all of you a very Happy New Year. And to remind you of all the things that we do such as tree removal, storm debris cleanup, all types of drainage issues, grading and gravel road repair. This is just some of our expertise. Give us a call and we can talk about what you need done. We are fully insured and a licensed general contractor. And we show up one time... every time!



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Reverse Mortgage Could be Safety Net for Your Finances

Retirement plans are a touchy subject for many. It's been said that 10,000 Baby Boomers will turn 62 every day for the next decade. Very few of us are in the top 10 percent for wealth. In fact, most Baby Boomers have not saved much for a potential 25-year retirement. Is Social Security, IRA/401, and/or a pension going to be enough to last that long? Be aware of the fact that medical expenses are going to be a larger percentage of the budget the older you get. How are you going to pay for 25 years of increasing costs?

The good news is that you have options: work longer, sell your home, move in with the kids, tighten your belt, win the lottery. Don't like those options? You're not alone. But you might be forgetting an asset that is in plain sight: your home. Have you heard of reverse mortgages? With a reverse mortgage, or Home Equity Conversion Mortgage (HECM), you can access some of the equity you've built up over the years without selling and moving. The program has been revamped over the last several years, making it a safer and flexible retirement planning tool. HECMs are not a stand-alone device just for "house-rich and cash-poor" homeowners like they were in the past. Now they work best when used slowly and conservatively in conjunction with other assets, incomes, and strategies.

The nuts and bolts of the program are as follows: you must be 62 or older and have roughly 60 percent equity in your home; and your house has to be your primary residence. You also have to continue your normal housing-related duties: pay your property taxes and homeowner's insurance, HOA dues if applicable, and keep the house in good shape. You don't need perfect credit and a high income to qualify. Income and payment history are factors for approval, but most people can qualify if they've paid their bills on time.

A Safety Net

Imagine having an additional source of funds to draw from when times get tough. I bet you could have used extra money in 2008-2009 when the market crashed. When you sell assets in a down market you lose twice: from lower returns on the sale and from lost potential of future growth. That's called sequence of returns risk. Wouldn't a financial safety net be nice?

That's exactly what a reverse mortgage can provide. Depending on your age and the amount of equity you have in your home you could get a lump sum of cash, establish a guaranteed monthly check, or have a growing line of credit to use at your discretion. And the money you take is tax free.

A HECM will pay off your current mortgage, if you have one. There are no monthly payments required with a HECM. However, no payments doesn't mean no fees. Interest and FHA mortgage insurance fees are added to the loan balance, so the balance goes up. That's why it's called reverse. If you have no mortgage they work even better. With no mortgage to pay off there would be more money available.

If downsizing is an option, a reverse mortgage might help too. You can buy your new home with a one-time down payment of 50-60 percent of the purchase price and never make a monthly mortgage payment.

Does all this sound too good to be true? Many have claimed that, but it is true. This program has been a lifesaver for many people. Like any financial strategy, it isn't without risk. You have to know what it is and how it could affect your plans. Don't judge the program on what your neighbor said or something you read online. Get the facts. Do your own research. There is a lot of information by top retirement planners and academics



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that explains the program in easy-to-understand language. A good place to start is ToolsForRetirementPlanning.com. You could also contact a local nonprofit housing counseling agency. This is too good for you to pass up without really knowing how it could help.



Tom Schunk is a loan officer with Retirement Funding Solutions and a former housing counselor with OnTrack Financial Education & Counseling. For more information, contact him at 707-3493.

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Intentions Lead to Improvement

Happy New Year and Auld Lang Syne! With long nights and short days, January can feel like a dark time. But when we set resolutions and intentions, we shine the light on future success.

The same is true for our community public schools. At the Board of Education's December meeting, we unanimously approved the School Improvement plans for 2018-2020. This is the process by which public schools in North Carolina identify their own specific goals and strategies, as well as the ways they plan to track their progress. School leaders determine their priorities based on the school's performance in the past year, the

BCS strategic plan, state-level priorities, and other factors.

Detailed Info

When you dive into the plans (which can be found on the schools' websites), you can find interesting stuff. In addition to the goals and strategies, the plans include detailed information about each school such as demographics, the numbers of teachers and non-certified staff, and recent academic achievement. Did you know that Fairview Elementary (the largest in the district) has 734 students, up from 708 two years ago?

Specific Goals

At the elementary level, each of the

schools chose specific academic goals to address areas where recent testing has shown students need additional attention. Oakley Elementary, for example, has separate math and reading goals for each grade level. Their plan also includes a reading goal for first graders in the Dual Language program, where they hope to increase Spanish reading test scores by 10 percent by the end of the year. The other three elementaries in our district chose to focus on certain grades, groups of students, and subjects based on the schools' testing results. All schools have strategies to support their goals. It gets very specific!

Both Cane Creek and Reynolds Middle School focused on "subgroups" in their plans: specific groups based on ethnicity, gender, economic level, or disability. Cane Creek, for instance, aims to increase the reading scores of economically disadvantaged students 11.8 percent by 2020, and Reynolds Middle has a goal to increase math scores 8.1 percent for students who identify as black. In addition, Cane Creek has specific strategies to improve working conditions for teachers and Reynolds Middle plans to increase the number of students earning PBIS Triple-A cards (positive behavior rewards) to 55 percent.

Supporting the Mission

At the high school level, school performance grades expand beyond reading and math scores, and so do the School Improvement Plan goals. Reynolds High School aims to increase ACT scores; increase its already high graduation rate; and increase the number of students earning a 3 or higher on the End of Course tests for Biology, Math I, Math III, and English II.


These goals all point toward the school's mission: to collaborate with stakeholders to provide a safe, caring, rigorous, and engaging learning environment that



prepares all students to be college- and career-ready.

In addition to the learning goals, each of our seven Reynolds District schools has one or more goals addressing discipline and school safety. I am pleased that all schools in our district now have buzzers at their entrances so that they can monitor everyone who enters. Safety continues to be a high priority for all of us.

Congratulations! You deserve a gold star for making it this far in a column loaded with dry facts and percentages. School Improvement Plans, necessary as they are to keep our schools on track and excelling, can never capture the excitement that happens in classrooms every day as our children's faces light up with learning. I invite you to volunteer in a classroom so you can see first-hand how we put our plans into action.

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

JANUARY CALENDAR FOR REYNOLDS SCHOOLS

WEDS, JAN 2	Schools reopen after holiday break
TUES, JAN 8	Reynolds Middle Chorus Concert, 7 pm
SAT, JAN 12	Fairview Elementary Pancake Breakfast and Indoor Community Yard Sale, Fairview Community Center, 8 am–3 pm
TUES, JAN 15	Fairview Elementary K-2nd grade Daybreak with Dad 7:15 am
TUES, JAN 15	Fairview Elementary PTA Spirit Day at Local Joint, 7-9 pm (mention "Fairview" when you order)
WEDS, JAN 16	Fairview Elementary 3rd-5th grade Daybreak with Dad 7:15 am
WEDS, JAN 16	Reynolds Middle YMCA Family Night, 5:30 pm
THURS, JAN 17	Fairview Elementary PTA Parent Social, 8 am
MON, JAN 21	MLK Holiday
MON JAN 21	Teacher Work Day

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New Year's Resolutions

As early as kindergarten we're taught to make New Year's resolutions to better ourselves and our relationships with others. So this month I'll be talking a little bit about resolutions, and why everyone wants to make them.

If by some freak accident you don't know what a New Year's resolution is, allow me to explain: On or before the New Year, people set goals to better themselves for the new year. There are lots of different kinds of resolutions: resolutions for positive thinking, resolutions to be healthier, etc. For every way you want to change yourself, there's a New Year's resolution to match.


I'm not the biggest fan of New Year's resolutions because as soon as it's written down, for me, that means it will never happen. I'm much better off just keeping my goals to myself. But for the sake of this article I might as well make one or two. One thing I need to work on is having more patience with others. I get annoyed easily, and sometimes I snap at people who don't deserve it, which makes me feel

awful. So for 2019 I'll do my best to keep my temper in check.

People set minor goals all throughout the year without a second thought. But on New Year's everybody asks about them and cares! Why do they matter so much on New Year's but so little at any other time? According to the Psych Central website, it's the idea of a blank slate and a new start that gets people moving and ready to change. But since we all abandon our resolutions before we even get to the end of January, why does a clean slate matter so much?

That's all I have to say about New Year's resolutions and how weird they are. I hope you've enjoyed this month's article, and I'll see you next month.

This has been Avery Love, as always, signing off!

 Avery Love is a ninth-grader at A.C. Reynolds High School. She lives in Fairview with her mom, dad, and sister Zoe.

Avery's Creek to Start Girls Scout Group

As of February 2019, troops of Boy Scouts of America (renamed Scouts USA) will accept young women into their ranks, allowing them to participate in all Scouting events, earn all of the rank advancements, and benefit from all of the values that are a part of Scouting.

Troops will be all boys or all girls. However, the troops can be tied (as closely as they choose) to other troops of the opposite gender, sharing sponsoring organizations, meeting space, meeting times, and potentially even outings. This format is designed to allow scouts, families, and troops the ability to choose the level of integration they prefer.

Girl troops are being formed across the area as you read this. If you or someone you know has interest, this is the time to get involved and help shape a troop that serves your needs, as well as that of the community.

Troop 26, an all-boys troop in Avery's Creek, has decided to start a girls troop. Walter Harrill, co-owner of Imladris Farms, is involved in the leadership of the boys troop, and will be for the girls troop, too. He welcomes young women and their parents to contact him to help him decide how best to make this work. You can call him at 545-2631.

Fostering Friendships at FES

By Kenya Hoffart

Fairview Elementary's all-inclusive playground offers many wonderful things for safe and creative play for all students. But being an all-inclusive playground means much more than equipment being accessible. It also means that all students feel safe and have fun. A recent addition to the playground helps meet social needs of students who may struggle to find a playmate, and it makes recess time even better.

Buddy benches help eliminate loneliness and foster friendships on the playground. Any student who feels a little left out, or just wants someone new to play with, can take a seat on a buddy bench and expect someone to join them soon. Students understand that if they see someone on a buddy bench then it's a great time to join them and make a new friend. Students are also taught to be encouraging and kind, and that all kids deserve to have fun.

The FES Dad's Club collected the materials for each bench and spent an afternoon with their kids building benches. Chad Caldwell, Fairview's art teacher, took several classes outside over the last few weeks to paint and personalize each bench. Building and decorating these benches has been a great experience for everyone involved, and they have been a great addition to the school's playground.



Kenya Hoffart is the VP of fundraising and communications chair for the FES PTA.

Contest: Create Art about Your Favorite Book



The Illustration Creation competition will be coordinated by FAAL members (left to right) Julie Bagamary, Marcia Gleason, and Mary Alice Ramsey.

The Fairview Area Art League (FAAL) is sponsoring a book design challenge called "Illustration Creation" for students in the Reynolds High School district from grades K through 12. Students can design an art piece that represents an element of their favorite book, such as a character, plot, mood, or even their own reactions to the book.

Entries are due to the Fairview Library by April 5. Art will be displayed in May (date to be announced). And there will be a juried art display and reception in early May. Younger students will receive certificates of merit for their art. Older students' work will be judged by local artists from FAAL and given 1st, 2nd and 3rd prize awards of gift certificates to local bookshops. Detailed instructions about size, materials, etc. can be located on the Fairview Area Art League Facebook page (@fairviewart). Instructional sheets will be distributed to teachers. Questions can be directed to E.J. Haack at 704-975-0095.

Fairview Art League is a non-profit organization consisting of local Fairview artists, craftspeople, and lovers of the arts. Their mission is to support local artists and art hobbyists and build community through the arts.

STUDENT OF THE MONTH: RAYKWON WILLIAMS

The A.C. Reynolds High School Student of the Month is Raykwon Williams.

According to his teachers, Raykwon is an excellent student. He is a leader in Early Childhood Education classes, and gives more than expected as an intern in the preschool. Raykwon studies hard and is very respectful. He is a great example to others on how to be successful.

Congrats, Raykwon, and keep up the great work!



Reynolds High PTSO Awards Mini-Grants

By Karen Wallace-Meigs

The A. C. Reynolds High School Parent-Teacher Support Organization (PTSO) is pleased to announce 13 mini-grants appropriations. Grants supplement materials and opportunities for students, helping prepare them as future business owners, musicians, medical professionals, attorneys, and more. Grants are funded through parent memberships and business donations. Recipients for the 2018-2019 school year are listed below.

Ms. Lewis and Ms. Sanger successfully wrote on behalf of the Social Studies department for supply support. Nearly all of the student population will benefit.

Ms. Lewit and Ms. McCreary, writing for the Counseling Department, received funding to offset costs for a college campus tour for first-generation students exploring college.

Mr. Clare received funding to purchase a set of novels, helping students to delve further into literature and writing.

Mr. Furlow, Business and Marketing teacher, was funded to purchase Competition University, an online program to prepare students for local, state, and national DECA competitions (marketing, finance, hospitality, and management).

Mr. Smith will receive funds to offset student travel costs to Western Carolina University for the overnight all-district band clinic.

Special Services teachers Ms. Choi and Ms. Stevens received separate grants to take students grocery shopping and to plan meals, from budgeting to cooking and serving. With this support, Ms. Choi's students placed in the top 10 (Teen Category) at the Grove Park Inn's 26th National Gingerbread House Competition.

Mr. Goodson successfully wrote for support of the spring production of "Singin' in the Rain."

Mr. Taylor received a grant to purchase supplies for his math students in recognition of student performance and positive behavior.

Ms. Troy received funds to purchase



"Launching Into Christmas" was the entry of Ms. Choi's class in the Grove Park Inn's Gingerbread House Competition.

reusable supplies for yearbook production.

Ms. Smith, of the Career and Technical Education Department, will receive funds for honor cords and a spring reception for students.

Ms. Houle was granted funds to purchase supplies for her Anatomy and Physiology class.

Ms. McCullough and Mr. Rice, with Mr. Palmer from Cane Creek Middle School, received funds to register the inaugural mock trial team for ACRHS. Mr. Palmer serves as coach.

"For years, the education budget has been significantly impacted through cuts beyond our control, but our students have not had to be without needed and enhancement resources as a result of the generous support provided by our ACRHS PTSO," said Principal Doris. "I am most grateful that the heart of their mission is students and the success of ACRHS."

Karen Wallace-Meigs is vice president of the Reynolds High School PTSO.



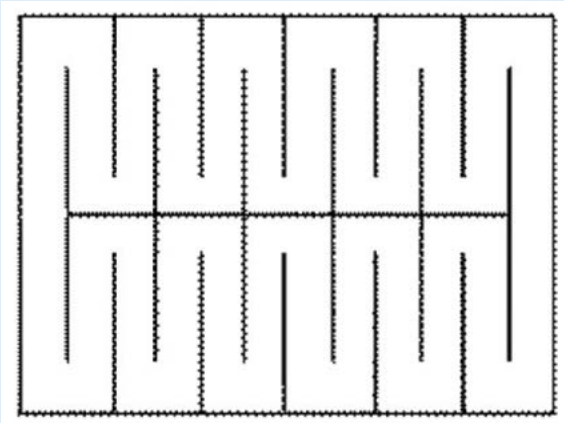
GREG'S MAGIC TRICK

Walking Through Paper

This one is more of a puzzle than a magic trick, but is still fun to do.

BEFORE YOU PERFORM

This one is easy to do but needs to be practiced before you perform it. It's very important that you understand the cuts.



SUPPLIES

Scissors and construction paper, which works best because it's sturdier. You can print it with the template or without it if you memorize the pattern.



THE SECRET

Before performing the trick, print out the template (shown at left) and practice snipping and stretching it out and walking through it a few times.

THE TRICK

Ask the audience if anyone thinks they can cut a hole large enough in the paper to walk through. Cut the template out as quickly as possible (you don't have to be perfectly on the lines). Then stretch the paper apart carefully and walk through it!



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

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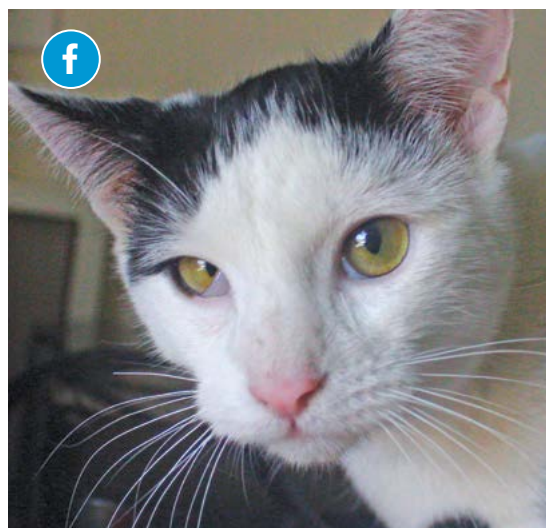
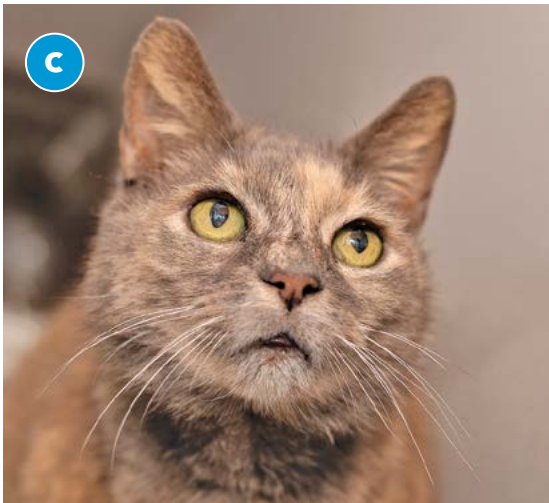
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THE FAIRVIEW TOWN CRIER January 2019 19



a. Brie is a 1-year-old Catahoula mix that loves people but needs to be an only dog, as she's very protective of her family. She is deaf and doesn't know what sound is, but there are dog trainers who can teach you how to communicate through hand signals and this will only improve a very special relationship. She loves being outside, going for walks or swims, and playing with a Frisbee. *Charlie's Angels*

b. Lucky is a 4-year-old Boxer/Terrier mix. During our doggie playgroups, he has been picky with his doggie friends, so we recommend a meet-and-greet if you have another dog. According to his previous owners, he is house-trained and crate-trained. They told us Lucky is great with children and loves meeting new people. *Humane Society*

c. Elenore is a 9-year-old kitty who enjoys spending her time relaxing in her bed or sitting on her tower observing everything going on around her. This independent girl can be sassy, but she is full of purrsonality and loves to play. *Humane Society*

d. Sally and Lilly are bunny sisters looking for a home together. They're about 11 months old and are lap-filling girls. *Brother Wolf*

e. Frack is a very special boy seeking a very special home. He was hit by a car and got very sick as a puppy, and so he has some neurological issues and impaired vision. He's basically a huge puppy at a year and a half old! Frack has tons of energy and loves to hike. Because of his exuberance, we don't believe Frack should live with small children. *Brother Wolf*

f. Elmer is a fun, FeLV+ 9-month-old boy. Because of his illness, he cannot live with other cats that aren't FeLV+ and must be indoor-only, but he's great with dogs and loves all people. He's got an amazing personality and is adored by everyone he meets. *Brother Wolf*

g. Blaze is a butterscotch and charcoal calico Domestic Short Hair. She was born approximately in February 2018 and will make an amazing companion for someone who wants the ultimate loving lap cat. She will want to rub heads with you, have you gently pet her, and may even take your hand in her paw to ask you to keep on petting her. *Charlie's Angels*

h. Sweet Pea and Fluffy are 2-year-old bonded guinea pigs. Fluffy is an Abyssinian with incredibly soft fur. She loves to be petted and even purrs when you rub her butt. Fluffy suffered some nerve damage at some point in her life and now has some facial paralysis. This does not cause her pain or keep her from doing any normal guinea pig things. She would very much like to be adopted with her buddy, Sweet Pea. *Brother Wolf*

Local Animal Shelters and Rescue Organizations

Animal Haven of Asheville
299-1635
animalhaven.org

Asheville Humane Society
761-2001
ashevillehumane.org

Brother Wolf Animal Rescue
885-3647
bwar.org

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

How Birds Survive the Winter

As I sit here in my warm and cozy house, drinking a cup of coffee and looking out the window, I can't help but wonder how birds make it through the very cold nights.

In much of North America, winter is a difficult time for birds. Days are often windy and cold; nights are long and even colder. The lush, berry-laden vegetation of summer and fall has withered or been consumed, and most insects have died or become dormant. Finding food can be especially challenging during days with extreme cold temperatures. Birds use a variety of techniques to stay warm, including food consumption, feather adjustments, and shivering.

Food Supply

Food is the most essential element, providing birds with the energy, stamina, and nutrition they need. To stay warm, birds will expend energy very quickly, some losing up to 10 percent of their body weight on extremely cold nights. An ample supply of high-calorie foods, such as black oil sunflower seeds, peanuts, and suet, can be crucial to a bird's survival. You can play a vital role during cold conditions by having a feeder up with a consistent supply of food in it. At these times, a reliable supply of food can mean the difference between life and death for a bird. Heidi

and I have seven feeders across our deck, two more in the front, and a couple of ground feeding "stations." One of the stations is well known by our crows since we put out peanuts and protein. Yes, the crows love the protein, especially in the form of leftover chicken and even salmon. What spoiled brats! (Oh yeah, they'll eat leftover bratwurst, too.) We put foods like that out early in the morning and the crows have it completely cleaned up in about 15 minutes.

Water, Water

Unfrozen water can be as hard for birds to find in winter as food. Birds need water to drink but also to bathe in—clean feathers provide the best insulation. A dependable supply of fresh water will even attract birds that wouldn't ordinarily come to your feeders. A shallow, easy-to-clean birdbath is best.

Weather Feather Adjustment

You will often notice that birds look fatter or "puffed up" during cold weather. This is because they are fluffing up their feathers: the more air space, the better the insulation.

Staying warm is not all about food and feathers, though. Some birds perch on one leg at a time, drawing their free leg to their chest for warmth. Most birds will shiver



Unfrozen water can be as hard for birds to find in winter as food. IMAGE: ALANS1948, FLICKR

to convert muscular energy into heat for the short term, but the energy must be replenished shortly thereafter.

While birds are equipped to withstand most winter weather, survival can be made easier by providing food, a heated, open source of water, and protection from the elements with natural plant cover or a roosting box.

Keep an Eye Out

If you're interested in helping out the local birds, in another way, become a participant in the Cornell Lab of

Ornithology's Project FeederWatch. It's easy and fun for the kids. Put up a feeder, count birds, and then enter your data. You can help scientists track changes in the abundance and distribution of winter bird populations by counting birds at your feeders during this winterlong survey. For more information, visit birds.cornell.edu.

Steve and Heidi Muma are the owners of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. asheville.wbu.com

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IN MEMORIAM

Ronald Nelson Flynn

Ronald "Smokey" Nelson Flynn, of Ila, Georgia, and previously of Fairview, NC, born September 21, 1945, passed away on December 25, 2018.

He was preceded in death by his parents William Eugene Flynn and Agnes Freeman Flynn; his children Ronald N. Flynn Jr., Teddy J. Flynn, Keith D. Flynn; and his siblings Harley, Margaret, Terry, Teddy, and June. He is survived by his wife Carol Johnston; his children Billy Flynn, Angel Flynn Helmly (Barry), Kevin "Bumper" Flynn (Melissa), Kristie Flynn (Chris), and Misty Flynn Zizzamia (Anthony); his siblings Talbert, May, Mary, and Tommy; and his seven grandchildren and three great-grandchildren.

Smokey suffered from polio as a child. In lieu of flowers, contributions can be made to End Polio Now (endpolio.org). This organization provides vaccines to children around the world with the mission of eradicating the disease.

Graveside services were held on December 28 at Middle Fork Cemetery, Hendersonville, NC.



Fairview Art League Seeks New Members

The Fairview Area Art League is seeking new members who are interested in the arts in Fairview and beyond. The mission of the league is to create opportunities to nurture, support, and showcase the talents of local artists, provide educational opportunities for new artists, and to contribute to community education about the arts. Annual membership fees are only \$25. Meetings are held monthly at the Fairview Library at 10 am on the



second Monday. For more information, email FAartleague@gmail.com, and the member application can be found at facebook.com/fairviewart.

Spring Mountain Community Center Looking to Add Volunteer Team Members

By Brea Gratia

Have you ever wondered how things get done at the community center?

A small group of community members (the board) meets once per month and also volunteers their time on occasion during the month to make the community center function.

Members of the board work to get grants for the center in order to buy equipment, such as the adult exercise equipment we recently purchased. We also recently received a donation for upgrading the playground equipment, and volunteers have worked to improve the playground for your children to use. This donation came about due to the efforts of our board members.

Events like Easter, the annual picnic, trunk or treat, Brunch with Santa, and others are created, organized, and managed by this small group of board members.

Get Involved

We are actively seeking new team members. Come get involved in your community center! Help us create events, get grants, maintain the community center, grow the garden, and more. We are looking for community members who are



Volunteer and assist with an event, such as the recent Playground Repair Work Day.

willing to take a little time to contribute to the maintenance and growth of the center.

You can get involved by volunteering on a regular or part-time basis for the following teams:

- Building and Grounds Maintenance
- Community Garden
- Events (overall or for a specific event)

Do you have ideas for fun community events? Anything you can think of would be great. Let us know!

Get in Touch

Come to the monthly board meetings, which are on the first Tuesday of the month from 6:30–7:30/8 pm. Or call our president, Ruth Atkins, at 628-1625 to discuss possibilities for your contribution to our growth. You can also subscribe to our mailing list at springmountaincc.com/subscribe.

Theater and Arts Center to Open in Hendersonville

The Center for Art & Inspiration, devoted to theater and the arts, will open on February 23 at 125 South Main Street in downtown Hendersonville.

In addition to performance space, the location will also have a pop-up location of Malaprop's Books, the bookstore in downtown Asheville, and The Artful Cup Coffee Bar, featuring the roasts of Hendersonville's Independent Beans.

The Center will feature professional theater, including international touring shows, a repertory theater troupe, and shows for children and families. Also offered will be creative art classes, standup comedy classes, and talks with musicians, storytellers, and authors.

"Having a meet-and-greet facility that can serve as a community destination for arts, entertainment, and the opportunity to meet like-minded people has always been a dream of mine," said founder and CEO Jeanie Linders. "I believe that the continued



Jeanie Linders, founder and CEO of The Center for Art & Inspiration

growth of Henderson and nearby counties will make The Center the go-to alternative for top-quality offerings in our backyard as opposed to down the road in Asheville."

Tickets are on sale at thecenterai.com or by calling 697-8547. The Center is open Tuesday to Sunday.

Auditions for Stage Repertory Company

Auditions will be held in January for performers for Broadway musicals and comedies, interactive murder mystery theater, children's touring theater, and special events. The Center is looking for male and female adult actors, musical theater performers, and operatic legitimate singers from age 16 to seniors. All roles are compensated.

Auditions are by appointment only on Sunday, January 27, starting at 4 pm; and Monday, January 28, starting at

7 pm. You must call 697-8547 for an appointment. 125 South Main Street, Hendersonville.

Those auditioning must bring headshot and resume. Prepare a two-minute comedic monologue and a one-minute musical theater song in the correct key with sheet music for the musical director (preferred). Or prepare a musical theater song with a recorded instrumental track. You may be asked to read from a script. Contact Jimmy Ferraro, producer and director, with questions or for more information at jimmy@thecenterai.com.

ON THE ROAD



Katie Moore, Nancy Moore, and Patricia Costello recently took a trip to the Basque area of Spain. They are seen here enjoying a traditional cider and meal at Trabanco Cider House in Asturias. Thanks for bringing the *Crier* along on the trip!

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How Should You Respond to Wild Swings in Financial Markets?

What's going on with the financial markets? Specifically, what's behind the price swings of the past several weeks? And, more important, how should you, as an individual investor, respond?

To begin with, the recent volatility was not really all that extraordinary. The daily drops pushed US stocks down about 10 percent from their recent record highs, although they have regained some of that ground. A 10 percent drop represents a "correction"—not a crash—and historically, corrections have occurred about once a year.

So what seems to have caused these market jitters? Here are the key culprits:

- **Anticipated slowdown in economic growth and corporate earnings.** The stock market is forward-looking—investors make decisions based on what they think will happen. And right now, many investors are anticipating a slowdown in economic growth (partially due to higher tariffs and trade disputes) and corporate earnings (as the jolt from the corporate tax cuts begins to fade). We may still see reasonably strong economic growth and corporate profits, but possibly not at the same level as we had for much of 2018.
- **Rising interest rates.** The Federal Reserve raised interest rates in 2018. While higher rates are not bad for all market sectors, they can slow the expansion plans for

many businesses, resulting in reduced growth prospects. The Fed may continue its gradual rate increases, but investors are closely watching for any signs that might lead the Fed either to pause or increase rates more rapidly.

- **Slowing global economy.** The global economy is growing more slowly than expected, resulting in lower returns for international stocks and a particularly sharp decline in emerging markets. While it's useful to understand the factors causing the recent stock market gyrations, you'll want to focus primarily on what you can control. Consider these suggestions:
- **Keep realistic expectations.** Try to maintain realistic expectations about how your investments are likely to perform over time. After five years in which the S&P 500's returns have averaged almost 14 percent per year, we may well be in for a period of more typical returns, possibly in the 5 percent to 6 percent range. As always, though, there are no guarantees when it comes to anticipating the performance of the financial markets.
- **Review your mix of investments.** From time to time, and sometimes in response to changing market conditions, you may need to change the mix of investments in your portfolio. So, for example, if higher market volatility makes you uncomfortable, you may want to consider adding bonds or

other fixed-income vehicles, as these types of investments tend to stabilize stock-heavy portfolios during turbulent times.

- **Don't get scared away from investing.** You may not like seeing multi-hundred-point plunges in the Dow Jones Industrial Average, but don't get scared off from investing. After all, recent stock market history has taught the value of patience: If you had given up on investing in March 2009, at the market's low point in the Great Recession, you would have missed out on the 300 percent gains achieved before the current round of volatility. Of

course, the market's past performance can't guarantee what will happen next. The financial markets will always fluctuate—sometimes violently. But as an investor, you should strive for calmness, patience and discipline—because these attributes can help you look past today's headlines toward the future you envision.



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.

NOVEMBER FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	14	2,450,000	185,000	532,850
Homes Sold	11	1,795,000	65,000	635,030
Land Listed	6	585,000	35,000	193,267
Land Sold	3	250,000	52,000	131,333

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



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The Lame Duck Session that Wouldn't Die

Happy New Year to my *Town Crier* readers! With government chaos in Washington and the endless lame duck session in Raleigh, here's hoping for better politics in 2019. Let me fill you in on the Raleigh news.

On November 27, the NC House was gavelled back into session. As it was in Washington, those attending were not the newly elected but the lame duck crowd, many of whom lost their seats. This was not a special session but a continuation of the "short" session that began back in May. Sometimes a lame duck session can be successful by taking on difficult political issues, as many members are no longer beholden to party loyalty. And sometimes the party losing power can pull out all the stops to pass pet partisan bills they were afraid to tackle before the election. Neither happened.

My hope was that the NC House would formulate the enabling legislation for the Voter ID bill, create a bill to reconstitute the Board of Elections (struck down by the court), and designate more hurricane relief money.

HB 1029 (Board of Elections) moved quickly because of a parliamentary trick. An unrelated transportation bill that was in a conference committee to iron out Senate and House differences was stripped out completely and the new language inserted. This dubious practice meant

that HB 1029 came before both the House and Senate without the opportunity to amend. It actually passed both chambers with bipartisan support, and by and large returns the NC Board of Elections to the way it was in 2016. The Board of Ethics returned to being a separate board, and the task of monitoring lobbyists went back to the Secretary of State. Also, local county boards of election will return to five members: two from each party appointed by state board of elections, and one (the chair) appointed by the governor.

In the hurried passage of this bill, one provision was not fully understood, and turned out to be a poison pill for the governor. That provision would keep Board of Elections investigations off the record, protecting legislators from bad publicity. So I will have enjoyed another roundtrip to Raleigh to vote on the veto override of this bill on December 27, and surely that will be the end of our 2018 part-time legislature.

And there was one other interesting section to this bill. If it is ruled that US House seat #9 has been corrupted, and there has to be a make-up election, the bill specified that another primary election would also have to be held. Absentee voter fraud seems to have played a part in the May primary, and the Republicans are worried that Mr. Harris (the current winner by 931 votes) would be a tainted candidate,

I believe that like-minded members on both sides of the aisle can put aside the political rhetoric and bring good governance to North Carolina.

and they would like to have someone else on their ballot. As the election fraud allegations were once again putting North Carolina in the national news, it is ironic that in Raleigh we were again debating the new voter ID enabling legislation.

Voters approved Voter ID as a constitutional amendment in the general election by over 55 percent. It would have been better if the enabling legislation had been passed either before the election (so voters knew what they were voting on) or in the long session of 2019. Instead, SB 824 was introduced in the lame duck session. All in all, this legislation was an improvement over the 2013 Voter ID bill, with 19 pages of complicated options for satisfying the requirement and workarounds. The 2013 bill was ruled unconstitutional, with the courts saying that it was aimed with "surgical precision" to suppress minority voters. The governor vetoed SB 824, and we were called back to Raleigh on December 19 for the veto override. Within minutes,

lawsuits were filed challenging the law, so we will see if it holds up against judicial scrutiny. Perhaps photo ID will soon be obsolete with new biometric forms of ID now coming into common use.

One bill that worried me was HB 1117. It would have disbanded a number of NC boards and commissions, including the Clean Water Management Trust Fund and the Parks and Recreation Trust Fund. I received a lot of mail about this bill asking me to oppose it. In the end, Speaker Moore pulled the bill, to my relief, but it could reappear in the 2019 Long Session. We also spent a lot of time debating a local bill, trying to protect the closure of the Ten Ten (Fairview!) fire station #2 of Wake County. To me, it is inappropriate for a legislator to bring forward a bill we are in no position to understand. After a difficult journey, it passed the House but the Senate refused to take it up.

Politics is hard work, and a heavy responsibility. I am looking forward to my next two years in Raleigh, and believe that like-minded members on both sides of the aisle can put aside the political rhetoric and bring good governance to North Carolina.



Rep. John Ager, District 115
North Carolina House of
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Cane Creek Mercantile Opens

Cane Creek Mercantile opened in December, just off of Cane Creek Road near Dollar General. They have an assortment of local goods, ice cream, home goods, kitchenware, clothing, accessories, children's toys, etc. Owner Alisha Nesbitt (right) describes it as “the general store part of a Cracker Barrel.” She and her husband Ike, a fourth generation dairy farmer at Cane Creek Dairy, hope to expand on local agriculture by offering farm tours in the spring. Cane Creek Mercantile was “Day 3” of Cool Mountain’s 12 Days of Christmas Local Shopping Tour (see below). Folks saw the video on Facebook and ran in to check it out. Alisha said the shop has been bustling ever since. The *Town Crier* is thrilled to welcome another cool, locally owned shop to our business network.

It’s located at 8 Cheese House Road, Fletcher, in the building housing the former Cane Creek Creamery, which has closed. The phone number is 222-2454, and you



can find them online at facebook.com/canecreekmercantile. Hours: 10 am–5 pm Monday and Tuesday, 10 am–6 pm Wednesday through Saturday, closed Sunday.

The 12 Days of Christmas Video Podcast Series



Bonnie Dotson had a great idea. As a native Fairviewian she is all about community. As a savvy marketing pro and Assistant to the Broker-in-Charge at Cool Mountain Realty, she’s also all about supporting local businesses. And then there’s the fact that she just loves Christmas. So Bonnie’s great idea was a brilliant marriage of Fairview, business and Christmas: “The 12 Days of Christmas, Shop ‘til You Drop!”

Bonnie currently creates a weekly video podcast for Cool Mountain called TIF (Throw It Forward), so she has experience being in front of the camera. For the 12 Days promotion, she visited a different Fairview business each day and aired a video walk-through highlighting products and services, plus a Q&A with the owners to add a personal touch. The “hook” was getting you to stop in or shop at the featured business on their air day and enter a drawing for a free gift basket or certificate. And to bring each day to a close, she went back and did a live podcast of each winner. It was a creative way to bring neighbors inside their local businesses. Way to go, Bonnie—and Cool Mountain, too, for supporting her idea! Visit Cool Mountain Realty’s Facebook page and watch the videocasts.

The businesses highlighted were: Day 1: The Hub of Fairview; Day 2: New Moon Marketplace; Day 3: Cane Creek Mercantile; Day 4: Mountain Glasswerks; Day 5: Hickory Nut Gap Farm; Day 6: Rise Above Bakehouse; Day 7: Troyer’s Amish Country Blatz; Day 8: Trout Lily Cafe & Market; Day 9: Americare Pharmacy; Day 10: Rust & Found; Day 11: a collection of the first 10 days; and Day 12: The Local Joint.

Root Cause Announces Winners

The sixth annual Root Cause Awards, celebrating achievement in the local forest products industry and sustainable forestry, were announced in December. Lang Hornthal, a long-time Fairview resident, sold his Appalachian Designs business two years ago to devote himself to Root Cause, the nonprofit he started.

The award winners were Nature Conservancy (Sustainable Forestry Award), in recognition for its work promoting sustainable forestry in our region; Navitat Canopy Adventures (Support of Local Forest Products Award), for its efforts in promoting an unconventional forest product (zip lining); and woodworker Mike Hester (Lifetime Achievement Award), for his more than 40 years of work in the wood products industry.

For more information on Root Cause, visit facebook.com/rootcausewnc.

We hope everyone had a wonderful holiday and has rung in the new year with bells on. Here’s to a great 2019!

NEW AT THE HUB

New items include delicious honey from **Sandy Bee Mine**. Their **honey** is always raw, pure, and natural. While it is strained to remove undesirable extras, it is not filtered or pasteurized. They believe filtering reduces the medicinal value of the honey and that it does not need to be pasteurized, as it is naturally antimicrobial. Really unique is Sandy Bee Mine’s **Creamed Honey**, as there’s nothing added, but it’s processed in a way that makes it spreadable like peanut butter. Here’s a tip: If your honey forms hard crystals, immerse the jar in warm water (not boiling and never in the microwave) and the sugars will be liquefied again.



We’re now carrying some of **Troyer’s Country Amish Blatz’s** favorites, including **roasted garlic mustard, pickles, chow chow, and cheese**. These make great additions to our “create your own” gift basket array of local products.

Paula Entin has brought by some fabulous **quilt squares** (right).



If you’re in the mood for a little salty snack, like **chips** from the **Gourmet Chip Company**, you’ll no longer have to go downtown. We’re carrying a variety of them now at The Hub.

You’ll also find an expanded section of eco-friendly **soaps** and **natural body products** by **Mandelin Naturals**. We have an extended line of **CBD products**, from **bath bombs, salves, and lip moisturizers**. If



you suffer from chronic pain, you might find these products helpful.

Speaking of bath bombs, we’ve just added bath bombs for children with a surprise toy inside once it dissolves.

CALENDAR

Mandala Dot Paintings

Thursday, January 10, 6 pm

Join local artist Janet Link of JL Art for an instructional class on mandala dot paintings. The cost of the class is \$25 and all materials will be included. You’ll leave the class with your very own painting and the knowledge to continue the craft on your own. You must register in advance.

Weight Loss–Blood Pressure Study

Tuesday, January 15, 6 pm

Ideal Protein informational session with Americare pharmacy. Get all the information you need to kick start your New Year’s goals! (See their ad on page 11).



Make Your Own Elderberry Syrup

Wednesday, January 23, 5:30 pm

Learn to make your own elderberry syrup! It’s a great way to naturally boost your immune system and can aid in recovering from cold and flu symptoms. It is very easy to make your own. Class is \$15, or \$25 with a kit of ingredients to make your first batch at home. You will receive a recipe and be able to sample some before you leave. You must register in advance.

To register for any classes or workshops...

email thehuboffairviewnc@gmail.com, call 628.1422, stop by the shop at 1185 Charlotte Highway in Fairview, Monday–Friday, 11 am–5 pm or Saturday 12–4 pm. If you are dropping off payment, the blue dropbox on the outside wall is open 24/7.

Next Member Meeting

There will be no meeting in January.

Membership Dues

Renew your membership NOW at fairviewbusiness.com.

Quarterly Charity

The Food For Fairview Pantry was the FBA's charity for the last quarter, and we were thrilled to hand over a table full of donations as well as some monetary ones. Members all feel strongly about supporting a community that supports our businesses.

Holiday Party

Thank you to Regina Myreck of Love in Color Photography for capturing some of the happy faces at our annual party on December 3 (below). Visit the FBA's Facebook page to see them all. And a special thanks to Chris Sizemore of The Local Joint for catering and Richard and Sue Cicchetti for the very cool dance lesson/demo.

What you get when you join the FBA:

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

Visit fairviewbusiness.com to join

online via Pay Pal or your credit card.

Be sure the email you use to set up your profile is one which will reach the correct person in your business for future communications. You can mail a \$60 check payable to FBA to Fairview Business Association, PO Box 2251, Fairview, NC 28730; drop it at the The Hub/Town Crier's office at 1185-G Charlotte Highway, Monday-Friday, 10 am-5 pm or Saturday, 12-4 pm (cash/check only); or drop in the blue box on the outside wall, 24/7.

RENEW MEMBERSHIP NOW TO AVOID LOSING WEBSITE DATA



KEEP IT LOCAL with FBA Members

Accounting | Bookkeeping

My Office Wizard242-0390

Architecture

Rueger Riley407-0437

Artists/Artisans

Mountain Glass Werks424-1077

Silverpoem Studio782-7984

Auto/Truck Sales

High Country Truck & Van222-2308

Building/Maintenance Services

AA Diamond Tile450-3900

All Seasons Heating & AC651-9998

Balken Roofing628-0390

Cane Creek Concrete230-3022

Daylight Asheville778-0279

SECO Electric298 9732

Vintage Remodeling628-1988

Wood Tech Enterprises (tooling) ..628-4414

Business Services

Asheville SCORE704-773-5168

PostNet of Central Asheville298-1211

The Rising Workplace (Ergonomics) ..214-7827

Solo North Consulting619-0348

Cleaning Services

Rainbow International333-6996

Steam Master Carpet & Upholstery628-9495

Computer Services

MacWorks777-8639

Scobie.Net628-2354

Contractors | Builders

Bostic Builders606-6122

Cool Mountain Construction778-2742

Moose Ridge Design/Construction ..777-6466

Dance Lessons | Events

Dance For Life505-1678

Education | Instruction

Advanced Education Tutoring628-2232

Fairview Preschool338-2073

Mighty Oaks Montessori338-0264

Emporium | Flea Market | Gift Shop

The Hub of Fairview628-1422

New Moon Marketplace222-2289

Equipment Rental & Repair Services

Carolina Equipment Rental628-3004

Ed's Small Engine Repair778-0496

Event Entertainment

Rountree Productions412-656-4792

Event Venues

Peaceful Hollow Venue777-7094

Financial Planning/Mortgages

Leslie Apple (Edward Jones)505-0490

Stephen Herbert (Edward Jones) ..628-1546

Flooring-Retail and Commercial

CC Flooring712-1671

Framing Services-

Frame It Asheville808-0923

House Rentals-Short Term/Vacation

Bearwallow Cottage712-2651

Cloud 9 Relaxation Home628-1758

Sabél Apartments232-1042

Sunset Hollow Vacation Rental768-0120

The Cove at Fairview628-4967

Insurance

Financially Complete230-8168

Gloria Berlin Agency/Allstate298-2483

Prime Time Solutions628-3889

Stovall Financial Group275-3608

Tammy Murphy Agency299-4522

Trout Insurance338-9125

Landscaping | Excavating | Nurseries

Asheville Stone628-ROCK

Fairview Landscaping628-4080

Lucas McCain Lawn & Landscape ..691-0333

Ray's Landscapes628-3309

Markets | Farm Stores | CSAs

Cane Creek Asparagus & Co628-1601

Flying Cloud Farm768-3348

Hickory Nut Gap Farm628-1027

Silas' Produce691-9663

Trout Lily Market628-0402

Troyer's Amish Blatz280-2381

Medical Services

Apex Brain Center681-0350

AVORA Health505-2664

Carolina Mobile (Optician)779-2891

Elite Eye Care687-7500

Fairview Chiropractic Center628-7800

Flesher's Fairview Health Care ...628-2800

Front Porch Physical Therapy277-5763

Park Ridge South Asheville681-5327

Precision Stairlifts696-8005

Sarai Integrative Health575 2373

Skyland Family Rehab Center277-5763

Southeastern Physical Therapy338-0707

The Center for Change628-2275

Monuments

Martin Monuments298-8282

Mortgages

Brand Mortgage707-1898

Newspaper

Fairview Town Crier628-2211

Nonprofits

Food for Fairview628-4322

The Lord's Acre628-3688

Pet Services & Supplies

Barn & Home Pet Sitting280-0056

Elena the Groomer628-4375

Fairview Kennels628-1997

Pharmacy

Americare Pharmacy628-3121

Photography/Commercial

Highlander Unmanned Drone777-0719

Love in Color301-5330

Real Estate Sales

Allen Burton Team329-8400

Cool Mountain Realty628-3088

Christie Melear (Beverly-Hanks) ...776-1986

Lynelle Flowers (Exit Realty)337-3077

Greybeard Realty778-2630

Justin Purnell (Town & Mountain) ..551-3542

Nina Kis (Keller Williams)242-8029

Sandy-Patti Team (Coldwell Banker) 768-4585

Restaurants | Breweries | Distilleries

Brewskies628-9198

Fairview Pizza338-5039

H & H Distillery338-9779

Mountain Mojo333-1776

Nachos & Beer298-2280

Subway Fairview628-3080

Subway Reynolds299-8451

The Local Joint338-0469

Turgua Brewing222-0984

Whistle Hop Brewery231-5903

Saw Mills

Sunrise Sawmill277-0120

Solar Systems

Sugar Hollow Solar776-9161

Tree Services

B & B Tree Service778-1987

Tattoo Parlors

Touch of Grey Tattoos778-2742

Veterinarians

Cane Creek Animal Clinic628-9908

Fairview Animal Hospital628-3557

Wellness | Healing | Massage

Artisan Aromatics338-5155

Fairview Massage & Bodywork216-1364

Mountain View Healing Hands628-1539

Women's Resale Clothing Store

Clothes Mentor274-4901

Thinking Small: How to Support Family Farms

Two farms every hour, 24 hours every day, each day of the year. That comes to 17,520, which is the approximate number of farms in America lost in 2018 from overproduction with continuously shrinking margins. Moreover, it is estimated that by 2050, the world's population will have surpassed 9 billion people, which would be an additional 2.4 billion humans over the next 30 years. In other words, we are reaching the planet's carrying capacity in terms of the vast number of hungry bodies being fed by a dwindling farmer population. These are but two facets of the grim reality our planet is facing that Josh Tickell describes in his recently published book, *Kiss The Ground*.

To make matters worse, the United States uses one billion pounds of herbicides, pesticides, and fungicides annually—three pounds of toxic chemicals per American every year. Some of these chemicals are broken down by soil and plants, but the excess runoff is turning up in our soil, water, air, and food. These chemicals are wreaking havoc on our bodies. Tickell writes, "We're gambling our lives in a one-billion-pound-per-year-toxic-chemical, 324-million-person roll of the dice and the odds are stacked against us. If you're wondering why such a system continues despite the science, ecology, and economics that show that



Interns Gabriel Whitlock (left) and Ali Stone (right) stand with a Fairview community member participating in the weekly Share The Harvest market, a no-cost market to which produce is contributed by The Lord's Acre and community members.

it is a disaster, look no further than our nation's capital." Without proper checks and balances protecting consumers, I'm fearful of the potential future I'm going to have to live through.

Through my apprehension, I have found motivation for a new project aimed at creating consumer security in our food

system. After interning at The Lord's Acre, I wanted to advocate for a more sustainable food system—specifically more advocacy for locally and ethically raised produce, advocacy for the many small farmers growing food in a big way, and for the inclusion of underrepresented and marginalized communities in the food system.

I'm on a mission. In a week, I will start a month-long journey traveling the Deep South by bicycle to the Southern Sustainable Agriculture Working Group conference in Little Rock, Arkansas. The conference this year is focused on family farms in an effort to equip attendees with tools for sustaining these small but mighty operations. The Lord's Acre is one of 23 giving gardens in WNC that are part of the small-but-mighty group that exists to revolutionize our food system. Giving gardens and the many other like-minded organizations across the US give me a profound sense of hope that nutritious, local produce can be made accessible to everyone. Their use of regenerative farming methods will continue to safeguard consumers' health and the vitality of the soil for generations to come.

The bicycle tour, which I have dubbed "Gearing Up for Giving Gardens," will be ridden to support these organizations that have supported so many other people that were hungry for something. If you would like to know more specifics of the tour and/or would like to make a monetary contribution, contact me directly at gwhitlock.f12@alumni.warren-wilson.edu or 540-239-8323.

Gabriel Whitlock was an intern at The Lord's Acre. thelordsacre.org

“ We just moved in and love your paper! Thank you for the wonderful work – it is a treasure! ” – Brett Egan

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Mistletoe: The Golden Bough

As the holiday season is fully upon us, many of us have learned to steer away from the commercialized market madness and turn more inward, cultivating, creating, and practicing traditions that are ancient in their origin and bringing into our lives meaningful traditions and rituals that foster a sense of deep spirit, love, community, and inner peace. One of my favorite traditions from childhood is hanging mistletoe in the home, woven into a few branches of evergreen boughs that symbolize renewal and ever-greening life to me.

Mistletoe is an unusual plant that most of us know from the tradition of “kissing under the mistletoe.” I loved seeing it hang from the ceiling in the doorway of our kitchen as a child, as it was part and parcel of the magic of the holidays.

Mistletoe is present but uncommon in WNC but it is abundant in many parts of the Carolinas. Earlier this year, we spent a week at our favorite part of the shores of Edisto Island and mistletoe was abundant there, growing in huge balls, some reaching four feet across in the branches of the oak trees along the roads. Some trees had as many as 10 giant balls of mistletoe in them, and it was a delight to see them. Of course, most of the stands of mistletoe were way up in the treetops, as it is not an easy plant to gather unless one is a bird.

A True Parasite

Mistletoe is an evergreen, parasitic plant growing on the branches of trees, where it forms pendant bushes that can grow to five feet in diameter. It will grow on almost any deciduous tree but prefers those having soft bark such as ash, hawthorn, old apples, and oak. It is a true parasite that is spread from tree to tree when one of the familiar whitish berries comes into contact with the bark of a tree.

Usually, it is spread by birds or squirrels, and after a few days, it sends out a tiny thread-like root that pierces the bark and roots itself into the live wood. Mistletoe derives all its nourishment directly from the host tree. Male and female flowers occur on different plants, producing globular, small, juicy berries that ripen in December.

Mistletoe grows throughout Europe, North America, and Africa. The English name is derived from the Anglo-Saxon word “mistletoe,” with “tan” meaning twig and “mistel” meaning mist. My favorite names for mistletoe come from the Navajo people, who refer to it as the “Basket on High,” and the Druids, who referred to it as the “Golden Bough.”

The ancient Druids held mistletoe in great reverence, as they considered it sacred, believing that it protected its possessor from all evil, and the oaks upon which it grew were held in great reverence. The Druids harvested mistletoe with a golden knife and sent out their youth with branches of mistletoe to announce the coming of the New Year at the winter solstice.



Male and female mistletoe flowers occur on different plants, producing globular, small, juicy berries that ripen in December.

Mistletoe berries are poisonous to humans and pets but the twigs and leaves have been used medicinally. In 50 C.E., when Greek physician Dioscorides wrote his *Materia Medica*, he found that mistletoe helped cure his patients of external tumors. Mistletoe is a nervine and narcotic, and it has a profound effect on the nervous system. Eating the berries can cause convulsions in children. Trained herbalists make use of mistletoe to slow the pulse and lower blood pressure, and to treat arthritic pain and snoring. At least three standardized

injectable extracts of mistletoe have been studied in Europe for cancer research: Iscador, Helixor, and Eurixor.

Uses Throughout History

Mistletoe was utilized by the Romans in their Saturnalia festivals and fertility rituals that always occurred at the winter solstice. In medieval times, mistletoe was used to “ward off demons” and protect livestock from predators. In cultures across pre-Christian Europe, mistletoe was seen as a representation of divine male essence

and romance. Over time, mistletoe was woven into Christian traditions, and, today, mistletoe is still hung in farmhouse kitchens and entryways at Christmas throughout Europe.

Country Wisdom

Several decades ago, while living and working near the Chesapeake Bay, where mistletoe was so abundant, I decided to gather it myself and send it out as holiday presents. I used an extension ladder and had to climb 60 feet up into the oak trees with a bamboo pole, reaching and knocking off clusters that I could gather later. The temperature was in the 20s and with the wind I was freezing and had reached the limit of my height tolerance. My assistant’s husband drove up and saw what I was doing and said, “Are you crazy, son? That’s not how you gather mistletoe!” He told me to climb down and wait inside. Fifteen minutes later he returned with two 12-gauge shotguns and in five minutes, we had all the mistletoe I could want for gifts. Country wisdom proves itself again and again.

May the “golden bough of mistletoe” bring us all good fortune and protection as we approach the solstice and the return of the living light.



Contact Roger at rogerklinger@charter.net.

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STORM EMERGENCY CONTACT LIST

Some numbers to keep on your refrigerator that will be useful in an emergency.

POWER COMPANIES

Duke Energy Progress
800-419-6356
Duke Energy
800-POWERON
French Broad Electric
800-222-6190

PHONE SERVICE

AT&T
877-737-2478
Charter Communications
888-438-2427
Frontier Communications
877-462-8188

CABLE

Charter Communications
888-438-2427

GAS

Public Service Company of NC (PSNC)
877-776-2427

INTERNET SERVICE PROVIDERS

AT&T
877-737-2478
Charter
888-438-2427
Frontier Communications
877-462-8188

ROADS

DOT (County roads)
298-0390
City of Asheville
251-1122

WATER

Asheville Water Department
251-1122

EMERGENCY SHELTER

All area residents: dial 211



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Americare Pharmacy.....	628-3121	Southern Styles	628-9596
Apex Brain Center	708-5274	State Farm Insurance, Tammy Murphy	299-4522
Asheville Stone.....	628-ROCK	Steam Master Carpet & Upholstery Clean.....	628-9495
Asheville Tree Ninja.....	582-4815	Mike Surrett, Contractor	230-8494
AVORA Health	505-2664	The HUB of Fairview.....	628-1422
Beverly-Hanks Realtors Carol Holcombe	779-8748	Scott Thomas, DDS	299-8960
Briggs Landscaping	808-6453	T.P. Howard's Plumbing	628-1369
Cane Creek Animal Clinic	628-9908	Weichert Realty Laura Hutchinson	337-9448
Cane Creek Concrete	230-3022	Wild Birds Unlimited	687-9433
CC Flooring	255-3532	PUBLIC SERVICE	
Cedar Ridge Animal Hospital and Equine Services	575-2430	Sheriff's Department	250-6670
Center for Art and Inspiration.....	697-8547	Fairview Fire Department.....	628-2001
Coldwell Banker, Sandy-Patti Team.....	768-4574/	Garren Creek Fire Department.....	669-0024
Cool Mountain Realty	628-3088	Gerton Fire & Rescue.....	625-2779
Eblen Short Stop	628-9888	SCHOOLS	
Edward Jones Investments.....	628-1546	Cane Creek Middle School	628-0824
Elena the Groomer	628-4375	Fairview Elementary School.....	628-2732
Fairview Animal Hospital	628-3557	A.C. Reynolds Middle School.....	298-7484
Fairview Business Association (FBA).....	585-7414	A.C. Reynolds High School.....	298-2500
Fairview Chiropractic Center	628-7800	POST OFFICES	
Fairview Feed.....	551-7017	Fairview Post Office	628-7838
Fairview Kennels	628-1997	Fletcher Post Office.....	684-6376
Fairview Landscaping	628-4080	Gerton Post Office.....	625-4080
Fleshers Healthcare	628-2800	COMMUNITY CENTERS	
Galloway Masonry	776-4307	Cane Creek Community Center	768-2218
Great Wall Chinese Takeout.....	298-1887	Fairview Community Center	338-9005
GreyBeard Realty	298-1540	Spring Mountain Community Center	233-5601
Happy Clean Pressure Wash..	941-536-7869	Upper Hickory Nut Gorge Community Center	625-0264
High Country Truck and Van.....	222-2308	MISCELLANEOUS	
Keller Williams, Jim Buff Team	771-2310	Fairview Area Art League	704 975 0095
Love in Color.....	301-5330	Fairview Town Crier	628-2211
Bahnson Lovelace, Handyman/Lawncare.....	242-2410	Fairview Business Association (FBA).....	585-7414
MAHEC Family Health	628-8250	Fairview Farmers Market	550-3867
McCrary Stone	649-2008	Fairview Library	250-6484
Mitch Contracting.....	252-0694	Food for Fairview.....	628-4322
Moose Ridge Construction.....	777-6466	The Lord's Acre Garden.....	628-3688
Nationwide, Chad McKinney.....	684-5020	Meals on Wheels.....	253-5286
New Moon Marketplace.....	222-2289		
PostNet of Asheville	298-1211		
Rise Above Bakehouse	222-2600		

COMPUTER BYTES BILL SCOBIE

iPhone Hacks and Online Photo Fun

The iPhone/iPad Lightning charging port is great at collecting lint that ends up making it hard to tightly plug in the charging cable. You might even think the port is broken. But save your money, because it is easy to clean out with a tweezer.

Do you sometimes have trouble on your iPhone with moving the cursor to where you want it? To make it easy, press and hold down the space bar button and then move around the screen (while still holding down the button). When you release the space bar, your cursor will move to where you indicated.

Save Your Battery

Smartphone battery life can be extended by using Airplane mode, even when you're not on a plane. Turn it on for charging, when you need to focus on just one task, in the car, in any building where cell signal is weak, or when traveling on mountain roads where cell towers are not nearby.

Skype Upgrade

Microsoft added a potentially useful feature to Skype, their video call program. Real-time captioning in audio and video calls, along with coming real-time translations for over 20 languages, could make Skype easier for users who are deaf or hard of hearing. Like most new features in free software, Microsoft is rolling it out in waves. On a call-by-call basis, you can turn it on with the blue plus (+) symbol in the lower-right corner of the

Skype screen. Or go into Settings, under your profile picture icon, and then Calling to toggle on those features.

Online Photo Manipulation

AI (artificial intelligence) on the web can help you edit your photos or at least have fun with effects. Making a child-drawn cartoon can be done at Cartoonify (kapwing.com/cartoonify) or turn your photo into a "famous artist" style painting at GoArt (goart.fotor.com). And with DeepDream-Generator (deepdreamgenerator.com), you start with a normal photo and then change it into something almost from a dream.

Look Beyond the Lock

Just because a site has a padlock does not mean that it is still not phishing for your information. You know to look for that padlock before entering credit card info and passwords, but that padlock just means that your typed information is encrypted as it travels to the website, not that the site is legitimately the site you think it is. Always look at the URL or web address displayed in that top one-line address box to make sure you are where you think you should be.



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

The Fairview Town Crier

The voice of our community since 1997

OFFICE OPEN MONDAY-FRIDAY, 11 AM-5 PM
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628-2211

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

Announcements, community news, upcoming events, letters, and other submissions 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 copy@fairviewtowncrier.com or mail Fairview Town Crier, PO Box 1862, Fairview, NC 28730.

CLASSIFIEDS



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For more info, contact Annie at 828 628-2211, office@fairviewtowncrier.com or visit fairviewtowncrier.com



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

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BOB WILLIAMSON, CPA

has served Fairview and surrounding areas for over 9 years. He is excited to open his new office at 1349 Charlotte Highway in Fairview as of November 1st and is looking forward to helping the community with tax and accounting needs. Phone 828.338.0314.

AIRBNB HOME MANAGEMENT



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ELDER OR YOUTH CARE Conscientious non-medical care, elder or youth, day, evening or after school. Former RN, 20 years' experience, local references. Terri Lu 828-778-5683 or Healgreentherapy@gmail.com

ENTERTAINMENT

HAVE AN EVENT THAT NEEDS LIVE ENTERTAINMENT?

Fairview's Chris Rhodes, singer/guitarist, regularly performs at Biltmore Estate venues as a one-man band. He is available for private events on Friday or Saturday evenings or most week nights. Visit chrishodsmusic.com or call 242-6286 for info.

HOME MAINTENANCE



HAPPY CLEAN PRESSURE WASHING

We don't just aim to clean, we aim to please!! Call or text Chris Winkler 941-536-7869. Email: winklersurfs@hotmail.com

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Fall clean-up: mowing, pruning, mulching, clearing overgrowth, tree removal. Call 628-1777 or 242-4444.

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By experienced teacher & professional musician. Beginner & intermediate (advanced air guitar). Children & adults. \$20/half hour; \$30/hour. 335-1401, kampjames@hotmail.com

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PRIVATE MEDITATION COACHING Overwhelmed? Have a racing mind and little time? Learn to meditate easily in a modern western way based on research, not religion. No sitting cross-legged. Call Berni Kozlowski 828-702-2824

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FUN ART CLASSES FOR KIDS

Ages 4-14. Learn "how to draw" & paint in all mediums.

Experienced art teacher, Jan Widner, BFA. Fairview Area. Visit: jansartacademy.com or call 828-301-6116.

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 AND PAYABLE IN ADVANCE.

VINYASA YOGA WEDNESDAYS. 6:15 to 7:30 pm at Long Time Sun Yoga with Brit-tany. (Suggested donation \$10).

Have a story idea for the Crier?



There is no fee to submit an article. Write it yourself, or send us details and we'll help.

Make sure it's local, positive, and not political or advertorial. We work hard to produce a paper for everyone.

Your pictures are important! Email them, or bring them to the Crier's office to be scanned.

Please get in touch at copy@fairviewtowncrier.com to get started and find out more. We look forward to sharing your story!



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The Fairview Town Crier 2019 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.

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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.

Put success on your side — call Jim!



Jim Buff CRS
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RESULTS

37 High Meadow Rd Pending in 4 days
2 Kirby Rd Pending in 20 days
107 Harrison St Pending in 3 days
109 Tipperary Dr Pending in 8 days
109 Wicklow Dr Pending in 2 days
88 Johnny Marlow R Pending in 1 day
49 McIntosh Ln Pending in 5 days

54 McIntosh Ln Pending in 15 days
40 Serenity Ln Pending in 12 days
40 Blue Ridge Dev Pending in 19 days
27 Botany Dr Pending in 3 days
3 GT Dr Pending in 19 days
35 Rolling Oaks Dr Pending in 2 days
2 Beechwood Rd Pending in 11 days
38 Folsom Dr Pending in 4 days



SOUTH! Priv 4 BR/3 bath on 2.36 acres off Sweeten Creek Rd, master on main, 2 FP, heated sunrm, HOME WARRANTY, screen porch, lg deck, attached gar, + attached 2-car carport, full bsmt, MLS#3443277, **\$649,000!**



CANDLER! 16.8 Beautiful private acres w/2 BR house and add'l cabin, HOME WARRANTY, 2-car detached garage, 3 sides of property border Pisgah National Forest, MLS#3443022, **\$549,900!**



SOUTH 4 BR, 3 full/2 half bath, .91 acres, gourm kitch w/pantry, granite, bfast nook, FP, HOME WARRANTY, 2 car-gar, waterfall & koi pond, huge deck, patio, new roof, lwr lvl guest qtrs, MLS# 3449129, **\$439,900!**



FLETCHER! Spacious 5 BR/3 bath home on 1.5 acres, HOME WARRANTY, extensive decking, 2 Rock FPs fenced in yard, fam rm, rec room, detached 3-car garage, MLS#3388105, **\$395,000!**



NORTH ASHEVILLE! Spacious 3 BR/2 bath home on gorgeous level. .93 acre lot, FP, vaulted ceiling, lg cvred porch, HOME WARRANTY, full bsmt - easily finished, great loc, 2-car gar, MLS#3389574, **\$349,000!**



NANTAHALA RIVER! 2 BR/2 bath, add'l bath on ground level, deck/cvred porch overlooking river near Nantahala Outdoor Ctr. Well maintained home, great potential. Call James Mullis 828-338-8585. **\$314,000!**



SOUTH IN COUNTY! Neat 3 BR/2.5 bath on beautiful .39 acre lot, fam room, deck, many updates/upgrades, garage, storage shed, conv loc, Call James Mullis 828-338-8585, MLS#3432551, **\$287,300!**



SOUTH! 3 BR 3 bath brick rancher on .43 acre lot, hardwood floors, large kitchen, generous finished basement, huge deck, big private yard, convenient location, MLS#3242763, **\$242,900!**



NANTAHALA RIVER! 2 BR/1 BA home w/huge screened-in porch on river, carport, storage bldg. Fish, float & swim from your backyd. Near Outdoor Ctr, App Trail & Lake Fontana. Call James Mullis 828-338-8585. **\$194,000!**



WEST IN COUNTY! Buy one home get one free, two houses on one lot — 68 acres total, each two bedroom, sold "as is", great location, MLS#3401630 **\$145,000!**



WEAVERVILLE! 3 BR, manufactured home on nice .49 acre lot, well & septic, neat & clean home, large 2-car carport, outbuilding, great Weaverville location, MLS#4314523, **\$69,900!**



FAIRVIEW! Wooded .96 acre lot, this private lot would be good for year round living or vacation home, convenient location, MLS#3431165, **\$39,900!**