



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

JANUARY 2020 VOL. 24, No. 1 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

INSIDE

Peru's Sacred Valley **P 11** >> The Carters of Cane Creek **P 16** >> New Businesses in Fairview **P 28**

LETTERS FROM THE EDITORS



My last late night of working at my computer in my PJs.

updating the layout to be less jumbled and easier to read; expanding the reach of the paper into nearby communities of Reynolds, Fletcher and Gerton; and continually tweaking editorial content to respect and appeal to both locals and newcomers.

Although the *Crier* has faced challenges over the years, I am glad to have accomplished most of my goals. But overwhelmingly what I feel is gratitude. How could I have foreseen the many touching moments, inspiring stories and meaningful relationships that would become the fabric of my day-to-day work—or more accurately, the framework of my life in Fairview? I am so appreciative to have had this opportunity to get to know the community in such an intimate way. But now the time has come to step away. I am finally able to do this because I have total confidence that the current team of talented, caring professionals is more than capable of carrying on without me.

My role as managing editor will now be in the able hands of **Clark Aycock**, who will be responsible for the overall operations of the paper. Clark has shown the level of warm-hearted understanding and business prowess needed to allow the *Crier* to continue to thrive. I am confident that his vision will sustain and enhance the vitality of the *Crier* as our community paper moves into the next decade.

I will continue as publisher in a behind-the-scenes role, overseeing things like taxes and overhead. You might bump into me around town with my new rescue pup Isabella, or see an article with my byline, or catch me as a volunteer newshound with my eyes and ears on new businesses, upcoming events and relevant news to pass on to Clark.

I look forward to having relaxed time to read the local news and happenings right along with all of you—when I get it in my mailbox. I want to thank you all for your input, support and kindness over the past 17 years.

Changing of the Guard

SANDIE RHODES

In this very space in the July

2003 issue, Michael Cochran wrote of the “changing of the guard” when he stepped away as editor and I stepped in. It is astounding that almost 17 years have passed since I presented the paper’s board of directors with my expanded vision to nurture this cherished community newspaper. My goals included improving the quality and efficiency of print production;

What’s the Crier Worth to You?

Twenty bucks for sure, and a lot more to some. Thank you to those who were able to make a donation last month. We appreciate every one, no matter how small. It helps us meet our fiscal needs to keep things humming along. Revenue from public support (donations) also helps us satisfy our nonprofit requirements. And most importantly, our nonprofit status allows us to mail to 8,900+ households in our community of Fairview, Gerton, Reynolds and Fletcher—and that likely includes you! If you haven’t made a donation yet, it’s a new year and we still need your help. So what’s a “subscription” to the *Crier* worth to you? We think \$20 a year is reasonable, but please assess your own value. We are grateful for whatever you can give. We are a 501(3)c, and your donation is tax deductible. We appreciate you very much and wish everyone a happy 2020!

Mail: Town Crier, PO Box 1862, Fairview, NC 28730. **Drop off:** At the Crier office, 1185 Charlotte Highway (M, W, F 12:30–4:30 pm), or in blue drop-box outside 24/7. **Online:** fairviewtowncrier.com.



FES Students Use Smarts to Build Sweets



On its Facebook page, Buncombe County Schools posted this photo of students in Jennifer Gortney’s class at Fairview Elementary with their gingerbread house creations. For more than 20 years, Gortney has been part of this project, which challenges students to use engineering skills to create structures from candy. In recent years, students have been encouraged to incorporate STEM, design, planning and mapping, and teamwork skills.

“Being able to see their creative side and implement many of the skills we have been working on is amazing,” Gortney said. “Students who might struggle with the day-to-day academic rigor in a classroom shine with projects like this and show, in a different way, their understanding of the standards.”

Looks like fun to us—and delicious!

Polishing a Diamond

CLARK AYCOCK

Last year, after I had taken over the editorial duties from Sandie, she invited me to a board meeting. After being introduced to the members, she asked me to tell them my vision for the *Crier*. I laughingly said, “My vision is to not mess it up.”

Every joke has a grain of truth, and I really did (and do) admire how Sandie created a positive newspaper that people really want to read. In this day, when papers are struggling and negativity seems to be what sells, I am always amazed and heartened when people in Fairview tell me how much they like to read the *Crier*.

My goal as managing editor is to take the solid base that Sandie created and expand upon it. More stories about local people doing interesting things. More information about interesting events taking place nearby. More community involvement in the paper.

The *Crier*’s mission is to be an “objective forum for the communication of the activities and concerns of **all people** residing in or conducting business in the Fairview area.” Newcomer or native. Old or young. Adults, teens and kids. Tell me what you want to see in your paper.

And don’t assume I know about something or someone. Even though Sandie has been heavily involved in this community for almost 20 years and I am meeting new people all the time, we can’t know everyone. Did a neighbor post about a unique event on Facebook? Send it to me. Did you drive by a sign for a new business? Tell me. **If you’re a reader, you’re a reporter.** I look forward to hearing from you!

You can contact me at copy@fairviewtowncrier.com or 914-419-1100.



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COMMUNITY EVENTS

Spring Mountain Community Center

NEW Monthly meetings: now second 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: Wednesdays at 5:30 pm. All levels. \$5 suggested (and \$1 to center).

Yoga with Sabrina: Thursdays 6:15 pm. \$5–10 suggested.

807 Old Fort Rd. springmountaincc.com

JANUARY 7 (TUESDAY)

Robin Russell Gaiser at Library

7 pm. The Friends of Fairview Library welcome author Robin Russell Gaiser. See page 5 for more information. 1 Taylor Rd., Fairview.

Puppy Skills Class

4 pm. For puppies 12–18 weeks of age to learn the AKC STAR puppy skills plus other skills in preparation for basic obedience class. Class meets once a week for six weeks. \$175.

Class size is limited to five puppies and pre-registration is required. For more information, contact Woof in the Woods at 222-2222 or go to woofinthewoods.com. 1451 Charlotte Hwy.

Prostate Cancer Support Group

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

JANUARY 9 (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.

JANUARY 11 (SATURDAY)

SMCC Planning Meeting

10 am. Spring Mountain Community Center will hold an open meeting to plan for 2020. See page 23 for more information. 807 Old Fort Rd.

JANUARY 12 (SUNDAY)

Basic Obedience and Manners Class for Dogs

3 pm. Class meets once a week for seven weeks for dogs 20 weeks of age and up. Dogs will learn obedience and how to behave around

other dogs and people. Fee is \$250. Includes option to return, with the same dog, after completing class for a refresher. Next starting dates are January 23 and February 4, both at 6 pm. For more information, contact Woof in the Woods at 222-2222 or go to woofinthewoods.com. 1451 Charlotte Highway, Fairview.

JANUARY 13 (MONDAY)

Fairview Area Art League Meeting

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.

Stitches of Love Meeting

7–9 pm. Group donates handmade articles to local charities. NewHope Presbyterian Church, 3070 Sweeten Creek Rd., Asheville. Call 575-9195 or email Janet at imjstewart@att.net.

JANUARY 14 (TUESDAY)

Americare's 7th Anniversary

11 am–2 pm. Americare pharmacy celebrates its anniversary with door prizes and refreshments. All are

Happy New Year 2020

invited to stop by. 1185 Charlotte Highway, Fairview.

JANUARY 16 (THURSDAY)

Democratic Women's Dinner

5:15 pm, registration; 5:30 pm, dinner; 6 pm, program. \$15 for members, \$18 for others. RSVP by January 10 to buncombedemwomen@gmail.com. 951 Old Fairview Rd., Asheville.

JANUARY 19 (SUNDAY)

Intermediate Obedience for Dogs

2 pm. Class meets once a week for seven weeks, with focus on hand signals, focus and distance work for off-

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One owner! V8, A/C, bulkhead, PW, PDL, tilt cruise.

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\$15,995



2015 TRANSIT F150 XLT 8-PASSENGER VAN

Very clean! PW, PDL, tilt & telescopic wheel, cruise, back up camera.

Reduced to sell!

\$17,995

COMMUNITY EVENTS

leash training. Fee is \$250. Includes option to return, with the same dog, after completing class for a refresher. For more information, contact Woof in the Woods at 222-2222 or go to woofinthewoods.com. 1451 Charlotte Hwy.

Ethical Humanist Meeting
2–3:30 pm. “Walking In Another’s Shoes—Stories from Asheville’s Past and Hope for the Future.” Call 687-7759 or go to EHSAsheville.org. 227 Edgewood Rd., Asheville.

JANUARY 21 (TUESDAY)

Library Book Club
7 pm. The group will discuss this month’s selection, *Snow Flower and the Secret Fan* by Lisa See. See page 5 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

JANUARY 24 (FRIDAY)

Florence Nature Preserve Cleanup
10 am–3 pm. Morning-only shifts are fine, too. Bring lunch and water; wear closed-toe shoes and long pants. Water, snacks, and tools provided. RSVP to volunteer@conservingcarolina.org or call Olivia at 697-5777 ext. 211. 3836 Gerton Hwy., Gerton.

SAVE THE DATE
FEBRUARY 15

Democratic Cluster Meeting
10 am–12 pm. The annual meeting of the Fairview/Reynolds cluster. For more information, email fairview@buncombedems.org. Fairview Community Center, 1357 Charlotte Hwy.

HEALTH SEMINARS
VARIOUS DATES

Lunch Lecture Series
January 7, Neuropathy Treatment Seminar. 12:30-1:30 pm at Ryan’s, 1000 Brevard Rd., Asheville.
Free and lunch will be served, but you must reserve your attendance in advance. Call Fairview Chiropractic Center at 785-4948.

VARIOUS DATES

Evening Lecture Series
January 7, Neuropathy Treatment Seminar; January 9, Avoid Knee Replacement; January 13, Weight Loss Seminar; January 14, Sciatica Seminar; January 16, Foot Pain Seminar.
All from 5:15–6:30 pm. Free but you must reserve in advance. Call 785-4948. Fairview Chiropractic Center, 2 Fairview Hills Dr., Fairview.

Town Crier Labeling

FRIDAY, JANUARY 31, 10:30 AM

Meet other people from the community and help us get the next issue of the *Crier* into the mail!

Join us at the Fairview fire station, 1586 Charlotte Hwy., Fairview. Contact the *Crier* for information at 628-2211.



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 8,900+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. *The Fairview Town Crier* is located at 1185G Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

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

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

Dear Customers,

As the New Year is upon us, we find ourselves reflecting on the past year and it has been a fulfilling year. So, a special thank you to all of our customers, business partners and associates. We would not be the organization we are today without all of you. Our focus has been and will continue to be on how we bring even more value to our customers,

This year marks our 7th Anniversary and I could not be more excited about what is in store for the next year and the opportunity to work more closely with all of you.

Thank you again for your continued support from all of us at Americare Pharmacy!



REFRESHMENTS! DOOR PRIZES!

CELEBRATE WITH US!

As a special appreciation, we would like you to join us as we celebrate our 7th Anniversary!
JANUARY 14TH, 11AM–2PM

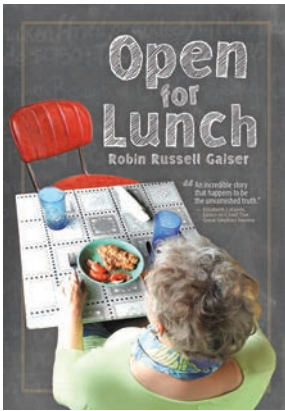


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EVENTS



An Evening with the Author: Robin Russell Gaiser

January 7 at 7 pm
The Friends of Fairview Library welcome

Robin Russell Gaiser, author of *Open for Lunch*. In her book, Gaiser writes of her encounters with a dozen strangers in casual lunch spots from upstate New York to Asheville. She began these encounters almost by chance when she invited someone in line with her at a Subway restaurant to share her table.

But as she pursued such encounters over the years, she gradually became “the reporter reporting on myself. Soon the stunning stories of my lunch mates took me deeply into my own narrative.”

Join us for this lively discussion. Copies of the book may be signed and purchased at the event.

Refreshments to be served after by the Friends of Fairview Library.

Book Club

January 21 at 7 pm

The Fairview Evening Book Club will be reading and discussing *Snow Flower and the Secret Fan* by Lisa See.

“It is difficult to imagine how a novel that deals with the sterile formality of relationships in 19th-century China could also bring to light the poignant tale of two young girls from very different backgrounds who build a friendship that exceeds even their love for their own families. In her mesmerizing novel...Lisa See deftly accomplishes this task.” — *BookPage*

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

Future Book Club Dates and Titles

February 18—*Arcadia* by Lauren Groff
March 17—*Undaunted* by Jackie Speier
April 21—*The River* by Peter Heller
May 19—*Blue Highways* by William Least Heat-Moon

FOR KIDS

DIY Family Crafting Day

January 11 from 11 am–3 pm

Do you enjoy drawing, painting, quilling or felting? Do you like to decoupage or knit?



Drop in to work on your unfinished project or start a new one. A variety of art supplies will be on hand, and you can browse the wide selection of art books at the library. Ages 5 and up. (In case of bad weather, the event will be held on January 18.)

Art Adventures for Kids

January 31 at 3:30 pm

In each session, kids will get a crash course on a particular artist or art technique and create their own works of art using what they have learned as inspiration. All materials will be provided. Ages 8–12. Art Adventures will meet the last Friday of each month from January to May.

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? Any budding architects in your family? School-age children are welcome to join us for an activity where building encourages imagination and creativity, where children bring their construction dreams to life, and where we simply have fun. All LEGOs are provided.

No registration is required. First Fridays at 3:30 pm.

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.


Early Voting

The library will be an early voting location for the 2020 primary election from February 12–29.

Note: Beginning in 2020, voters will be required to provide photo identification before they vote. This includes both in-person and by-mail voting, with some exceptions. Contact the Buncombe County Board of Elections if you have questions or concerns.

HOLIDAY CLOSING

The library will be closed on January 20 for the Martin Luther King, Jr. holiday. The Digital Library is always open.




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Radon Mitigation Brings Relief

By Mary Spivey

Back in the June issue of the *Crier*, I wrote about my experience testing for radon in my home. As you may recall, I had tested our home in April and learned that the radon level was 7.9 pCi/L, which was above the recommended mitigation level of 4.0. I called Fairview business owner Brett Strimple of Integrity Radon to find out our next steps. He was sympathetic to our elevated levels of radon but assured me that we'd be fine until he could work us into his extremely packed schedule. Being one of a small number of radon mitigation specialists in WNC means he's always pretty busy. While we waited for our appointment, I tried to not fixate on the fact that we were

breathing air with radon gas and focused instead on spending time outdoors and opening our windows to enjoy the soothing summer breezes. Finally, in mid-July, Brett and his team arrived to install our mitigation fan. I wish I could say the procedure was as smooth as Brett initially thought it was to be, but that wasn't the case. The radon pipe installed by the builder was placed too close to the sloping roof to allow placement of the fan. The pipe was then re-routed to a more suitable location and equipped with a Fantech-brand fan that came with a sticker reading: "Our Fans Really Suck." Next thing I knew, Brett was on the roof, during what was arguably one of the



07/27/19 ACTIVATED CHARCOAL RADON TEST #6883338

Radon Test Result: 0.7 ±0.3 pCi/L

Test Started 07/18/19 at 9:00 pm
Test Ended 07/25/19 at 10:00 pm
Closed house conditions maintained during test.

04/16/19 ACTIVATED CHARCOAL RADON TEST #6879819

Radon Test Result: 7.9 ±0.5 pCi/L

Test Started 04/10/19 at 8:00 pm
Test Ended 04/15/19 at 8:00 am
Closed house conditions maintained during test.

Here are the results from Mary's initial test, in April, and the followup test, in July, that shows the reduced radon levels in her home.



Examples of radon home test kits

warmest afternoons of the summer, placing the cover on the pipe and ensuring everything was properly done. Water bottles were tossed up, emptied and pitched back down as quickly as he could drain them in an effort to stay hydrated. Once he and I said our goodbyes, I went inside and ordered a second radon test kit. After four days of exposure to the basement air, I sent the kit off for testing. When I got the results back,

they showed that our radon level had dropped from 7.9 pCi/L pre-mitigation to 0.7 pCi/L—well below the recommended mitigation level. I sent my results to Brett and then celebrated by taking in a long, slow breath and letting out a huge sigh of relief. Mary Spivey lives in Fairview and writes about science and the community. She can be reached at maryspivey03@gmail.com.

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Asheville: Town Mountain 4BR/3BA
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Mountains and downtown. Enjoy privacy and
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Swannanoa: 3BR/4BA
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\$449,000 *MLS 3504094*



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access to breweries, galleries, restaurants,
and more. \$848,000 *MLS 3552883*



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cottage with HUGE views of Chimney Rock
from sun room.
\$199,000 *MLS 3509663*



Biltmore Forest: 1.64 acres with
1BR/1 bath 1930's cottage.
\$825,000 *MLS 3431368*

LOTS AND LAND

North Asheville 3.23-acre lot with views
Located in desirable Fox Trails off of Elk
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**1.97 acre lot in Lake Lure, Indian Head
Acres** \$13,990 *MLS 3521819*

.92 acre in Briar Ridge Drive, Fairview
\$74,000 *MLS 3488850*

Byers Park lot with .61 acres
\$45,500 *MLS 3277895*

**1.98-acre lot in Lake Lure, Laurel
Mountain Estates** \$49,900 *MLS 3526021*

**Cul-de-sac lot in Moores Valley
neighborhood in Leicester** 1.10 acres and
mountain views. \$48,100 *MLS 3406765*

Fletcher: .83 acre lot in Fox Ridge
\$88,900 *MLS 3543428*

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Asheville area. Learn more at greybeardrentals.com or call 855.923.7940.

Tips for Phone and Computer Security

The iPhone has a reputation of being hard to hack, but how can you know for sure? There's an app for that. Although Apple has strongly limited access to data that security tools would like to access to tell if the phone has been compromised, a new app called iVerify includes a series of detailed how-to guides that help users lock down their settings to improve privacy and reduce the chances of getting hacked. Find it on the App store for \$2.99.

Did you know that your Wi-Fi router may have a guest network option? This could be a great option for paying guests, in case you rent your space, or for visiting family and friends. Check your router's documentation to make sure this option is available. If it's AT&T, Spectrum or Verizon, ask them how to set it up. A guest network will keep your shared devices, such as printers and shared folders or drives and other smart devices, from being seen and used by your guests. They will only be able to use your internet, not anything on your local network.

If you are trying to kick the Google habit—Gmail, YouTube, Google Fonts, Google Search, Chrome, Android, etc.—you can install the NoMoogole browser extension for Chrome and Firefox. The first thing it will suggest is not to use Chrome. Go to NoMoreGoogle.com for privacy-oriented alternatives and gcemetery.co for

replacements for killed-off Google products that you wish were still around. There are also ways to use Android phones without Google apps (see fairviewtowncrier.com/links for more information).

There are some easy ways to improve the security of your computer, including encrypting your hard drive and external backup and storage devices. Power off your computer when you are not using it, keep your local backups off line if possible and only connect them when you do backups, and only turn on Wi-Fi when you need it (and turn off Bluetooth if you don't need it). These are in addition to disabling the camera and microphone, which I see many have already done with tape and such.

Facebook does not need to listen in on you to still be creepy in how it offers up relevant ads. By combining location data with the infamous Facebook pixel to track what you have been browsing on other websites, along with where your Facebook friends and family are and what they are doing, you shouldn't be surprised when Facebook accurately predicts your habits and behaviors with targeted ads.



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

Greetings and a Goodbye

In January, we will welcome nine new staff members to the department.

As Chief Jones stated at last month's annual meeting, this will mean we are fully staffed. This will certainly benefit our community and the emergencies that FVFD responds to.

At the board meeting, three of our board members agreed to stay on for another term: Jeff Augram, Andy Presley and Mike Earwood. The following officers were re-elected to their positions for another year: Jeff Augram, chairman; Alan Dalton, vice chairman; Andy Presley, secretary; and Bill Sevier, treasurer.

The Support Operations Team also met last month and held their elections for officers. They are Debbie Franklin, president; Robin Ramsey, vice president and treasurer; and Michelle Jones, secretary. At the meeting, we also finalized the plan for the photographer to take pictures for the composite photo that, through various fundraisers, we were able to give to the department and the staff for Christmas. We'd like to give special thanks to Frank Moretz and Connie Hensley for their individual donations.

The department held their Christmas party at Taylor Ranch. Many very generously donated to help with this event and bring down the costs. At the event, Jerry VeHaun



(l to r) Jeff Augram, board chair; Robin Ramsey; Scott Jones, fire chief; and Jerry VeHaun

was presented with a flag, provided by Senator Richard Burr, which had flown over the US Capitol in honor of his retirement and service to the county for 48 years. We will miss a great advocate for emergency services and a true friend to our department.

The next board meeting will be January 20 at the main station at 7 pm. Any local tax-paying citizen is welcome to attend. The board is made up of citizens from and voted on by the community.

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

When it comes to your to-do list, put your future first.

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Quaint mountain home in small neighborhood. Stone FP, cathedral ceiling, views. Split plan, master on main. LR & BRs open to deck. Lower level BR, full bath & fam rm w/ private patio. Rental potential, furniture neg. Call for info **\$230,000**

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

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Total remodel: heat, air, floor, tile, kitchen cabinets, porch rails, doors, carpet & paint. New county-approved septic. Conv to AVL on 5-lane Hwy 74A or Cane Creek Rd to airport shopping & I-26. Call Allen Helmick 828.329.8400 **\$180,000**

BRAND NEW BUILD PLAN



Brand NEW! Arts & Crafts plan. Open concept w/ main-level living inc master suite. Daylight bsmt - 2 bd/ ba. Wood floors, tile in the baths. New agridiv subdivision in the heart of Fairview. Many Plans available. **\$450,000**

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UNDER CONTRACT



Beautiful home in gated comm; mins to BRP & DT AVL. 3 BD/3.5 BA, teak floors, open kitchen with granite counters. Master suite, lg tub, his/hers closets. Sep living/dining areas. 2 BRs on 2nd fl. Fin bsmt w/FP, office/bonus rm, full bath. Call Susan for info 828.301-1410 **\$520,900**

REDUCED PRICE



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

NEW LISTING



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

PROPOSED BUILD



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

UNDER CONTRACT



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

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Starter home! 4/2 open floor plan on private 1.04 acres. Remodeled kitchen, new hardwood laminate & tile floors, fresh paint. Covered porch & patio. Chicken coop storage bldg partially built. **\$257,500** Call Wanda Treadway 828.424.1632

PRICE ADJUSTMENT



0.43 acre lot in Solairus eco village in Old Fort. 7.5 acres of common area is pasture with playground. 2 BR, septic, site graded. Gently sloping w/mtn views. 15 min Blk Mtn, 30 min DT AVL. Call Devon Satchell 828.747.2694 **\$29,900**

OPT. LAKE RIGHTS



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

NEW PROPOSED BUILD



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

LAND FOR SALE

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

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

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

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

3.58 PRIVATE ACRES w/breathtaking long-range views. Level access from paved rd, sloping lot in beautiful gated comm. Pool, tennis, golf membership option. Call Karen 828.216.3998. **\$75K - \$25K**

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

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Captain Thomas "Tommy" Foster, Part One

Captain Thomas Foster was born in Augusta County, Virginia, on October 14, 1774. He was the son of William Forster II (March 31, 1748–April 2, 1830) and Elizabeth Heath (May 10, 1753–December 8, 1827). In 1786, when he was 12, Thomas's parents moved to what is now Buncombe County. They built their home where the head of the McDowell Street viaduct is now located. At the time, it overlooked the swamps and marshes along the Swannanoa River. William Forster II and Daniel Smith were the first two European men to live in what is now the city of Asheville.

Thomas was the first person in the Forster family to drop the first "r" from his last name. Later, all the family, except his parents, changed their last name to Foster instead of Forster. He married Orra Sams in 1796. She was born in Wythe County, Virginia, in November 1778. She was the only daughter of Captain Edmund Sams (November 13, 1750–July 22, 1845) and Anne "Nancy" Young (November 1752–November 1845).

Captain Edmund and Nancy were both from Virginia. Edmund was a captain in the Revolutionary War and the first coroner of Buncombe County. He usually led the local militia against the Cherokee

when they attacked the area around what is now Asheville.

Thomas and Orra Foster built their home in the area where Sweeten Creek runs into the Swannanoa River. Thomas soon owned almost all of what is now called Biltmore — from the present location of Mission Hospital down to the Ingles grocery store on Hendersonville Road, and from where the Swannanoa River enters the French Broad to near the site where Interstate 40 crosses Sweeten Creek Road.

Panthers and Mountain Lions

When he was a young man, Thomas would turn his horse loose at night to feed on the cane and pea vine along the Swannanoa River. Early in the morning, he would walk along the river to locate his horse and bring it home. He said there were deer all along the river every day, and that if his family needed meat, he would shoot a deer as he walked. There were many panthers and mountain lions around, too, and Thomas would get in his boat and sail down the Swannanoa River and shoot them along the banks. That story comes to me from my grandfather Henry Harrison Ingle Sr. (1884–1973), who heard it from his grandfather, Benjamin Franklin "Frank" Foster Sr.



PHOTO: MARILYN M AT FINDAGRAVE.COM

(1817–1893), who was the youngest son of Thomas Foster.

Foster Alexander Sondley (1857–1931), who was the great-grandson of Thomas Foster, wrote that there were many fish in the Swannanoa and French Broad Rivers in the 1790s. Men would set fish traps in both rivers in the afternoon, and the next morning they would need to bring wooden barrels because they had so many fish to bring home.

Sondley wrote that Thomas Foster built the road from where Kenilworth Road

enters Biltmore Avenue down the hill to the Swannanoa River, where Thomas had built the first bridge across the Swannanoa. The current Biltmore Avenue follows Foster's road down the hill almost to the river. Sondley said that Thomas Foster owned a farm, a hotel, a grist mill and a sawmill, as well as a few other enterprises on his farm. Sweeten Creek was called Foster's Mill Creek until around 1920.

Thomas Foster's aunt, Jane Forster (1846–1924), was married to John Burton, the founder of Asheville. Burton owned the land where downtown Asheville is located. He laid the area off in lots and sold them. Thomas Foster bought lot seven on October 21, 1794, for which he paid his uncle 20 shillings.

When Asheville officially became a city in 1840, the state said that the main road through town was too narrow. Phillip Britain, Thomas Foster and Foster's first cousin, James Gudger, were appointed as commissioners to buy the land to widen the main street.

Read Part Two in next month's Crier.

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

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The Dead of Winter

The coldest temperature recorded in the winter season so far was on November 13. With an arctic cold snap, temperatures in rural Fairview dipped down to a few degrees from 10 in some sheltered locations. The airport was down to 18 that morning.

We are approaching the time known as the dead of winter, which broadly refers to the slowing of the pace of life during cold months. Across WNC, winter is a time of lower temperatures and fewer hours of daylight and a season of hibernation, dormancy, or relative inactivity for most living things.

"Dead of winter" is not a weather phrase. Meteorologists use "the coldest part of winter." For most of the U.S. and the mid and high latitudes of the Northern Hemisphere, that means the month of January.

The shortest day of the year is around December 21, but that's not the coldest day. On this day, the Arctic Circle (66 degrees north) remains in complete darkness for 24 hours. Further north, the darkness increases, and the North Pole

has no direct sunlight for 179 days, from late November through mid-March. This lag time allows cold polar air to continue to build across the Arctic and Siberia. This cold arctic air from time to time spills southward, aided by the changing of the jet stream. This cold air mass only slowly warms up as these regions start to get a little sun each day. Each subsequent blast from the Arctic, with time, becomes less intense. Thus, average high and low temperatures in the winter tend to bottom out toward the end of the "darkness" period across the North Pole and Arctic.

For WNC, the period with the coldest average high and low temperatures is from January 12th to 18th, with a normal high of 46 and a low of 26. This is why there is about a month's difference between the shortest day and the coldest days.

We are in the coldest period of our temperature cycle, and the odds favor at least several cold snaps or intrusions of arctic air from the north. I think that the rest of the winter pattern is shaping up



around normal. That usually means a few cold snaps, followed by a moderation, with that cycle repeating several times over the course of the winter.

The warmest day on record for January recorded at the Asheville airport was 80 degrees on the 27th in 1999. The coldest day was a numbing 16 degrees below zero on the 21st in 1985, which is also our all-time low temperature. The average liquid precipitation for the Fairview area in January is around four inches. This is typically our snowiest month, with four to five inches received. Historically, we can get significant snow if the weather pattern is right, even into early April. We get our heaviest snows when storms come up from the Gulf of Mexico and track just to our east, and we have just enough cold air in place for snow. These storms can also create strong winds. The snowiest January was back in 1966, when close to 20 inches of snow fell in our area.



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

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Go to ashevilleweather.com and click on "Fairview."

WEATHER WONDER

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

The preliminary data for last year shows the average temperature was about 3 degrees above the long-term average of 55.5. February, May, and September averaged 6 degrees above normal. In contrast, March and November were slightly below normal. Looking at airport data, we had 13 days with high temperatures at or above 90, four in May. The long-term average number of 90 or higher days is nine.

In contrast, Greenville, SC, and Charlotte both average somewhere in the 45- to 50-day range; Charlotte had 75 days at or above 90 in 2019.

In the Fairview area, most places have received 55 to 60 inches of precipitation, with the wettest escarpment locations a bit higher. However, we did have a four- to six-week period of hot and mainly dry weather in mid-summer. As a person with a plant nursery, I don't want to see that again.

QUESTION of the MONTH

What is rime ice?



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PERU'S SACRED VALLEY

After saying for years that we wanted to visit the ancient mountaintop palace of the Incas at Machu Picchu, we finally did it last month. We drove to Atlanta, flew to Fort Lauderdale, and then to Lima, the capital of Peru. It was a long trip but at least there was no jetlag.

From there, we flew to Cusco, the former capital of the Incan empire. Lima is roughly at the same elevation as Asheville, but Cusco is at 11,000 feet. Until we became acclimated, just walking down the street caused our hearts to race and made breathing more difficult. From Cusco, we traveled to and from Machu Picchu by rail and bus, exploring cities and the Peruvian countryside.

The country is an interesting mix of European and native (Quechua) people and customs, highlighted by the remarkably preserved ruins of Machu Picchu. It was an incredible trip!



Main square in Cusco

The former Incan capital now boasts a beautiful Spanish-style square, partially built from stones from Incan walls.



Ccaccacollo

That town name is not a typo. At this rural cooperative, we learned about local weaving and dyeing techniques. And hat etiquette, too—hats worn facing down mean a woman is married.



Cuyo Chico

In another rural village, a group of families have joined together to create a small business based on their traditional adobe ceramic crafts. Using clay from the surrounding area, they demonstrated how they mold and decorate bowls, plates and ornaments.



The Sacred Valley

Our guide, Elias, told us the valley, which contains Machu Picchu and other sites, had special significance to the Inca because of the Urubamba River that flows through it, which created productive farmland (note the terraces).



Ollantaytambo

This city was the location of a royal palace, which you can see atop the terraces behind us in the photo. The palace features enormous granite stones, perhaps weighing 50 tons each, that were dragged miles from a mountainside quarry.



Machu Picchu

We had perfect weather for our visit to this amazing site. Pictures and videos don't quite do it justice. Whoever selected this site back in Incan times certainly knew what they were doing.



Machu Picchu

The *Crier* made it all the way to Machu Picchu!



San Pedro Market in Cusco

Returning to Lima through Cusco, we stumbled across this seeming beauty pageant/county fair hybrid in the local market. The women were representing all of the different products sold locally. We had to look this up later, as we had no idea what was going on at the time.

There's No Such Thing as "Just an Ankle Sprain"

Many of us have experienced an ankle sprain at some point. It may have occurred while running around in the yard as a child, during a basketball game, or simply walking along an uneven sidewalk as an adult. If this has happened to you, you know the pain and limitations that it brings. There may be as many as 25,000 ankle sprains that happen daily across our country. Most of them happen to athletes, but those of us not on the playing field are at risk as well. Ankle sprains are the number one injury among hikers.

An ankle sprain is an injury to the ligaments of the ankle. Ligaments connect bone to bone and provide stability to our joints. When an ankle sprain occurs, the ligaments are overstretched and sometimes torn. A sprain can involve one or more ligaments. The more ligaments involved, the more disability that can occur. Most sprains involve the outer portion of the joint, when the foot rolls inward: this is called an inversion/lateral ankle sprain. A sprain can also occur to the inside portion of the ankle joint, but this is not as common. Sprains occur at varying degrees, from Grade I to Grade III. You may experience minor pain and swelling that seems to go away quickly within five to seven days (Grade I) or swelling, bruising and difficulty placing weight



on your foot while walking and standing (Grade III). Grade II sprains usually heal completely with treatment in six to 10 weeks. A Grade III sprain, with or without surgery, takes about three to four months to fully heal. The weakened ankle ligaments, no matter the severity, decrease the stability of the ankle, which can predispose the ankle to recurrent sprains. If you have had one sprain, no matter the severity, you are highly likely to endure recurrent sprains if you do not get the treatment that is needed to stabilize the ankle joint.

When the injury first occurs, RICE (rest,

ice, compression and elevation) works. It's also important to protect the ankle while it's recovering from injury. This will decrease the swelling and pain, allowing the ligament(s) to sufficiently heal. When the swelling and pain are well controlled, range of motion exercises should be started.

Advanced strengthening, stretching, and proprioception exercises should follow. An exercise program should be developed and progressed according to each person's individual limitations and should be closely monitored by a professional. Balance and proprioception exercises are added to the program in order to retrain the joint to stabilize when performing activities such as jumping, walking, or hiking on uneven ground. This will help you to return to your normal activities.

There are several strategies to prevent an ankle sprain. Wear good shoes that

provide support, stability and grip to avoid slipping. Maintain or attain normal ankle, knee, and hip flexibility, muscle strength and endurance. Improve your balance and proprioception. Improving your balance and ability to stand and walk on uneven surfaces will help reduce the risk of injuring an ankle. Proper warm-up and stretching is always recommended before you participate in any activity.

Conservative management of this type of injury through physical therapy is important to ensure you regain your strength and range of motion and prevent further occurrences of the same injury. Leaving any degree of ankle sprain untreated can lead to repeat sprains and chronic instability of the ankle.

Those who undergo a structured rehabilitation program are more likely to return to activity safely and in less time. A physical therapist will perform a thorough evaluation of your gait, range of motion, strength, and flexibility and will identify any other impairments or contributing factors associated with your condition.

Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. avorahealth.com.

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Is There a Fountain of Youth?

We are all fortunate recipients of the incredible advances in human medicine and science. Clean water, immunizations, antibiotics, sterile techniques and imaging technologies are but a few of the countless ways humans have figured out how to live better and longer.

Along with all this technology, however, there is a deeper and more important cornerstone to our health and longevity that is ancient and timeless. The proverbial fountain of youth is available to us all—at least to all who desire it. This cure is free, has no side effects and is full of benefits. This cure has many faces and takes different forms for each person, but its core principle is the same: movement.

Time to Move

Our bodies are meant to move. From the time we start bouncing around inside our mothers' wombs until we take our last breath, our bodies are not meant to be still. Children basically move non-stop, and almost all of us move while we are asleep. This is our nature. It is only through aging, choice and employment that some of us become sedentary.

"I hurt too much to exercise" is a common phrase I hear in my medical

practice when I try to prescribe this powerful and magical treatment for my patients. On the contrary, science tells us that those who are the most active have the least pain. Activity and exercise stimulate your body's own natural healing powers through the release of natural pain-relieving and feel-good hormones. It's the people who don't exercise who have the most pain. Some people say that our bodies are the temples of our souls. How are you maintaining your sacred place?

Find What You Like

The key is finding an activity that you will do. Ideally, you will enjoy the activity. You can go for a brisk walk for free or you can join an expensive gym. You can do sit-ups, push-ups and pull-ups in your home, climb a mountain or join a dance club. You can go for a solo swim or to a group class. You can go from a seated position to a standing position and sit again repeatedly in the comfort of your own home until you get tired. Then do some more. And repeat daily. Doctor's orders.

Dr. Coladonato is a family practice physician at MAHEC Family Health Center at Cane Creek. 628-8250. 1542 Cane Creek Road, Fletcher.




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Smelly Lessons

You know the honeymoon is over when your spouse locks you out of the house naked in an ice storm. Yep, it happened to me. But what would drive a husband to treat his wife in such a way?

We'd been living on the farm a couple of years. In the early days, it was a "hobby farm," a stress release from a regular 9 to 5 job. Our fun consisted of planting 100 tomato plants of various types (during a drought no less), fencing, building a chicken coop and raising chicks, and, most important to this tale, raising and milking dairy goats.

That may sound idyllic, but there are things that come with having a "farm," even a hobby farm, that no one warns you about. From the farmers I've talked with over the years, the experience is like pledging a fraternity or sorority—they enjoy seeing you learn on your own. For instance, no one ever explains things like the decrease in the friction coefficient when you involve manure and any sloped surface or how accurate the saying "running around like a chicken with its head cut off" is. Or what getting "skunked" really means.

I had made a deal with my husband to split the feeding chores. He would feed in the mornings after working third shift, and I'd handle the evening feeding so he could sleep later. On this particularly cold

and icy night, I headed out as usual with our two dogs to feed the goats. The dogs considered it a fine evening and trotted out ahead of me. By the time I approached the barn, I could hear a terrible ruckus. Afraid the dogs had found a goat out of its pen, I rushed through the barn door to "rescue" the poor creature from the dogs. Only it wasn't a loose goat. The neighbor's dogs had chased a skunk into our barn. I hit the doorway just in time to join the dogs in receiving the famous skunk defense.

The dogs headed for home, and the skunk took off, too. I was left with hungry goats and a lingering stench. I trudged back to the house to seek advice and sympathy from my husband, but that's not what I got. I carefully opened the bedroom door (after leaving the dogs on the porch) and sweetly called his name. Immediately, he yelled, "Skunk—outside



now!" I thought he was joking.

And that's how I ended up naked in an ice storm, locked out of my house by my

husband. He confiscated all my clothes for the trash, called the family for skunk advice, and jeered at me through the windows. Finally, I was told to go directly to the bathroom and wash myself and the dogs in tomato juice and then vinegar.

When he was talking to our cousins, he'd learned of a goat in distress during labor, and so he had to leave. So the de-skunking was all on me, which included removing tomato juice from the bathroom walls and ceiling—you know dogs shake after getting wet, right? And after all that was done, I still had to go out to finish the goat feeding and milking.

The good parts to come out of this story were a healthy mama goat and kid, a skunk who survived a dog chase, and a clear understanding of the limitations of a marriage. It's always good to know where you stand in a relationship.

And just in case you're wondering, tomato juice and vinegar are only mostly successful. For six months after that night, every time it rained or I washed my hair or went swimming, the memory of that skunk night came flooding back.

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

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How to Become Seasonally Savvy

was “tweeting” with my buddy Carlos the cardinal the other day. We were discussing the cold winter ahead and how I was planning to make sure I had plenty of high-fat bird foods out there for him and his bird friends. Winter is tough on birds, but Carlos reminded me that winter is not the only season of concern. He said I should become more seasonally savvy. What did he mean by that?

Adjust Your Feeding Strategy for the Birds

Seasons change, and so do bird behaviors and needs. They are affected by weather, migration, having babies, molting and general bird activity level. When we embrace seasonal transitions and support birds with feeding adaptations, we will enjoy more birds and bird species in our yards. Carlos will tell all his friends that your yard is the best stop in town.

In the winter, food in nature is scarce, and freezing nights can cause birds to burn 10% of their body fat trying to stay warm. If you have more activity around feeders from your local birds, increase the number of feeders and include high-fat



foods. When it snows, I often use our deck railing as a feeder. Use more finch feeders, especially if large Pine Siskin flocks stop at your yard on their migration from up north.

It is always best to keep one foundational feeder filled and one fat feeder for food like suet. Beyond that, you can add a variety of feeders to put out seasonally. These might include hopper and tray feeders, finch feeders, peanut feeders, suet and nectar feeders, domed trays (for weather protection), and even a smear of

suet butter applied right onto the bark of your trees.

Nesting Season Follows Winter

After birds survive the winter cold, bird nesting starts in late winter and early spring. At this time, add high-protein foods with extra calcium to promote egg production and nestling growth. If you see bluebirds, add a feeder with mealworms and suet bits. You can even get a special bluebird feeder.

Also in spring, hummingbirds return to our area. Put out nectar feeders ahead

of their arrival. Warblers migrate in the spring, summer and fall, and all of them are attracted to running water. Add a water dripper or small fountain birdbath. They'll come to the sound and enjoy the water and your feeders.

Fall Cache

During the fall, you might see an increase in activity from all your birds. Chickadees, crows and blue jays love to cache food to munch on later. Give the chickadees their own small feeder and fill it with seeds that are in the shell, instead of, for example, unshelled sunflower chips. (You

can use unshelled seeds more during the spring and summer.) For crows and blue jays, peanuts in the shell work great. I just put them out in the driveway and laugh as the crows try to cram as many peanuts as possible in their craws.

If you become seasonally savvy, you'll make Carlos and the other birds happy, which means you'll have more birds flocking to your yard.

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



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Dean and Juanita Carter

Lives spent serving the Cane Creek community

BY CLARK AYCOCK

Neil Carter lives near his late parents' home off Emma's Grove Road. He uses their home as an office, but it also felt like a memorial to me—photo albums, plaques and trophies, his parents' furniture as they left it. And when Neil started telling me about all that his parents had been involved with in the Cane Creek community, it seemed like a memorial would be justified.

Dean Carter (full name Harold Dean Carter) was born in 1916 in

Barnardsville. His family ran the grist mill there and also produced dairy and tobacco. He received a football scholarship to Carson-Newman but turned it down to attend Mars Hill College (a two-year school at the time) and graduated with a degree in business.

Juanita (Edwards) Carter was born in 1923 in Mars Hill. She attended the college there, and also majored in business. She became friends with Dean's sister at school, and met him when she accompanied her friend for a visit home.

Dean served in World War II as a staff sergeant, and he and Juanita married in 1944. When he got out of the service in 1945, he worked on his family's farm but wanted to buy his own property. He looked first in Leicester and then at some scrubby land in Cane Creek owned by Runion Buss, the local bus tour operator. Dean's father came out to look over that property, but said, "Son, I think you messed up," said Neil. But Dean thought he could make something of it and bought the land in 1947.

He started a commercial egg business. One of his customers was Elmer Ingle. That name should sound familiar. "Down in Biltmore, right past where Ballards is, Elmer had his...little grocery store," Neil said. "And daddy got to meet a young man named Bob who said he wanted to start a larger store where people could get better prices."

In addition to eggs, the farm produced beef and poultry and also grew tobacco. Dean ended up leaving the tobacco business, even though it was good money, because he "thought it wasn't a good thing for people to smoke," Neil said.

The Carters became the main producer of eggs in Buncombe County, and the farm was promoted as a

A CHURCH, THE POOL, THE COMMUNITY CENTER AND THE PUBLIC LIBRARY IN THE CANE CREEK AREA HAD CARTER INVOLVEMENT.

demonstration model by the local farm extension service and other agencies. "We had people from basically every state come to look at the farm and see how it progressed," Neil said.

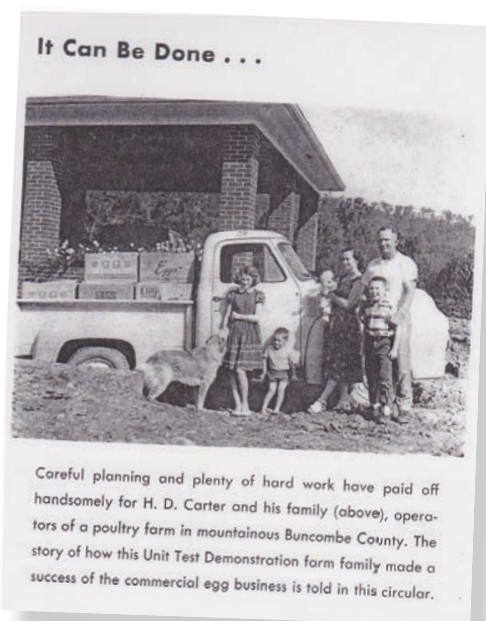
The egg business was a success, and through the demonstration efforts, other local families saw they could do it too and started their own egg farms. "When they all started going into the chicken business, daddy got out of it," Neil said. It seems like that business degree from Mars Hill came in handy.

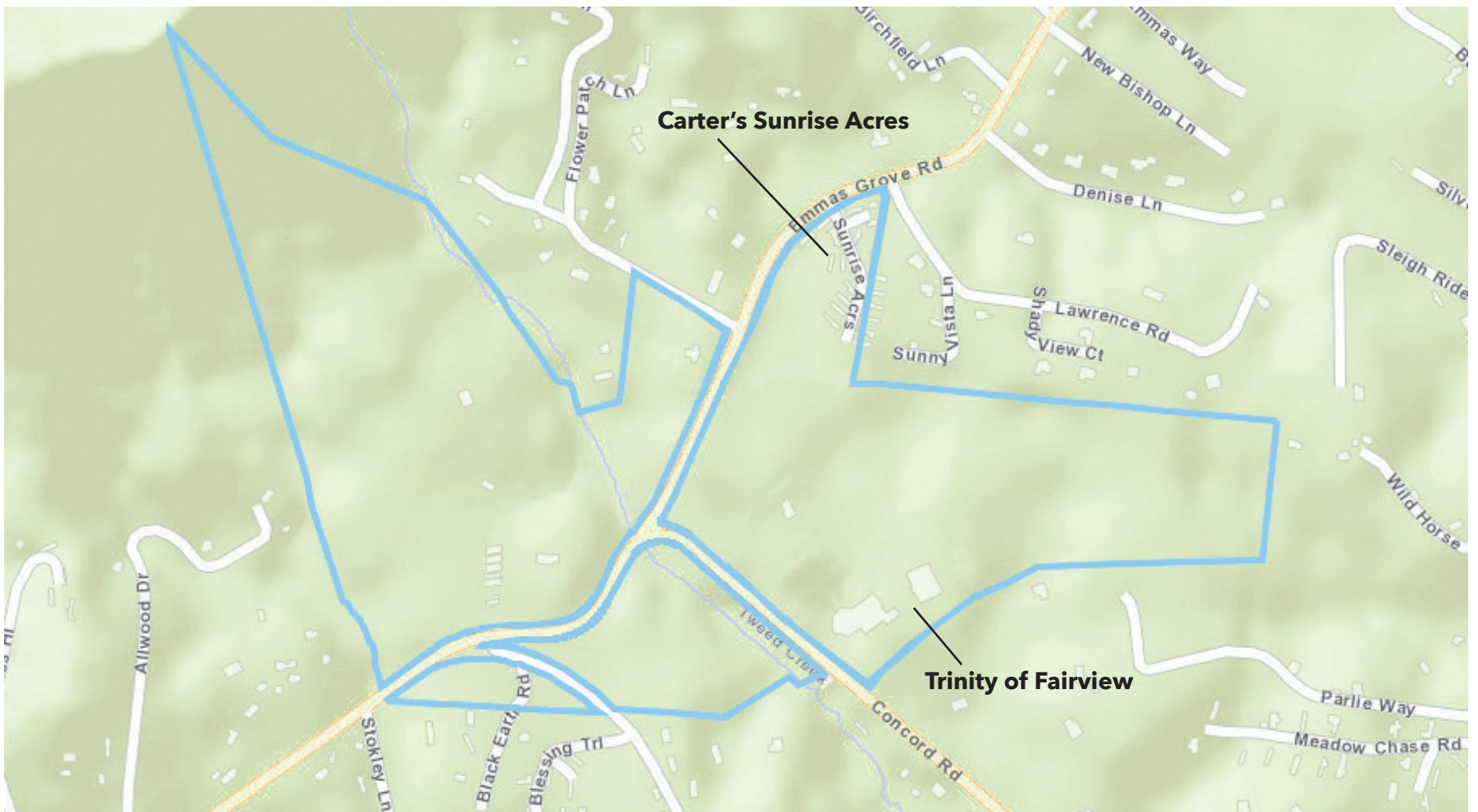
Dean moved into the excavating business in the early 1960s and was requested for a lot of the new septic tank work in Buncombe County.

During all that time, Juanita helped to run those businesses and raise a family. She and Dean had four children, in the following order: Sandra (Fletcher), Myron, Neil and Selma (Allen). And in addition to work and family, they somehow made

At right, the Carters' egg production facilities were featured in promotional materials for local farm extension services. Once other local folks caught on to the potential, Neil got out of the egg game and moved into excavation.

Top left: Neil and Juanita in 1983; top right, in 1944 after getting married.





The blue border shows the approximate Carter property (original and acquired) in Cane Creek.



Neil Carter at Carter's Sunrise Acres



Dean and son Myron in front of the newly built Cane Creek Community Center.



Juanita accepting the Keep America Beautiful award in 1983.

time—in fact, made it a priority—to be community-minded.

In 1951, they were instrumental in organizing the Cane Creek Development Club, one of the first organized communities of its kind in the country. Dean helped to construct the community center building in 1956 that still stands today at 1370 Cane Creek Road. He was also the first president, and Juanita helped document the center's history in extensive scrapbooks.

And they weren't finished—in fact, they were just picking up speed. They started some of the first roadside pickups in the state, worked with local families to

remove abandoned cars from roadsides, started a "yard of the month" club and a mailbox competition (to encourage community pride), and helped the community center win a national award from Keep America Beautiful in 1983.

In 1956, they joined 12 other families in the area to start Trinity of Fairview (then known as Trinity Missionary Baptist Church). They donated the land to start the church.

Juanita was very active in the local schools. She was a member and president of the PTA at Fairview School, and she worked with Principal Ron Dalton when A.C. Reynolds High

School was being planned. She was also involved in the early planning stages of the Cane Creek Pool and the Fairview Public Library.

If you drive on Concord Road with any frequency, you probably know the Carter name from their Sunrise Acres Mobile Home Park. Dean and Juanita started the business in 1969 and quickly added a home sales business (now called Carter's Homes) to take advantage of the interest. In 1971, they became a Norris home dealer and have consistently been one of the top dealers of Norris homes nationally ever since. The many trophies on display at Dean and Juanita's

house—and there are more in the basement—are proof of this.

"We have people come from across the country to buy homes from us. Most are coming to live here with the home, but they come here looking for us," Neil said. In 1998, Carter Homes received the Hall of Fame award from Clayton Homes, one of only eight companies in the country ever to receive the award.

Dean and Juanita are no longer with us (Dean passed in 1998 and Juanita in 2010) but their dedication to the community ensures their memories will live on.

Reynolds Band Rocks the House

If you read this column regularly, you know I have a soft spot in my heart for the arts, especially music. It's a game-changer for students. So, I was pleased to see the arts featured at the December School Board meeting, including performances by the Reynolds Brass Quintet and Chorale and announcements of the many recent Rocket musical accolades.

In October, the Symphonic Band was awarded the prestigious Mark of Excellence Award by the Foundation for Music Education. The Mark of Excellence project gathers entries from throughout the country and offers a unique competitive environment, allowing ensembles to compare their performance quality to other outstanding groups nationally. The Reynolds band was the only one in all of North Carolina to receive this top honor and was recognized in the "New Music" category for a performance of Symphony #2 Genesis by David Gillingham.

Huge Honor

The Reynolds High Symphonic Band was invited to perform at the annual conference of the NC Music Educators' Association in Winston-Salem in November. This is a huge honor, as only five other high school bands from around the



state participated. This is the second time the Reynolds band has been so honored under Director Sean Smith's leadership.

And finally, Smith was chosen as a top ten finalist across the nation for the Music & Arts Educator of the Year Award. Following his nomination and upon reaching the top 25 level, Smith submitted a portfolio, including an essay, letters of recommendation and a video of his classroom teaching. According to Music & Arts, successful candidates are experts in music history, theory, processes and techniques. They have devoted a major part of their careers to the advancement of music education, and they successfully transfer their knowledge and passion to their students in hopes of developing their creative skills. This certainly describes Sean Smith.

The Reynolds school district is lucky to have excellent music programs that build from kindergarten all the way through high school. If you're a music lover but don't have a student at home, you should know that most school music events are open to the public. Keep an eye on the school calendar that runs with my column each month.



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

JANUARY SCHOOL CALENDAR

JAN 6	All schools reopen after winter break
JAN 14	Fairview Elementary K-2nd Daybreak with Dad 7:15 am
	All-County Band Concert, North Buncombe High 7 pm
JAN 15	Fairview Elementary 3rd-5th Daybreak with Dad 7:15 am
JAN 17	Early dismissal for all schools
JAN 20	MLK holiday

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Guidelines for Sick Day Decisions

By Kenya Hoffart

It can be difficult to decide when to keep sick kids home from school, especially when symptoms seem to be mild. If your child truly is sick, keeping them at home can help them rest and recoup and help keep other children healthy, too.

When you are trying to decide if you should send your child to school, consider these guidelines listed below.

Fever. If your kid has a fever over 100 degrees, that is a sign the body is fighting an illness. Children with a fever of 100.5 degrees or higher should not be sent to school. Students must be fever-free for 24 hours without fever-reducing medications before they may return to school.

Respiratory distress. Severe cough and cold symptoms may keep your student from staying alert and focused, so a sick day may be best. This distress can also be symptomatic of contagious conditions, such as whooping cough, viral bronchitis or croup, so be aware of any changes.

Tummy troubles. Children experiencing tummy troubles that require them to be close to a bathroom should be kept at home. All children must be free from vomit and diarrhea for 24 hours before they may return to school, even if the cause of these ailments is due to something like food poisoning, since these ailments can sometimes lead to dehydration.

Skin woes. Rashes can be a sign of contagious illnesses, such as chickenpox, bacterial meningitis or impetigo. It is important that a doctor examine these

types of concerns before determining if it's safe for a child to be in school. Also, common childhood illnesses such as hand, foot, and mouth disease are highly contagious. If a student has sores or blisters that are still wet, they should not be at school.

Sore throat. Students with strep throat should be kept at home for at least 24 hours after they start antibiotics. Students with a sore throat associated with a common cold or allergies may go to school.

Ear infections. Ear infections are not contagious, so there is no need to keep a child with a mild earache at home, if he or she feels well enough to concentrate in the classroom.

Cold and flu. Students with common colds can come to school if they are able to participate actively in the classroom. Students with flu-like symptoms, such as fever, chills, muscle pain, etc., should be kept at home until a doctor can confirm the presence of a virus.

The easiest way to encourage your child to protect themselves against germs is to instruct them to wash their hands with soap and warm water as often as possible. They should also keep their hands away from their mouths, noses and eyes. And they should always be encouraged to cover their mouths when they cough and sneeze and never to share a beverage container with friends. These tips and guidelines will help reduce the number of germs at school and make for fewer sick days.

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

STUDENT OF THE MONTH: MATTHEW COMFORT



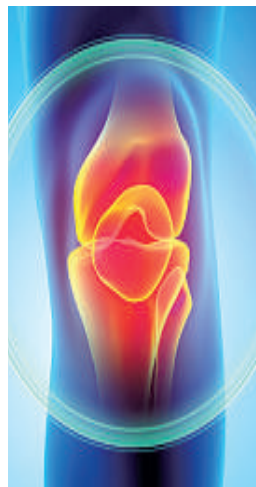
The A.C. Reynolds Student of the Month is Matthew Comfort. He was nominated by David Wise, a retired US Army lieutenant colonel and the senior Army instructor of JROTC at ACRHS.

"Matthew is an extremely conscientious and dependable young man," said Wise. "He has been a member of the JROTC 'Rocket Battalion' since his freshman year. He has been an active member of our Raider Challenge Team and served in cadet leadership positions at every level, including the most senior position, the Cadet Battalion Commander. Most significantly, he is an excellent student and maintains an impressive GPA."

Wise continued, "What impresses me most is Matt's humility and work ethic. Whereas many kids shy away from increased responsibility, Matt embraces it with a humble inquisitiveness and a strong desire to learn and grow from the experience. He can always be counted upon to participate and make valuable contributions to any effort. Unsurprisingly, Matt has enlisted to serve in the US Army and will depart for basic training shortly after graduation."

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

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GREG'S MAGIC TRICK

Math Magic

In one of the first magic kits that I got for Christmas as a kid, there were seven cards with numbers on them. Those cards let you do a trick that involves instant calculations. But don't worry, it's easy to do.

PREPARATION. Cut out the cards, below.

THE TRICK. Give a person the cards with numbers on them and ask them to think of a number from one to 100. Ask them to give you all the cards that contain their number without telling you that number.

As soon as they give you the last card, ask a silly question such as, "Why isn't there a mouse-flavored cat food?" No matter what their answer is, you immediately tell them the number they selected.

PERFORM. Hand the seven cards to your volunteer. The silly question that you ask at the end has nothing to do with the trick, but it gives you time to do the "secret addition" necessary. To find the number, add the numbers in the upper left-hand corner of the cards they return to you. For example, if the volunteer's number is 33, they would hand you cards "A" and "G" and you would add 1 and 32.

NOTE. There are a couple of ways this trick could go wrong. If you make a mistake in your addition, you'll end up with the wrong answer. If this happens, try again and add more carefully. If the volunteer says the number you guessed is wrong, ask them what their number was and show them that one of the cards they gave you is wrong.



A

1	3	5	7	9	11	13	15	17	19
21	23	25	27	29	31	33	35	37	39
41	43	45	47	49	51	53	55	57	59
61	63	65	67	69	71	73	75	77	79
81	83	85	87	89	91	93	95	97	99

2	3	6	7	10	11	14	15	18	19
22	23	26	27	30	31	34	35	38	39
42	43	46	47	50	51	54	55	58	59
62	63	66	67	70	71	74	75	78	79
82	83	86	87	90	91	94	95	98	99

4	5	6	7	12	13	14	15	20	21
22	23	28	29	30	31	36	37	38	39
44	45	46	47	52	53	54	55	60	61
62	63	68	69	70	71	76	77	78	79
84	85	86	87	92	93	94	95	100	

8	9	10	11	12	13	14	15	24	25
26	27	28	29	30	31	40	41	42	43
44	45	46	47	56	57	58	59	60	61
62	63	72	73	74	75	76	77	78	79
88	89	90	91	92	93	94	95		

16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	48	49	50	51
52	53	54	55	56	57	58	59	60	61
62	63	80	81	82	83	84	85	86	87
88	89	90	91	92	93	94	95		

32	33	34	35	36	37	38	39	40	41
42	43	44	45	46	47	48	49	50	51
52	53	54	55	56	57	58	59	60	61
62	63	96	97	98	99	100			

64	65	66	67	68	69	70	71	72	73
74	75	76	77	78	79	80	81	82	83
84	85	86	87	88	89	90	91	92	93
94	95	96	97	98	99	100			

G



a. Dixie came to AHS when her parents had to go into hospice care. She has compression on her spinal cord that makes walking difficult. She has been getting treatment and has improved by leaps and bounds. She is a sweet dog looking for her forever home. *Humane Society, 761-2001, ashevillehumane.org*



b. Maximus is a sweet 2-year-old cat who has had some setbacks but is always ready to snuggle or play. He loves all animals and attention and is happiest when cradled in your arms. He has severe food allergies and needs to stay on special food and meds. He would be a great addition to a home with playful pets and would do well with children. *Humane Society*

c. Mazza's specialties are snuggles, sweetness, love and purrs. *Charlie's Angels, 885-3647, wncanimalrescue.org*

d. Pip is a happy, peppy guy who is about 4 years old and 15 pounds. He's affectionately nicknamed "pogo" because he eagerly bounces in his kennel when meeting new folks. He would enjoy a home that will provide an outlet for his energy and plenty of pets and hugs. Pip would do best in an adult household. *Charlie's Angels.*



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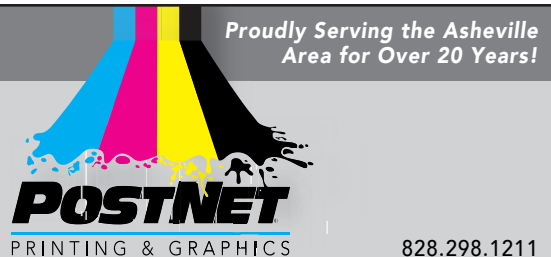
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Evening Service — 6:00 PM

Wednesday Evening — 7:00 PM

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SERVICE SCHEDULE

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Worship 11:00 am

Sunday Evening 5:30 pm

Wednesday 7:00 pm

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Worship 10:45

Evening Worship 6:00

Wednesday Evening 7:00



Robin Ramsey Honored

Robin Ramsey was recently named a regional winner of the Women's Leadership Award from the Breedlove company.

She has been the Western Field Representative for Senator Richard Burr for WNC for six years. She is known as the "Rolodex of the West" due to her knowledge of and connections to many local towns and communities.

The Breedlove company, based in Asheville, is a business consulting agency staffed by all women. Their leadership award celebrates local women who share their mission of opening doors for other women.

In addition to her work with Senator Burr, Ramsey also writes the Fire Department column for the *Crier*.

Help Spring Mountain CC Plan for 2020

by Ruth Atkins

On Saturday, January 11 at 10 am, the SMCC will hold a planning meeting to select activities, projects, events and groups for the year. We're excited to hear new suggestions and insights from everyone. We'll discuss everyone's input and make a general plan for the year. Sometime around noon we'll finish with a light lunch and time for getting to know each other better.

Since we'll be preparing a homemade lunch, please let us know that you're coming so we can get a head count. RSVP to me at 628-1625 or 252-423-0247 (my cell). But don't let that stop you from coming at



the last minute—we want your input and can add a little extra water to the pot.

If the weather is questionable, check our website (springmountaincc.com), Facebook or NextDoor, or check for an email from us. (If we need to reschedule, it will be on January 25.)

The following Tuesday, January 14, at 6:30 pm will be our first monthly meeting of the year. Please note that this is a change from last year. We will now be meeting on the second Tuesday of each month. All are welcome to discuss business and monthly plans.

Flu Notice in Effect for Mission Hospitals

Due to increased flu activity, Mission Health has implemented visitor limitations for all of its local hospitals.

Visitors younger than 12 and anyone who does not feel well are asked to call patients rather than visit them in the hospital. Call the main number, 213-1111, and ask for the patient's room.

You can help prevent the spread of influenza by practicing frequent hand hygiene, wearing a face mask, staying home if you are sick and by getting an annual flu vaccine. Wash your hands before and after visiting the hospital and use the hand-sanitizing stations that are placed at hospital entrances and throughout the buildings.

ON THE ROAD

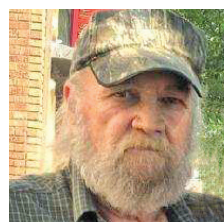


Ron and Patty Halvorsen of Fairview took the *Town Crier* with them to Cambodia when they recently visited to attend their son's wedding. They're pictured at the temple complex at Angkor Wat near the city of Siem Reap.

IN MEMORIAM

Issac Metz

"In loving memory of Isaac Henry Metz, a resident of Fairview. He left us on November 2, 2019, way too early. He left behind three sisters with huge holes in their hearts: Sarah, Diana and Myrtle. We will miss you forever."



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SUNDAYS

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
Wednesday Night Worship 7 pm

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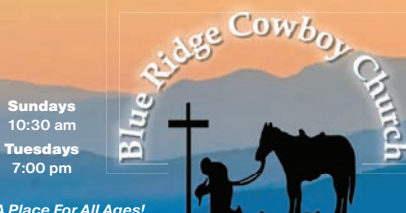
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Sunday Preaching 11 am
Sunday Night 6 pm
Wednesday Night 7 pm

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Wednesday Night 7pm

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Can "AI" Help You Become a Better Investor?

For the past several years, artificial intelligence—or AI—has increasingly found a place in many walks of life. Almost certainly, you use some form of AI, whether it's your time on social media, your use of mobile banking, the navigation system you rely on for directions, or any of the many other AI-driven applications relevant to your daily life. But AI has also become a significant part of the financial services industry. So, you might wonder if AI can help you become a better investor.

To begin with, what is AI? Essentially, it's the ability of a computer program or machine to think or learn. Using complex algorithms (a set of rules, or steps), computers and machines can mimic many of the thought processes of human beings.

But how can you use AI to invest? And should you?

In the financial services world, many companies use AI to select investments for specific funds. On an individual level, you can work with an AI-powered "robo-advisor" to build an investment portfolio. These robo-advisors are typically quite affordable, and they generally follow proven investment principles, such as diversification, in making recommendations.

Yet, you are more than just the sum of your answers to a robo-advisor's online questionnaire. Investing is a highly

personal matter, which means that, in the following areas, you may well benefit from some human intelligence—and empathy:

Understanding of Your Risk Tolerance

A robo-advisor will ask you to identify your tolerance for risk—low, medium, high—and will plug in your answers when constructing a portfolio. But only a human financial advisor—someone who truly knows you, your personality, your family situation and your hopes for the future—can know how your sensitivity to risk might cause you to react to events such as sudden market declines. Armed with this knowledge, a financial advisor can talk through your options to help keep you on the road toward your goals.

Answers to Qualitative Questions

A robo-advisor can provide you with many key data points—rates of return, projections of future accumulations, etc. But so can a personal financial advisor, who can also go beyond the numbers to help you answer qualitative, subjective questions: How can I save for college for my children and my own retirement at the same time? If I change jobs, should I leave my 401(k) in my former employer's plan, move it to my new employer's plan or roll it over to an IRA? What's the best way to guard my financial independence if I ever

need some type of long-term care, such as an extended stay in a nursing home?

Guidance for the "Big Picture"

Your investments are important, but they're also connected to other areas of your life, including your taxes and your estate plans. And while a financial advisor might not provide you with tax or legal advice, he or she may be able to connect you to other, appropriate professionals, and work with them to help you put together your "big picture." That's not

something a typical robo-advisor is equipped to do.

Artificial intelligence will support many of your activities throughout your life. But when it comes to investing, a personal touch may never become obsolete.



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

NOVEMBER FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	18	995,000	149,000	551,238
Homes Sold	15	2,850,000	213,000	814,460
Land Listed	5	279,800	25,000	103,300
Land Sold	6	167,500	25,000	84,133

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

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Housing, Public Health and More

The Affordable Housing Committee (AHC) has been at work reviewing projects seeking funding to increase the availability of affordable units for rent and ownership, tenant-based rental assistance and emergency home repairs. They were not easy decisions to make, with limited dollars to award. In November, we recommended supporting two projects that will provide close to 120 rental units and two projects led by Mountain Housing Opportunities and Asheville-Area Habitat for Humanity that will provide emergency home repairs. Additional recommendations include one project that offers rental assistance for low-income renters and the Manufactured Home Removal Program. We awarded just under \$800,000 to support these projects.

We have also reviewed the data from the most recent Bowen National Research report, which focuses on analyzing the housing needs of Buncombe County. This is done by evaluating socio-economic characteristics of the area, analyzing housing supply, conducting stakeholder interviews and evaluating special-needs populations. Many of the findings were not surprising and confirmed the challenges we face in addressing affordable housing.

The report found that our population is increasing, including senior households, and rents are rising while the inventory of affordable homes is declining, and that more

families are choosing to live together, causing overcrowding. Approximately 30% of people living in the county are spending more than 30% of their income on housing. I anticipate the AHC will use these data to help inform our funding decisions, as well as chart a path for affordable housing. In the coming months, we will be reviewing the Affordable Housing Services Program components to work toward improving the funding application process. As I write this from my own home, I cannot help but think how everyone should be able to enjoy the comfort, security and sense of family that comes from their own home, whether you own or rent.

The commissioners are reviewing a policy that will outline procedures for appointing Buncombe County residents to serve on various boards and committees. The first step will be determining eligibility, and then qualified applicants and their qualifications will be provided to the commissioners for further review. Finally, commissioners may choose to interview applicants in a public meeting before making appointments. All positions will be advertised for at least one month, with the exception of vacancies due to resignation. This policy gives commissioners the opportunity to be more transparent and fair in our work. Increased transparency, trust and accountability were at the center of my campaign, and these boards and committees are critical to

ensuring these tenets are upheld in our local government. I encourage everyone to take a look at the list of boards and committees and consider applying to serve on one. There is so much to do in Buncombe County, and there is a place for everyone to contribute their skills and talents. The Nursing Home and Adult Care Home Community Advisory Committees both have an ongoing need for members, as does the Women's Commission. You can find out more by visiting Board and Commissions at buncombecounty.org.

Community Health Improvement Plan (CHIP)

In March, the board heard a process presentation about Community Health Assessment and Improvement from the public health staff. Since then, the staff designed the Community Health Improvement Plan (CHIP) with community partners. The team of Zo Mpofu, Buncombe County Health and Human Services, and Terri March and Hannah Legerton of MAHEC recently updated us on their work since submitting their plan to the state's Division of Public Health. Infant mortality and birth outcomes continue to be an area of focus for CHIP. In 2017, the total infant mortality for Buncombe County was 6.4 infant deaths per 1,000 live births. However, African-American babies are nearly four times as likely to die in the first year of life as white babies. We must pay attention to the social determinants of health, including employment opportunities and access to safe, affordable

housing options for our mothers, especially mothers of color. Investing resources into these evidence-based strategies allows our county to support improved health outcomes for everyone.

At the end of this month, Buncombe County will say farewell to Jerry Vebaun, who has served as the EMS director for 47 years. He has overseen numerous emergencies and natural disasters, including the 2004 storms that brought two weeks of landslides and flooding. He says he will miss helping "citizens affected by disasters or other large-scale emergencies." We wish Jerry all the best in his retirement, and we know he will continue to do good work as he enters his fourth term as the mayor of Woodfin.

As I reflect on my first year serving as your county commissioner, I am filled with gratitude to each of you for your support and your willingness to reach out and work with me to ensure we have a more transparent and accountable county government. I am filled with hope for 2020 as we work toward the goals outlined in our new strategic plan, specifically in the areas of affordable housing and K-12 education. I wish each of you the very best in 2020.



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

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FAIRVIEW FIRE DEPARTMENT
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GARREN CREEK FIRE DEPARTMENT
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GERTON FIRE & RESCUE
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by Candi Yount

New Members

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

December Party

Our December meeting was our annual holiday party. New member Black Bear BBQ, located in the River Ridge Market Place off Fairview Road, hosted our event in its newly expanded restaurant. The food was delicious, atmosphere was perfect and the owners, Autumn and AJ (also the chef), showcased some of their popular dishes.

Outgoing president Justin Purnell of Nest Realty presented our membership with the new officers for 2020. They are listed below.

President—Diana Soll (Grand Solutions)
Vice President—Michelle Shuford (Sunrise Sawmill, Sunset Hollow Vacation Rental)
Treasurer—Brandy Lampert (Frame It Asheville)

Secretary—Candice Yount (AA Diamond Tile)
Meeting Coordinator—Janet Peterson (Cloud 9 Relaxation Home, Heavenly Hideaway Vacation Rental)

Webmaster—Bill Scobie (Scobie.net)

At the meeting, Sandie Rhodes, one of our long-time board members and an integral part of the development and scope

of the Fairview Business Association, was honored and given our sincere thanks for her dedication to the FBA as she steps down from the board.

Next Meeting

There will be no meeting in January. We will reconvene in February. Please see the February issue of the *Crier* for date and location.

As we look back on this past year, we are grateful for our partnerships with the talented business people who make up the Fairview Business Association. Networking works—just ask any member for their personal testimonial. You and your business can experience the benefits of membership in this fine group. As we say and do, “Keep it local.”

Join Us

Visit fairviewbusiness.com to join online via Pay Pal or your credit card. Be sure the email you use to set up your profile is one that will reach the correct person for association communications. You can mail a \$60 check payable to Fairview Business Association, PO Box 2251, Fairview, NC 28730; drop it at the Town Crier's office at 1185-F Charlotte Highway, Monday, Wednesday & Friday, 1–5 pm or drop an envelope marked FBA with your check and business information in the blue box on the outside wall 24/7.

RENEW MEMBERSHIP **NOW!**

MEMBERS MUST RENEW BEFORE MARCH 1
 IN ORDER TO REMAIN IN THE LISTING AT RIGHT
 AND ON THE MEMBERSHIP'S WEBSITE.

Right & below: FBA members enjoyed the food and decor at Black Bear BBQ for the organization's holiday party.

Below right: The FBA honored longtime board member Sandie Rhodes.



KEEP IT LOCAL with FBA Members

Accounting | Bookkeeping

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Architecture

Rueger Riley.....407-0437

Artists | Artisans

Dana Irwin Design.....712-0013

Mountain Glass Werks.....424-1077

Serengeti Studio.....280-8270

Auto/Truck Sales

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AA Diamond Tile.....450-3900

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Cool Mountain Construction.....778-2742

Moose Ridge Design/

Construction.....777-6466

Dance Lessons | Events

Dance For Life.....505-1678

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Fairview Preschool.....338-2073

Mighty Oaks Montessori.....338-0264

Emporium | Flea Market |

Gift Shop

Cane Creek Mercantile.....222-2454

New Moon Marketplace.....222-2289

Vintage Variety.....290-0923

Equipment Rental & Repair Services

Carolina Equipment Rental.....628-3004

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

Event Venues

Peaceful Hollow Venue.....777-7094

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

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Prime Time Solutions.....628-3889

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

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Cool Mountain Realty.....628-3088

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

Greybeard Realty.....778-2630

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

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

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Veterinarians

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

Fairview Animal Hospital.....628-3557

Women's Resale Clothing Store

Clothes Mentor.....274-4901

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NEW YEAR...NEW BUSINESSES

Finish Line Motorworks

As a bystander, it seemed like no more than a blink of an eye that the new construction along Charlotte Highway in Reynolds went from red clay and building frames to opening soon for business. For one occupant, Finish Line Motorworks, it couldn't happen fast enough. Finish Line ran its bodywork and service business for the past eight years in a smaller building behind The Local Joint in Fairview. Parking the growing number of cars in rotation for repair and restoration took a bit of jockeying and finesse. Their new space, which is over 20,000 square feet, has allowed them to move all their work inside and add specialized equipment, such as a frame-bending machine needed to repair unibody cars. They also have room for two painting isolation booths (one for primer and one for painting), which is needed for contamination control and overspray capture, allowing for flawless paint finishes and increased productivity. Finish Line is owned by Dave Snyder, but 98% of the time, you'll talk with the general manager, Mike Philbrick, as I did when I stopped in.

During my tour of the new facilities, I learned that Finish Line does just about everything to do with car repairs. While their focus is on the restoration of vintage and custom cars, they also do general bodywork and service, heavy mechanical work, ignition, cooling and fuel systems, dent and scratch repair, and as Mike put it, "full-on reconstructive surgery."

Anyone who owns or appreciates antique, vintage or classic cars, whether a 1940 Model T Ford or a 1968 Pontiac Firebird, will understand the importance of perfect restoration. The guys at Finish Line bring 80 years of combined experience to their work, including the art of paint matching. They can duplicate any current color in the marketplace, including pearlized colors, and have expertise in matching colors of the past, including "fade."

If you're interested in car restoration or just need your family car serviced, stop by and have a look-see. And if you have a particularly challenging need, go talk to Mike. As he explained, "We just don't say no! We like a challenge."

Finish Line Motorworks is located at 161 Charlotte Highway in Reynolds. Open 9 am–5 pm Monday–Friday, Call 575-9894 or visit finishlinemotorworks.com.



Left: General Manager Mike Philbrick
Above: The new 20,000-square-foot facility
Right: Two paint booths for flawless finishes



Holistic Health Solutions

Lee Miller, who owns The Evolved Fish next door, and fiancé Lauren Basham have opened Holistic Health Solutions, a fully organic, medicinal CBD dispensary in "downtown" Fairview. When I met Lauren she bubbled with enthusiasm to share her knowledge of the benefits of CBD products and other organic health alternatives. Her goal is to help and motivate people to find a proper way of medicating today's symptoms.

HHS sells fresh indoor flower/pre-rolls, extracts and tinctures, salves, home spa treatments, teas/honey, edibles, CBD juice and more.

Holistic Health Solutions is located at 1334 Charlotte Highway, Suite 3, in Fairview (next to Food Lion). Open 11 am–6 pm, Tuesday–Saturday. Call 490-0988 or visit HHSfairview.com



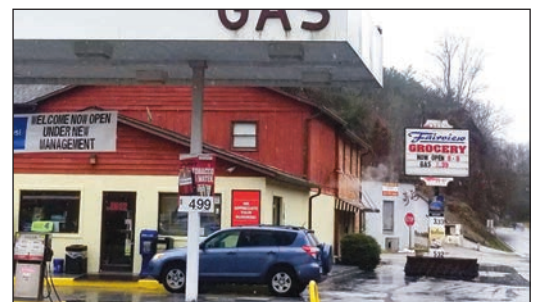
Above: Holistic Health Solutions' storefront
Middle: Lee and Lauren in the shop
Bottom: Display case of CBD products

Fairview Grocery

If you are a Fairview native or have lived here for a while, you will recognize the old Fairview Grocery. The original store opened 40 years ago and has gone through several incarnations over the years. The new owner, Adeel Rabbani, has a great vision for bringing the past into the future. Adeel is passionate about being an integral part of the community. He has made many changes to the store, including purchasing refrigerator units and shelving, to make the business more of a family-friendly grocery store. From milk and eggs to other staples, Adeel wants Fairview Grocery to be your neighborhood grab and go. He hopes community members will stop by and say hello and let him know if there is something you'd like to see him carry in the store. He has also beefed up the options for beer, snacks and lottery tickets. Gas will still be available, as he has purchased new gas pumps to be installed soon.

Fairview Grocery is located at 1612 Charlotte Highway just down from the fire department. Open 8 am–8 pm every day. Call 338-0014 or visit its Facebook page.

Right top: Fairview Grocery circa 1981
Right middle: Fairview Grocery today
Right bottom: Adeel Rabbani proudly displaying the changes he's made so far to upgrade Fairview Grocery to be more family-friendly



Fairview Seafood

Roger Queen had lived in Asheville for 40 years before moving to Madison County to work on a farm. It was at that time he started selling fresh seafood at tailgate markets in Mars Hill, Weaverville, the River Arts District, East Asheville and Black Mountain. On December 6, he took over the little fresh seafood “shack” previously run by Vonnie Miller and her mom Helen Petro. The seafood-loving community will miss those cheerful ladies, but thanks to Roger we’ll still have quality, fresh fish. Roger’s seafood comes in every Thursday from Wilmington, and he generally has NC or SC shrimp, sea scallops from Massachusetts, Scottish salmon, snapper, swordfish, mahi, tuna, grouper, halibut and more. He plans on having oysters, clams, mussels, lump crab and crawfish, which will need to be preordered and is, of course, dependent on availability and season.

Fairview Seafood is located at 1297 Charlotte Highway (next to Trout Lily Market). Open 10 am–6 pm Friday and 10 am–4 pm Saturday. Call 337-5190 or email rcq2553@aol.com.



Above: Fairview Seafood “shack”
Far right: Roger Queen, who is pleased to be back in Fairview selling seafood
Right: Fresh shrimp available with heads on or off

Appalachian CBD

Brandon and Nick Brunet celebrated the grand opening of Appalachian CBD on December 10. The building (at the top of Mine Hole Gap in Fairview) was renovated by the brothers, their dad Brian, who owns Cool Mountain Construction, and Josh, a subcontractor, to add a front porch and access ramp, hardwood floors and custom-built display cases. The rustic wood creates a “homey” atmosphere, which is what they wanted. The shop is where you can learn all about hemp and CBD products in a relaxed atmosphere. The intent is to offer educational and yoga classes and other community-based activities and events, making use of the lovely property with outdoor seating by the creek. The shop sells products made from Fairview-sourced THC-free quality hemp, CBD-infused Keurig cup coffee, tinctures, smokes and health and beauty products for humans and pets.

Appalachian CBD is located at 775 Charlotte Highway in Reynolds. Open 10 am–7 pm Monday–Saturday. Call 338-0039 or visit appalachiancbdllc.com.



Above top: The newly opened and renovated home of Appalachian CBD, with ramp access
Above middle: (l to r) Nick Brunet, friend Liz Bopp and Brandon Brunet
Above bottom: The rustic cabinetry and floors were custom-made by the Brunets

Baldwin Real Estate

Baldwin Real Estate is an Owner’s Association Management (HOA’s, POA’s, etc) company for both residential and commercial properties, as well as brokerage. The firm has been in business for 20 years. In January 2019, after working for the company for 11 years, J. David Hitch (right) purchased the firm from the original owners, Tom and Dana Baldwin. In December, the office was moved from South Asheville/Arden to the new space on Charlotte Highway. This provides a more central location to service their association clients that are spread across all of Buncombe County and northern Henderson County. Baldwin Real Estate has a staff of eight full-time and one part-time employees who are all looking forward to settling into the community.

Baldwin Real Estate’s office is located at 145 Charlotte Highway, Suite 30, in Reynolds. Open 9 am–5 pm Monday–Thursday and 9 am–1 pm Friday. Call 684-3400 or visit baldwinrealestateinc.com.



Above right: Baldwin Real Estate owner David Hitch.

Fro Yo Lab

The Fro Yo Lab is a new frozen yogurt shop in Reynolds. The new space is moving along but was not open as of the *Crier’s* publication date. We were able to get some information from their Facebook page, including a sneak peek at the pendant lights that go with the “lab” theme. The concept is that customers get to play scientist and experiment by adding different flavors, toppings and mix-ins to their basic frozen yogurt. Are you wondering about the difference between ice cream and frozen yogurt? Frozen yogurt is made with cultured milk instead of cream or other dairy products. Ounce for ounce, frozen yogurt has fewer calories and is lower in saturated fat than regular ice cream.

Fro Yo Lab is located at 145 Charlotte Highway in Reynolds. Their website isn’t up and running yet but you can find updates on Facebook.



Above: The new home for Fro-Yo Lab and Baldwin Real Estate on Charlotte Highway in Reynolds
Left: Laboratory beakers for lights
Right: Start with vanilla or chocolate frozen yogurt and then let the experiments begin

Mushrooms and Santa Claus

On December 21, the winter solstice arrived. The sun reached its furthest southern point and brought the northern hemisphere its longest night. The solstice has been celebrated around the world for thousands of years and is followed this year by Hanukkah, Christmas and the new year.

Our home, both inside and out, is filled with multicolored evergreens, as this is a magical time of year when the deciduous trees are skinny dipping for the winter months, revealing their inherent beauty and grace for us all. Winter is a time to go deep within, a time to reflect and celebrate the renewal of light and welcome the slow return of the sun and its magnificent light.

This year, I will be delving into the history and wild origins of many of our common food plants, as well as exploring and featuring many poisonous plants and mushrooms. If we are to enjoy the gifts of wild edibles and medicinal plants and mushrooms, we must also learn to respect the poisonous plants and their kin—not to engender fear but to become knowledgeable and empowered and to feel safe.

The fly agaric, *Amanita muscaria*, an exceptionally beautiful and fascinating native wild mushroom that was abundant this fall, belongs to the most toxic mushroom family on the planet. Unlike its white cousin, the beautiful but deadly snow-white

angel that was everywhere this fall, *Amanita muscaria* is boldly colored; here in WNC, the yellow version is the most common. But my favorite is the cardinal-colored, red version, with its glorious and luminescent contrasting white spots.

Amanita mushrooms have many species native to WNC and are some of the most beautiful mushrooms I have ever seen. When identifying *Amanitas*, it is important to get the full mushroom, pulling back the leaf litter where one will find the stem connected to a swollen, bulbous base. Often, there is a veiled ring halfway up the stem, but these often drop off. *Amanita muscaria* is poisonous, but also hallucinogenic, and has been used in religious ceremonies in many cultures throughout the world from Mexico to Siberia.

Many animals can safely eat *Amanita* mushrooms, as their digestive systems are different. You may have heard that if an animal has taken a bite out of a mushroom, then humans can too. This is a myth, and a potentially fatal one. I am amazed at how prevalent this myth is in our modern culture. The only way to be truly safe is to learn to identify mushrooms and never eat anything without 100% identification.

Last year for Christmas, my partner's daughter and granddaughter sent us a paperweight with a gorgeous *Amanita muscaria* mushroom in a snow globe, and we



love it. These beautiful, dazzling red-and-white speckled mushrooms are the most famous and photographed mushrooms in the world, showing up in literature such as Alice in Wonderland, on greeting cards and in fables around the world.

Many of us are aware that the legend of Santa Claus came from St. Nicholas, a fourth-century Greek Christian saint who loved giving to children. His story morphed into "Sinterklaas," a Dutch saint who wore a red cape and rode on a white horse visiting children and bringing them gifts. The Dutch brought him to New York, where eventually the modern Santa became woven into our culture at Christmas.

However, there is another fascinating Santa origin story worth exploring, one that involves *Amanita muscaria* mushrooms and shamanic healers in the arctic realms of Lapland, where dense coniferous forests, reindeer and snow rule the winter world.



Some scholars believe that reindeer may have originally been domesticated due to *Amanita muscaria* mushrooms, as they love to eat them. Ancient shamans would ingest the mushrooms and "fly in a vision quest"; they would dress up in red-and-white skins that mirrored these "sacred mushrooms" and travel around, bringing healing gifts to their people. The snow drifts were so deep, a front door would be impossible to enter, so the shaman would drop healing gifts down the chimney. Sound a bit familiar?

In this new year, I look forward to continuing to explore the fascinating and richly diverse realms of wild edible and medicinal plants and mushrooms along with their poisonous counterparts. May your new year unfold with beauty and grace woven throughout your life.



Contact Roger at
rogerklinger@charter.net.

FOR SENIORS MIKE RICHARD

Give and Take

How many times have I heard this from my clients: "Social Security gives us a raise and then Medicare takes it right back." Since I'm officially on Social Security and Medicare, I'm experiencing firsthand what my clients have lamented for years and have more empathy now than ever for our plight.

Here's a typical example: Social Security payments were increased 1.6% for 2020 thanks to cost-of-living adjustment rules, but the Part B premium for most of us will be \$144.60 monthly next year, an increase of \$9.10. That equates to a \$180 annual net raise for a person with a \$1,500 monthly paycheck. And that's before taxes. For many seniors, it's the "aheader I go, the behinder I get" syndrome. In the past, some beneficiaries even experienced a net reduction of income, but recent "hold harmless" rules have helped to prevent this.

Deductibles for hospital and doctor benefits continue to rise. According to a recent Wall Street Journal article, rising healthcare prices "at levels that exceed overall inflation" are cited for the increase. Here are some examples: the hospital deductible for 2020 will increase from \$1,364 to \$1,408 per visit (compared to \$776 in 2000). Doctors' deductibles will go up from \$185 to \$198 annually (compared to \$45.50 in 2000). Skilled nursing care copay for days

21–100 will go up from \$170.50 to \$176 per day. Fortunately, for those who have a supplement, the policy automatically adjusts to account for the new amounts without having to change plans every year. This, by the way, is one of the main reasons Medicare supplements increase in price. Medicare Advantage plans aren't subject to these changes but do have their own changes for different reasons.

What's a Person to Do?

There is nothing we can do about price increases. The most effective way to mitigate the effects of price increases is to reduce premium costs where possible. If you've had a supplement for a while, it might be worthwhile to shop for a lower-priced replacement policy. There is no annual enrollment period for a Medicare supplement, so this option is available all year. If health issues prevent you from qualifying for a supplement, Advantage plans with less restrictive health questions are available during the annual enrollment period (October 15 to December 7), offering some attractive premiums and benefits.



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

The Fairview Town Crier

The voice of our community since 1997

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PROGRAMS

7 INTERNSHIPS
6 DONATION PARTNERS
2 EAGLE SCOUT PROJECTS
12 WORKSHOPS & CLASSES
30 SPROUTS PARTICIPANTS



The New Year's News

We hope you have been having a joyous and peaceful season. At their best, the holidays offer a time to slow down and appreciate each other. What a blessing that can be in our often all-too-busy lives.

Root Cause Farm received some sad news. In the face of some difficult health challenges, Vanessa Champlin had to resign from her position as executive director. Vanessa loved the garden and worked very hard for it. We will miss her. We wish her the best in her health journey and know she will continue to support us, and we her.

In the interim, our board and staff have stepped up to fill the space during this unexpected transition. We are determined to keep our mission's work at the forefront.

Please feel free to reach out to me at 243-2678 (pat@greenprints.com) with any questions or concerns.

On a brighter note, as part of our December Giving Tuesday campaign, several supporters wrote to us. Here's one statement, from long-time supporter and friend Jim Carillon:

I have been involved with this seminal community garden for many years and in many ways. Foremost among my various roles is as a volunteer working each week with others on Wednesday nights to create community and provide both vegetables and beauty with some of the most wonderful people I have ever met. Since my wife and I became foster parents this June, I have shifted to helping on Wednesday mornings as this works better for a four-month-old, but we generally try to make the monthly potluck dinners even if we worked at the garden much earlier in the day. I also help whenever we have our annual square dance

and auction fundraiser for this garden.

I have also been a frequent financial donor to support the salaries and help buy the land we use at Root Cause Farm to serve so many. I can think of no worthier cause for our financial support than to support this amazing garden that both builds community and reduces the pressing need of our hungry and less-advantaged neighbors. I also in earlier days helped raise financial support for both our capital campaign (land) and operating (staff) expenses. Being a donor is vital to our cooperative success.

Finally, I served on the board in earlier formative years to help with some of the decision-making to enable our garden to grow and begin to meet the emotional, food insecurity and community involvement needs so pressing in WNC. I am continually impressed with the quality of the leadership (both staff and board) involved with this garden. Our leaders to this day are just amazing people...

All these roles have engaged me in ways that help me serve my community and to grow through wonderful relationships with so many beautiful people. I urge you and the people you love to come join us in the garden and ... serve others while also making ourselves happier as we all do this important community-building work together.

As 2020 begins, we want to thank everyone who helps make Root Cause Farm what it is today. From giving donations to pulling weeds, hundreds of you help every year. Thank you for your help in the past and your help to come. Without you, there is no garden. With you, we can all grow and share together.

Pat Stone is the chairman of the board of Root Cause Farm.

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COLOR DISPLAY ADVERTISING RATES			
	12x/year	6x/year	1x/year
Full page	\$347	\$376	\$404
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Quarter page	\$139	\$155	\$168
Eighth page	\$99	\$116	\$128
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35 Rolling Oaks Dr.....	Pending in 2 days	103 Cimarron Drive.....	Pending in 4 days
38 Folsom Dr.....	Pending in 4 days	93 Stafford Court.....	Pending in 4 days
994 Riceville Rd.....	Pending in 7 days	2 First Street.....	Pending in 1 day
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