



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

DECEMBER 2019 VOL. 23, No. 12 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

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See Santa in Fairview!

Saturday, December 7 8:30–10 am

Breakfast with Santa

Fairview Community Center, 1357 Charlotte Highway

Pancake breakfast, crafts for kids, and a visit from Santa and his elves, with professional photos taken. All activities and food are free.

Saturday, December 7 11 am–4 pm

Farmstead Christmas with Santa

Hickory Nut Gap Farm, 57 Sugar Hollow Road

Santa and Mrs. Claus, holiday market, raffle, games/activities, and snacks and drinks to purchase. Raffle ticket proceeds go to Children First of Buncombe County. Tickets are \$1 each, but you can get five free by donating food and personal care items. See hickorynutgapfarms.com for info.

Saturday, December 14 9–11 am

Christmas Brunch with Santa

Spring Mountain Community Center, 807 Old Fort Road

Enjoy a Christmas potluck brunch with music by the Berry Pickers and a visit from Santa and Mrs. Claus (at 10 am). Drinks provided, so bring a covered dish and meet your neighbors.



Local Holiday Cheer!

The Christmas spirit is in the air! Local churches, community organizations and businesses are busy preparing for a memorable season.

Let the *Crier* help you save time. In our calendar section, starting on page 2, you'll find all the local holiday events listed **in red**. And on page 23, you'll see Christmas events and services at local churches. There are two special church events: Fairview Baptist's "A Baby Changes Everything" and Emma's Grove Baptist's "How the Grinch Found the Christ in Christmas." See the calendar and the churches' ads for more information.

Merry Christmas and Happy Holidays to all our friends and neighbors from all of us at the Fairview Town Crier!

The *Crier* office will be closed December 9–13, 25 and January 1.

You can always use the blue dropbox on the wall outside our office.

Fairview Food Drive at Food Lion



Denise Pace (left) showcases Food Lion's Feeds boxes, which can be purchased by customers for \$5 each. The boxes are then delivered to Food For Fairview to be distributed to local families in need. Each box contains an assortment of popular canned Food Lion food products. Think of your neighbors in need during this holiday season and stop by to help.

Local Community Centers Honored



Cane Creek



Fairview



Spring Mountain



Upper Hickory Nut Gorge

Help Support Your Local Paper— Consider a Contribution to the *Crier*!

Did you know the *Fairview Town Crier* is a non-profit and needs public support in order to keep mailing the paper **FREE** to everyone?

We hope that you, our reader, find it a worthwhile paper to receive each month! If so, won't you send in a donation—how about \$20?—to support the paper's efforts and ensure you'll keep receiving it?

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.

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



Four communities received recognition last month at the WNC Honors Awards, which celebrate rural community development clubs for innovation and grassroots solutions. Upper Hickory Nut Gorge (named a "Community of Promise") was awarded \$1,000. Cane Creek and Spring Mountain (each an "Engaged Community") received \$500. And Fairview (a "Participating Community") won \$250. Cane Creek was also recognized with the President's longevity award for participating in 69 of the 70 years of the WNC Honors program.

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

•• Twelve Days of Christmas ••

Cool Mountain Realty & Construc-
tion presents the second annual
Shop 'Til You Drop Local event.
Shop at the businesses below on
the specified dates and fill out a
giveaway slip to be entered into
a daily drawing.

Dec. 3 : New Moon Marketplace
Dec. 4: Smokey & The Pig
Dec. 5: Hickory Nut Gap Farm
Dec. 6: Appalachian CBD
Dec. 7: Cane Creek Mercantile
Dec. 9: Trout Lily Deli & Market
Dec. 10: The Local Joint
Dec. 11: Troyer's Country Amish Blatz
Dec. 12: Rust & Found

Dec. 13: Americare Pharmacy
Dec. 14: Old Town Salvage Co.
Check out Cool Mountain's Facebook
page for updates and live drawings
(search for "Cool Mountain Realty").

DECEMBER 3–JANUARY 4

Winter Lights at NC Arboretum

6 pm–10 pm The North Carolina
Arboretum's annual Winter Lights
holiday light exhibit will be open
nightly for outdoor walking tours.
More than half a million lights will
cover the gardens, including a
display that highlights native red
maple trees through art, music and
lights. Tickets must be purchased in
advance, and flex options are avail-
able this year to take into account
changes in travel and plans. Festive
food and beverages will be available
for purchase. Tickets and details at
ncarboretum.org. 100 Frederick Law
Olmsted Way, Asheville.

DECEMBER 3 (TUESDAY)

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.

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.



DECEMBER 3–DECEMBER 23

Lake Julian Festival of Lights

6–9 pm. The festival will operate
nightly for a drive-through experience.
Vehicle entry is \$10 (\$8 in advance)
per passenger vehicle and \$25 (\$20
in advance) for large vans. Advance
tickets can be purchased at site listed
below. 406 Overlook Extension, Arden.
lakejulianfestivaloflights.simpletix.com

DECEMBER 5 (THURSDAY)

Embroiderers' Guild Holiday Lunch

For members only. Contact Roberta
Smith at 243-6537 or Janet Stewart at
575-9195 for more information.

DECEMBER 6 (FRIDAY)

CBD Store Opening

Appalachian CBD, LLC is anticipating
having its grand opening. Look for

signs and balloons to be sure all
permits and approvals have not held
up the opening date. The shop will
feature CBD products, THC-free qual-
ity hemp products from tinctures to
hemp smokes, health and pet items,
and educational classes. Stop by and
chat with knowledgeable staff to learn
how these products might help you.
See the ad on page 15. 775 Charlotte
Highway in Fairview (at the top of
Mine Hole Gap). 338-0039.

DECEMBER 8 (SUNDAY)

FBA Holiday Party

5:30–9:30 pm. Come celebrate at
Black Bear BBQ in the River Ridge
Shopping Center. Last-minute tickets
are available for \$25 for members
and guests. No tickets will be sold
at the door, so buy them soon. See
page 27 for more information.



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MINI-FARM ON 1.86 ACRES, pasture & woods, 2 creeks, south sun, state road, remodeled cottage w new doors, windows, paint, carpet, kitchen, bathroom (vanity, bathtub w tile surround, light fixtures), **\$233,900, MLS# 3563637**



EQUESTRIAN ESTATE, 11.87 acres, Morton 4-stall barn, riding ring w/run-in barn, pasture & woods w riding trails, pond, bold creek w 12' waterfall, gardens, orchard, energy efficient home w gorgeous sunset views, **\$777,000, MLS# 3545871**

COMMUNITY EVENTS

Trinity Children's Christmas Program

9:15 and 10:45 am. Trinity of Fairview. 646 Concord Road, Fletcher.

DECEMBER 9 (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.

DECEMBER 10 (TUESDAY)

1999 Film Series at the Library, "Pleasantville"

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.

DECEMBER 12 (THURSDAY)

Welcome Table

11:30 am–1 pm. Lunch served to anyone seeking food, fellowship and community. There is only one lunch per month until more volunteers are found. The lunch space is behind the library in the fellowship hall of Fairview Christian Fellowship. 596 Old US Hwy. 74, Fairview.

DECEMBER 13 (FRIDAY)

Festive Fairview Friday

SHOP LOCAL! See ad on page 8 for more information on offerings from local businesses.



Moms Night Out

4–8 pm. The Dads Club of Fairview Elementary School has scheduled a fun event for kids and their dads to give moms the night off. Mention the Dads Club when you pay and the group will receive a portion of the proceeds. Skyzone, 1836 Hendersonville Rd., Asheville. (Also, if you eat at the nearby Blaze Pizza and mention the Dads Club, the group will receive a portion of the proceeds from there, too.)

DECEMBER 14 (SATURDAY)

CCMS Holiday Craft Fair

10 am–3 pm. Cane Creek Middle School will hold a holiday craft fair with a large selection of local crafts and gift items for sale. See page 19 for more information. 570 Lower Brush Creek Road, Fletcher.

A Baby Changes Everything

December 8 at 3 and 6 pm

Fairview Baptist Church presents a story of three troubled seekers who almost sleep through the first Christmas and the children who wake them in time to experience the life-changing miracle. All proceeds will go to support Mountain Area Pregnancy Services, which provides free services that are only possible through the community's generous support. So donate whatever you can afford. For more information on the performance or the charity of choice, search for Fairview Baptist Church on Facebook, call 273-2833 or see the ad on page 11. A nursery will be provided. 32 Church Rd., Fairview.

How the Grinch Found Christ in Christmas

December 15 at 10:45 am

10:45 am. Emma's Grove Baptist Church presents this original tale by Dr. Seuss, adapted for Christmas. A meal will follow. For more information, call 628-1963, go to emmasgrovechurch.org or see the ad on page 9. 417 Emma's Grove Rd., Fairview.

Family Movie Afternoon

2 pm. Watch "The Grinch" (2018) with your kids. Your holiday season isn't complete unless you've spent time with this beloved curmudgeon. Bring your own snacks or enjoy snacks provided by the library. See page 6 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

DECEMBER 14 AND 15

Drive-through Nativity

Cedar Mountain Baptist, Spring Mountain Baptist, Swannanoa Heights 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 11.

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2018 SILVERADO K2500 LT CREWCAB 4x4

33K miles! Duramax DSL, PW, PDL, tilt, cruise, back-up camera, Allison trans and more!

\$42,995

DECEMBER 13, 2019

Festive **FAIRVIEW** *Friday*

Enjoy local business hospitality brimming with good cheer and great gifts!

New
Moon
Marketplace



Join us from 5–8 pm to shop after hours locally for
one-of-a-kind items, see **Santa**, and enjoy
hot apple cider, **wine** and **hors d'oeuvres**!
Mountain Fairy Hair 4 8 pm

NEW MOON MARKETPLACE
1508 Charlotte Highway | 222-2289



Looking for a gift that is **vintage**, **unusual**, **unique**
or **antique**? Come on down to Rust and Found from
5–8 pm for **sweet treats**, **refreshments**, and
after-hours shopping. The store is packed full of
antiques, **collectibles**, **furniture** and so much
more. Find that special item for that someone special!

RUST AND FOUND
1484 Charlotte Highway | 777-8922

THE
OLD TOWN
SALVAGE CO.

Spark memories of Christmas past in our store
filled with **reclaimed architectural materials**,
vintage decorative items, and other **hard-
to-find retro elements**. Come gather around
our **giant bonfire** from 5–8 pm. We've got all the
fixins to make your own **s'mores**.

OLD TOWN SALVAGE
1454 Cane Creek Road | 216-7175



COMMUNITY EVENTS

Blue Ridge Cowboy Church Christmas Program

10:30 am. "Hallelujah, Jesus is Born." 49 Saxon Hill, Fairview.

Ethical Humanist Winter Festival

2:30–4 pm. Presentation followed by a potluck meal. 227 Edgewood Rd., Asheville. For more information, please visit EHSAsheville.org or call 687-7759.

DECEMBER 17 (TUESDAY)

Christmas Party at UHNGCC

6:30 pm. Bring a \$5 gift to share with another attendee. Join in the holiday songs and participate in our fun 12 Days of Christmas celebratory singing. Upper Hickory Nut Gorge Community Club, 4730 Gerton Hwy., Gerton.

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.

DECEMBER 18 (WEDNESDAY)

Fairview Preschool Christmas Program

10 am. The children will perform a Christmas play, sing and play the handbells. 596 US Highway 74, Fairview.

Trinity of Fairview Christmas Meal and Bake Sale

6:30 pm. 646 Concord Rd., Fletcher.

DECEMBER 21 (SATURDAY)

Reynolds Baptist Caroling Supper

5 pm. Reynolds Baptist Church. 520 Rose Hill Rd., Asheville.

Joy to the World 5K

10 am. Race at Fletcher Park (85 Howard Gap Rd., Fletcher) sponsored by Trinity of Fairview. Register at JoytotheWorld5K.com.

DECEMBER 22 (SUNDAY)

Reynolds Baptist Christmas Services

11 am, children's program; 6 pm, Christmas cantata. Reynolds Baptist Church, 520 Rose Hill Rd., Asheville.

Trinity of Fairview Christmas Services

9:15 and 10:45 am, Christmas services; 6 pm, candle and carol service. 646 Concord Rd., Fletcher.

DECEMBER 22/23

Happy Hanukkah!

DECEMBER 25 (WEDNESDAY)

Merry Christmas!

JANUARY 3 (FRIDAY)

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.

HEALTH SEMINARS

VARIOUS DATES

Lunch Lecture Series

December 3, Avoid Knee Replacement, 12:30–1:30 pm. December 10, Neuropathy Treatment Seminar, 12:30–1:30 pm. December 17, 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

December 4, Foot Pain Seminar, 5:15–6:30 pm. December 11, Avoid Knee Replacement, 5:15–6:30 pm. December 18, Brain Therapy Lecture, 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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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. The deadline is December 7 to visit the library and purchase a new book (\$10 minimum retail value), donate \$10, or bring a donated book unwrapped.

We'll be wrapping the books on December 11 at 2 pm. Come help us! Hot cocoa and holiday cheer provided.

EVENTS

Mixed-Level Pilates Mat Class

December 13 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) 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.

1999 Film Series

December 10 at 6 pm

Pleasantville

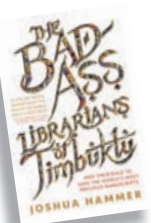
2 hours 4 minutes. Rated PG-13.



trapped in the idyllic setting of a 1950s television sitcom.

The film series will return in March.

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 to sign up.



Book Club

December 17 at 7 pm

The Fairview Evening Book Club will be reading and discussing *The Bad-Ass Librarians of Timbuktu* by Joshua

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

Future Book Club Dates and Titles

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

February 18—*Arcadia* by Lauren Groff

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.

LEGO Club

Do you have children who love playing with LEGOs? School-age children are welcome to join us the first Friday of every month at 3:30 pm for a fun activity that builds imagination and creativity. All LEGOs are provided. No registration is required.

Family Movie Afternoon

December 14 at 2 pm

"The Grinch" (2018)

1 hour 30 min. Rated PG.

Your holiday season isn't complete unless you've spent time with this beloved curmudgeon.

The Grinch tries to undermine Christmas with the help of his loyal dog, but



his cover is threatened by a young girl.

Bring your own snacks or enjoy provided snacks 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. You can reach her at 250-6484 or Jaime.McDowell@buncombecounty.org.

The Friends of Fairview Library are looking for a Treasurer and a Secretary. If you are interested in becoming more involved with the Library's Friends, please contact Jaime McDowell.

HOLIDAY CLOSING

The library will be closed December 24–26 for the Christmas Holiday and January 1 for New Year's. The Digital Library is always open.

IN PAIN ?



SCIATICA



KNEE PAIN



BRAIN HEALTH



NEUROPATHY



FOOT PAIN

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AVOID KNEE REPLACEMENT SURGERY!
TUES, DEC 3
12:30-1:30 PM

FOOT PAIN RELIEF!
WEDS, DEC 4
5:15-6:30 PM

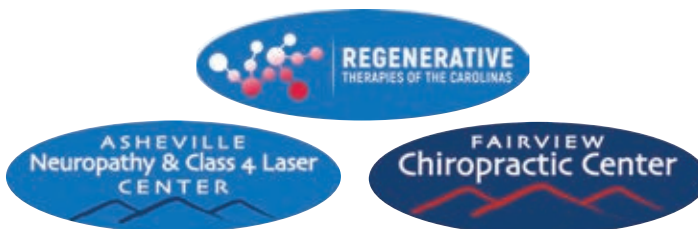
SOLUTIONS FOR NEUROPATHY!
TUES, DEC 10
12:30-1:30 PM

AVOID KNEE REPLACEMENT SURGERY!
WEDS, DEC 11
5:15-6:30 PM

SCIATICA RELIEF!
TUES, DEC 17
12:30-1:30 PM

BRAIN HEALTH!
WEDS, DEC 18
5:15-6:30 PM

Lunch seminars held at
Ryan's
1000 Brevard Road
Asheville



Evening seminars held at
Regenerative Therapies of the Carolinas
2 Fairview Hills Drive, Fairview

Providing Food and Giving Thanks

On November 25, the pantry handed out turkeys and other Thanksgiving meal items to pantry clients who had signed up for them. Other items included green beans, mushroom soup, mashed potato mix, gravy mix, biscuits and a frozen pie. Approximately 90 households signed up for the Thanksgiving packet. All of the items that went in the packet were purchased by Food for Fairview at retail.

We are still looking for an assistant pantry manager. The current pantry manager puts in approximately 10 to 15 hours of volunteer time per week. Duties include a weekly order of bulk food from MANNA Food Bank, retail purchasing of food and hygiene items, monitoring of the food in stock and in storage, and selecting, training, and supervising volunteers. The manager also performs various functions when the pantry is open depending on the level of staffing.

Some computer skills are necessary because of the bulk food orders from MANNA, and applicants should have a genuine interest in helping their food-deficient neighbors in the Fairview community.

There are volunteers at the pantry on Mondays from about 12:30 to 6 pm, and the pantry opens at 3 pm. On alternate Tuesday mornings there are staff in the pantry and at MANNA Food Bank. The volunteers go there to pick up the bulk

order items purchased from MANNA, to shop items MANNA has in stock, and to pick up The Emergency Food Assistance Program (TEFAP) items. These items are brought to the pantry from MANNA, the pantry shelves are stocked, and TEFAP items are boxed to be distributed over the next two weeks. This occurs between 8 and 10:30 on Tuesday mornings.

Jeff Cole is the Executive Director of Food For Fairview, which is a tax-exempt 501(c)(3) Corporation. For more information, please call 628-4322 or go to 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, baby food, 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.

Searching for Photo Sponsors

In 2019, the fire department was able to advance its plans to improve service to Fairview and increase funding to help offset dire needs. It's been a great year.

Our Fairview Family Fun Fest was a huge success. We had over 200 kids come through to enjoy games and the evening in a safe environment. We handed out candy and prizes and even had a cake walk with homemade cakes.

The next and immediate project for the department is to get a new photo that shows all of the staff. We have nine new hires, and the current picture is so old that most of the folks in it are no longer employed by the department. The plan is to create a composite photo to give to each

staff member for their families to enjoy. We'd also like to create a book that features the composite, each of the shifts, and the station. These books will cost \$55 each. If you would like to sponsor one for a staff member, call Monica at 628-2001. We need 25 more sponsors to reach our goal. (You will be credited with donating for this gift.)

On December 2, the board of directors will hold their annual meeting at the main station at 7 pm. Anyone who is a tax-paying citizen of Fairview is welcome to attend.

Robin Ramsey is the Treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. Visit fairviewfire.com and Facebook—search for "Fairview VFD (Buncombe County)."



For the Family Fun Fest, a few firemen designed and built "Jack," a fireman with a jack-o-lantern face. He might have been able to move and scare some kids, too.

FAIRVIEW BAPTIST CHURCH



SUNDAY, DECEMBER 8TH
3 and 6 pm

A Christmas musical drama to support Mountain Area Pregnancy Services (MAPS), who provide services FREE of charge, possible only through our generous support.

**A NURSERY
WILL BE
PROVIDED**

**ALL PROCEEDS
WILL GO
TO MAPS**

More info on The Fairview Baptist Church Facebook page or on Twitter @fbc1806

32 CHURCH ROAD, FAIRVIEW 828-2829 08 www.fbc1806.org

CAROL'S LISTINGS



2009 Pine Cove Road, Old Fort
\$550,000 | MLS# 3534557



UNDER CONTRACT

3 Sheldon Lane, Arden
\$320,000 | MLS# 3501312



UNDER CONTRACT

15 Eastridge Court, Fairview
\$229,000 | MLS# 3549059



Lot 11 Cedar Hill Drive, Biltmore Forest
\$545,000 | MLS# 3338425



95 Owenby Cove Road
\$430,000 | MLS# 3552784



Lot 66 Nathan Mcdaniel Dr, Nebo
\$21,750 | MLS# 3458773

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Memories of Broad River, Part 3

Parts 1 and 2 were in the previous two issues. Below is the last section from George Aden Burgin's "History of Broad River Township," with dates, names and information that I have added in brackets. Text and punctuation have been left as in the original.

On the Hendersonville and Marion Road up Laurel Creek you come to the Rev. James Ivey Moffitt Place. [James I. Moffitt 1843–1921]. His wife [Nancy Elizabeth Murphy 1847–1932] was Albertus Murphy's daughter. They had 8 children, five girls [Olive Antonette 1868–1898, Cora Nevada 1873–1933, Nancy Elizabeth 1877–1961, Gemma Alephair, 1881–1972, Ninney Gertrude 1882–1928] and three boys [Cicero Stuart 1866–1946, Ulysses Sherman 1870–1953 and James Fredrick 1885–1906]. Next is the J.M. Shuford old homeplace [James Monroe Shuford, 1831–1900, was a school teacher and also appointed postmaster of Fairview on April 21, 1873. His wife was Elizabeth Catherine Robb 1838–1911. Both are buried in Sharon Cemetery in Fairview]. They had five sons [James Edwin Shuford 1861–1931, Robert Eugene Shuford 1865–1924, Thomas Wayne Shuford 1871–1947, William Henry Shuford 1874–1961 and Carl Clyde Shuford 1877–1927] and one daughter [Minnie Mae Shuford 1868–1945.] He was a pioneer school teacher in this part of the country. I went to him when I was a small boy. In those days

there was one teacher. The schools then only lasted three or four months. The teachers then only got \$25.00 dollars a month.

On the Marion Road off to the right is Stone Mountain Church. The church was named after Stone Mountain. Stone Mountain joins Bald Mountain. Round Mountain ... is cut off from Stone Mountain by a low gap. Columbus Nanny [Columbus M. Nanney 1857–1918] lived in that gap. His first wife was a Miss Panther [Eva Painter 1852–1932]. They had 8 children, 5 sons [Cyrus Cicero Nanney 1873–1941, John Irving Nanney 1875–1940, Jonathan Mills Nanney 1879–1945, Ransom C. Nanney 1881–1915 and William Logan Nanney 1888–1965] and three daughters [Martha Nanney 1876–1955, Mary Nanney 1884–1970 and Esther Nanney 1886–1942].

On the road toward Marion is the old home of Walter Solomon [Walter Watson Solomon/Salmon was born in Burke County, NC in 1828]. His wife was a Miss Smith [Amanda Smith 1828–March 1880]. They had three daughters [Caldonia Solomon, born August 20, 1855, married J.L. Grant, died on October 7, 1931; Esther Solomon 1856–April 1880; and Annie Elsie Solomon, February 11, 1859–May 15, 1915, who married Nathan Columbus Burgess 1862–1938] and two sons [John Peterson Solomon, September 11, 1860–September 7, 1931, who married Lula Tinley, and Walter D. Solomon 1862–?]. He was in the late Civil War. He was captured by the Yankees and taken

to Camp Douglas New York [actually near Chicago] and died there [on March 14, 1864].

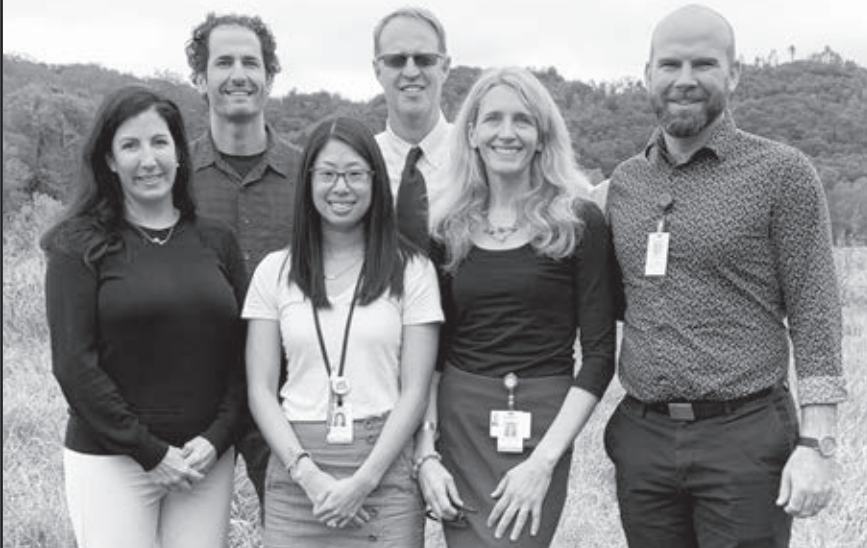
Through the next narrow you come to the Jim Bly Gilliam old home place [James Bly Gilliam 1839–1918]. He owned all that land in that opening. His first wife was Albertus Murphy's daughter [Louisa Murphy 1843–April 1878. The census said she died of "newmoney fever"]. They had five sons [William Gilliam 1861–1921, who married Betty A. Phillips; Andrew Jackson Gilliam 1865–1956, who married Laura Brezet Allison 1869–1910 and then Lizzie Terry; Albertus B. Gilliam 1869–1880; Newton Alonzo Gilliam, May 16, 1872–May 11, 1959, who married Jennie Lister French 1896–1974; and Lunnie Gilliam, June 21, 1875, who married Sallie E. Nesbitt, August 6, 1877–December 20, 1955, who was the daughter of Andrew Mann Nesbitt and Nancy Drucilla Marlowe] and two daughters [Lilly Alice Gilliam, June 28, 1867–January 11, 1909, who married Thomas Jefferson Ownbey 1860–1914; and Francis Gilliam, August 1877–January 5, 1955, who married Tobias C. Hall]. His second wife was George Ledbetter's daughter [Sara Adeline Ledbetter May 16, 1848–October 18, 1931]. They had four daughters [Nora Mae Gilliam January 6, 1882–March 9, 1953; Ida Gilliam, September 22, 1883–November 22, 1955, who married Ollen A. Davis 1878–1954; Hattie Pearl Gilliam, April 16, 1887–August 1977; and Eva Lena Gilliam 1889–1991] and one son [Virgil Lusk Gilliam, July 22, 1886–January 17, 1950, who married Eva Huntley 1888–1926 and then Linda Mae Huntley 1904–1984]. Next

is the Eleck Hudgin's [Alexander Hudgins, May 31, 1849–January 7, 1932] old home place. His wife was a Miss Fortune [Sousan Larcena Fortune 1832–1910]. She first married a Gilliam [Benjamin Franklin Gilliam. She was married next to M.H. Litte and then to Hudgins in 1868]. They had a son John Patillo Gilliam [April 15, 1858–January 2, 1898, who was actually Benjamin Gilliam's son]. Her husband died and she married Eleck Hudgins [Alexander]. They had one son Robey Hudgins [Robey Crayton Hudgins, March 5, 1870–January 1946, who married Madora D. Burgess 1873–1958.] John Patillo Gilliam married Dr Will Ledbetter's daughter [Margaret Rebecca Ledbetter, February 27, 1865–Jan 1, 1931.] They had five sons [Benjamin H. Gilliam, January 13, 1890–July 19, 1976; William H. Gilliam Feb 1891–?; Samuel J. Gilliam, November, 29, 1893–May 8, 1918; Edward Hobart Gilliam, April 19, 1894– July 20, 1957; and John Littleton Gilliam, June 24, 1897–May 5, 1966] and three daughters [Winfred "Freddie" Gilliam, November 29, 1884–July 7, 1963, who married Alphonzo Burgin; Sallie Hettie "Suttie" Gilliam, March 16, 1886–August 18, 1977, who married Lewis Leander Fortune; and Ella French "Eller" Gilliam, March 20, 1888–March 7, 1946].

All the old settlers of Broad River who lived there 75 years ago except one or two have gone one way of all the earth to that undiscovered country from which no traveler has ever returned...

Bruce Whitaker be reached at 628-1089 or brucewhitaker@bellsouth.net.

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Cold Is Coming, But Will Snow Follow?

October was a month of contrasts across the US, with warm weather confined to parts of the eastern and southeastern states but cold elsewhere.

November was also a month of contrasts, but with almost the opposite pattern from October. Warm weather was confined to parts of the extreme west and south Florida, with colder-than-normal conditions for the most part over much of NC, as well as in many places east of the Mississippi.

Several incursions of Arctic air brought some very cold weather to our region. There was even frost in the deep South across parts of northern Florida during the first half of the month. The cold air moved across the still warm Great Lakes and set up periodic heavy lake effect snowfalls in many areas. Some "Snow Belt" sites measured snowfall totals by the foot in November.

Moderation followed, as the cold air relaxed a bit and somewhat milder Pacific air returned to parts of the eastern

The old adage of "as the days grow shorter, the days get colder" has a bit of truth for December. Average temperatures will continue to drop as we head through the month, with average highs of 53 on December 1 dropping to 47 by month's end. The low average will drop from 32 at the beginning of the month to 27 by the end.

The warmest day on record was 81 on the 31st in 1951. The coldest was a numbing 7 below on Christmas in 1983. The average precipitation for the Fairview area is around 4 inches in December, with the average snowfall for the month close to 2 inches.

Lastly, in terms of a white Christmas, let's take a look at the historical record. These snowfall numbers/percentages are based on records taken at the Asheville Airport, and the early years of these records are based on the data from the old Asheville city office, which was in the Grove Arcade Building. So, the probabilities for the rural Fairview area are a couple of percentage points higher, but generally will be very close.

The chance of seeing at least a trace or a few flakes of snow on Christmas day is about 25%. This is based on the daily snowfall records that go back continuously from 1888 through 2018. There has been at least a trace of snow reported on 34 separate occasions on Christmas day.

The largest snowfall on Christmas day

HISTORICAL CHRISTMAS WEATHER

Max T	Min T	Weather
49	26	P/Cloudy
36	23	Cold
65	47	Mild
67	59	Rainy
48	31	Cloudy
38	18	Sunny
50	35	Showers
46	34	P/Cloudy
34	28	Snow, 7 in.

happened in 2010, when we saw seven to 10 inches. The probability of getting accumulating snow—a third of an inch or more—isn't that high, only about 7%. This has happened on only nine of 128 occasions on Christmas day since 1888. Even though it was quite cold last Christmas, the sky was bright and sunny. Our nasty weather occurred during New Year's Eve, when we had a glaze of ice and temperatures below 20 degrees making travel difficult. Hopefully, we won't have a repeat of that situation this year.



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

QUESTION of the MONTH



How did 2019 shape up in terms of temperature and precipitation?

WEATHER WONDER

How many countries still use the Fahrenheit scale for temperature?

Only three countries (Burma, Liberia and the US) have not adopted the International System of Units (SI, or metric system) as their official system of weights and measures. Although use of the metric system has been sanctioned by law in the US since 1866, it has been slow in displacing the American adaptation of the British Imperial System known as the US Customary System. The US is the only industrialized nation that does not mainly use the metric system in its commercial activities and standards, but there is increasing acceptance in science, medicine, government and many sectors of industry.

Get local forecasts and weather readings! Visit ashevilleweather.com and click on "Fairview."

US during the last third of the month. December should feature the same back-and-forth pattern, with several incursions of cold arctic air in the eastern half of the nation and even snowfall.

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Early Screening for Alzheimer's, Dementia and Cognitive Decline

Decline in brain function is a common fear of people over the age of 50. While Americans are living longer, the quality of life in our extended years is all too often reduced by memory loss, confusion, anxiety, lack of focus, decreased socialization, and other symptoms of cognitive impairment.

A comprehensive report released earlier this year, including data from the US Department of Health and Human Services and the Centers for Disease Control and Prevention, showed that in 2017, more than 260,000 people died from causes attributable to dementia. Some other eye-opening takeaways from this report include:

- Nearly half of these deaths were related specifically to Alzheimer's disease.
- A significantly higher death rate was shown in females over males.
- Death rates increased from approximately 57 per 100,000 in those aged 65-74 to 2,707 per 100,000 in those 85 and over.

While statistics often tend to paint a picture of gloom and doom, they can also be used as a force for change.

You can join the growing ranks of Boomers and seniors taking their brain health seriously and doing everything they can to ensure they live as healthily and happily possible. Good habits include eating right, moving daily, socialization, and lifelong learning. And it's never too late to start.



While developing positive lifelong habits is by far the best form of prevention, there are methods of assessment for those who want to take a deeper dive into the workings of their brain and learn how it is serving them in their advancing age.

Below are five research-backed methods that can be utilized to assess your brain to determine if you are at risk for cognitive decline or dementia or already in a serious process of decline. These tests and evaluations are administered and evaluated by neurologists.

Cognitive Testing: Measuring various aspects of memory, attention, impulse control, decision-making, and other factors of higher-level human thinking

can help to determine what parts of the brain are most affected by age-related cognitive decline, trauma, cardiovascular disease, etc.

Smell Testing: Smell is a "canary in the coal mine" when it comes to dementia and cognitive decline. The part of the brain that is often first attacked by

Alzheimer's, the front part of the temporal lobe, controls our sense of smell. A decline in a person's ability to perceive odors can be an early warning sign of the disease, but smell training can be used as a method of rehabilitation as well, as it's been shown that exposing animals to multiple odors develops an increased number of, and connections between, brain cells.

Balance Testing: Another key biomarker for higher brain function is balance. Balance and vestibular rehabilitation can be one of the most powerful cognitive rehabilitation strategies.

Eye Movement Testing: The connection between eye movements and cognition has been widely studied. Slow

eye movements, fast eye movements, and holding of gaze are controlled by centers in the brain that govern the way we remember and think.

EEG Testing: The electrical output of the brain can be measured and compared to age-matched peers. Certain brainwave patterns representative of cognitive impairment can be identified and improved via modalities such as neurofeedback, low-level laser therapy, and meditation.

Do not wait until it is too late to get tested. Our brain is our most sensitive and complex organ, and when the brain is in decline, early intervention is critical. All the above-mentioned assessments are just a sampling of what can be evaluated in those with suspected cognitive decline or those simply looking to boost their brain's performance. The most important message is that any and all of these areas of measurement can be trained, improved and re-tested to demonstrate that you can improve your quality of life in your extended years.



Michael Trayford, DC, DACNB is a functional neurologist, published journal author, international speaker, and advisor for the Dementia Society of America. He can be reached at ApexBrainCenters.com or 708-5274.

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What to Do When Your Hip Hurts

Bursitis is the painful swelling of bursae that is often accompanied by hip and leg muscle tendonitis. They seem to go together. Bursae are fluid-filled sacs that cushion your tendons, ligaments and muscles. But when they are swollen, the area around them becomes very tender and painful. When they work normally, bursae help the tendons, ligaments, and muscles glide smoothly over bone. Tendonitis is when the tendons around the bursae become inflamed or are stretched too far. The iliotibial band, the tendon down the side of your leg, is often involved.

Symptoms of bursitis-tendonitis of the hip include joint pain and tenderness. You may also see swelling and feel warmth around the affected area. The pain is often sharp, but it may be dull and achy later. You may notice it more when getting out of a chair or bed. You may also notice after sitting for a long time and when sleeping on the affected side.

Acute bursitis usually flares over days and can become chronic if it comes back or if a hip injury occurs. Chronic bursitis can last from a few days to months and can go away and come back again.

Over time, the bursa may become thick, which can make swelling worse. This can lead to limited movement and weakened muscles (called atrophy) in the area. Leg numbness can accompany bursitis and sometimes presents as sciatica (pain down the leg).

Several things can lead to hip bursitis-tendonitis, including the following:

- repeated overuse or stress of the hip
- injury to the hip
- starting a new exercise program too aggressively
- being in a cast or boot following ankle injury
- underlying arthritis of the hip

How is bursitis-tendonitis of the hip diagnosed? Your doctor will examine you and ask you about your symptoms. Sometimes certain tests may be needed to rule out other conditions that can cause similar symptoms. These tests may include X-rays and magnetic resonance imaging (MRI). Often, a physical exam will indicate that there is bursitis, based on the doctor pushing on the tender areas.

Bursitis-tendonitis of the hip can be treated with rest, ice, stretching, rolling on a rolled-up towel or foam roller and NSAIDs.

When these home treatments don't work, it's time to get a professional opinion. There are many effective and long-lasting treatments that can help resolve ongoing hip bursitis-tendonitis. It all starts with the right diagnosis.



Dr. Reilly is past president of the NC Chiropractic Association and team chiropractor for ACRHS since 1999. Call 628-7800 for your always-free consultation. fairviewdc.com.

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The History of Hans, the Happy Goat

Last month, I ended my column by telling you about Hans, the goat we bought to befriend our lonely goat Iris. Hans was a godsend. He and Iris got along well, and he kept her from bleating her fool head off.

Hans was an Alpine goat, but he had the misfortune to be born the wrong color. Alpines are supposed to be brown or tan with black markings, but Hans was a solid black. So even though he had an awesome pedigree, he got neutered (making him a wether). As is typical of dairy goats, he had also had his horns removed, but the job was botched. We didn't know this until much later, when his horns started to try to grow back out. Instead of growing straight out, Hans's horns would grow out a little way, then turn down and try to grow down into his head again. This had to be dealt with periodically to keep him from having open wounds.

Hans became my favorite. Iris was pushy, loud, and made her opinions known about everything, making her difficult to ignore or love. Hans was gentle, affectionate, and easy to get along with in most cases (the exception being when it came time to trim his horns). He loved following us around the farm like a dog, and he would play with our dogs as if he were one of them. He loved bananas

above all else—black, squishy bananas. And he hated Brussels sprouts above all else and could spit them an amazing distance. (I never considered Brussels sprouts as aerodynamic, but he could spit those suckers farther than I could throw them).

When goats come in multiples, there is a female in the lead. The buck might think he is the head of the troupe, but when the lead female decides to head in a certain direction at a certain time of day, the rest of the group moves with her. Hans wasn't a buck, so he had no hope of making any independent decisions. Iris led the way because there were no other females at the time to test her dominance. This was her role in life even after we got other females. Iris was truly a dominant lady.

Being lead female is usually all about physical domination. The girls can get rough with each other and any wethers. The buck is the exclusion to this rule. The lead female will almost never challenge the buck, but he will on occasion step in to separate a dispute between the lead female and another of the tribe. This usually leads the head female to sulk and head the flock as far away from the buck as possible (where she quite often continues her terror tactics).



Hans's one flaw was that he loved chicken feed. No matter where we put the feeder, no matter what contraption we built to keep him out, he could get to that feed. If he ever found his way out of the goat pasture, we could find him wherever the chicken feeder was on the property. This led to his downfall. One day while we were at market, Hans managed to break into the newest chicken feeder contraption and ate about 10 pounds of chicken feed before we got home.

Chicken feed is very hard for goats to digest, and goats will overeat if you let them (kind of like me with a bag of chips). Things went bad quickly for Hans.

He developed a condition called bloat (think about that feeling you have after Thanksgiving dinner). In this case, it was really bad since he couldn't pass the feed through his digestive system in a timely manner. As the gases built up in his stomach, it started to press against his heart and lungs. We tried a technique using a trocar needle to try to relieve the pressure from his stomach. A hollow needle is inserted into the stomach from the outside and gases escape from the hollow center. Unfortunately for Hans, this wasn't enough. The gases were building up faster than the needle could release it, and eventually the pressure on his lungs became too much. He died in my lap.

It was a hard blow. He was my favorite. Luckily, we had bought another doe (Lily) by this point, so Iris was only irate for a little while. None of our other goats have been into chicken feed, so we have not had another incident like this.

All of our goats have died under strange circumstances, but those circumstances have never repeated themselves. That seems to be the case with animals: We guard against the things we know are harmful, and they seem to seek out new and deadly pursuits. Lily died from a vitamin deficiency when the hay was bad one year. Iris, many years later, died from a parasite overload. Billy died from nerve damage months after eating cherry pits. One little fellow we only had for a few days died of snakebite.

Farming is a constant learning process. No matter how much you know, there's still an unimaginable amount you don't know. This is a very humbling way of life. We have no control over natural processes. The weather plays by no rules, birth and death work on their own schedules, and plants and animals behave in ways we can't anticipate. Such is the life of a farmer.

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



Merry Christmas!
and Happy New Year!

The end of this year is upon us and we want to thank all of our customers (old and new) for a great year and a chance to get to know each of you. And a reminder that we do storm cleanup, all types of drainage issues, gravel road repair, grading and a lot more. So if you have a problem, chances are we can help you solve it. Give us a call and we will talk about it. We are fully insured and a licensed General Contractor. And we show up every time.

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Saving the Sky Islands

If you've been out to a local tree farm to choose your own tree for the holiday season, you very likely meandered through rows of fragrant Fraser firs. Did you ever wonder why this native species (found on high-elevation mountaintops in the southern Appalachians) is considered a favorite for Christmas trees? According to Dr. Jill Sidebottom, NC State Extension Specialist in Mountain Conifer IPM, the Fraser fir is uniquely suited to the role because of its pleasant fragrance, strong branches, soft needles, and ability to retain its needles after being cut. The Fraser fir was named for Scottish botanist John Fraser, who discovered the species in the late 1780s while travelling this region with prominent French botanist André Michaux.

"Fraser fir is part of a remnant forest from the last ice age," Sidebottom explains. "The Spruce-fir forests of the southern Appalachians are a unique habitat, now found only at the highest elevations of Virginia, North Carolina, and Tennessee. Encompassing such peaks as Mount Rogers, Grandfather Mountain, Mount Mitchell, Richland Balsam, and Clingman's Dome, the Spruce-fir forests are now islands in what used to be a vast forest."

Used medicinally by both native Americans and European settlers (and part of the essential oil industry today), Fraser fir trees formed an important



SAHC and volunteers planted 25 red spruce trees at our Big Rock Creek Preserve as a teaching tool for groups who want to learn about the endangered red spruce habitat.

component of immense Spruce-fir forests that once covered more two million acres in the southeast. These majestic forests declined rapidly in the late 1800s and early 1900s, falling to pressures of growing settlements and then widespread logging. Conservation efforts beginning in the mid-1950s saved high-elevation remnants of the mountaintop forests, and these efforts continue today. [You can read more at fairviewtowncrier.com/links.]

Conserving Spruce-fir Forests for the Birds

Protecting rare high-elevation habitats has long been a priority for the Southern Appalachian Highlands Conservancy

(SAHC). The Cornell Lab of Ornithology Land Trust Bird Conservation Initiative recently awarded SAHC a \$20,000 grant to manage globally endangered red spruce-Fraser fir "sky islands" and rapidly declining shortleaf pine habitats in the southern Appalachians. These habitats support some of the rarest species of birds in the region, including the Northern Saw-whet Owl, Blackburnian Warbler, Red Crossbill, Brown-headed Nuthatch, and Northern Bobwhite.

"Red spruce-Fraser fir forests, endemic to the Southern Appalachians, are one of the two most endangered ecosystems in the nation," says Marquette Crockett, SAHC's Roan stewardship director. "These conifer forests are home to multiple federal- and state-listed rare species, including at least four avian species listed as 'Species of Greatest Conservation Need' by the NC Wildlife Action Plan."

The Northern Saw-whet Owl and Appalachian "type" of Red Crossbill are unique to these high-elevation forests. Spruce forests also support the federally endangered Carolina Northern Flying

Squirrel and Spruce-Fir Moss Spider.

With support from the grant, SAHC will actively restore roughly 15 acres of red spruce-Fraser fir habitat on conserved preserves in the Roan Highlands, using low-impact forestry practices to increase the number of cone-bearing trees. As part of this project, SAHC also plans to host field trips and workshops focused on red spruce restoration and will cooperate with local researchers to examine the impacts of different ground-cover treatments on spruce seedlings.

"We hope that this project will serve as a teaching tool for private landowners and conservation practitioners interested in the restoration of rare and declining conifer habitats," says Crockett.

The grant program is part of the Land Trust Bird Conservation Initiative formed in 2013 by the Cornell Lab of Ornithology and the Land Trust Alliance. It supports strategic conservation for birds on private lands across the country. Loss of habitat is one of the most severe threats that birds face, and land trusts like SAHC contribute significant efforts to protecting and managing these important habitats.

Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253-0095 ext. 200 or sahc@appalachian.org. Visit Appalachian.org.



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Catching Up with Maegan Clawges

by Clark Aycock

At the *Crier's* office, we have a copy of each issue we've published, all the way back to the 1990s. Sometimes I read through old issues to get story ideas or to research people or businesses we have featured. When I was leafing through the July 2015 issue, I ran across a profile our former copy editor and writer Lynne Stanley wrote about Maegan Clawges.

Maegan had just finished college at UNC-Chapel Hill with a double major in computer science and graphic design and was getting ready to move to San Francisco for work.

Four years is a long time in a young person's life, so I wondered what Maegan was up to now and if she still had a connection to Fairview. Feeling very modern, I contacted her through Twitter, and she made time in her busy schedule to talk with me.

From 2015 to now

Maegan moved to San Francisco in June 2015 for a three-month internship at the *San Francisco Chronicle*, where she worked primarily on finding interesting stories in public data and turning that data into a visual story.

After that, she started a year-long software engineering residency at Google. "I worked on a variety of teams," she said, "including building animations for YouTube Kids and launching an iOS app called Motion Stills that turned live photos into looping videos."

After her residency, she was hired by Google to be a UX engineer (UX stands for User Experience, which focuses on making digital products accessible and usable to all customers). We think she's being humble, but she said the job title means "basically a designer with a technical background—aka, someone who knows how to code." She joined the YouTube Art Department (YouTube is a division of Google), which develops the site's visual brand identity, including the logo, color palettes and illustrations.

Present Day

Four years later, Maegan is still at YouTube. She said the best way to describe her work is that she is designing the look and feel of the digital YouTube product. She feels her education prepared her for this moment. "Throughout my time in school I had teachers who focused on teaching me world and logic systems," she said. "No matter what the topic, I loved thinking critically and deeply about how many things could be completely intertwined to either support or destroy a goal or organization."

In addition to managing two other engineers, one of her main responsibilities on the team is to think about color. "I develop clear and vibrant colors for our brand and UI [user interface, which is a series of screens, pages and visual elements such as buttons and icons] and write algorithms to dynamically generate color palettes," she said.

Now, you may think that picking colors is easy. But YouTube has two billion customers, and Maegan has to make sure that all text and icons are visible and legible to all of them, including those who are colorblind and those with limited vision.

Still Connected

Her colorful roots began in Fairview. "When I started creating art and designing in high school, I focused a lot on color studies, both in print and digitally," she said. "I was inspired by the vibrant art that I grew up around, in the River Arts District, at Bele Chere and LEAF, and at art shows."

Maegan's dad still lives in Fairview, off Garren Creek Road, so she's back in our area multiple times a year. "I love



Maegan Clawges, above, and at right with participants in a recent Pearl Hacks at UNC-Chapel Hill.



gathering around a campfire with our neighbors," she said.

And even though she's been in San Francisco for four years, she said the people and the environment of Fairview are central to who she is. "I especially try to stay engaged with local conservation efforts, such as the Southern Appalachian Highlands Conservancy and Conserving Carolina. It seems like every time I come home there is a new trail being built that my dad wants to show me," she said.

And when she drives by her former schools when she's back home, she has lots of memories—climbing on the dome at the Fairview Elementary playground, learning how to use a computer at Cane Creek Middle School, and taking her first serious art and design classes at A.C. Reynolds High School.

Hack Update

In the 2015 article, our writer described the tech project that Maegan started at UNC-Chapel Hill that got her noticed by Google.

Lynne Stanley wrote:

A hackathon is a gathering of people to work intensely together on computer-related projects. In a university hackathon, students congregate at the host school, form groups and collaborate on innovations in hardware or software. Mentors from software engineering companies supervise and participate. Maegan began to attend hackathons as a sophomore, and though she enjoyed them, there were always extra problems of convenience, facilities and security for some 7–10% of participants—the women. Maegan could see that this minority would likely become even smaller if women were discouraged by these conditions. From this realization came Pearl Hacks, a weekend hackathon for women only that Maegan began organizing in late 2013.

Maegan told me that Pearl Hacks still happens every February on the Chapel Hill campus, with around 600 participants at the latest event. It's now billed as "a beginner-friendly hackathon for female and nonbinary college students focusing on community, mentorship and inspiration to dive into the tech world."

And she said that these types of events are still needed. "In computer science education and work environments, women often find themselves isolated as the extreme minority," she said. "They aren't always respected by peers and that can hurt their confidence early in their careers. Building a community and network of others having similar experiences goes a long way in remedying isolation and low confidence."

She goes back every year to teach workshops, mentor and recruit. "It's an amazing environment where young women come together from across the country to work on innovative solutions to current world problems," she said. "I am very impressed by how much love and energy the student organizers continually pour into the event."

Maegan said she'd be happy to talk with local girls who are interested in computer science. They can reach her on Instagram at @maeganclawges or via email at mclawges22@gmail.com. And they should mention this article so Maegan knows the context.



The *Crier's* story about Maegan from 2015.



Principals recently took Learning Walks at A.C. Reynolds High (for an anatomy class) and Fairview Elementary.

December School Calendar

DEC 5	Fairview Elementary Chorus Concert, 7 pm Reynolds High Strings Concert, 7 pm
DEC 10	Reynolds High Choral Concert, West Asheville Baptist Church, 7 pm Cane Creek Band Concert, 7 pm
DEC 12	Reynolds High Band Concert, 7 pm
DEC 16	Cane Creek Orchestra Concert, Reynolds High, 7 pm
DEC 17	Reynolds Middle Band Concert, 7 pm Cane Creek Jump for Books, Sky Zone, 5-8 pm
DEC 19	Cane Creek Choral Concert, Skyland Methodist Church, 7 pm
DEC 23	Winter break starts

Innovating on Our Feet

Have you ever walked a mile in a principal's shoes? I get peeks behind the scenes now and then, and I know I could not keep up. A typical day includes welcoming students as they arrive, observing and providing feedback to teachers in classrooms, handling difficult student behaviors, meeting with parents, analyzing test data and so much more. And that's just during the school day. After school there are meetings, multiple athletic events, band concerts—the list goes on.

In addition to all this, we expect principals and assistant principals to innovate and look to the future. In our strategic plan adopted in the last year, we set a goal that "All Buncombe County Schools are committed to develop a diverse group of highly qualified leaders who empower others" with intentions to "build leadership capacity of current administrators" and "identify and develop leaders who can foster innovation and collaboration."

Empowering Teachers and Principals

At our November School Board meeting, we learned about a curriculum feature called "Empowering Teachers and Principals as Personalized Learning Leaders." This program brings educational leadership experts to Buncombe County Schools at no cost.

At the meeting, Director of Technology Barry Pace quoted hockey great Wayne Gretzky, who said, "A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be." Thanks to the forward-thinking collaboration of Buncombe County Schools, Advanced Learning Partnerships and Dell Technologies, our principals and assistant principals will have 11 innovation-focused, personalized professional development days during the year, as well

as 12 facilitated "Learning Walks," which will allow principals to visit classrooms in other schools and share ideas.

Walking the Walk

Learning Walks were scheduled for the day after the School Board meeting, and I got to attend one at Reynolds High. After an introductory conversation, a group of 50 people was divided into small groups to visit classes. My group visited anatomy, math, and civics classrooms, where students were enthusiastically working with computers and each other to solve problems and learn new concepts. Then administrators came together to share stories of what they'd seen and the new ideas they'd be taking back to their own campuses. A similar walk took place at Fairview Elementary that afternoon.

Stanley Wheless, principal at Reynolds Middle, had the opportunity to attend a Learning Walk at Valley Springs Middle School (in Buncombe County). He reflected, "It was great to have the ability to focus on teaching and learning without the distractions of all the other issues that come our way during a typical school day."

On the heels of the recent Thanksgiving holiday, I realize that we have so much to be thankful for in Buncombe County Schools. I am grateful for all our principals and our assistant principals, their leadership and their tireless work for the students and teachers every day. I'm also grateful for the out-of-the-box thinking of our school system leaders, who create opportunities for higher-level learning and innovation, even when times are tight.



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



From left to right, ACRHS principal Doris Sellers, band director Sean Smith and county school superintendent Dr. Tony Baldwin acknowledge the band's award.

ACRHS Band, Director Receive Awards

The Symphonic Band at ACRHS was the only band in the state to achieve the National Mark of Excellence from the Foundation for Music Excellence. In addition, they earned a chance to perform at the North Carolina Music Educators Association conference last month.

And the band's director, Sean Smith, was named a Top 10 finalist for the nationwide Music & Arts Educator of the Year.

STUDENT OF THE MONTH: JETT NAISANG

The A.C. Reynolds Student of the Month is Jett Naisang. "Jett is involved in our band program and is a student athlete," said Principal Doris Sellers, who nominated her. "She is a drum major for our marching band, and in the same season as marching band she's a Rocket Runner on the cross country team. She has set personal best records this year in cross country. She has taken honors and advanced placement courses while remaining in band all eight semesters."

All winners receive a special mug from the Town Crier. Congrats, Jett!



Drama Club Started at Fairview Elementary

by Kenya Hoffart

Last year, Maggie Harvin, a fourth-grade teacher at Fairview Elementary, decided a drama club would be a fantastic way for students to learn the basics of stagecraft and self-discipline, as well as the importance of hard work, creativity and imaginative play. She remembered how much fun she had when she participated in drama as a child, and how she spent years watching friends thrive while her mother worked with them in drama club at her elementary school.

Harvin is currently working with a group of 16 fourth graders, who are preparing to perform “How to Be a Pirate,” a musical about being part of a



pirate crew. This on-stage adventure has them dressing the part, finding treasure, hoisting the sails, and having fun with their fellow pirates. This dedicated group began practicing in early October and will make their presentation later this month. The Drama Club will present this musical in multiple performances for each grade level in the school, as well as for their families and friends. Sarah Kuehne,

a third-grade teacher at FES, has assisted with this production. In the spring, Harvin and Kuehne will invite third graders to be members of the Drama Club. They will prepare a new and exciting show that will be performed in May.

Harvin and others think that students who participate in drama club enjoy many rewards that come from working together to achieve a common goal.



CCMS Holiday Craft Fair

Cane Creek Middle School will hold a holiday craft fair on December 14 from 10 am–3 pm. There will be a large selection of local crafts and gift items for sale, and students will showcase their musical and performance talents while you shop. You can follow the event on Facebook for updates, a schedule of student performances and a vendor list (see fairviewtowncrier.com/links for the link). For more information, contact Jen Alonso at mountain-mama14@yahoo.com or (406) 580-9137. 570 Lower Brush Creek Road, Fletcher.

Dealing with Stress Creatively

High school sucks. It's stressful, boring and you never really get a good night of sleep. Even though there are good things associated with school, such as Friday night football games and sleepovers with your friends, the stress can build up in



AVERY LOVE

unhealthy ways until you snap. I know that for me and a lot of my friends it happens a lot. However, we all try to find something to relieve the stress, at least for a little while. I always look forward to Monday afternoons in Mr. Clare's English classroom.

Around the end of last year, A.C. Reynolds High started a spoken word poetry club. At the time, I'd been dabbling

in some poetry—little free verses about how my day was going or silly haikus to slip to my friends between classes—so I decided to check it out. Izze Steinke, the club's founder, said she started the club because she wanted “a place where she could express what she was going through emotionally.”

The club has become a little sanctuary for me, a place where I can speak my mind. I'm not great at using my words to tell people how I'm feeling, but as I spend more time in the club, I am getting more comfortable with the other kids there. Poetry is a way for me to express myself and show who I am and what I feel.

Izze said that “creativity is the most important thing to have in life. I think that people who are going through something that they don't want to or know how to talk about can really use creativity as an outlet to let out the emotions inside of

them instead of keeping them bottled up.”

I have a slightly different take on it. It lets me harness my creativity to make something awesome from my negative vibes.

“In the future, I want the club to grow and be full of people that you wouldn't normally see doing all of this ‘girly’ or ‘weird’ stuff,” said Izze, “and for them to enjoy it, and understand it.”

I think that it would be good for everyone to have something creative to do to help relieve stress—poetry, painting, music, origami or whatever. Try something new and find something you like. If I can try the poetry class, you can take a risk, too. It's been worth it for me, and it can be for you, too.

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



Help Kids in Need

Toys for Tots is a program run by the Marines that distributes toys to children whose parents cannot afford to buy them gifts. You can drop off new, unwrapped toys at the following locations (that we know of):

Fairview Fire Department, 1586 Charlotte Highway, 628-2001

Fairview Chiropractic, 2 Fairview Hills Drive, 338-2399

Fairview Preschool, 596 Charlotte Highway, 338-2073

Fairview Preschool is collecting until December 6 from 8:30-12:30 when open. You can contact the other locations to ensure they're still collecting.

Happy Holidays!

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GREG'S MAGIC TRICK

Red Cup Holiday Trick

Here is some colorful magic for you to do at your upcoming holiday party.

WHAT THE AUDIENCE SEES: The magician takes some red plastic cups, drops in a couple ice cubes, and pours in some clear soda. Each cup fills with a different-colored liquid!

WHAT YOU NEED: Red plastic cups, food coloring, a bottle of clear soda and ice cubes.



PREP In several red cups, place a few drops of food coloring and let it dry. Use a different color in each cup. Carefully stack the cups inside of each other and place into a sleeve, as if they were just regular cups.



STEP 1 Take out "a few cups" (the prepared ones) to show a trick.



STEP 2 Drop a few ice cubes into the first cup and then pour in the clear soda. The soda will hit the food coloring, changing the color. Repeat with the next cup. Remember to



keep each cup tilted away from the audience until the ice cubes are in and the pouring begins so they don't see your preparation.
Magic! And Happy Holidays!

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

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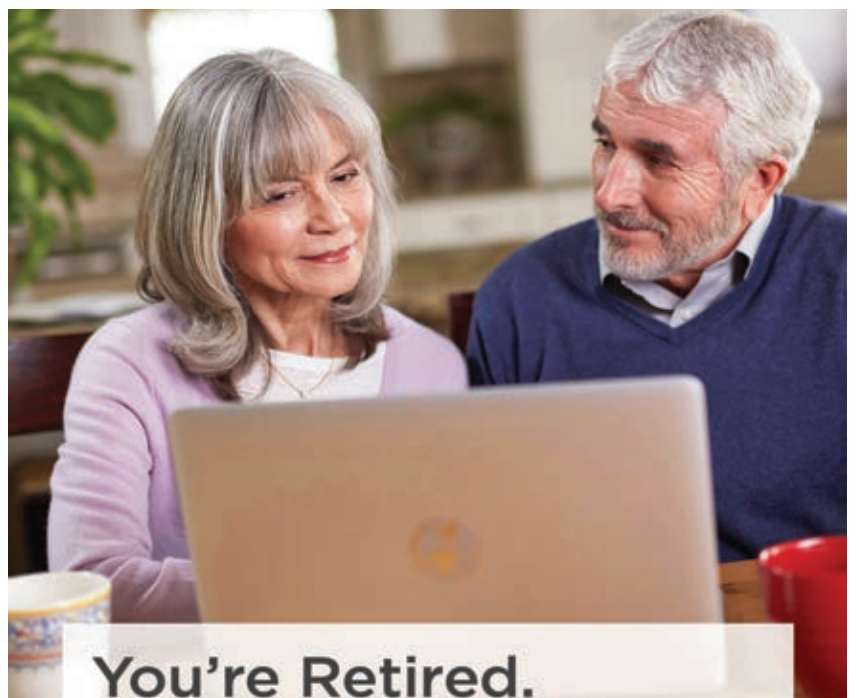


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b. Animal Haven has many pot belly pigs of different ages available for adoption. Call 299-1635 for more information.

c. Two-year-old **Maximus** loves attention. He's also quite playful and very curious. He has severe food allergies and needs to stay on special food and meds. He is playful with other cats and dogs, and would probably do well with children. *Humane Society*, 761-2001, ashevillehumane.org

d. Spike is a 10-year-old Australian Cattle Dog mix—a ladies man and a little leery of men. He is house trained, easy to crate, and knows how to use a dog door. Spike is very smart, doesn't bark much, and is very food motivated. *Humane Society*, 761-2001, ashevillehumane.org

e. Jasmine is a happy, petite girl who loves to play and cuddle. She loves petting and kisses and to sit on your lap. She also loves to play. *Charlie's Angels*, 885-3647, wncanimalrescue.org



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www.fbc1806.org
contact us @fbc1806.org

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Morning Life Groups 9:45 am & Sunday Worship 11 am
Evening Life Groups & SPK Kids 6 pm

WEDNESDAYS
Family Night Supper 5:45 pm
A.M.P. Ministry 6:15 pm
Team Kids - X180 - High School - Adults
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Worship 10:45
Evening Worship 6:00
Wednesday Evening 7:00



CHRISTMAS EVENTS
AND SERVICES

BLUE RIDGE COWBOY CHURCH
49 Saxon Hill, Fairview
Sunday, December 15
Christmas program: "Hallelujah, Jesus is Born" 10:30 am

EMMA'S GROVE BAPTIST CHURCH
417 Emma's Grove Road, Fairview
Sunday, December 15
"How the Grinch Found Christ in Christmas" 10:30 am (see calendar for more information)

FAIRVIEW BAPTIST CHURCH
32 Church Road, Fairview
Sunday, December 8
Christmas musical drama: "A Baby Changes Everything" 3 and 6 pm
(see calendar for more information)

REYNOLDS BAPTIST CHURCH
520 Rose Hill Road, Asheville
Saturday, December 21
Caroling supper 5 pm
Sunday, December 22
Children's program 11 am
Christmas cantata 6 pm

TRINITY OF FAIRVIEW
646 Concord Road, Fletcher
Sunday, December 8
Children's Christmas program 9:15 and 10:45 am
Wednesday, December 18
Christmas meal and bake sale (please bring change) 6:30 pm
Saturday, December 21
Joy to the World 5K (at Fletcher Park; register at JoytotheWorld5K.com) 10 am
Sunday, December 22
Christmas services 9:15 and 10:45 am
Candle and carol service 6 pm

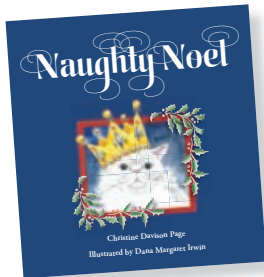
Angels of Fairview Seek
Donations for Annual Drive

Angels of Fairview, a group of community members that wants to make a difference, is a non-profit that helps families in need identified by the counseling departments at Fairview Elementary and Cane Creek Middle 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. 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.

Find Naughty Noel



Dana Irwin, a Fairview resident and board member of the *Town Crier*, has illustrated a new book.

Written by Christine Davison Page, *Naughty Noel* follows the adventures of a white Persian cat that has lost his human

and is relocated to the NC mountains. The book is available at local book and gift shops or from the publisher, Grateful Steps, at gratefulsteps.org.

ON THE ROAD



Allan Zullo, of Fairview, shows off the *Town Crier* to children in the town of Tenke, Democratic Republic of Congo. He is working with a team on a documentary about the young women and children who face abuse at the copper and cobalt mines in that country.

Grief Support Group at Trinity of Fairview

Trinity of Fairview will host a GriefShare ministry that will meet every Thursday beginning January 9 for 14 weeks. The group will meet from 6–8 pm. GriefShare is a friendly, caring group of people who have all recently lost a spouse, child, family member or friend. Anyone can



join at anytime. There is a cost of \$15 for the workbook (with some scholarships available).

For more information or to register, contact Jesse Looney at 628-1188, extension 202 or email griefshare@trinityoffairview.org. You can also register at trinityoffairview.org.



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New at Investing? Follow These Suggestions

If you're fairly new to investing, you might be wondering what sort of rules you should follow or moves you should make. And while everyone's situation is different, there are indeed guidelines that make sense for all investors. Here are some to consider.

Learn the Basics

The investment world can seem confusing, but the more you know about the basic components, the more confident you'll be when you begin to invest. For starters, you'll want to be familiar with the essential types of investments: stocks, bonds, mutual funds, government securities and so on. And it's also important to know that some investments are designed to provide growth – an increase in the investment's value – while others provide income in the form of dividends or interest payments, and still others may offer growth and income.

Set Your Goals

You need to know why you're investing – and that means you must clearly define your goals. Do you want to retire early? When you do retire, what kind of lifestyle would you like to have? Are you planning on helping your children (or grandchildren) pay for college? Once you've established your goals, you can create the appropriate investment strategy for achieving them, taking into account your time horizon and risk tolerance.

Invest Regularly

At first, you may only be able to afford to put in small amounts to your investment accounts, but even so, try to contribute regularly. You'll get into the habit of investing and, later on, when you earn more money, you can ramp up your contributions. If you have a 401(k) or similar plan at work, the money can come out of your paycheck before you even see it.

Think Long Term

As you begin investing, it's important to have the right attitude. Specifically, don't look for the "hot" investments that will make you a "bundle" in a matter of weeks. Investing just doesn't work that way – instead, it's a decades-long process of carefully choosing, managing and adjusting a diversified portfolio that's suitable for your individual needs. And by maintaining a long-term focus, you'll be less susceptible to making ill-advised moves in response to short-term market events.

Don't Get Scared Off by Downturns

If you invest for many years, it's inevitable that you will experience sharp drops in the financial markets. But these declines are actually a normal part of investing. If you overreact to them by selling investments just because their price has dropped, you'll

not only be breaking a cardinal rule of investing – to buy low and sell high – but you'll also be disrupting the type of cohesive, continuous investment strategy that's necessary to help you achieve your goals.

Get Some Help

You may find it easier to navigate the investment landscape if you get some help from a professional advisor – someone who understands your goals and family situation and who can make appropriate investment recommendations. A financial advisor can also suggest changes to your portfolio in response

to changes in your life (new job, child graduating college, etc.) and in your goals, such as a new date for retirement. When you invest, there aren't many guarantees. But by following these suggestions, you will know, at the very least, that you're taking the steps that can lead to success.



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.

OCTOBER FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	22	3,400,000	179,000	611,194
Homes Sold	16	668,500	35,000	296,823
Land Listed	5	265,000	109,900	180,980
Land Sold	1	59,000	59,000	59,000

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Home for the Holidays

The NC General Assembly adjourned for 2019, but one of the longest Long Sessions in our history is not over.

We will return on January 14. During that very long session, we did not pass the most important legislation, the \$25 billion state budget for the biennium that started July 1. Why? Political obstinacy, plain and simple. There are several items that could be negotiated in a morning meeting between the governor and legislative leaders—funding public school construction, teacher and educator pay, Medicaid expansion (there is a GOP version) and corporate tax cuts—but compromise remains a dirty word in Raleigh.

What we actually did was once again re-draw our voting maps, this time for the US House seats. Once the state districts were accepted by the courts, a lawsuit was filed for the US House of Representatives seats in NC. When the court was deliberating, it told the General Assembly in an unusual move that there would have to be new districts. Partisan gerrymandering is dying a slow death in our state. One of the most obvious gerrymanders is current House District 10 (Rep. Patrick McHenry), which stretched from Asheville to Gastonia and included Fairview.

The new proposed map makes our

mountain region whole again, more like our traditional 11th district. Other districts in the state showed once again that allowing political people to draw electoral maps is never a good idea. Legislators obsess over favorable and unfavorable precincts and will game the maps as much as they can, even when partisan data are not overtly used. The new districts were voted out of the House and Senate along party lines, and it will be up to the courts to make a final judgement. The scorecard changed from 10 to 3 (GOP vs. Democrat) to 8 to 5 for 2020. The time for ending the gerrymander has come, and that will be a major policy priority for me for 2020 and beyond. [On November 20, the court issued an injunction temporarily blocking candidates for newly created congressional districts from filing for office in early December.]

Circling back to the budget impasse, many of you will remember the events that occurred on the House floor on September 11. Our session began that morning at 8:30, with a finance meeting to follow at 9:00. The Democratic leader was told the previous evening by the presiding speaker that there would be no votes that morning, and we were all so informed. (No vote sessions are common.) I decided to attend anyway to learn

about my schedule for the day. After the prayer and pledge, the fateful words were spoken: “Notwithstanding the objections of the governor...” The “pass the budget at any cost” effort was on.

The Republicans had been told to be in their seats at 8:30, and most of them were there. My seatmate, Deb Butler, picked up her microphone and said, “I will not yield.” The media was told there would be no votes as well, so there were no cameras in the room, but a video was taken by Rep. Autry with his cell phone. The police came to “escort” Deb Butler out of the chambers but I and other legislators blocked them, all while the vote was being taken by Speaker Moore in the midst of the chaos. That is how the budget was passed from the House to the Senate. Since that time, no vote has been taken in the Senate.

One other interesting issue for me involved Montreat College. President Maurer of the college is creating a robust cybersecurity program there. His vision is that it will not be just for undergraduates, but for government and business IT (information technology) workers trying to deal with never-ending computer system attacks. Montreat is already working with the state of NC and the US Army.

In the unpassed budget, there is an

IT appropriation for Montreat to build a \$20 million state-of-the-art cybersecurity facility to house and expand this program. My own involvement leads me to believe that the center would be an economic boon to our region. Since the budget has not passed, there have been a series of mini-budgets created to cover some essential financial needs of the state, and as such an IT budget came before the House. My Democratic caucus objected to Montreat receiving this money and thought it should go to a school in the UNC university system. In a key vote on an amendment to take the funds from Montreat, the vote was 51 to 51, which meant it failed. I was the lone Democrat to vote for Montreat. It did eventually pass the House and Senate and went to the governor. I urged him to just let it become law without his signature, but he may put the veto stamp to it.

The budget, the farm bill and teacher pay remain to be voted on in January. Thank you all for allowing me to serve you and have a wonderful Christmas season.



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Good Old Birds

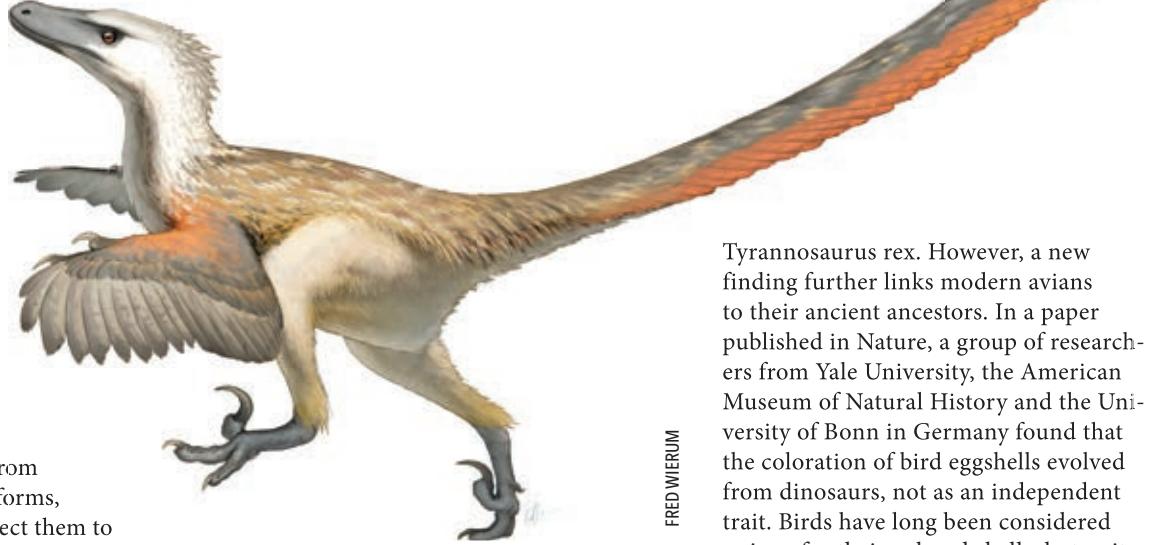
Last month I felt compelled to discuss the three billion birds that have been lost since 1970. It's a harrowing fact. But there's also hope that although humans have contributed to the demise—with habitat destruction, large and numerous buildings with reflective windows, allowing our cats outdoors, etc.—we can make a positive difference. Another positive is that birds have staying power. They've been around for a long time.

A 6-foot-long velociraptor described as a “fluffy, feathered poodle from hell” may have used its giant quills to intimidate other dinosaurs and shelter its chicks.

The fossil of a new species of bird, *Avimaia Schweitzerai*, that dates back 100 million years was recently discovered in China. That's an old bird. Amazingly—and for the first time—the fossil was found with an egg still in her belly. An abnormality, called egg binding, more than likely caused the death of this bird.

You may have heard the phrase “dinosaurs among us.” It comes from the title of the new exhibit at the American Museum of Natural History in New York. Feathers distinguish birds from other existing life forms, but they also connect them to ancient animals. The fossil record, including this newest find, has confirmed the link between dinosaurs and birds. Did you know that dinosaurs sported feathers long before birds took to the sky? Why would dinosaurs need feathers?

Some species shook their dramatic tail feathers to attract members of the opposite sex, like peacocks and superb birds-of-paradise do today. Others used them to present a fierce demeanor. One velociraptor, discovered in South Dakota, sported large quill knobs on its forearms that could have been used to pin down



FRED WIERUM

prey. And the *Zhenyuanlong suni*—a 6-foot-long velociraptor described as a “fluffy, feathered poodle from hell”—may have used its giant quills to intimidate other dinosaurs and shelter its chicks. “There's a diversity of [dinosaur] feathers,” said Gregory Erickson, professor of Anatomy and Vertebrate Paleobiology at Florida State University, “and that's the case of modern birds now.”

It can still be hard to believe that the little sparrow hopping around your park is somehow related to the ferocious

Tyrannosaurus rex. However, a new finding further links modern avians to their ancient ancestors. In a paper published in *Nature*, a group of researchers from Yale University, the American Museum of Natural History and the University of Bonn in Germany found that the coloration of bird eggshells evolved from dinosaurs, not as an independent trait. Birds have long been considered unique for their colored shells, but as it turns out, those same pigments can be found in the eggs of certain dinosaurs.

Birds have been around for a lot longer than humans, but we have intruded on the natural order of things—sometimes for good and sometimes for bad. Let's hope that we can focus our intrusion on the more beneficial aspects of nature in order to save and support our birds.

Steve Muma is co-owner of *Wild Birds Unlimited* at 10 Crispin Court, Suite D, 102, Asheville. asheville.wbu.com.

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by Candi Yount

New Members

Welcome to our new members, who are shown in bold in the listing at right.

November Meeting

The November meeting was held at the Fairview Preschool. Director Chris Lance and staff gave members a tour of the pre-K facility, engaging all in interactive group projects and introducing individual learning techniques as well. It was an informative and fun evening. It's not too late to apply for second semester enrollment.

Annual Holiday Party

December's meeting will be replaced by the annual Holiday Party on Sunday, December 8, 5:30-9:30 pm at Black Bear BBQ in the River Ridge Shopping Center. Ticket purchase was due by November 30, but last-minute tickets are available for \$25 for member and guest. Additional guests are \$25 per person. Tickets include appetizers and a buffet dinner, party festivities and a cash beer and wine bar. Everything is made in-house at Black Bear, and there will be vegetarian and gluten-free options.

For more details about the party and to purchase tickets until December 5, go to fairviewbusiness.com. You can drop

off a check payable to Fairview Business Association in the blue drop box outside the *Fairview Town Crier* (1185 Charlotte Highway) if you don't want to pay online. No tickets will be sold at the door.

JOIN NOW AND GET DECEMBER FOR FREE!

You can set up your profile and pay for membership and also the party, if you can make it...all at fairviewbusiness.com.

Membership Benefits

The Fairview Business Association is a fun and effective way to network with other business owners, familiarize yourself with neighboring services and promote your business. A \$60 annual membership will give your business exposure on our FBA website, listing in the *Crier* newspaper, access to post fliers and business cards on the bulletin board kiosk in front of the Fairview Post Office, and networking opportunities at monthly meetings.



After Chris Lance, director of Fairview Preschool (above, standing at end of table), talked with FBA members, everyone had fun in the learning space.



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What Squash Has to Teach Us

Last week, I practically frolicked through our winter squash field with garden intern Emma Childs. We couldn't help smiling and gawking in wonder at the 20-plus-pound North Georgia Candy Roasters grown by our community this season. We, and garden visitors from all around, had closely watched their growth as the weeks passed toward fall. We'd witnessed in amazement as they grew bigger, and bigger and bigger. Many folks were finding out about this squash for the first time. A handful of others were excited to greet an old friend, especially one that emerged with such enthusiasm.

In a way, this giant winter squash represents our farm: the many hands it takes to raise and tend this garden, the power and passion of learning and growing together, and the impact a thriving community can have.

Community Work

Growing winter squash is a big to-do. We plant them in a large, nearly quarter-acre area outside the main, fenced garden. On a hot afternoon in early June, we rolled out irrigation lines and permeable plastic onto the prepared soil. The seeds were planted on a volunteer night late that month, and the squashes were harvested in mid-October with a volunteer group from Elon University. Not one part of this project was

done single-handedly. All the wonderful ways that people pitch in is what makes growing food in a community work.

Sharing and Caring

Growing a squash this big, one that can't possibly be eaten alone, also requires the type of sharing and caring we uphold in the garden. This type of mission is shared with partner organizations like Bounty & Soul in Black Mountain, which teach healthy food cooking classes around the types of crops we are growing. It is shared with folks like Eddie, who asked every week at our Share Market when the Candy Roasters would be ready so he could enjoy one with his neighbor. It is shared with volunteers like the students from Elon, who squealed in amazement while harvesting this colossal beauty, knowing that they were helping feed our neighbors.

A local heirloom crop, the Candy Roasters greatly outperformed their squash cousins, the acorns and butternuts. They prospered through disease, pest pressure and periods of drought. This speaks to the way a regional approach with a long history of wisdom and care can more deeply address our hungers—for food, for each other and for healing the land, to name a few.

Candy Roasters, along with countless other heirloom crops, were originally cultivated by Cherokee and other



From left to right, program manager Ali Stone, farm manager Janice Brewer (holding a Candy Roaster squash) and intern Emma Childs.

indigenous people in the southern Appalachian region. The seeds of such regionally resilient crop varieties exist because of indigenous peoples' long and close relationship to the land they tended. These Candy Roasters harken back to that land remembrance and ask us to carry forth this wisdom together.

It is here in the Candy Roaster patch, in the culmination of my long, challenging

and fruitful first season as farm manager of Root Cause Farm, that I feel called to see the truths that the soft pink-and-green-colored heirlooms have to teach me: the land is ready and willing to feed us if we are willing to listen earnestly and honestly and share with those around us.

Janice Brewer is the garden manager at Root Cause Farm. rootcausefarm.org.



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Wild Persimmons: Sugar Plums

Many trees and plants, such as redbuds and sourwood, love to grow on the edges of life, the place where forest meets field, as there is much more sunlight available. One of my favorite edge dwellers is the persimmon tree. The trees have a deeply grooved, geometric bark pattern, and once the leaves have fallen, one can easily see their abundant harvests dangling from the branches like orange jewels just waiting to be eaten.

Wild persimmons (*Diospyros virginiana*) produce the largest native berry in North America. In addition to their culinary uses, the trees, which can range from small twiggy trees to spectacular 70-footers, have wood that is exceptionally hard, tough, and durable. And there are many medicinal uses for these splendid native trees.

"Diospyros" is a Greek word meaning "fruit of the gods." "Persimmon" is likely a derivative of a Native American word that sounded something like "putchimon," which meant "choke fruit." I think both can be accurate, as I have experienced persimmons as both a sweet treat and an unripe, choking fruit.

My first experience with a persimmon was one of those life lessons a person never forgets. I was maybe 11 or 12 years old and had found a persimmon tree in a wild field loaded with fruits in early

October. I took my dad to see it and he told me it was a special tree filled with "sugar plums." Having a rather wicked sense of humor, he suggested I climb up the tree and shake a few branches to knock some down. The fruit was rock hard, but he told me to take a bite. It was so sour and astringent that my whole mouth puckered up and dried out.

My dad, laughing so hard he cried, said, "I forgot to tell you: only pick sugar plums after a few hard frosts when they are soft and squishy." I never forgot that lesson. When we went back about a month later and shook the trees, hundreds of soft persimmons fell to the ground. They were delicious like wild candy treats. What a difference.

We took them home and my grandmother made persimmon-nut cake with maple icing. Later in life, I learned that not all wild persimmons are the same: some are sweeter, and some have pungent fruits that can ruin a whole batch of nut breads.

Persimmons are also cherished by squirrels, birds, possums, raccoons, bears, and foxes, and they know when a fruit is perfectly ripe. Well, that's mostly true. A good friend once came upon a red fox staggering around a persimmon tree with many fermented fruits on the ground. The fox ate a few more fruits, curled up and then passed out stone cold drunk!

Persimmon leaves are high in vitamin C, and the fruits are loaded with minerals. Native American tribes boiled the roots for tea to flush their bodies of impurities, and the Cherokee used the roots for sore throats, heartburn, and bowel problems. The high tannins in the green fruit (like bitter acorns) were utilized for treating dysentery and uterine problems. There is some history of the dried seeds being ground and used as a coffee extender during the Civil War when added to other herbs, but I have never tried this. The seeds were also used in the war to make durable buttons that were tough enough to survive a lot of abuse.

Persimmons have also been used to make beer and wine. In the 1800s, persimmon beer was popular enough that it developed a nickname, "possum toddy."

One interesting piece of folklore in Appalachia is the use of persimmon seeds to predict the severity of the weather. Cut open a persimmon seed and look at the shape of the kernel inside: if it is



spoon-shaped, expect plenty of snow to shovel; if it is fork-shaped, expect a mild winter with light snow; and if it is knife-shaped, expect arctic cold winds that will "cut" like a blade.

Persimmons are a beautiful native fruit tree, and there are many hybrids with giant fruits and fewer tannins. I am growing one that will have fruit the size of apples, but it takes a while to produce fruit.

Enjoy your holiday season and celebrate the many splendid gifts of winter in the mountains we all cherish.



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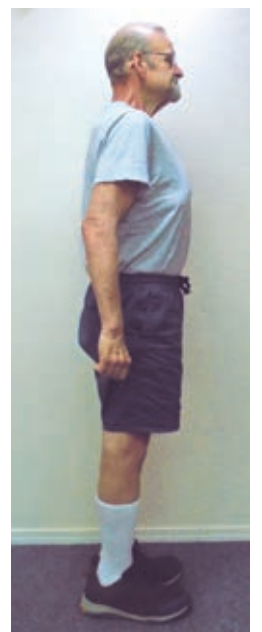
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All About Intermittent Fasting

It seems these days that everyone I chat with has questions about intermittent fasting. You may think it's as simple as not eating, but there is more to it than that.

Abstaining from eating for specific lengths of time can be helpful for some individuals, not only for weight loss but also for optimizing many other aspects of their health. And humans have fasted throughout history, sometimes by choice—such as a long night's sleep or religious reasons—and sometimes from food scarcity.

After a meal, a person typically metabolizes food for about three to five hours. During this state, hormones that support growth and storage, such as insulin, are unregulated. When you are in a fasted state (about 12 hours after your last meal), your insulin levels are low and your body is able to burn fat as fuel more efficiently. Fasting is also a great way to practice managing hunger, a skill that can be important to help shed fat and keep it off.

Intermittent fasting has many variations. Two common examples are:

- Daily 16/8 (16-hour fast/8-hour eating window): Start eating at 12 pm and finish eating by 8 pm and repeat daily.
- Weekly 24-hour: Finish dinner at 6 pm and do not eat again until 6 pm the following day. Repeat once or twice per week. Eat normally all other days of the week.

It is also important to note that most

studies on intermittent fasting have been conducted on men and animals. If you are a woman and want to experience the benefits of fasting, experiment with it. Start small by trying a 12- or 14-hour fast once or twice a week and increase from there if you feel your body is tolerant. If you are sedentary, current research proposes that 20- to 24-hour fasts are required to see benefits. If you are very active or exercise in a fasted state, you may start to reap the benefits after 16 to 20 hours of fasting.

Proposed benefits of intermittent fasting include, but aren't limited to, the points listed below.

- Increased longevity, mental clarity, growth hormone secretion (encourages lean muscle mass maintenance and growth), cellular turnover and repair and weight management.
 - Reduced risk of chronic diseases such as cancer, cardiovascular disease and type 2 diabetes.
 - Improved blood glucose regulation, insulin sensitivity and appetite regulation due to hormonal shifts.
- If you want to experiment with fasting, use the tips below. First and foremost, fasting should feel good. If it doesn't, ask for advice. Also, be sure to consult with your medical doctor prior to any fasting attempt if you have any current medical concerns.
- Start small. Begin with shorter and less



frequent fasts. Sixteen hours is effective for getting you into the habit and may be all you need to see the benefits.

- Try to fast on a busy weekday where your mind might be better distracted. Coffee, green tea, unsweetened carbonated water, and full sodium bone broth can also help. Remember that hunger typically passes as your body dips into its glycogen stores and/or fat stores for needed calorie burn. Drink water or the hot beverages above to help ride out any hunger.
- Drink eight ounces of water when you wake up and keep drinking throughout the day. Adding trace mineral drops to your water can be helpful. Adding electrolytes, a pinch of sea salt or a small squeeze of lemon to water is fine.
- Many people don't understand the benefits of fasting and can sometimes

unintentionally sabotage your well-intended efforts. Fasting can actually be fun and gratifying when you start your fast with the right mindset and see it though without cheating.

- Just like with everything else, fasting takes practice. Don't be discouraged if your first fasts don't go as predicted. Give yourself a few weeks to perfect the skill.
- When you eat your first meal after your fast, pretend your fast never happened. The last meal before your fast should be a healthy meal, and your fast should end with the same.

Ashley Lucas, who lives in Fletcher, has a PH.D. in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville Road, Suite 170, Asheville. 552-3333 or myphdweightloss.com.

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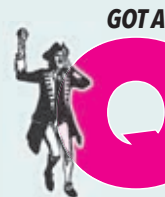
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Tips for Holiday Wishlists and More

For the coming holiday season computer purchases for Mac or Windows, look for desktops or laptops that have 8 GB of RAM, ideally a solid-state drive, and at least two USB ports (you might want to buy a USB hub to expand that number). And avoid the lower end and slower processors like the i3 unless you really only do one thing at a time and most of your time is on the web. If you can, bring a picture of what ports and plugs you currently use on your computer to help the sales person steer you right. Finally, plan for backup.

Yahoo! Groups will officially cease to exist on December 14, with all of that content going away. They claim you still can use and create new groups, but you will be communicating with all group members via email. That defeats the purpose of having content up for new members to browse through the collected wisdom of the group.

Looking to waste less time on social media? Pick one day a week as a no-media day (or one day a month). Start a new hobby or revive an old one. Use the increasing number of built-in functions to track your app time. Resist the pressure to like and follow, but if you do, follow light-hearted and non-human content. Reward yourself for cutting down on your social media use.

Clean your computer and phone screens with a non-scratching cloth, such as a microfiber cloth or even a 100% cotton

t-shirt, and commonly available rubbing alcohol. Turn off the laptop, computer or phone, then spray the cleaning solution on the cloth before actually rubbing the screen. Don't press hard, especially on laptop screens or any flat panel displays. Let it dry, and turn it back on after you have cleaned off some of the other dirt and turned over the keyboard to shake out the cookie crumbs.

Google hasn't upped its free storage cap of 15 GB since 2013, and that means that you might finally fill up your account and have to start paying for Google One. Business accounts have existed for some time, but now Google is pushing their \$2 per month plan for 100 GB of storage (or \$3 for 200 GB), so you can still keep those cat videos.

Google Maps, on iPhone and Android, now lets you turn on more detailed voice guidance if you are walking to your destination. Open the Google Maps app and go to your Settings. Choose Navigation, and then scroll down until you see Walking Options, then go to Detailed Voice Guidance. Slide the switch to enable the feature, and then explore your surroundings.



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

OF INTEREST TO SENIORS MIKE RICHARD

The Insurance Devil's in the Details

Why do people not like dealing with insurance or avoid reading their policies? I've been told that it's intimidating, hard to understand, confusing, and boring. But details are important to know before and after you buy.

At the heart of understanding insurance is understanding the definitions of the terms. What is the difference between a deductible and maximum out-of-pocket—or coinsurance and copay? What is a formulary, tier, prior authorization, step therapy or quantity limited? What is the difference between supplements and Advantage plans? Every type of insurance has its own definition minefield to negotiate, but I'll stick to the ones above that are common to Medicare plans.

A deductible is the amount you must pay before the insurance company starts paying claims. It differs from a maximum out-of-pocket, which is the total of the deductible, copays (the fixed amount you pay for a service rendered), and coinsurances (the percentage you pay for a service rendered). When the maximum out-of-pocket is reached, the insurance company will pay 100% of all approved claims for the remainder of the year. This protects you from excessive health care costs.

A formulary is the drug list a prescription drug plan offers. It consists of drug tiers (layers within the formulary determined by the cost and type of prescription, such as generic, brand name, and specialty drugs). The plan controls how drugs are dispensed through prior authorization (plan preapproval), step therapy (starting with lower-cost generics and then moving up to brand names to find the best treatment) and quantity limited (drugs that can only be dispensed in limited quantities or dosages).

A Medicare supplement is a private company insurance, regulated by state law, and designed to work with and cover the coverage gaps in Parts A & B of Original Medicare. An Advantage plan is a private insurance company under contract with and regulated by the federal government's Medicare agency—it is a substitute for and provides benefits equal to or better than Original Medicare Part A & B benefits, is not a supplement, and works differently than one. A supplement will not work with an Advantage Plan.



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

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MARSHALL! Newer 3 BR, 2 bath home on nicely landscaped 1.96 acre lot, attached garage, covered front porch & enclosed rear deck, HOME WARRANTY, *MLS#3554790, \$265,000!*



WEST BUNCOMBE! 3 BR, 2 bath home on private .60 acre lot, LR w/FP, HOME WARRANTY, full basement partially finished- unheated, *MLS# 3565567, \$242,000!*



CANDLER! 3 BR, 2 bath home on beautiful 1.13 acre lot, LR w/Brick FP, easy one level living, spacious eat-in kitchen, *MLS# 3540551 \$235,000!*



SWANNANOA! Newer home in convenient location, 2 BR, 2 Bath on .28 acre lot, spacious master w/walk-in closet, covered front deck, one level living, *MLS#3515368, \$210,000!*



ASHEVILLE! 2 BR, 2 bath condo, overlooking green area, stainless steel appliances, freshly painted, move in ready, convenient location, *MLS# 3566109, \$156,000!*



FAIRVIEW! Wooded .96 acre lot, this private lot would be good for year round living or vacation home, convenient location, *MLS#3431165, \$21,900!*