



THE VOICE OF OUR COMMUNITY

# The Fairview Town Crier

NOVEMBER 2019 VOL. 23, No. 11 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

## INSIDE

**Fire Dept. Gets Grant P 7 >> New Owner for Fairview Kennels P 11 >> Fiber Arts in Fairview P 16**

## Community Centers Need Your Help

As you may have seen in the ad in last month's paper or on our Facebook page, Spring Mountain Community Center is in critical need of people to share in the responsibility of maintaining the facility, as well as plan for its future. The current, long-time volunteers held a meeting on October 21 to try and find some new volunteers to maintain and grow the grounds and services they provide to the community.

The meeting was a success. According to Ruth Atkins, "We had a great turn-out and are currently working with the list of new volunteers." Wanda Lytle from the

Fairview Community Center was also in attendance, and Ruth said the two centers are looking to coordinate to benefit each other and the community.

SMCC is still looking for volunteers. Their next regular meeting is Tuesday, November 5 at 6:30 pm at the center, 807 Old Fort Road, Fairview. For more information on the meeting or how you can help, call Maria Horton at 778-0279.

And Fairview Community Center is also looking for volunteers. To contact them, call Wanda at 367-8187 or send her an email at hdlwhl@aol.com.

Get involved in your community!



## FES Fall Festival a Success

Fairview Elementary's PTA would like to thank the fantastic Fairview community for coming out to support the staff and students at this year's Fall Festival.

They would also like to thank the local businesses that donated raffle baskets or signed up as corporate sponsors. Platinum level sponsors were Black Orthodontics, Blue Ridge Orthodontics, Chammies Car Wash & Jiffy Lube, Chick-Fil-A, Fields Auto Group, Great Beginnings Pediatric Dentistry, Judd Builders, Sky Zone Trampoline Park, Speed Graphics, T&K Utilities, TP Howard's Plumbing, The Adventure Center of Asheville, and Wilsonart, LLC. These sponsors will have their names displayed on the school's playground fence.

Interested in becoming a sponsor? Email [ptafairviewelementary@gmail.com](mailto:ptafairviewelementary@gmail.com).

## Help Support the Crier! Consider a Year-End Contribution



If you're thinking of supporting your favorite non-profit at the end of the year, don't forget the *Crier*. Yep, we're a non-profit—and always have been.

Donations from our readers (public support) ensures that we keep our non-profit status, which allows us to mail to almost 9,000 local households at a reduced postal rate.

We think 20 bucks is a good amount, but we appreciate whatever you can give, no matter how small. It all helps.

Mail to Town Crier, PO Box 1862, Fairview, NC 28730, drop off at our office at 1185 Charlotte Highway (M, W, F from 12:30–4:30 pm or use the blue dropbox anytime), or donate online at [fairviewtowncrier.com](http://fairviewtowncrier.com).

We are a 501(c)3 and your donation is tax-deductible. Thank you!

## SHOP LOCAL AND HANDCRAFTED for the HOLIDAYS!

### ANNUAL FAIRVIEW CRAFT AND GIFT FAIR

Saturday, November 9, 9 am–2 pm

All spaces have been sold! Great handcrafted gifts made by local artists, as well as the Fairview Library Book Sale and a raffle. Refreshments and lunch will be available. Free admission and free parking. For more information call 301-3932 or email [hdlwhl@aol.com](mailto:hdlwhl@aol.com). Fairview Community Center, 1357 Charlotte Highway, Fairview.

### FAIRVIEW BAPTIST CHRISTMAS BAZAAR AND FARMER'S MARKET

Saturday, November 9, 9 am–1 pm

Booths will include gifts for the kitchen, jewelry, decorations, desserts, teas, coffees, bath and beauty products, and canned items from local farmers. There will be a photo booth, and food and drinks will be available. For more information call 628-2908 or 231-5035, or see ad on page 11. 32 Church Road, Fairview.

### ANGELA'S ARTWORKS STUDIO SHOW AND SALE

Angela will not be holding her event this year but hopes to start it up again next year.

## Local Weather Forecast Now Available

The weather at the Asheville airport can be very different from that in the hills and valleys of the Fairview area. Wouldn't it be nice to know detailed weather information from a local station before stepping out your door?



Now you can! There is a new weather tower located near the main fire station on Charlotte Highway that can provide weather and forecasts for the Fairview area.

Here's how to get our weather. Go to [ashevilleweather.com](http://ashevilleweather.com), where you'll see a map showing current temperatures in our area, including Fairview. If you click on Fairview, you'll see a detailed forecast.

On the forecast page, click "Right Now" to get all kinds of other information besides the temperature, including humidity, wind chill, rainfall amounts, sunrise and sunset times, and more.

To access historical data for Fairview (starting with last month), click "Almanac" in the top menu, then Archives, then Fairview. This page will also have monthly totals and averages.

In association with Ray's Weather and through a private donation, the *Town Crier* is happy to support this improvement to our community.

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

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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 am. \$5–10 suggested.  
Gentle Flow Yoga with Kate: Wednes-  
days at 5:30 pm. All levels. \$5 sug-  
gested (and \$1 to center).  
Yoga with Sabrina: Thursdays 6:15  
pm. \$5–10 suggested.  
807 Old Fort Rd. springmountaincc.com

#### NOVEMBER 2 (SATURDAY)

### Fiber Arts on Display

Starting on this day, Fairview fiber  
artists Julie Bagamary, Paula Entin and  
Laura Gaskin will have some of their  
handiwork on display at the library  
through the end of December. Stop by  
when the library is open to view their  
variety of fiber arts. See page 16  
for more information. Fairview Public  
Library, 1 Taylor Rd., Fairview.

#### NOVEMBER 2–3

### Beginner Beekeepers School

Buncombe County Beekeepers will  
host a two-day (beginner) and one-  
day (advanced) bee school. At Warren

Wilson College. For more information,  
go to wncbees.org.

#### NOVEMBER 3 (SUNDAY)

**DON'T FORGET: Daylight  
Saving Time ends on this  
day. Set your clocks back  
one hour when you wake  
up on Monday morning.**

#### NOVEMBER 5 (TUESDAY)

### SMCC Needs Volunteers

6:30 pm. Spring Mountain Community  
Center is still looking for volunteers.  
See front page for more information.

### Prostate Cancer Support Group

7 pm. Us TOO of WNC. Medical pro-  
fessional speakers; no fee. 5 Oak St.,  
Asheville. 419-4565, wncprostate@  
gmail.com, and on Facebook  
@WNCProstate.

#### NOVEMBER 6 (WEDNESDAY)

### FBA Member Meeting

6 pm. The meeting will be at Fairview  
Preschool, which is located in the  
community room of Fairview Christian  
Fellowship Church behind and up the  
hill from the library parking lot. See  
page 27 for more information.

### Nut Sales Support Garren Creek Fire Dept.

The Garren Creek Fire Department Auxiliary is selling nuts again. Purchase  
pecans (halves and pieces) and black walnuts in one-pound bags for  
\$12 each. (Exact change greatly appreciated—or donate the change  
to the FD!) They're great for holiday baking and healthy snacks.  
Call Elizabeth Simmonds at 669-2846 or 230-3986 or purchase  
(check or cash) at the *Crier* office, Monday, Wednesday and  
Friday, 12:30-4:30pm, 1185 Charlotte Highway.



#### NOVEMBER 7 (THURSDAY)

### Embroiderers' Guild Meeting

9:30 am–12 pm. 3 Banner Farm Rd.,  
Etowah/Horse Shoe. If interested,  
contact Roberta Smith at 243-6537 or  
Janet Stewart at 575-9195.

### Hendo Story Club

7 pm. The Center for Art & Entertain-  
ment's monthly Story Club. Free.  
Participants are chosen randomly to  
tell five-minute stories (no notes). For  
more information, visit the Center's  
website at thecenterai.com, call 697-  
8547 or see ad on page 13. 125 S.  
Main St., Hendersonville.

#### NOVEMBER 7–9

### ACRHS Theater Arts Presents "The Beverly Hillbillies"

7 pm. A show based on the famous  
TV show. Doors open at 6 pm, House

at 6:30 pm. Tickets \$5 for students/  
seniors/military, \$10 adults.

#### NOVEMBER 9 (SATURDAY)

### Annual Fairview Craft and Gift Fair

9 am–2 pm. See front page for more  
information. Fairview Community  
Center, 1357 Charlotte Highway,  
Fairview.

### Fairview Baptist Christmas Bazaar and Farmer's Market

9 am–1 pm. See front page for more  
information. 32 Church Road, Fairview.

### Special Olympics Rowdown Throwdown

10 am–2 pm. Fundraiser for South  
Slope CrossFit's Adaptive Athlete  
program, one of the only dedicated  
CrossFit workouts in the world for  
individuals with intellectual and devel-

# FIRST BANK

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\*By the NC Rural Center for 2018



## COMMUNITY EVENTS

opmental disabilities. Ten teams will row the distance of a marathon using indoor rowing machines. Rowers can sign up as an individual, small group, or full team of 10. Athletes from the adaptive program will also participate. See fairviewtowncrier.com/links for signup page. 217 Coxe Avenue, Asheville.

### NOVEMBER 9 AND 10

#### Second Saturday in the RAD

10 am–8 pm. River Arts District gallery walks with demonstrations, music, wine tastings, and snacks. Be on the lookout for Fairview artists at Tracksides Studios, 375 Depot St. (Lynn Stanley, Steve Fulgham and Dona Barnett); 310 ART, 191 Lyman St. (Fleta Monaghan); and Pink Dog Creative, 344 Depot St. (Mary Alice Ramsey). Park once and ride the free trolley from 11 am–4:30 pm. Free parking at Riverview Station, Wedge Studios, and on Depot Street.

### NOVEMBER 11 (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 or email Janet at imjstewart@att.net.

### NOVEMBER 14 (THURSDAY)

#### 1999 Film Series at the Library, "The Straight Story"

6 pm. The last in a three-part series of movies from 1999. See page 6 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

#### Welcome Table

11:30 am–1 pm. Lunch served to anyone seeking food, fellowship, and community. Behind the library in the fellowship hall of Fairview Christian Fellowship. 596 Old US Hwy. 74, Fairview.

### NOVEMBER 14 (THURSDAY)

#### Garren Creek FD Board Meeting

7 pm. The regular board meeting of the Garren Creek Volunteer Fire Department will be held at the main station at 10 Flat Creek Rd. Residents are cordially invited to attend.

### NOVEMBER 16 (SATURDAY)

#### Family Movie Afternoon

2 pm. Watch "The Parent Trap" (1961) with your kids. Bring your own snacks or enjoy snacks provided by the library. See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

*continued on page 5*

## 20th Anniversary Concert at Public Library

November 9 at 7 pm

Join the Fairview Public Library for their final event in the year-long celebration of their 20th year. Performing will be Grammy Award winner David Holt, currently the host of PBS's "State of Music," and Zoe & Cloyd, a local duo of fiddler and vocalist Natalya Zoe Weinstein and songwriter, multi-instrumentalist and vocalist John Cloyd Miller, who combine original folk, bluegrass, klezmer and country.

The event, emceed by Fairview's own Becky and Pat Stone, is free and open to everyone but tickets are required to attend. They must be picked up in person at the library. For more information, call 250-6484.

Memories will be shared, fun stories will be told, and community will be had. Come celebrate our library!

Fairview Christian Fellowship Church (just behind the library, 1 Taylor Road, Fairview).



David Holt



Zoe & Cloyd

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Devon Satchell



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Sophia Underwood



Renee Whitmire

### HUGE PRICE REDUCTION!



1.5 Story, 3/3.5, 4,412 SqFt custom Lindal Cedar Home w/ full Unfinished daylight basement on 2.33 acres. Tons of Extras, mountain the valley views. **\$800,00** Virtual Tour Video: [bit.ly/2OWh1hc](http://bit.ly/2OWh1hc)

### NEW LISTING



Equestrian estate! Riding ring, 4-stall barn. Mtn, sunset views. Radiant floor heat, fireplace, upgraded ktchn & main bath, open floor plan, deck, hot tub, patio, swimming hole, pond, trails. **\$777,000** Call Allen Helmick 828.329.8400

### PRICED TO SELL!



One level home on priv 1 acre. Remodeled in 2006, open floor plan, huge master suite. Patio, fenced yard, paved access & driveway, 1 mi from Hwy 74A. Addl land may be available. Call Karen Cernek 828.216.3998 **\$420,000**

### LAND FOR SALE

To see all our land listings visit  
[coolmountainrealty.com](http://coolmountainrealty.com)

**NEW! 7+ ACRES OF SPECTACULAR MOUNTAIN TOP VIEWS.** Road cut in, several spots to build. Build one house or three, great VRBO possibilities \$50,000

**NEW! 0.63 OF AN ACRE IN BEAUTIFUL GATED COMMUNITY** Lots of amenities in this private secure community. Green space, playground, paved roads and running creek. Mountain views from this property, potential to be a beautiful build spot. \$59,000

**NEW! PRIVATE, WOODED CUL-DE-SAC LOT IN CANDLER,** The Cumbres subdivision is a peaceful neighborhood w/ plenty of buffer space between neighbors. Close to the Blue Ridge Pkwy & Mt. Pisgah. 25 min to DT AVL. Call Devon 828.747.2694. \$45K

**NEW! AWESOME PRIVATE HILLTOP** 1+ Acre Lot with huge view potential. VRBO Builds OK!! Lot is very accessible. ONLY \$41,000 Call Karen, 828-216-3998

**3.58 PRIVATE ACRES** with breathtaking long-range views. They are not making anymore lots like this! Level access from paved road, sloping lot in beautiful gated community. Pool, tennis and golf membership option. Call Karen 828.216.3998. Ranging from \$75k - \$25k

**REDUCED PRICE! 2 PRIVATE, WOODED, LOTS** in Mountain Shadows .5-4.5 acres, \$25K-50K, most with potential for spectacular views. Great neighborhood just 15 min. from DT Waynesville. Call Karen 828.216.3998

**NEW! SPECTACULAR 30 ACRES 2 MINUTES TO TUNNEL ROAD SHOPPING** and 5 minutes to downtown. Total privacy, top of the hill, end of the road estate property. Call the Office for more info 828.628.3088

**REDUCED! 6.98 ACRES OF UNRESTRICTED WOODED SOUTH FACING PROPERTY** in wonderful Fairview location only 15 mins from DT AVL and Blue Ridge Pkwy. Property lays well and is very buildable. Creek & lg mature trees. Build your dream home or family compound. \$100K Call for more info.

**NEW! 0.53 ACRE LOT WITH INCREDIBLE VIEWS** from Graylyn Estates in the heart of Fairview. Only 5 mins to AVL, Blue Ridge Pkwy and the interstate. \$75,000 Call for more info 828.628.3088

**NEW! UNBELIEVABLE PRICE FOR BEAUTIFUL 1-ACRE LOT** in Fairview Forest. Incredible mountain views in well-established neighborhood. \$20,000 Call for more info 828.628.3088

**LAKE ADGER, NEARLY 5 PRIVATE LAKEFRONT ACRES** w/ deep water access & boat slip at dock area. Plenty of room for a guest house. Gated comm w/ walking trails. \$150,000 Call Karen 828.216.3998

**1.75 ACRES GREAT FOR DUPLEX, TINY HOME, VRBO'S** or divide pending septic approval. Great bldg sites unrestricted property that just can't be beat. \$50,000 Call Karen 828.216.3998

**NEW! 4.92 ACRES W/ SEPTIC PERMIT ON FILE.** Complete privacy & breathtaking views. Mostly level w/ babbling brook, abundant wildlife. \$60,000 Call Karen 828.216.3998

**3+ ACRES WITH GENTLY SLOPING SOUTHERN VIEWS.** Potential for stunning Mountain Home. \$70,000 Call Karen 828.216.3998

**NEW! 3 BEAUTIFUL LAYING ACRES; EASY TO BUILD HOME-SITE** in Gateway Mountain, Old Fort. Great for vacation, retirement homes or year-round residency. \$40,000 Call Karen 828.216.3998

**INCREDIBLY PRICED! 0.26 ACRES PRICED BELOW TAX VALUE.** Access to lot is level then lot slopes downhill. Beautifully wooded neighborhood 5 mins from Black Mountain. \$15,000 Call Karen 828.216.3998

**2 BEAUTIFUL LOTS 15 MINS TO DT ASHEVILLE** All work is done for you! Driveway cut, water line run, septic installed. \$65K. 828.628.3088

**2 ADJOINING LOTS W/ MATURE TREES + RHODODENDRONS.** Easy access, southeast sun exposure. Walk to the club house with access to great hiking trail and beautiful waterfalls. Call 828.628.3088 \$99,500

**VERY AFFORDABLE LOT IN PRIVATE SETTING.** Paved access to your mtn home with all amenities available to High Vista. Call Karen 828.216.3998. \$25K

### NEW LISTING



Short walk to DT Fletcher. Easy access to level property. w/ fruit trees & berry bushes. Friendly neighborhood. New roof, water heater, carpet in stairs and main BR, floor in third BR, tile in kitchen. Office loft with open balcony. Call Allen Helmick for details 329-8400 **\$329,900**

### NEW LISTING



Mobile home on private .38-acre lot in well-maintained subdivision. The road in was recently paved. Front porch/ back deck. Lots of privacy and space between neighbors. Property currently has tenant. Great investment opportunity. Call Devon Satchell 828.747.2694 **\$96,000**

### NEW LISTING



Starter home! 4/2 open floor plan on private 1.04 acres. Remodeled ktchn, new hwdwood laminate & tile floors, fresh paint. Cvred porch & patio. Chicken coop storage bldg partially built. **\$269,500** Call Wanda Treadway 828.424.1632

### HISTORICAL LISTING



Spectacular historic river front property with Old Mill House, driveway & septic installed. Home site graded. **\$90,000** Call Karen Cernek for more information 828.216.3998

### REDUCED PRICE



Fairview Pointe! 0.88 acre lot w/ year-round views, paved access. Located in a cul de sac w/privacy. Stream nearby & natural waterfall. Build your dream home! Priced under tax value. Call Sophia Underwood 828.691.0311 **\$23,500**

### NEW LISTING



0.43 acre lot in Solairus eco village in Old Fort. 7.5 acres of common area is pasture with playground. 2 BR, septic, site graded. Gently sloping w/mtn views. 15 min Blk Mtn, 30 min DT AVL. Call Devon Satchell 828.747.2694 **\$38,000**

### NEW LISTING



Rare opportunity for a restricted building site w/4 lots of level to rolling land, creek & frontage on a small lake. This rural property has end of the road privacy and excellent paved access. **\$100,000** Call Karen 828.216.3998

### OPT. LAKE RIGHTS



Echo Lake beautiful gently sloping homesite level access to lot. Private & wooded with elevation to keep you cool and afford nice views with some clearing. Nearly 2 Acres for only **\$80,000**. Call Karen Cernek 828-216-3998

### GREAT VIEW POTENTIAL



4.92 Private Acres, Driveway installed and homesite is graded. Priced at only **\$60,000** call Karen Cernek for more information 828.216.3998

### PROPOSED BUILD



Brand new Arts & Crafts! Open floor plan, 3/2, one-level. Covered back porch. Wood floors throughout. New subdivision in the heart of Fairview, agrihood community with a 1/2 acre lots. **\$395,000**

### PROPOSED BUILD



3/2.5, 2-story w/cathedral ceilings. Open floor plan w/ huge great room, dining area & kitch w/bfast bar. Master on main, walk-in closets. New agrihood subdivision in heart of Fairview. Many plans available. **\$425,000**

### NEW PROPOSED BUILD



3 BR modern farmhouse plan. Incredible view from lot in heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy & interstate. Lot in cul-de-sac perfect for single-family home. City water, lots of extras. Call Jenny Brunet 828.628.3088 **\$555,000**

### MAJESTIC OAKS

	LOT 1 0.5	<b>SOLD</b>
	LOT 2 0.5	<b>\$59,000</b>
	LOT 3 0.5	<b>SOLD</b>
	LOT 4 0.521	<b>SOLD</b>
	LOT 5 0.482	<b>SOLD</b>
	LOT 6 0.51	<b>UNDER CONTRACT</b>
	LOT 7 0.64	<b>\$64,000</b>
	LOT 8 0.526	<b>\$59,000</b>
	LOT 9 0.521	<b>\$59,000</b>

+ ALMOST 1/2 ACRE  
OF GREEN SPACE!

**VIRTUAL TOUR VIDEO: [bit.ly/2TFNmy8](http://bit.ly/2TFNmy8)**



## COMMUNITY EVENTS

NOVEMBER 17 (SUNDAY)

### Ethical Humanist Meeting

2–3:30 pm. "Social Justice and Trauma: My Story" by the Crier's own (and school board member) Cindy McMahon. Call 687-7759 or go to EHSAsheville.org. 227 Edgewood Rd., Asheville.

NOVEMBER 18 (MONDAY)

### Fairview Area Art League Mtg.

10 am. Fairview Area Art League members and others interested in the arts are welcome. Artists and art lovers are welcome. 704-975-0095. Fairview Public Library, 1 Taylor Rd., Fairview.

NOVEMBER 19 (TUESDAY)

### Library Book Club

7 pm. The group will discuss this month's selection, *Little Fires Everywhere* by Celeste Ng. See page 6 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

NOVEMBER 20 (WEDNESDAY)

### Gingerbread Houses on Display

8 am–8 pm. Entires in the Omni Grove Park Inn's Annual Gingerbread House Competition will be on display starting on this date and running until January 2. At the Grove Arcade, 1 Page Ave, Asheville.

NOVEMBER 21 (THURSDAY)

### Democratic Women's Dinner

5:15 pm, registration; 5:30 pm, dinner; 6 pm, program. \$15 for members, \$18 for others. RSVP by November 17 to buncombedemwomen@gmail.com. 951 Old Fairview Rd., Asheville.

NOVEMBER 26 (TUESDAY)

### An Evening with Fairview Fiber Artists

7 pm. Fairview fiber artists Julie Bagamary, Paula Entin and Laura Gaskin will discuss their work and techniques. Each artist will have items on display and will take questions from the audience. See page 16 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

NOVEMBER 28 (THURSDAY)

### Happy Thanksgiving!

See page 23 for Thanksgiving meals in the area.

DECEMBER 3 (TUESDAY)

### Town Crier Labeling

10:30 am. Meet other people from the community and help us get the next issue of the Crier into the mail! At the Fairview fire station, 1586 Charlotte Hwy., Fairview. Contact the Crier for more information at 628-2211.

## SAVE THE DATE

DECEMBER 14 AND 15

### Drive-thru Nativity

Cedar Mountain Baptist, Spring Mountain Baptist and Chestnut Hill Baptist are teaming up to present a free, live and narrated nativity event. For more information, call 628-3359 or see the ad on page 9.

## HEALTH SEMINARS

VARIOUS DATES

### Lunch Lecture Series

November 5, Sciatica Seminar, 12:30–1:30 pm. November 12, Neuropathy Treatment Seminar, 12:30–1:30 pm.

November 19, Avoid Knee Replacement, 12:30–1:30 pm. November 26, Sciatica Seminar, 12:30–1:30 pm.

Free and lunch will be served, but you must reserve your attendance in advance. Call Fairview Chiropractic Center at 785-4948. Ryan's, 1000 Brevard Rd., Asheville.

VARIOUS DATES

### Evening Lecture Series

November 7, Brain Therapy Lecture, 5:15–6:30 pm. November 13, Avoid Knee Replacement, 5:15–6:30 pm.

Free but you must reserve your attendance in advance. Call 785-4948. Fairview Chiropractic Center, 2 Fairview Hills Dr., Fairview.

## 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 the back page.

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### 2011 FORD F250 SD 9' STAKE SIDE FLATBED

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### 2012 EXPRESS G3500 LT 15-PASSENGER VAN

79K miles! One owner! PW, PDL, tilt, cruise.

Very clean!

**\$17,995**



### 2018 FORD E350 SD 16' BOX TRUCK

47K miles! Tuckaway lift gate, PW, tilt, PDL, cruise, and more!

One owner!

**\$31,995**



### 2012 DODGE RAM 2500 4 x 4 UTILITY

8k warn winch, tilt, cruise, AM-FM/CD, tow package.

One owner!

**\$26,995**



### 2011 E150 CARGO VAN

One owner! V8, A/C, bulkhead, shelves and bins, stobe lights.

Very clean!

**\$14,995**



## Holiday Giving Tree

You can make the holidays bright for a child in Fairview.

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

### EVENTS

#### Census Job Fair

November 4, 3-5 pm

The Census is hiring for a variety of temporary jobs for the 2020 US Census. Drop by the library to talk with a Census representative who can help with applications and answer any questions.

Why apply? To earn extra money. Could you use a little extra income? Jobs for the 2020 Census offer competitive wages that are paid weekly. Authorized expenses, such as mileage, are reimbursed for employees doing fieldwork.

No appointment is necessary. You can also apply online at [2020census.gov/jobs](https://2020census.gov/jobs).

#### Mixed-Level Pilates Mat Class

November 15 at 12:30 pm

Learn the fundamentals of Pilates or deepen your practice in this mixed-level class. We'll target the level to the attendees. Pilates is a whole-body workout focusing on strength, stretch and control. Expect lots of ab work, plus hips, upper back, arms and legs. Bring your own mat (a thick mat is better if you have one) and a small towel.

The free class will be led by Alexis Miller, certified classical Pilates instructor and owner of Cisco Pilates in Asheville. Info at [ciscopilates.com](http://ciscopilates.com).

#### 1999 Film Series

November 12 at 6 pm



#### The Straight Story

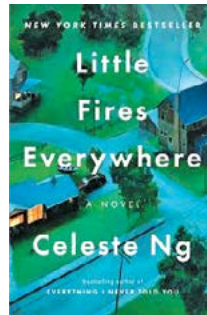
1 hour 52 minutes. Rated G.

Help us celebrate the library's 20th anniversary with three films from 1999.

Based on the true story of Alvin Straight, this "unconventional" film by David Lynch earned Richard Farnsworth an Academy Award nomination for Best Actor.

Join us on December 10 for our final film of the year, "Pleasantville."

Event registration is not required, but it helps us collect important data about our programming and attendance numbers. Registered attendees will also get email updates and reminders about the films we'll be watching. Visit the Library Events Calendar at [buncombecounty.org/library](http://buncombecounty.org/library) to sign up.



#### Book Club

November 19 at 7 pm

The Fairview Evening Book Club will be reading and discussing *Little Fires Everywhere* by Celeste Ng. No sign up or registration is required to join,

and new members are always welcome.

#### Future Book Club Dates and Titles

December 17—*The Bad-Ass Librarians of Timbuktu* by Joshua Hammer

January 21—*Snow Flower and the Secret Fan* by Lisa See

### FOR KIDS

#### D&D Club for Tweens & Teens

A role-playing club for kids grades 6 to 12 meets first Wednesdays from 4-5:30 pm. Supplies and snacks provided.

Space is limited, so players must register via the events calendar on the library

website. Call or stop by the library if you have questions. Only the first six players to register will get a seat at the table.

#### Family Movie Afternoon

November 16 at 2 pm

"The Parent Trap" (1961)

2 hours 8 minutes. Rated G.

Identical twin sisters, separated at birth by their parents' divorce, are reunited years later at a summer camp where they scheme to bring their parents back together.

Bring your own snacks or enjoy snacks provided by the library and prepare to snuggle up for this fun-filled movie afternoon.

#### Regular Kids Programming

Baby Storytime: Tuesdays, 11 am

Baby Gym: Tuesdays, 11:30 am

Toddler Storytime: Wednesdays, 11 am

Toddler Gym: Wednesdays, 11:30 am

D&D Club: first Wednesdays, 4 pm

Preschool Storytime: Thursdays, 11 am

Afternoon Storytime: Thursdays, 3:30 pm

LEGO Club: first Fridays, 3:30 pm

Jaime McDowell is the head librarian at Fairview Public Library.

### HOLIDAY CLOSING

The library will be closed from November 28 to 30 for the Thanksgiving holiday. The Digital Library is always open.

# CAN REGENERATIVE THERAPIES HELP WITH THESE CONDITIONS?



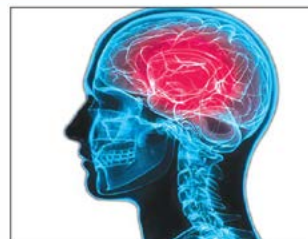
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TUES, NOVEMBER 26  
12:30 - 1:30 PM

#### AVOID KNEE REPLACEMENT?

TUES, NOVEMBER 19  
12:30 - 1:30 PM  
AND  
WED, NOVEMBER 13  
5:15 - 6:30 PM

#### BRAIN HEALTH!

THURS, NOVEMBER 7  
5:15 - 6:30 PM

#### SOLUTIONS FOR NEUROPATHY!

TUES, NOVEMBER 12  
12:30 - 1:30 PM  
AND  
WED, NOVEMBER 27  
5:15 - 6:30 PM

#### SHOULDER PAIN RELIEF!

WED, NOVEMBER 20  
5:15 - 6:30 PM

All Evening Seminars are held at Regenerative Medicine of the Carolinas 2 Fairview Hills Dr. Fairview, NC



All Day Time Seminars are held at Ryan's 1000 Brevard Rd. Asheville, NC



## Fairview Fire Department Awarded SAFER Grant

Robin Ramsey mentioned in last month's fire department article that the department was successful in receiving a grant through FEMA's Assistance to Firefighters Program. The Staffing for Adequate Fire and Emergency Response (SAFER) grant provides funds to be used only for personnel salaries.

The National Fire Protection Association (NFPA) and the North Carolina Department of Insurance (NCDOI) set the standards and requirements that all fire departments must follow. The standards include the number of firefighters required to respond to every fire in a department's district. To comply with the NFPA and the NCDOI, the department must arrive on the scene of every fire in the Fairview Fire District with at least 12 firefighters. Several factors—including the size of our district and the size of structures and what is contained in them—require us to respond with at least three fire engines and one ladder truck to every fire.

Once we arrive, we are always required to assemble at least four firefighters before performing an interior fire attack. This requirement is for the safety of the firefighters—at least two are required for an interior fire attack, and at least two must be on standby in full gear outside. We are also required to have at least one officer in charge at every incident.



Fairview Fire Department is staffed with six firefighters and one battalion chief each day, and we arrive on scene with the proper apparatus. But we do not have the required amount of staffing. In order to meet the minimum standards and comply with the requirements, we needed to hire three additional personnel per shift, for a total of nine additional personnel.

Earlier this year during our budget preparations, we requested a tax increase to fund these nine positions and to assist us in replacing four of our front-line fire apparatus. One is more

**"Fairview VFD has been applying for every FEMA grant since June 2000, and we have been awarded more than \$3 million during that time. We work very hard writing these grants so that we can offset costs in the department's budget, which is funded completely by the fire tax." — Chief Jones**

than 30 years old and 16 years past the recommended retirement/replacement standard. The county commissioners approved this request.

To ensure that we could hire additional personnel, we also applied for the SAFER Grant. The grant was approved for \$765,900. It's a three-year program that pays approximately 75% of the total cost of the salaries for two years. In the third year, it pays 35%.

With the funding received from both the tax increase and the grant, the department will have three years to prepare to cover 100% of the new salaries. This will

allow us to utilize funds received from the tax increase to begin replacement plans for four of our outdated fire apparatus.

Fairview VFD has been applying for every FEMA grant since June 2000, and we have been awarded more than \$3 million during that time. We work very hard writing these grants so that we can offset costs in the department's budget, which is funded completely by the fire tax. We have been awarded grants for turnout gear, SCUBA gear, personnel, rescue equipment, training equipment, etc. To qualify for the grants, the department is responsible for covering a portion of the costs. Since 2000, we have paid \$150,000, which is 5% of the grant money received.

These grants allow us to stretch our funds as far as we possibly can and keep our equipment and personnel up to date with all of the required standards.

We are very proud of our success with these grants over the years, and we hope that you are proud to know that we are doing our very best to be fiscally responsible, as well as keeping this department and community in compliance with local, state and national standards and requirements.

*Scott Jones is the fire chief of the Fairview Volunteer Fire Department.*



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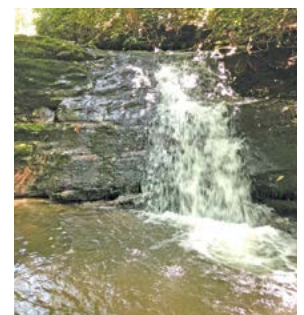
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## George Aden Burgin's Memories of Broad River, Part 2

Part 1 was in last month's issue. Below is a another section from George Aden Burgin's "History of Broad River Township," with dates, names and information that I have added in brackets. Punctuation has been left as in the original.

Uncle Benny Nesbitt [Benjamin Nesbitt 1820–1903] had four sons and two daughters, Tate Nesbitt [Thomas "Fate" Lafayette Nesbitt 1846–1903] married a Miss Pinkerton [Christina "Tinnie" Pinkerton 1844–1927], the daughter of Jim Pinkerton [James Pinkerton 1811–1893 and Nancy Garren 1808–1891] of Cave [Cane] Creek. Judson Nesbitt [W. J. 1850–1927] married Lonie Cooper [N.M. Cooper 1852–1944] from Fairview and settled on Flat Creek. John W. Nesbitt [1848–1890] married a Miss Pinkerton [Nancy E. Pinkerton 1848–1930]. She was a daughter of Jim Pinkerton [James Pinkerton 1811–1893 and Nancy Garren 1808–1891]. They settled on Sand Branch. Andy Nesbitt [Andrew Mann Nesbitt 1851–1928] married a Miss Harper [Elizabeth "Betty" Harper 1856–1874, who died in childbirth]. She was the daughter of Pete Harper [Peter Harper 1810–1891 and Mary Stroup 1813–1894] of Fairview. His second wife was a Miss Marlow [Nancy Drusilla Marlow 1857–1932, daughter of

Benjamin Franklin and Isabella Clements]. He settled in the gap of the mountains between Flat Creek and Sand Branch. They had two girls, one married Doc Freeman of Bat Cave and the other [Lettie 1853–1884] married a Mr. Bass [John Bass 1849–1916] of Fairview.

Back to the Charles Fortune farm. At the lower end of his farm the hills seem to come together. Broad River goes over some shoals there. William Garrison had a grist mill on these shoals. He lived a little below there on the Fairview Old Fort Road, he had a farm in there. His wife was a Miss Murphy. They had four daughters and three sons.

On down the road to Tom Byrd's Creek. Charles Westley White lived. His wife was Leander Fortune's daughter. [Leander Lavender Fortune 1816–1892, his first wife was Mary Jane Ownbey 1821–1865]. Charles White lived within a few months of being 100 years old. [Charles Westly White 1845–1944]. His wife, Sarah lived past her 100th birthday [Sarah Fortune White 1852–1956. She is buried in the Fortune Cemetery, on the first road to the left as you start down Crooked Creek Road]. She was a wonderful woman, they have six children living.

Leander Fortune [1816–1892] was an old settler. [He was the son of Lavender Fortune 1792–1837 and Milly Mills Pittillo

1796–1886.] He and William Garrison owned all that land in that opening [the section called the straightaway on number 9 between Chestnut Hill Road and Crooked Creek Road] on Broad River. Leander Fortune and his first wife a Miss Ownbey [Mary Jane], they had six children three boys and three girls. [Washington Columbus 1850–1914, John Logan 1855–1938, Sidney Abartus 1860–1934, Sarah Joanna White 1852–1956, Louise Mills Fortune 1858–1939, and Mary Marentha Fortune 1864–1920], his second wife was a Miss Copening. [Mary Ann Copeland 1826–1896].

Down at the lower end of Leander Fortune's farm the hills seem to come together and there, Broad River goes over some shoals. The Rev Thomas Plemmons had a grist mill, a saw mill and a shingle mill. They lived on the north side of the river. He had three daughters and two sons. On down the river was Tom Clingman Ledbetter's farm. He married Uriah Owenby's daughter. On down the river was the John Garrison [John H. Garrison 1845–1905] farm. He married a widow woman, a Mrs. Ledbetter. She was Ebby Freeman before she married a Ledbetter [Isabella Freeman Ledbetter Garrison January 19, 1833–March 17, 1895. She was the daughter of J. W. and Anna Freeman], and they had three girls and one son. John Garrison and

Tom Ledbetter owned all the land in that opening in there at the lower end of the Garrison farm. There Broad River goes over some shoals. Garrison had a grist mill and a sash saw mill on these shoals.

To the Tommy Elliott farm, he owned all the land in that opening, he was an old settler. His wife was a Miss Murphy. They had two sons; his son Murphy married a Miss Freeman from Bat Cave. They had two boys and one girl. His other boy John Elliott married a Miss Simmons from Buck Creek. They had three children, two girls and one boy. Down at the lower end of Tommy Elliott's farm the hills seem to come together and run that way down to Albertus Murphy's; Granny Duck Murphy's old home place. They had six children, five girls and one boy. On the shoal there he had a grist mill and a sash saw mill. At Albertus Murphy's place, Broad River goes through a gorge to George Ledbetter's place. Ledbetter owned all the land in that opening. His wife was a Miss Murphy. They had four daughters and two sons. George Ledbetter was killed by a deserter in the Civil War.

Part 3 will appear next month's issue.

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

### WE'RE HERE TO ANSWER YOUR MEDICARE OPEN ENROLLMENT QUESTIONS

If you're 65 or older, it is an important time of year: **Medicare Open Enrollment** is in full swing. Open enrollment runs through December 7. Reviewing your current coverage is critical because plans can change from year to year. We can provide useful guidance in interpreting options — including plan costs, covered medication, and out-of-pocket expenses.

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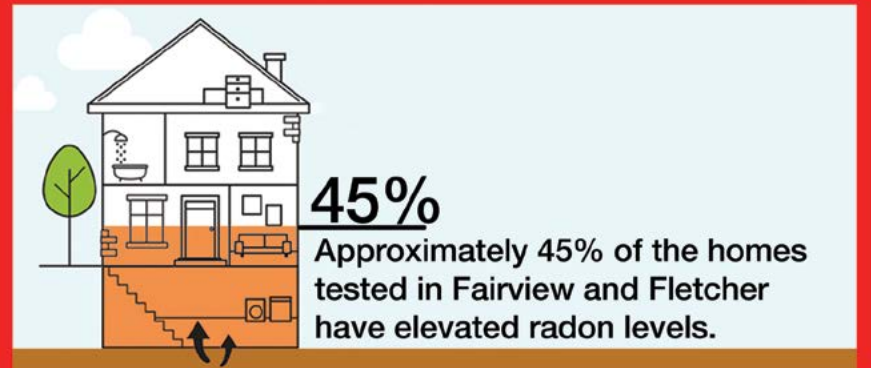
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# Cold Winds Should Start to Blow in Fairview

The year continues to get colder and, maybe, whiter. In any given November, about an inch of snow falls across the area. In terms of temperature, we've had very few early-season cold snaps to start the fall this year, but I suspect there will be plenty to come over the next month or two. In terms of averages, they continue to drop as we head through the month, with an average high of 63 at the start of November and dropping to 53 by month's end. The average low will drop from 40 at the start of the month to a frosty 32. The coldest and warmest days on record in November both took place in 1950; it was 83 on the 1st and 8 on the 25th. The area averages about 4 inches in precipitation for the month.

For your winter forecasts, you can choose between the woolly worm, the Farmer's Almanac, or something more scientific. For the latter, my favorites include NOAA's long-range forecast, Ray's Weather, the Weather Channel and Accu-Weather.

November's full moon was called the



Beaver Moon by both the Algonquin tribes and colonial Americans. The Native Americans used the monthly moons and nature's signs as a sort of calendar to track the seasons. November was the month in which to set beaver traps before the swamps froze to ensure a supply of warm winter furs. November's full moon was also called the Full Frost Moon by other Native American tribes.

Looking out across the country, early November has a history of intense windstorms across the upper Midwest. If you live in that region of the country, you might have heard the phrase "Witches of November" used to describe these storms. These low-pressure systems can have winds

so strong that they cause tree damage and power outages. The sinking of the Edmund Fitzgerald and the loss of her 29-member crew during a storm on November 10, 1975, just northwest of Whitefish Point in southeast Lake Superior, was at the time the worst maritime disaster on the Great Lakes. Of the more than 1,000 ships that have found their graves under the icy waters of the Great Lakes, the Fitzgerald is still the largest ever to go down.



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

## WEATHER WONDER

### Who invented the thermometer?

In 1593, Galileo invented a rudimentary water thermoscope, which allowed variations of temperature to be measured without a standardized scale. In 1612, the Santorio Santorio put a numerical scale on his thermoscope. It was perhaps the first crude clinical thermometer, as it was designed to be placed in a patient's mouth for taking temperature. The first modern thermometer, the mercury thermometer with a standardized scale, was invented by Daniel Gabriel Fahrenheit in 1714. He later introduced the standard temperature scale that bears his name. In 1742, the Celsius scale was invented by Anders Celsius. The Celsius scale is also referred to as the "centigrade" scale, which means "consisting of or divided into 100 degrees."

## QUESTION of the MONTH

How many countries still use the Fahrenheit scale for temperature?



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## Long-time Local Pet Business Gets a New Owner

**K**ay Sutter has worked with dogs for more than 50 years. She started showing English Cocker in 1977, and she and husband Bob started Fairview Kennels, at 1923 Charlotte Highway, in 1987 when they moved to Fairview.

If you're a long-time reader of the *Crier*, you're used to seeing an ad for Fairview Kennels: "24-hour loving care. Private

playtime included. All breeds and personalities welcome." In addition to kenneling, Kay offered grooming services as well.

Her daughter Jeana Sutter-McClure and son-in-law, Jeff McClure, had been running the business. Bob passed away a few years ago, and Kay is going to live between her home in Arden and Arizona, where her daughter and family reside.

Kay said she ran an "old-fashioned kennel," meaning all the dogs had their own spaces. She spent a lot of time with the dogs in her care, giving each one plenty of attention.

Kay signed over the business on October 21 but will stay on for a while to show the new owner the ropes.

Fairview will miss you, Kay!

### A Dog Lover from Dallas

Stefani Cotten is from Dallas, Texas, and worked there for the American Heart Association. She owned dogs and volunteered for a local rescue shelter, but she knew that she wanted to own her own dog boarding business someday.

She had experience kenneling her own dogs—Benji, a 9-year-old boxer mix, and Freya, a 4-year-old American bulldog—and did a lot of preparation for and research into owning a kennel. About four years ago, she started actively looking to buy an existing business, and that's how she eventually found Kay, Fairview Kennels, and Fairview.

She was familiar with the Asheville area. Her mom, Carol, was born in Durham and has family in the Raleigh area, as well as in Gainesville, Georgia. Stefani and Carol would often drive between the two, passing through Asheville on the way. Carol also made



the move to Fairview, along with her daughter and her dog Scruffy, a 10-year-old terrier.

"Finding a home and working kennel was a dream, but finding them in an area as beautiful as Fairview was definitely a dream come true," said Stefani. "We are thrilled to be here and to carry on the legacy that Kay and her family began."

Stefani already has some changes in mind, including the addition of an outdoor space (for exercise and agility drills), updated runs, off-floor beds, an online system for booking, and social media outreach.

One change has already taken place: the new name is Fairview Boarding, and you can find the website and the new logo at [fairviewboarding.com](http://fairviewboarding.com).



Stefani Cotten, the new owner of Fairview Kennels (now Fairview Boarding), standing in front of the kennel building at 1923 Charlotte Highway.

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## Fall, Football and the Flu

All things fall are here: crisp mornings, golden trees, apple picking, pumpkin spice everything, and my personal favorite—football. Just a few days ago, I was relishing these annual delights with my neighbor, who happens to be a pharmacist. She told me that she filled her first prescription for Tamiflu (an antiviral sometimes given to someone with the flu) during the first week in September. Folks, this is early.

The typical flu season closely coincides with the professional football calendar, beginning as early as September, peaking in December and January and usually ending around February. Unfortunately, the last few seasons have extended into early spring.

The flu is the common name for a variety of influenza viruses. It causes an acute respiratory infection, and symptoms and severity can vary per person. Most people describe a feeling of general discomfort with an accompanying fever and body aches. Other symptoms have more variability and are often confused with the common cold. They include headaches, sneezing, stuffy nose, and sore throat.

Unfortunately, because the flu is a virus, there is no magic treatment or antibiotic that will eliminate the offending bug. Our treatments are limited to symptom management and, most importantly, prevention.

The best way to combat the flu is not to get it in the first place. And I don't mean

hibernate until February. I mean you should wash your hands like crazy and get vaccinated.

An annual vaccination can provide protection from the illness and reduce the severity of symptoms. See your primary care provider early and find out about getting vaccinated.

Tamiflu and Relenza are the most popular antivirals and currently the best medications available to weaken the flu. Tamiflu is the brand name of oseltamivir, which was approved by the FDA to treat the flu in 1999. Unfortunately, Tamiflu is not perfect, and it is not for everyone. Here's what you should know.

- Tamiflu and other antivirals do not work like antibiotics. They do not eradicate the virus. They reduce the multiplication and shedding of the virus.
- Tamiflu can improve the rate of healing and reduce the severity of symptoms, but only if it is taken within 48 hours of the onset of symptoms.
- Tamiflu does not help with a cold or other illness. If you feel you are coming down with something, it is important to see your primary care provider to accurately determine if you have the flu and if Tamiflu is right for you.
- Tamiflu does have side effects, and some are worse than the flu symptoms. The most common complaints are nausea, vomiting,



diarrhea, headaches and dizziness.

Tamiflu is important for certain populations. It is important for vulnerable patients and is used to prevent complications. Tamiflu is most commonly given to children younger than two, adults older than 65, and those at high risk for complications such as people with chronic illnesses (think COPD, heart disease, liver disease, kidney disease, diabetes, etc.) or women who are pregnant. Antivirals are sometimes used as prevention for people living in the same household as someone with a confirmed case of the flu, such as a grandparent living with a teen who has the flu.

If you find yourself suffering from the flu, acknowledge it and treat yourself kindly. The flu is hard on the body, and it is very uncomfortable. The flu can also lead to secondary issues such as ear and

sinus infections or pneumonia.

Listen to your doctor: rest, hydrate (water for sure, but also soups and supplements like Gatorade and Pedialyte), and treat your symptoms. Over-the-counter drugs such as Tylenol, Ibuprofen, Sudafed, Vitamin C, and elderberry are my favorites. At home, steam showers or baths, saltwater gargles, and honey may help. And don't forget to watch football. It will either lighten your spirits or put you right to sleep and set you up for some much-needed rest.



Angela Zarrella is a Certified Family Nurse Practitioner at MAHEC Family Health Center at Cane Creek. 1542 Cane Creek Road, Fletcher. 628-8250.

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## Treating Your Frozen Shoulder

**Y**ou wake up one morning and notice that your shoulder does not feel normal. It is painful with certain movements. You decide to ignore it. After resting it, you notice that the pain not only is still there but is getting worse. You then decide to exercise and build strength in your shoulders. You are not quite sure what specific exercises to do, but you exercise anyway. The pain continues to worsen no matter what you do (or don't do) and now it's been hurting for several months.

Unfortunately, this is a very common story for someone suffering from a frozen shoulder, also known as adhesive capsulitis. It is a debilitating condition causing severe shoulder pain, decreased shoulder range of motion, and loss of function. There is a continuing debate as to the exact cause of this condition. It affects 1-5% of the general population. Primary, or idiopathic, adhesive capsulitis usually affects women from ages 40 to 50, although recent studies have suggested that occurrence rates are split evenly between men and women. Secondary capsulitis occurs as a result of trauma, long-term arm immobilization, or post-surgical restrictions.

There are three main stages of adhesive capsulitis. 1) Painful or freezing stage that lasts two to three months. 2) Adhesive or frozen stage with shoulder pain and severe

lack of shoulder motion that lasts for four to five months. 3) Resolution or thawing stage, with gradual recovery of normal shoulder motion and function. This stage can last six to 12 months.

There are several treatment options to help recover from a frozen shoulder. One option is to do nothing and let the natural course of the condition resolve itself. It can take two to seven years to fully restore the use of the affected arm without pain. Receiving an analgesic or pain-reducing injection during the first stage of the disease can help reduce pain levels. Some suggest that passive treatment alone (the patient does nothing) will help resolve the issue.

However, current research indicates that a combination of passive treatment and an active exercise program taught by a skilled physical therapist offers the best treatment option. Participating in an individualized physical therapy program that is initiated as early as possible has been shown to reduce the lengths of each stage of the disease, reduce the levels of shoulder pain during stages 1 and 2, and has assisted in the full return of strength and function of the affected arm in a more timely manner than with passive treatment alone.

*Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. [avorahealth.com](http://avorahealth.com).*

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## FES Food Drive a Big Success

This month is a big shout out to the students of Fairview Elementary School and their parents and guardians, the teachers, the staff, the principal Dr. Angie Jackson, and the volunteers of Food for Fairview (FFF). The annual food drive has just been completed. This drive is the largest of the year for the Food for Fairview pantry. The following chart indicates the willingness of the students and parents of Fairview Elementary to help their food-deficient neighbors.

### TOTALS DONATED BY GRADE

Kindergarten	197
1st	188
2nd	270
3rd	538
4th	244
5th	159
Total	1,596

The third graders won the competition and will receive a pizza party at the school. The pizza will be provided by Sky Mountain Pizza and sponsored by the Fairview Business Association.

The pantry is still interested in finding someone to be the pantry's assistant

manager. The basic requirements are someone who can be at the pantry on Monday afternoons and alternate Tuesday mornings, for about 15 hours per week, and who has computer skills. An additional requirement is a genuine desire to help meet the needs of their food-deficient Fairview neighbors.

Jeff Cole is the Executive Director of Food For Fairview, which is a tax-exempt 501©(3) Corporation. For more information, please call 628-4322 or go to [foodforfairview.org](http://foodforfairview.org).

### How You Can Help

The donation of food is always appreciated. The food should be non-perishable canned goods and food staples in good condition within the expiration date. Produce from local gardens, diapers, paper products and hygiene items are welcome. The pantry has two locations along 74A (Charlotte Highway) to collect nonperishable items: Americare Pharmacy at 1185 Charlotte Highway, and the Fairview Public Library at 1 Taylor Road.

## Pat Stone Is a Jolly Good Fellow

In September, Pat Stone, the publisher of *Greenprints* and chairman of the board at Root Cause Farm, was elected a fellow of GardenComm, the North American association of garden media professionals. Only one or two people are named a fellow each year, so this is a high honor.

It was a lifetime achievement award in recognition of his 30 years of publishing his magazine.



### BUSINESS SHORTS

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**FOLKWEAR** will be holding a holiday open house on November 15 from 4–7 pm. In addition to clothing, sewing patterns, and fabric for sale, they will have an ornament-making project to do while you visit, giveaways, and special discounts. 1185 Charlotte Highway. Email [info@folkwear.com](mailto:info@folkwear.com) for more information.



In case you hadn't noticed, **FINISH LINE MOTORWORKS** has moved from their old location into a new building at 161 Charlotte Highway.

Laura Telford, the owner of **TROUT LILY**, wanted everyone to know that her store is now offering a 15% discount on deli items and coffee. 1297 Charlotte Highway.

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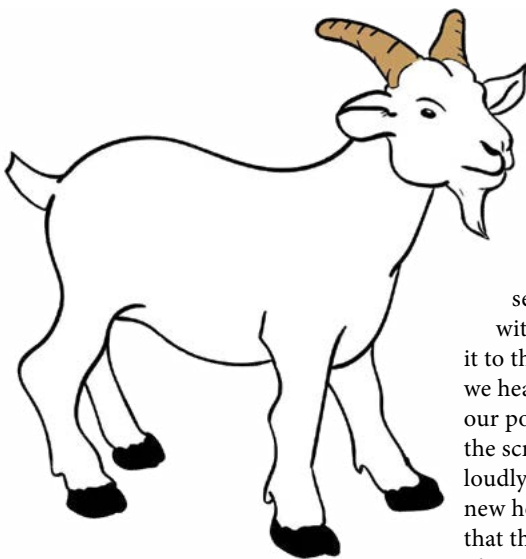


# Never Leave a Goat Alone at Night

Let's talk about goats. I've written a lot about our lives with chickens, but goats were our first "farm" animal. Most folks start with goats or chickens because it's easy to find them, not terribly expensive to get started, they're relatively small so they seem less intimidating to work with, and it's what everyone else does. All of that is true, but very few people will really tell you how challenging goats can be (but don't let me discourage you). Goats are smart. Goats are devious. Goats have plenty of time on their hooves. All that makes for "storm of the century"-type situations.

I've mentioned that when we moved onto it, the farm was overrun by blackberry and wine berry brambles, poison ivy, and saplings. We immediately decided we needed goats to start to get things under control. We made some minimal repairs to the old barn, bought some chain and dog tie-outs, and thought we were ready for our first goat. And so the search began. At that time our household consisted of me, Walter, and Tucker, our dachshund/basset hound mix. We thought a goat would fit right in with our idyllic image of where we were headed with the farm, and eventually we would get a little milk, some cheese, and soap to boot.

That's how Iris entered our lives. After



a long ride into the middle of nowhere, we found a pretty little Saanan doe with the cutest wattles. She was tame, sociable, and available at a reasonable price. She had no pedigree papers, but we weren't interested in that (and never have been with any of our animals). Iris came with us, riding behind the seats of our Saturn sedan. The ride home was fairly uneventful, and we thought we were off to a good start. That idea totally fell apart once we got home.

The minimal repairs we had made to

the barn turned out to be less than adequate to contain a spunky, curious young doe bent on testing out her new home's containment system. We didn't even make it back to the house before she was frolicking at our heels, very proud of her accomplishment. A second try, after a little tinkering with the stall latch, allowed us to make it to the house. About five minutes later, we heard the dainty clop of hooves on our porch and in walked Iris, through the screen door and into the kitchen, loudly voicing her displeasure with her new home and family. It became apparent that the barn was a no-go for the night. Plan B was chains and a dog tie-out in the front yard. This seemed to improve Iris's opinion for a while. Then night came.

While I was making dinner and Walter was getting ready for work (he still worked third shift at the hospital at this point), Iris was content to watch through the window. Walter went to work thinking we had a stable situation until morning, when we could tackle the barn again. Everything was quiet until I turned out the lights to go to bed. Immediately, the wailing began and grew in intensity and volume until the lights came on and Iris could once again

see me through the window. Tucker and I spent the night on the couch with the lights on so that Iris could see us from the window. Anytime my head disappeared from sight because I had dozed off and sagged lower on the pillows, Iris wailed like the end of the world had arrived—all night long.

When Walter got home in the morning, we got to work on the barn. We finally had a stall that could contain a goat. We thought we could get some much-needed rest, but Iris wasn't having it. The wailing began again, and lasted for hours. Finally, we called a coworker of Walter's who kept goats for show. That's when we found out a lone goat is not a happy goat and will make sure everyone knows it, loudly and constantly.

Our friend didn't know of any other goats for sale, so we called the folks we bought Iris from. They had no other kids to sell, but their neighbors had a little male goat they would offer to let us buy. A meeting was arranged for the next day, and that's how we got Hans and—finally—a good night's sleep.

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

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## Connecting with Area Artists

Years ago, the *Crier* used to run articles on local artists. With the growth of Fairview and its nearby communities, there are even more talented artists and crafters who call this area home. Inspired by Andrew Dundas, who attended the Fairview Craft and Gift Fair for the *Crier* last year, we decided it was time to again feature local artists.

This series will focus on a particular art or craft each time, and we're kicking off with the fiber arts. Andrew gathered a list of fiber artists from a variety of sources and got in touch with several of them. He then interviewed three of them to help us put together the profiles in this section.

The artists featured here are just a few of the fiber artists in our area, as there is no way we can talk to or feature everyone. We hope that their comments will provide a glimpse into their work and motivation.

## Fiber Arts: Weaving Together the Past and Present

By Sandie Rhodes

Fiber artists use fabric, yarn, and other natural and synthetic fibers to weave, knit, crochet or sew textile art. They may use a loom to weave fabric, needles to knit or crochet yarn, or a sewing machine to join pieces of fabric for quilts or other handicrafts.

Evidence of the use of fiber in the Americas dates back at least 10,000 years, as textiles and utilitarian containers made of fibers were found in Guitarrero Cave in Peru. The arid desert conditions preserved these rare textile samples. Many used color dye and served a variety of functions, including funerary bundles, ceremonial clothing and knotted fibers for record keeping.

### From Then to Now

Throughout the past 9,000 years, the use of fibrous materials transitioned from functional objects to more comfortable clothing fabrics to extravagant displays of opulence and wealth. After World War II, the use of natural materials shifted to objects d'art, as fiber art gradually became a force in its own right. As artists and craftsmen received recognition, the term "fiber art" was coined to help describe their work.

The 1960s and 1970s brought an international revolution. With the rise of the women's movement and feminine art, along with the birth of postmodernism theory and its set of cultural tendencies and movements, fiber art gained a strong foothold in the art and craft



Specific to the Andean region is the *quipu* or *hipu*, which means "talking knots." Quipos were created from cotton or camel fiber, and the Incans used them for collecting data, keeping records, monitoring taxes owed, census records, calendar details, and military records.

world. Fiber works became more conceptual. Aesthetics became valued over utility, placing focus on the materials and the manual skill of the artist. Most fiber artists now incorporate weaving of some sort along with sewing, embroidery, knotting, twining, plaiting, coiling, pleating, lashing and interlacing mixed media.

Today, fiber and quilt guilds abound. Since 1967, the Fiberarts Guild of Pittsburgh (formerly the Embroiderer's Guild) has sponsored a juried exhibition that showcases innovative contemporary works of art in fiber from around the world. Locally, the Asheville Quilters Guild just held its 38th Quilt Show, with exhibitors from the southeast and beyond. A number of Fairview fiber artists have won top awards in this show. And the Southeastern Animal Fiber Fair show held at the end of October each year attracts natural fiber/wool spinners, dyers, weavers, felters and those who raise the animals that supply the fiber.

From examples including hand embroidery, tapestry, quilt production, large-scale public art pieces, miniature handmade lace doilies, and hand-woven, dyed and felted wool, fiber art is a movement that continues to help define art production.

**On Display** The *Crier* is thrilled to be working with the Fairview Public Library to feature the works of the artists in this series. Starting November 2 and running through the end of the month, you can stop by anytime the library is open to see works by these artists.

**An Evening with Fairview Fiber Artists** On November 26 at 7 pm, the artists featured here will discuss their work and techniques in the Community Room at the Library. Each artist will have items on display and take questions from the audience. Stop by to say hello and meet these local artists!

*Thanks to Jaime McDowell, head librarian, for her help with this project.*

## Julie Bagamary

Julie makes quilted art, primarily wall hangings and three-dimensional art, such as birdhouses and birds. She works with hand-dyed/batik fabric or those with surface designs, such as painted fabrics, and generally uses a combination of machine, hand-stitching and basic embroidery to enhance her work (and sometimes buttons or screen fiber).

"It's not what most people think of when they think of quilts," she said.

She prefers hand stitching for its portability, as she travels a fair amount. "Even on my honeymoon, I had stitching projects with me," she said.

It's important to her to pass her skills on to future generations. "I have a couple of middle school students that come to



my house," she said. "I love teaching them the basics... and I am teaching my oldest granddaughter to use her sewing machine. We have set

times that we get together and create. We just recently collaborated on a few projects that are hanging in galleries."

[juliebagamary.com](http://juliebagamary.com)







## Paula Entin

Paula makes art quilts (some framed) with a quilted base. Then she adds elements of nature and things like gears, metal rods, buttons and lots of beads.



"I recently bought some antique garden faucets to use in a project," she said.



She learned how to sew, embroider, knit and draw from her parents. "My mother and her mother did lots of sewing, and my father's uncles owned a dress factory in Boston. My parents liked modern art, so I never felt restricted to just traditional quilts."

Why quilts? "During college, I took a quilting class and really liked it," she said. "My second quilt was not entirely traditional, because I wanted to play with shapes and color, and push the boundaries of tradition."

*Paula has a one-person exhibition at the Education Center Gallery at the NC Arboretum running through January 10.*

[fibersong.com](http://fibersong.com)

## Laura Gaskin

Laura grew up around women who kept their hands busy with sewing, knitting, crocheting, quilting and embroidery.

She thinks it's important to pass down these traditions for many reasons, including showing respect for traditional ways of making things and also giving people satisfaction from gaining the skills needed to make fine objects by hand.

She has done a lot of sewing, quilting, fabric dyeing and knitting in the past, but currently is "making stitched pictures using a technique that I developed myself... featuring plant and animal imagery often



inspired by the things I see in the Fairview area while hiking."

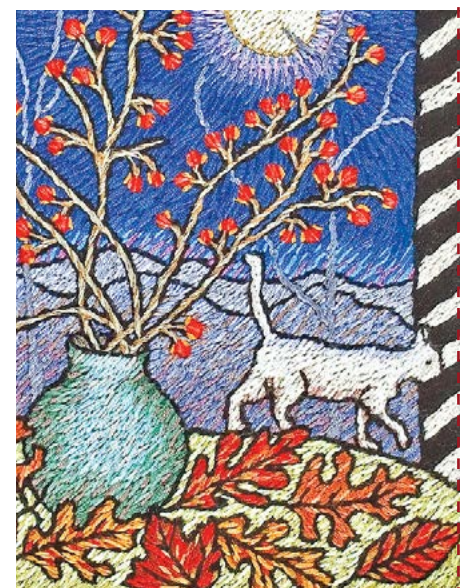
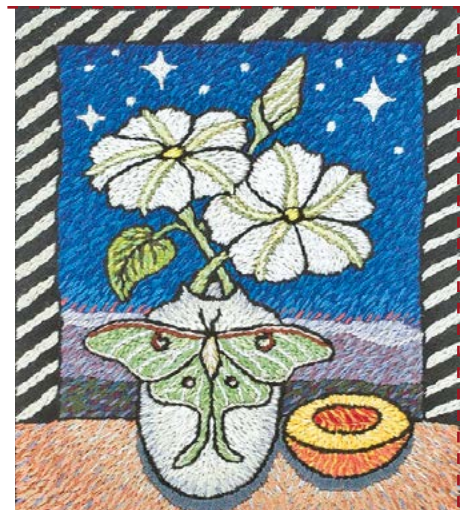
"Working with



fiber allows me to work with colors, shapes, and imagery in order to tell a story," she said. "It takes time, but the actual materials are inexpensive and most are readily available. Fiber is also a broad field

with many subgroups, and that allows plenty of space for needleworkers like myself to experiment and find their own space."

[lauragaskin.com](http://lauragaskin.com)





## The End of Graduation Projects

For more than 20 years, Buncombe County seniors undertook graduation projects, which included research, writing a paper, practical experience (such as volunteering, learning a new skill, etc.), and making a formal presentation before a panel of friendly judges. It was a requirement for graduation.

It has been a great opportunity for kids at all academic levels to get out and learn new things, have professional experiences, and practice their public speaking. Both of my kids gained a lot from the experience, and I have volunteered at "board night" numerous times at Reynolds High. I'm always fascinated by the diversity of interests of our seniors, and I've been grateful for the opportunity for them to learn and grow in this way.

Unfortunately, our state legislature and governor do not agree. With the stroke of a

pen on September 5, the Testing Reduction Act of 2019 (SB 621) determined that a "local board of education shall not require a high school graduation project as a condition of graduation from high school unless the board provides from local funds a method of reimbursement of up to seventy-five dollars (\$75) for expenses related to the high school graduation project for any student identified as an economically disadvantaged student." Because the school system cannot legally identify economically disadvantaged students (this information is held confidentially by the food program), this legislation effectively ends the graduation project. The Buncombe County Board of Education eliminated this requirement from our local policy at the October meeting, effective immediately.

So what happens for this school year? If I were the parent of a current senior, I'd be

Future Ready Core - High School Graduation Requirements for Ninth Graders Entering in 2012-13 and Later	
Content Area	
English (North Carolina State Requirement)	4 Credits required English I, II, III, IV
Mathematics (North Carolina State Requirement)	4 Credits required Mathematics I, II, III, IV plus one credit in science or one credit in social studies
World Languages	Not required for high school graduation. A two-credit world language minimum is required for admission to the UNC system and many other universities.
Graduation Project	Successfully complete the BCS Graduation Project
Total	28 Credits

asking what this means for my son/daughter who is already well underway with the project. Is it just wasted effort?

Eric Grant, Buncombe County Secondary ELA Curriculum Specialist, issued a memo directing high schools to handle the graduation project (GP) in the following ways:

- Teachers will need to change the syllabus where or if it is stated that GP is a requirement for graduation.
- Components of the project will continue in alignment with the NC Standard Course of Study, including research and presentation.
- The practical experience/mentor work component will not be required; however, for students who have begun or completed practical experience or for those who feel that practical experience/mentor work is beneficial to research and presentation, it may be incorporated in this project.
- Teachers will need to change their grading policy: GP will no longer account for 25% of English IV grade; and GP components will account for test grades.
- We will not host board nights this year. Schools may continue with project presentations during the school day.
- Until BCS has further reviewed and evaluated the legislation and guidance

from the Department of Public Instruction, we will not begin projects with this year's 11th grade students.

- Students for whom GP was an independent study will not be required to complete GP.

Reynolds High School's Adapted Graduation Project Plan states, "Research paper scope and length, same as ever. We will have classroom presentations all during the same week in November. At this time, we do not plan to invite outside judges. Those students who have completed or would like to complete their project hours voluntarily are welcome to add those details to their presentations."

The good news is that our seniors who have already invested significant time in this project will still get course credit, even though it's not required for graduation. The professional connections and practical experience my own kids gained from this process were invaluable. I have every hope that this will be true for our current seniors as well.



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

### November School Calendar

NOV 1	Fairview Elementary Outdoor Movie Night (weather permitting) 6:30 pm
NOV 5	Fairview Elementary K-2nd Daybreak with Dad, 7:15 am
NOV 6	Fairview Elementary 3rd-5th Daybreak with Dad, 7:15 am District-Wide Early Bird Kindergarten Tours, 9 am & 1 pm
NOV 7-9	Reynolds High fall play, "The Beverly Hillbillies" 7 pm
NOV 9	Reynolds High Band Mattress Sale, 8 am-5 pm
NOV 11	No school, Veterans Day
NOV 14	Nachos & Beer Spirit Night for Fairview Elementary, 5-9 pm
NOV 21	Reynolds High Charter/Private School Open House, 6:30 pm
NOV 27-29	No school, Thanksgiving Holiday

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### STUDENT OF THE MONTH: SETH EBERHARDT



The A.C. Reynolds Student of the Month is Seth Eberhardt. Jennifer Beam nominated Seth because he "is a great student and keeps a smile on his face. He works hard at academics and as a starter for the varsity football team. Seth is a leader in the classroom and genuinely cares about others. Oh, and it helps that he has a sense of humor too." Coach Pike seconded her nomination. "He's a leader on and off the field. He does what is asked of him and more." All winners receive a special mug from the Town Crier. Congrats, Seth!



## A.C. Reynolds High PTSO Awards 2019–2020 Mini-Grants

By Karen Wallace-Meigs

At its October meeting, the A.C. Reynolds High School Parent-Teacher Support Organization (PTSO) approved a slate of mini-grants to support teachers and students across the school during the 2019–2020 school year. Parent membership fees, paired with business sponsorships and proceeds from volunteer shifts at U.S. Cellular Center events, fund the annual grant program. The PTSO board approved \$3,213.74 in grant requests this year.

Math teacher **Britt Taylor** received funds to refurbish an old science table and turn it into a dry erase board for 83 students to use for instruction and small-group practice.

Band Director **Sean Smith** wrote a successful grant request for funds to help offset hotel costs for the All-District Band Clinic in Cullowhee.

**Rebecca Joyce** received support to teach meal planning and to take students to purchase groceries during class shopping trips for her Intensive Intervention class. The grant will also help to fund their annual gingerbread house competition piece.

**Laura Mayer's** grant will purchase 12 professional texts for the use of the ACRHS Literacy Team–Content-Area Conversations: How to Plan Discussion-Based Lessons for Diverse Language Learners—to

support next year's district literary focus.

Business and Marketing teacher, as well as DECA advisor, **Charles Furlow** successfully requested funds to support 60 students in DECA through the purchase of a Competition University subscription to prepare our award-winning team.

Math teacher **David Honea** received funds to purchase an academic subscription for Calculus In Motion software to animate calculus concepts, including all Advanced Placement free response questions from the last 20 years.

Social Studies teacher **Amber Alford** will use her grant to purchase new AP World History books and the Amsco World History Study Book to use as a class set.

Counselor **Joseph Ainsworth** used his grant to purchase a copy of *Debt-Free Degree* to help students and families.

**Kristi Stevens'** grant will support 35 students in the Exceptional Children's program to make and sell crafts while participating in the Buncombe County Schools Holiday Craft Fair.

English teacher **Amanda Lampley** will support 160 students with the grant-funded purchase of a website license for Kidblog to aid in safe student blogging and publishing and enhance the writing curriculum in English classes.

English teacher and Yearbook Advisor **Patricia Troy** will use grant funds to

replace old and missing yearbook production equipment, purchase supplies for promos, distribution and production of the yearbook, purchase graduation tassels for seniors with two or more semesters of yearbook work, and pay for the end-of-the-year banquet.

**Jessica Roland**, teacher of Sports and Entertainment Marketing and Personal Finance, will use her mini-grant to support 32 students on a field trip to the TopGolf facility in Charlotte to discuss multiple factors for successful sports facility maintenance.

**Stephanie Scott-Grady** received a grant to support the annual CTE Honors Banquet in May 2020.

Social Studies teacher **Molly Sager** will use her grant to help Advanced Placement US History students through the purchase of 10 copies of the 2020 edition of *AP United States History* for classroom use.

Profe **Shannon Fields**, Spanish teacher, will purchase a variety of Spanish texts for students to read, rate, log and journal. Research shows that reading in Spanish is a highly effective language-learning tool.

Media Specialist **Allen Kromer** will use his grant funds to support projects by multiple students, teachers and library staff with adaptors, a 3ph mat, cardstock and more. Adaptors will connect laptops to external screens.

Kromer's colleague, Media Specialist **Leigh Armistead**, will use her grant to support Journalism and Broadcast students with four tripods and a microphone set-up. Much of the current equipment is broken or faulty.

Counselor **Eva Lewit** and her colleagues will use their grant to take potential first-generation college students to tour an area college and to build students' understanding of the entrance and on-campus housing processes.

Finally, the school received funds to renew its subscription for ZipGrade, an app that turns iPhone, iPad or Android devices into an optical grading scanner, saving teachers time and offering students faster feedback.

The PTSO Board welcomes new memberships and support throughout the year for our students and teachers. To support the work of the PTSO, please send a tax-deductible check to the school, addressed as follows: A.C. Reynolds PTSO, 1 Rocket Drive, Asheville, NC 28803.

If you would like more information about business and corporate sponsorships, contact us via private message on our Facebook page or go to [acrhs.buncombeschools.org](http://acrhs.buncombeschools.org) and then click on Parents, PTSO, and then Contact PTSO.

*Karen Wallace-Meigs is the vp of the ACRHS Parent-Teacher Support Organization.*

## Serving the Whole Child at FES

By Kenya Hoffart

There are many everyday heroes who walk the halls of Fairview Elementary. Part of the extraordinary team that makes FES the place many families choose to teach and grow their children is school counselor Katie McCracken, who is lovingly known by co-workers and students as "Mrs. Katie."

Mrs. Katie always has a smile to share, an encouraging word to offer or an ear to listen. Whether she is standing somewhere welcoming every student by name in the morning, leading a small group discussion at lunch, or assisting with students in one of many other ways, Mrs. Katie always has one goal in mind: to serve the whole child, which means that she strives to make sure each child is healthy, safe, engaged, supported, and challenged.

Aside from being a delightful school counselor, Mrs. Katie is also a North Carolina-certified teacher. She teaches Friends & Feelings classes, in which students learn about social skills, emotional management, mindfulness, and more. Mrs. Katie loves to sing and dance, and often brings that into the classroom. Students love dancing to songs, as they learn about making healthy and appropriate decisions, as well as ways to be respectful friends and successful learners.

Mrs. Katie says she feels very lucky to have the opportunity to teach every child at Fairview Elementary. Outside of the classroom, Mrs. Katie also manages a group



Katie and Billy McCracken

of student ambassadors and the school-wide PBIS program, which outlines positive behavioral expectations and rewards. She also serves on many committees, both at school and in the county.

At a time when emotional and behavioral support is so important to have in schools, Fairview Elementary is very lucky to have Mrs. Katie lead its counseling department. Her gentle demeanor and kind words help students feel encouraged and inspired.

Mrs. Katie earned her undergraduate degree in psychology from the University of Alabama and her graduate degree in school counseling from Western Carolina. She loves to be outside and enjoys hiking, cycling, running, paddle boarding and sitting by campfires. In the winter you might find her snow tubing, but she is most likely to be wrapped up somewhere reading or watching movies. Mrs. Katie is a newlywed who looks forward to every new day and all the adventures they bring.

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

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**THE TRICK 1.** Show the ropes to the audience, holding them carefully in both hands. Tell the audience you will make two ropes become one.



**2.** Untie the real knotted ends and examine the rope carefully, making sure to mention the knot in the middle of the rope. Now say you are going to get rid of that pesky knot with magic.



**3.** While saying your magic words, wind the rope around your left hand and secretly slide the fake knot along the longer rope. Be careful to hide it in your hand as you do this.



**4.** Now say some more magic words and unwind the completely un-knotted rope from your left hand. It's in one piece. **Magic!**

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

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## CBD and Your Pet

As the owner of a retail pet store and dog training business, I get a lot of questions about CBD (cannabidiol) and its use for dogs.

Many dog owners have turned to researching CBD on the internet, which leads to a lot of confusion and misinformation, as well as some pretty lofty testimonies about its benefits. This article will help as a good entry point for those wanting to learn if CBD could benefit their dogs.

Clients come to us with recommendations from other pet professionals for pharmaceuticals and other prescribed medications to help with anxiety, pain and inflammation for their dogs. Pharmaceuticals often come with a hefty list of side effects, and many owners seek to find more natural ways to help their pets. The research on CBD and other hemp products is producing some very optimistic results.

The endocannabinoid system (ECS) regulates several functions, including sleep, mood, appetite, memory, and reproduction and fertility. It may play a role in preventing diseases, including migraines, irritable bowel syndrome and fibromyalgia.

According to a study published in *PubMed* in 2007, "It is reported that [ECS] plays a role in regulating the body's response to pain, mood, inflammation and stress in humans and other animals." Cornell University's College of Veterinary Medicine recently conducted a CBD study of dogs with osteoarthritis that resulted in findings of significant reduction in pain and increased activity with no side effects.

When a body system is out of balance,

often the endocannabinoid system is not functioning properly, and the body is ripe for disease processes to take over. Many of the ongoing studies show that cannabinoids help bring the body back into balance, slowing or stopping disease progression. Research has shown this outcome with essentially no undesirable side effects.

CBD and THC (tetrahydrocannabinol) have therapeutic properties and are the most studied phytocannabinoids derived from hemp. CBD is the non-psychoactive component, while THC causes the "high" that the cannabis plant is known for. Both components attach to and affect different receptors in the body in a variety of ways.

When multiple compounds cause an overall impact greater than the sum of their parts because they work together and enhance each other, it's called an "entourage effect." It's been reported that this effect occurs with products utilizing whole plant extractions that include CBD, THC and more than 400 trace compounds. (See [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links).)

Due to a lack of regulation, CBD manufacturers create terminology to try to sway consumers. As with other products, the proof is when your body tells you it is working by relieving pain and discomfort and creating a sense of ease. In dogs, these improvements are evident in the way they move around more and go back to almost puppy-like behaviors while being less irritable with people and other animals. For nervous and anxious dogs, I typically see a decrease in anxiety levels that helps dogs be more receptive to learning and experiencing life.

Each dog may differ in its dosage needs and results. You may need to experiment with dosing to find the sweet spot. It would not be unusual for a small dog with more



issues to need a higher dose than a large dog with fewer issues. And contrary to the usage of many types of pharmaceuticals, you may be able to decrease CBD dosage over time.

A recent "Inside Scoop" webinar hosted by Angela Ardolino, the founder and CEO of House of Alchemy, CBD Dog Health and other animal-focused organizations, and Rodney Habib, founder of Planet Paws, provided the following pointers for anyone wishing to start their pet on CBD.

- Purchase a product specifically for pets. Human CBD often has flavoring and other additives that may not be suited for pets.
- Full-spectrum hemp tinctures are the most effective, containing both CBD and less than 0.3% THC (which is legal) from organically grown hemp flowers with all organic ingredients. Hemp treats are generally diluted compared to tinctures.
- A manufacturer should have a Certificate of Analysis (COA) through a third-party lab. And you should ideally be able to click through from the COA testing website to see your product's lot number. This will prove that official testing has been conducted on each batch.
- The extract should be derived from the plant flower with a CO2 extraction process. Heating processes, even a product left near

a window with warm sun coming in or in a warm car, can adversely affect efficacy.

- The product should be shaken and then applied directly to your pet's gums for the best consistency and absorption rate. CBD treats or food administration will dilute the product, causing a need for more to be given for desirable outcomes. If a little bit remains on your finger from administering to the gums, massage it into the tip of your dog's ear for rapid absorption.
- Follow the dosing guidelines initially, but check in with your pet about 20 minutes after administering. If it seems there is no change in your pet, provide additional product. Research has found no concern with overdosing and virtually no side effects. It is commonly reported that a lethargic dog with pain will get up and move around, often within just a few minutes of dosing, and even return to puppy-like behaviors from the relief provided by high-quality CBD tinctures.



Tracy Peabody is the owner and head trainer of Woof in the Woods and Specialized K9 training services. For info on lessons, classes, and products, call 222-2222. 1451 Charlotte Highway, Fairview. [woofinthewoods.com](http://woofinthewoods.com).



**a. Harper** is a 10-year-old kitty that came to us when his owners could no longer care for him. This big boy wants nothing more than to snuggle and love on people. Calm and low-key, he previously lived with cats and dogs. *Humane Society, 761-2001, [ashevillehumane.org](http://ashevillehumane.org)*

**b. Brodie** is a 7-year-old retriever/terrier mix who likes hiking. He seems to like people more than dogs. *Humane Society, 761-2001, [ashevillehumane.org](http://ashevillehumane.org)*

**c. Daisy** is a domestic short-haired kitten. She is about 5 months old. *Charlie's Angels, 885-3647, [wncanimalrescue.org](http://wncanimalrescue.org)*

**d. Patches** lived by himself with an elderly lady. He is fearful of men and will need to be in a quiet, woman-only home. He's had ear infections and skin allergies and will need to have regular checkups. He is 9 years old. *Charlie's Angels, 885-3647, [wncanimalrescue.org](http://wncanimalrescue.org)*





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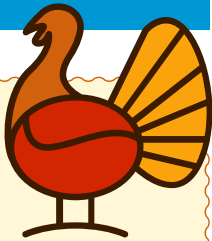

Vietnam Vets Reunite in Fairview



Above left: visiting with Charles Schoof (in front) were, standing from left to right (and with duty in Vietnam and current home): Lee Bannor, top cook, Minnesota; Homer Rackley, office records/supply, Atlanta; Roger Bramlett, pay specialist, Atlanta; and Jim Ambrose, security, Pennsylvania. Above right: Charles's nickname during the war was "Mailman," and you can see why from this vintage picture.



Last month, Fairview's Charles Schoof had a reunion lunch at Angelo's with fellow members of the 527th Personnel Service Company who served with him in Vietnam in 1966 and 1967. Look for a longer article on Charles in the future, as he has many great stories and photographs to share from his time serving in Vietnam.



Thanksgiving Events

**Bethany United Methodist Church**, Saturday, November 23 at 5:30 pm. The meal is free and everyone is invited to join in giving thanks. Call 684-4338. 212 Bethany Church Road, Fairview.

**Upper Hickory Nut Gorge Community Club**, Tuesday, November 19 at 6:30 pm. Turkey and dressing will be provided; guests are asked to bring sides. 4730 Gerton Highway, Gerton.

**Garren Creek Fire Department**, Saturday, November 19 from 5:30-7 pm. Everyone is welcome and donations are accepted. This is a fundraiser for the Auxiliary, which supports fire-fighters and rescue workers. For more information, contact Elizabeth Simmonds at 669-2846 or 230-3986 (cell). 10 Flat Creek Road at the corner of Flat Creek and Old Fort/Chestnut Hill Roads.

Need a turkey? Reserve one at **Hickory Nut Gap Farm**. All turkeys are raised at the farm in Fairview, free from antibiotics and added hormones. They will be fresh, not frozen, so bring a cooler and ice if you've got a long ride home. 12-20 pounds, \$6 per pound. \$20 deposit required. Pick up Nov. 23-27. Visit [hickorynutgap.com](http://hickorynutgap.com) or call 628-1027.



Angels of Fairview Seek Donations for Annual Drive

Angels of Fairview, a group of community members who want to make a difference, is a non-profit that helps families in need identified by the counseling departments at Fairview Elementary and Cane Creek schools. All of their efforts are funded by the generous donations of this community.



During this holiday season, a donation of \$50 will secure a complete prepared meal for a family of 4 to 6 people. The meal includes a 10- to 12-pound turkey, two side dishes, rolls, and a dessert. In addition to providing holiday meals at Thanksgiving and Christmas, the Angels have also assisted families in need with power bills, car repairs, eyeglasses, and clothing. They have provided gas and restaurant cards to families with a loved one in the hospital. Tax-deductible donations will be accepted through December 20. Checks should be sent to Angels of Fairview, P.O. Box 94 Fairview, NC 28730 or dropped off outside the *Town Crier* office in the blue dropbox.

ON THE ROAD



Dana Irwin and her family took the *Crier* along as they cooled off in Lake Norman last month. It was quite a hot stretch out of the water, she said. The family spent their days either in the water, on the pontoon boat they rented, eating spectacular meals together, or singing family tunes with her sisters in three-part harmony. Those hot days seem a long time ago now.



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## Consider Some Year-end Investment Tax Moves

It may be hard to believe, but we're getting close to wrapping up 2019. And if you have a year-end to-do list, here's one more item you might want to add: Lower your investment-related taxes. To help meet this goal, consider these moves you could make before year-end:

- Increase your 401(k) contributions. If your employer allows it, add some money to your 401(k) before the year is out. (You can put up to \$19,000 in your 401(k) or similar plan for 2019, or \$25,000 if you're 50 or older.) If you fund your 401(k) with pre-tax dollars, the more you put in, the lower your taxable income. After-tax contributions, such as those for a Roth 401(k), won't result in tax savings for 2019 (but should reduce taxes in future years).
- Add to your IRA. You've got until the April tax filing deadline to contribute to your IRA for 2019, but why wait until the last minute? You can put up to \$6,000 in your IRA for the year, or \$7,000 if you're 50 or older. With a traditional IRA, your contributions may be deductible, depending on your income; with a Roth IRA, contributions aren't deductible, but your earnings can grow tax-free, provided you meet certain conditions.
- Donate some investments. Recent tax law changes have resulted in far fewer people itemizing their deductions. However,

if itemizing still makes sense in your situation, you might want to consider donating an investment that has gained value since you purchased it to one of the charitable groups you support. You will generally be able to deduct the fair market value of the investment, and you can avoid paying capital gains taxes on the appreciation.

- Consider selling investments to realize capital losses. You may have taxable capital gains, either from selling investments that have increased in value or simply from owning mutual funds (mutual fund managers constantly buy and sell individual investments within the funds). These capital gains could increase the amount of taxes you owe. If you own some investments that have lost value since you purchased them, selling them would generate capital losses that could be used to offset capital gains. Further, if you have more losses than gains, you can use up to \$3,000 of your losses to offset ordinary income.

Keep in mind that selling an investment may change the allocation and performance of your portfolio. Also, just because an investment is down in value is not necessarily a reason to sell. And once you sell an investment to generate a capital loss, you need to wait at least 31 days to repurchase it to avoid incurring what's

known as a "wash sale." Your financial professional can help you determine if selling any investments makes sense for your situation.

Before making any of these moves, you'll also want to consult with your tax professional. And remember that while taxes are a consideration, they should not necessarily drive your investment decisions. When investing, you need to build a portfolio that's appropriate for your risk tolerance and time horizon and that

can help you achieve your goals, such as a comfortable retirement.

Still, if you can make some tax-smart investment moves before the year is out, you may well reap the benefits next April.



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

## SEPTEMBER FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	31	2,371,000	235,000	721,100
Homes Sold	19	1,365,000	64,500	452,078
Land Listed	17	2,835,000	60,000	423,394
Land Sold	4	248,000	15,000	125,750

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## Changes in Climate and Grant Process

After record-breaking heat the last two months, fall is finally here. Last month, youth across the world participated in the Global Climate Strike, and students across the county held their own rallies. I attended one of them to listen to what they had to say. It was a day for us as adults to truly listen to their concerns about climate change and what it means for their futures. As the mom of a 13-year-old, I know I want to leave a healthy world for him and the next generations. I understand that in addition to having good jobs and affordable housing, those after me deserve to hike in our green mountains, breathe clean air and fish in our pristine mountain streams.

County government is starting to do its part to address climate change by working toward 100% renewable energy sources and improving energy efficiency of county facilities. A-B Tech, Asheville City Schools, and Buncombe County Schools are joining the county on a request for proposals to energy companies to bid on placing solar panels on top of schools and county buildings. While there is more that can and needs to be done, this is a good start. The commissioners have set environmental stewardship as one of four focus areas in the Buncombe 2025 strategic plan.

One area of improvement that I have been working on is the strategic partnership grant review process. The county budget supports over \$630,000 in strategic partnership grants

for nonprofits in our community, delivering services to many residents. Those services include afterschool and youth development programs, educational enrichment, job training, legal services, and arts and culture programs such as Shindig on the Green.

After experiencing the grant selection process for the first time in the spring, it became clear the process needed reviewing and changes made. Currently, commissioners directly make the funding decisions without a clear, standardized rationale. Funding criteria has not always been adhered to, such as accepting late applications and awarding funds to organizations that are overly dependent on county funds. Those applying also couldn't receive feedback as to why they weren't selected for funding or how to strengthen their application for the next year.

I had several applicants speak to me about not understanding the process for applications and feeling like they had to advocate for funding. It didn't feel like a very equitable process. I wanted to create a very transparent, open and fair process for nonprofit organizations in the county to have the opportunity to apply for funds.

While a lot of the program is working well, there has to be a better way to make funding decisions. County staff and I looked at best practices from the UNC School of Government and processes used by other commissioners across NC. We looked at

options for a grant committee, which include commissioners deciding grants directly (current process), a sub-committee of commissioners, a committee including staff, and a committee of community volunteers. We are proposing to establish a nine-member committee of community volunteers to review applications and recommend grant funding. The commissioners will appoint potential committee members for three-year staggered terms through an application process. Members will represent each of the board's strategic focus areas: environmental stewardship, educated and capable community, a vibrant economy, and resident well-being. Additionally, there will be a clear conflict of interest policy for the committee.

### Open Process

The committee will be responsible for creating a grant funding recommendation as part of the budget process. The process will be open, meaning that all materials will be published online, and meetings will be open to the public. Finalists will meet with the committee for a final interview before the committee scores proposals independently. One of the most significant changes will be the utilization of a standardized, points-based scoring system.

Late applications will no longer be accepted, grant requests must align to goals in the new county strategic plan, and no more than 30% of the annual agency budget may be requested. Funding awards will only be given to nonprofits in operation

for a minimum of two years, and grant funding will be limited to three years for a single project. Finally, a legal review will be conducted to confirm that all projects meet a public purpose that the county has the authority to spend funds on.

Since this was presented to the full board, I have heard from several residents and nonprofit organizations expressing their opinions, concerns and support. I hope to hear from you as we refine the proposal.

In a few short weeks, the county will say goodbye to its long-time director of elections, Trena Velez. She is moving to Raleigh to be the deputy director for election administration with the State Board of Elections. Trena has overseen numerous changes over her 24-year tenure and has worked to ensure fair elections. Having run for elected office and worked with Trena and her team, I can attest to her leadership, professionalism and adherence to election ethics. Best wishes to Trena on her new role.

I also want to thank everyone who attended the pancake breakfast in support of the Fairview Fire Department. I am grateful for the service of our firefighters and first responders, and I appreciate the community coming out to show their support as well.



Amanda Edwards is one of the District 2 representatives, along with Mike Fryar, on the Buncombe County Board of Commissioners. She can be reached at [amanda.edwards@buncombecounty.org](mailto:amanda.edwards@buncombecounty.org) or 484-6385.



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## Three Billion Birds Gone in North America

I'm sorry to begin this article with such a frightening headline, but it's really important to share this with you. We must act now to ensure that our planet can sustain wildlife and people.

The Cornell Lab of Ornithology found that since 1970—in less than a single lifetime—North America has lost more than one in four of its birds. The findings were published in *Science*, the world's leading scientific journal, and showed that 2.9 billion breeding adult birds have been lost since 1970, including birds in every ecosystem.

The losses include iconic songsters, such as Eastern and Western Meadowlarks (down by 139 million), and birds that are favorites at feeders, such as Dark-eyed Juncos (down by 168 million) and sweet-singing White-throated Sparrows (down by 93 million). The disappearance of even common species indicates a general shift in our ecosystems' ability to support basic birdlife, the scientists concluded.

The good news is that it's not too late. There are seven simple actions that we can take to help birds.

- Make windows safer, day and night. It's estimated that up to one billion birds die each year after hitting windows in the US and Canada. Birds perceive reflections in glass as habitat they can fly into. At night, migratory birds can be drawn in by city lights and collide with buildings.



Window alerts, as shown above, can keep birds from crashing into your windows.

- We can work toward lights-out campaigns in our cities, support bird-friendly building designs, and promote creative “window mural” designs. At home, use window alerts, which are stickers that make windows visible to birds (usually through a UV coating that birds, and not humans, can see).
- Keep cats indoors. Our feline friends are estimated to kill 2.6 billion birds every

year. We humans let cats outdoors, so we can fix this problem. My wife and I recently adopted a cat, Max, who was clearly allowed outside at some point. We know this because he stares at the door and howls. He wants to go outside so much that we've actually taken him out on a leash. He doesn't love it, but it does provide some free entertainment for us—and no birds are harmed.

- Reduce lawns and plant native plants. Birds are losing places to safely rest and to raise their young. More than 10 million acres of land in the US were converted to developed land from 1982 to 1997. There are more than 40 million acres of lawn in the US alone, so there is huge potential to support wildlife by replacing lawns with native plantings. Some examples are blueberries, Spotted Bee Balm (for hummingbirds) and Swamp Sunflower.
- Avoid pesticides. It's healthier for birds and for you and your family. Try organics instead.
- Drink coffee from shade-grown sources. Preserve the forest canopy. There is bird-friendly coffee out there.
- Protect the planet from plastics. There are 80 seabird species ingesting plastics because they mistake it for food. Try and reduce single-use plastics.
- Do citizen science—meaning watch birds and share what you see. Join projects such as eBird, Project Feeder Watch, or a breeding bird survey.

For more details on this important subject, go to [3billionbirds.org](http://3billionbirds.org). Together we can make a difference. Let's bring birds back.

Steve Muma is co-owner of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. [asheville.wbu.com](http://asheville.wbu.com).



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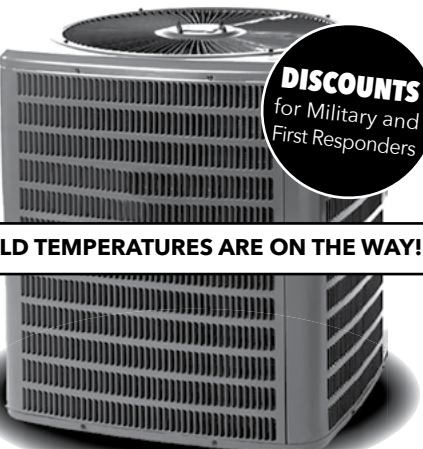
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by Candi Yount

## New Members

New members are shown in bold in the listing at right.

## October Meeting

The Fairview Business Association's October meeting was held October 8 at Hawk Feather Farm in Fairview. Ellen and Peter Jensen of Carolina Equipment co-hosted the meeting with Mike Bostic of Bostic Builders, who built the barn/home for Lars Jensen (of Hawk Feather Farm). The folks from Carolina Equipment and Mike Bostic spoke about the building and equipment used. Lars showed members around his unique property.

The FBA is actively seeking new members. **If joining now, new members will have full membership rights for the remainder of 2019, as well as the calendar year 2020. It's a good deal for \$60.**

The FBA holiday party will be held in early December. Details to come. Watch for member emails about RSVPing.

## Next Member Meeting

The next meeting will be held Wednesday, November 6 at 6 pm at the Fairview Preschool. Fairview Preschool is a hands-on learning center that uses applications from Waldorf, Montessori and preschool curriculum to help prepare children ages 2-5 for kindergarten. It's now in its ninth year in Fairview. The preschool is located

in the community room of Fairview Christian Fellowship Church behind and up the hill from the library parking lot.

Elections will be held at the November meeting as well.

## Meeting Reminders

Bring a snack, business cards, and your nametag. Nametags are available for \$10. Ask any member for a testimonial—networking works!

## Membership Benefits

Any person who owns a business or lives in Fairview, Gerton, Fletcher or Reynolds may join the FBA. Membership is \$60 per calendar year and includes:

- Listing and links on FBA website
  - Listing in the *Town Crier's* FBA members ad every month
  - Ability to post fliers and/or business notices on the FBA bulletin board outside the Fairview Post Office
  - Freedom to add your business cards to the card display on the reverse side of the bulletin board
  - Attendance at member meetings, a summer cookout and annual holiday party.
- Ready to join? Visit [fairviewbusiness.com](http://fairviewbusiness.com), create a profile and securely pay online with a credit card or Paypal account. You can also mail a check to FBA, PO Box 2251, Fairview, NC 28730

Visit [fairviewbusiness.com](http://fairviewbusiness.com) for more information.



FBA members enjoyed a tour of Hawk Feather Farm.



From left to right, Mike Bostic (Bostic Builders), Glenda Ploeger (Cane Creek Asparagus & Co.) and Peter and Ellen Jensen (Carolina Equipment).

# KEEP IT LOCAL with FBA Members

## Accounting | Bookkeeping

Bob Williamson CPA.....338-0314

## Architecture

Rueger Riley.....407-0437

## Artists | Artisans

Dana Irwin Design.....712-0013

Mountain Glass Werks.....424-1077

Serengeti Studio.....280-8270

## Auto/Truck Sales

High Country Truck & Van.....222-2308

## Building & Maintenance Services

AA Diamond Tile.....450-3900

All Seasons Heating & AC.....651-9998

Cane Creek Concrete.....230-3022

Daylight Asheville.....778-0279

Wood Tech Enterprises

(tooling).....628-4414

## Business Services

The Rising Workplace

(Ergonomics).....214-7827

## Cleaning Services

Rainbow International.....333-6996

Steam Master Carpet

& Upholstery.....628-9495

## Computer Services

MacWorks.....777-8639

Scobie.Net.....628-2354

## Contractors | Builders

Bostic Builders.....606-6122

Cool Mountain Construction.....778-2742

Moose Ridge Design/

Construction.....777-6466

## Dance Lessons | Events

Dance For Life.....505-1678

## Education | Instruction

Advanced Education

Tutoring.....628-2232

Fairview Preschool.....338-2073

Mighty Oaks Montessori.....338-0264

## Emporium | Flea Market | Gift Shop

Cane Creek Mercantile.....222-2454

New Moon Marketplace.....222-2289

Vintage Variety.....290-0923

## Equipment Rental & Repair Services

Carolina Equipment Rental.....628-3004

Ed's Small Engine Repair.....778-0496

## Event Venues

Peaceful Hollow Venue.....777-7094

## Financial Services

Edward Jones

(Leslie Apple).....505-0490

Edward Jones

(Stephen Herbert).....628-1546

## Flooring, Retail and Commercial

CC Flooring.....712-1671

## Framing Services

Frame It Asheville.....808-0923

## House Rentals—Short Term/Vacation

Bearwallow Cottage.....712-2651

Cloud 9 Relaxation Home.....628-1758

Rustic Mountain Getaways.....450-2324

Sunset Hollow.....768-0120

The Cove at Fairview.....628-4967

## Insurance

Gloria Berlin Agency/ Allstate.....298-2483

Prime Time Solutions.....628-3889

Stovall Financial Group.....275-3608

Tammy Murphy Agency.....299-4522

Butch Greene Hemlock.....338-9125

## Landscaping | Excavating |

## Nurseries

Asheville Stone.....628-ROCK

Fairview Landscaping.....628-4080

## Markets | Farm Stores | CSAs

Cane Creek Asparagus.....628-1601

Flying Cloud Farm.....768-3348

Hickory Nut Gap Farm.....628-1027

Trout Lily Market.....628-0402

Troyer's County Amish Blatz.....280-2381

## Medical Services

Apex Brain Center.....681-0350

Appalachian CBD.....338-0039

AVORA Health.....505-2664

Carolina Mobile (Optician).....779-2891

Fairview Chiropractic

Center.....628-7800

Flesher's Fairview Health

Care.....628-2800

## Front Porch Physical

Therapy.....712-1340

Higher Ground Pediatric.....551-5602

Southeastern Physical

Therapy.....338-0707

## Mortgages

Brand Mortgage.....707-1898

## Newspaper

Fairview Town Crier.....628-2211

## Nonprofits

Food for Fairview.....628-4322

Root Cause Farm.....628-3688

Yesod Farm+Kitchen.....704-649-8080

## Organizing

Grand Solutions.....516-238-6979

## Pet Services & Supplies

Barn & Home Pet Sitting.....280-0056

Elena the Groomer.....628-4375

Fairview Boarding.....628-1997

Woof In the Woods.....222-2222

## Pharmacy

Americare Pharmacy.....628-3121

## Photography

Crunch Media.....384-2330

Highlander Unmanned Drone.....777-0719

Love in Color.....301-5330

## Real Estate Sales

Allen Helmick.....329-8400

Cool Mountain Realty.....628-3088

Lynelle Flowers (Exit Realty).....337-3077

Greybeard Realty.....778-2630

Justin Purnell (Nest Realty).....551-3542

**Sandy Blair, RE.....768-4585**

## Restaurants | Breweries | Distilleries

**Angelo's Family Restaurant....628-4031**

Brewskies.....628-9198

Whistle Hop Brewery.....231-5903

## Saw Mills

Sunrise Sawmill.....277-0120

## Solar Systems

Sugar Hollow Solar.....776-9161

## Tree Services

B & B Tree Service.....778-1987

## Veterinarians

Cane Creek Animal Clinic.....628-9908

Fairview Animal Hospital.....628-3557

## Women's Resale Clothing Store

Clothes Mentor.....274-4901

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## How to Be a Bridge

**W**e are living in tumultuous times. Our media is riddled with polarized opinions and divisiveness.

Very often, news stories are reduced to buzzwords and hashtags, words that trigger reactions that only divide us further.

In times like these, where is the place that isn't a minefield of opinion and anger, where people on both sides of political and cultural issues treat each other with respect? Should one stock up on bumper stickers? Run into the shelter of what she knows and believes, along with others who agree with her? Or is there a way to go forward, to reach out toward people whose views differ from our own? To openly push the edges of what we might not yet understand?

When The Lord's Acre announced that we were changing our name to Root Cause Farm, a mountain of care and concern went into fielding the feedback and reactions to the decision. The comments we received ranged from very supportive to very concerned, and the board and staff have attempted to talk caringly and openly with anyone who felt a need to come forward. (That willingness stands. Feel free to contact our board chair, Pat Stone, at 243-2678 or pat@greenprints.com.)

We changed our name because we learned it was not welcoming to everyone. But we are well aware that the very fact that we changed our name feels

unwelcoming to some. Believe me, that was most definitely not our intent.

Many people find deep peace in a garden, and Root Cause Farm has always been a place of peace. We work together, hands in the soil, side by side, for a good and common cause: helping to feed our neighbors. That work helps connect us to each other, as well. And it has helped make the garden a place where people can talk about feelings and ideas, with care and respect—whether we agree on everything or not. Often, when groups from churches, schools and other institutions come to the garden, some of society's biggest and most controversial issues get discussed under the branches of our beloved hickory tree. People talk. People listen. People care.

Our intention, and one of the organization's oldest values, is to maintain a powerful and caring energy in the difficult space between disparate views. While sometimes uncomfortable, the tension created by people's words and concepts opens us more fully to our most important work: caring and growing together.

More than ever at the garden, we find ourselves asking how to be a bridge, how to remain strong and balanced in an increasingly divided world. This question has brought us to a rich yet sometimes puzzling place, where we welcome the consistent challenge of an ever-evolving



conversation. This work is ongoing and deeply intentional. We come to it humbly and openly, with the awareness that we do not always know the best way to do it.

Perhaps the most revolutionary move in any heartfelt conversation is a very humble admission: We don't always know, but it is our goal to listen, learn and grow.

As a board member and chair of RCF's organizational committee governing the story and outreach of Root Cause Farm, I'm writing this month to assure you that we want to continually hear from you, our local community. What are the ways in which Root Cause Farm can better bridge the divide of differences? What words allow

you to open to the possibility of spiritual and physical nourishment? What words or concepts cause you to close and doubt?

We invite you to share, to be part of work that helps us all grow food—and more—together, no matter your beliefs and understandings. We stand firm in our commitment to relationships in a positive and loving community. And we will strive to maintain a calm and caring space just off of Joe Jenkins Road, where the beauty and the thoughtfulness of growing food will continue to render new ground for hope.

*Meredith Leigh is a board member of Root Cause Farm.*



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## The Amazing Acorn

Autumn is in full swing, and the black walnuts and acorns are dropping everywhere. It seems like nut trees alternate every other year in providing a bumper crop of nuts, and this is clearly the year of abundant harvests. I spoke with a dear friend who lives in the forests of southern Maine, and he said the acorns are the heaviest he has seen in years. He said it sounds like “22-caliber rounds of gunshot being fired” at his metal roofs. Sometimes his deck and walkways are covered in two inches of acorns.

All acorns come from oak trees (Quercus). They are native to WNC and a crucial part of our ecosystem. The most common species are red, black and white, and all produce abundant acorns.

The word “oak” is about 1,200 years old. Oaks were the favorite tree of the Greek god Zeus, and they are referred to throughout ancient historical texts. Oak trees were also sacred to the Druids and Celts, and the name of the old city of Kildaire means “Church in the Oaks.”

Acorns are considered one of the most important foods for wildlife such as bears, squirrels, deer, birds, and insects. In addition, acorns have been an important food source for livestock, and hogs love them. What many people do not realize is that for thousands of years, human beings used acorns as an essential winter food crop. The

nut’s high protein and fat content provided exceptionally nutritious foods. Acorn meal was ground into flour and mixed into breads or made into protein meals. One foraging friend makes the most delicious acorn meal pancakes that she serves over the Jewish holidays each fall.

Indigenous peoples throughout North America depended heavily on acorns, as did the early colonists. Many people avoid them now, and if you’ve ever bitten into a raw one, you know why—they are very bitter from tannins (and are toxic to humans if eaten raw in large quantities).

With the current popularity of wild food foraging, acorns may make a return to the human diet. The good news is that tannins can be leached fairly easily from the nuts. A friend of mine fills perforated onion sacks with acorns and anchors them in a fast-moving stream, letting the current continuously wash over them until the tannins are removed.

Another option is to boil them in several changes of water. A rule with acorns is that the larger the acorn, the more tannins that



will be present, and thus more bitterness.

Many ecologists suggest that acorns might be used to meet the demands of the world’s expanding population. Native oak trees do not require much watering to get established, and the trees are abundant producers of nutritious nutmeats. During World War II, Japanese school children collected more than a million tons of acorns to help feed the nation as rice and flour supplies dwindled.

Acorns also have another edible quality for brave-hearted wild foods enthusiasts—the acorn grub. Yes, it’s a bug, and many folks think insects may be the food crop of the future. It’s not my favorite, but there is wisdom and truth in this belief.

When you find an acorn with a hole, there is or was likely a grub inside, which comes from the long snout weevil. I tried

one just for the experience, and it was mild, a little sweet and kind of like a small piece of chewy fat. They are exceptionally nutritious, with a high fat and protein content, and are loaded with vitamins and minerals. Acorn grubs also make excellent fishing bait and can be stored in a bucket of sawdust for several years in a pupated form.

Oaks have been used for natural dyes and for making paint. Tannin-infused water from soaking acorns is anti-viral. Tannins have been used to treat a wide range of maladies, including colds and flu, eczema, varicose veins, and more. In herbal medicine, oak bark is known for its strong astringent properties and for treating infections of the mouth, bleeding gums, acute diarrhea, skin conditions, wounds, burns, and cuts.

Oaks are a wonderful part of our natural forest landscape, and their acorns are a wonderful food source for wildlife and humans. Enjoy the splendors of autumn and drink in the beauty of our native oaks. They are one of the last trees to lose their leaves in the fall, and their naked beauty in winter is magnificent to behold.



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If you have a Google account and use Chrome, you should check into their Password Checkup tool to make sure you are using strong and secure passwords. It will also look for your email address in known data breaches and tell you if you are using the same password across different sites. And it will help generate

unique and secure passwords, so you don't have to think of them, and then it will store them for you. You will need to turn on sync within Chrome. Firefox has a similar tool called Firefox Monitor.

If you email sensitive data, either personal or for business, you should be aware of the following guidelines: double-check the email addresses you are sending information to; never share passwords; learn phishing, spear phishing, and whaling attacks; call someone when an email from them looks a little off; all work laptops, tablets, and phones should have remote wiping capabilities turned on in case they are stolen or accidentally left somewhere. One online test place to start is [phishingquiz.withgoogle.com](http://phishingquiz.withgoogle.com).

Two-factor authentication is something that helped a recent client recover email and Apple ID passwords that had been reset through a scam call. Two-factor authentication works by sending a one-time password (usually numbers) to enter as part of logging in on a new device or, more importantly, when you are resetting a password.



Bill Scobie fixes computers and networks for small businesses and home. 628-2354 or [bill@scobie.net](mailto:bill@scobie.net).

## Organize for the Holidays

It's hard to organize all the activities surrounding the holidays. These ideas may make your life easier during November and December.

### Put It on the Calendar

Print out November and December calendars from the internet or purchase an inexpensive calendar. Then write down all of the holiday-related events that you will be participating in and things you need to do, such as:

- family gatherings, office parties, school events, school holidays
- cooking/baking days for the holiday or for making gifts
- a date to review your current decorations before the holidays
- dates to decorate your house (inside and out), purchasing and decorating a tree, etc.
- date(s) to write/send holiday cards
- date to draw up a gift list
- date to shop for holiday wardrobes
- date(s) to shop for gifts, etc.

Then display the calendar for all family members to see (on the refrigerator or in a central location).

### Wish Lists

Ask family and close friends now for gift ideas they would enjoy. Write a list of gift recipients, with gift ideas and the amount budgeted for each person.

### Cards

Take pictures and send with your holiday cards, purchase cards with photos and a pre-printed message, or send e-cards.

### Decorations

On the day you choose to review decorations, check lights to make sure they are working and toss broken or old decorations. Purchase storage containers now to store decorations in after the holidays. The items you no longer use should be donated now to shelters, churches or donation sites for people less fortunate who can't afford them.

### Gifts

Consolidate gift-buying. Make shopping easier by purchasing many gifts in one location. Try buying books for several people at a book store or pottery or kitchen gifts at a local gift shop. Purchase gift cards from stores, internet sites, restaurants, and events (movie tickets, etc.), or just give cash to people you have trouble buying for. Gift cards cut down on wrapping and shipping.

Most importantly, remember to focus on the meaning of the season. Sharing time, laughter and enjoying the people you love make the holidays a special time of year.

Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at [Diana@grandsolutions.net](mailto:Diana@grandsolutions.net).

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## Designing Medicare

Original Medicare was born in 1965. Public Law 89-97 was enacted to "provide a hospital insurance program for the aged under the Social Security Act with a supplementary medical benefits program and an expanded program of medical assistance, to increase benefits under the Old-Age, Survivors, and Disability Insurance System, to improve the Federal-State public assistance programs, and for other purposes." Believe it or not, Harry and Bess Truman were the first beneficiaries when benefits started in 1966.

Title XVIII describes the Part A and B hospital and doctor benefits now known as Original Medicare, which remained relatively unchanged as a government-managed and -funded single-payer insurance, but that had no maximum out of pocket (MOOP) limit on healthcare costs for beneficiaries.

In 1997, The Balanced Budget Act created Medicare + Choice, which allowed beneficiaries to receive their Medicare benefits through a private health insurance plan, with the health insurance carrier receiving payments from the Medicare program to cover beneficiaries' medical costs. This opened the door for the competition to provide more choices, lower costs and better benefits. The Medicare Modernization Act of 2003 changed the name to Medicare Advantage and added Part D prescription drug coverage.

Advantage companies were given orders to provide coverage equal to or better than Original Medicare and to cover everything Medicare covered, including a mandated MOOP limit. It was about this time when Medicare started focusing on preventive care to reduce healthcare costs and to improve the beneficiary's healthcare experience. A star rating system was introduced to incentivize the companies. Extra money is given to companies that excel in the effort, which is earmarked to provide extra benefits and incentives to beneficiaries who live a healthier lifestyle.

The program has been very successful. There are 22 million Americans enrolled in Medicare Advantage plans, accounting for about 34 percent of all Medicare beneficiaries, and the federal government expects that number to grow to 24 million in 2020. Advantage plans also cover urgent and emergency care services, and in many cases cover vision, hearing, dental and health and wellness programs. As of this year, Medicare Advantage plans can also cover a broader range of extra benefits, including home health aides, medical transportation and in-home safety devices.



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

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