



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

FEBRUARY 2020 VOL. 24, No. 2 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

## INSIDE

Primary Election Guide **P 10** >> Gerton's Mr. Jimmy **P 16** >> Philosophy Club at ACRHS **P 17**

## Find a Twenty, Give a Twenty

We have hidden a \$20 bill somewhere in this issue. Not a real one, but a copy of the one shown at right.



If you can find it, email your name, phone number and the location of the bill in the paper to [contest@fairviewtowncrier.com](mailto:contest@fairviewtowncrier.com) by February 14. (You can also call in your information to the Crier's office at 628-2211.) Everyone who finds the hidden \$20 will be entered into a drawing to win a gift certificate to a local business. We'll announce the winner on our Facebook page on February 19. We've hidden it very well, so look carefully.

And while you're searching for \$20, think about how much the Crier is worth to you. We mail the paper at no charge to almost 9,000 households. Our nonprofit status provides us with discounted postage rates that allow us to afford this. To maintain this nonprofit rating, we must receive a portion of annual revenue from the public. So if you had a paid subscription, how much would the Crier be worth? We think \$20 is a reasonable amount to support your community paper but are grateful for whatever you can give. Thanks to those who have already donated!

We are a 501(c)(3) nonprofit, and your donation is tax deductible. You can donate in the following ways. **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 dropbox outside 24/7. **Online:** [fairviewtowncrier.com](http://fairviewtowncrier.com).



## It's Almost Time to Be Counted

by Clark Aycock

Late last month, I attended a meeting at the Fairview Community Center (FCC) about the 2020 Census. And I learned a lot.

The census is a count taken every 10 years of every person (not every citizen) who lives in the US, and the percentage of those people who get officially counted makes a huge difference in the slice of the \$675 billion of federal money that comes to WNC.

Terri Wells of WNC Communities told us at the FCC that one person equals about \$1,600 of federal funding each year. If North Carolina could increase the number of people it counts by only 1%, it would likely mean an extra \$4 million per year. (The state counted 81% of people in 2010.) That extra money sure would be helpful for our local clinics, schools, roads and more.

But it's so much more than that. Census data gives community leaders vital information to make decisions about community centers, opening businesses,

and planning for the future. And the responses are used to redraw legislative districts and determine the number of seats that North Carolina has in the US House of Representatives.

### Things to Know

- The initial mailing will go out on March 12. There is a lot of junk mail that looks like government mailings, so be extra careful around that date.
- This is the first census that you can fill out online. If you do that, you'll stop receiving mailings and will avoid a visit to your house from census employees.
- In this day of online security concerns, it's important to note that by law the Census Bureau cannot release any identifiable information about you, your home, or your business, even to law enforcement agencies.
- House visits will start in April.
- The Census is hiring. They need people to go door to door, and are paying \$17 per hour. Apply at [2020census.gov](http://2020census.gov).

## Have You Seen Haley?

Haley ran up the mountain from Hollywood Road in Fairview. She was sighted in that wooded area and possibly toward Little Pisgah trails. If seen, **please do not approach or chase her**, but call or text 727-743-5378 with:

- 1) time seen
- 2) exact location
- 3) direction she came from and went toward
- 4) description and condition

Havanese Angel League Organization (HALO) and Epic Animal Recovery in Fletcher are heading up search efforts. Most recoveries come from reported sightings with clear information.

Please share with anyone you know in the area. A substantial reward is being offered for information directly leading to her rescue.

## LOST HAVANESE



REWARD

FEMALE • 11 lbs • LOST JAN 19  
SUGAR HOLLOW AREA FAIRVIEW

**727.743.5378**  
**DO NOT CHASE!**  
**PLEASE CALL IF SEEN**

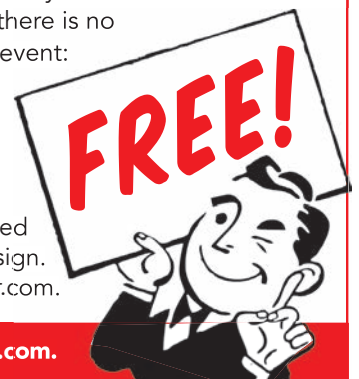
## Promote Your Event in the Crier!

Did you know? The Crier will run a notice about your event in our community calendar **for free!** That's right—there is no charge for a text-only notice, provided your event:

- ✓ takes place in our readership area.
- ✓ is free or open to the public OR the proceeds from your event go to a local nonprofit or government-funded organization.

Want extra exposure? Our display and classified ad rates are reasonable, and we offer free design. Contact 628-2211 or [office@fairviewtowncrier.com](mailto:office@fairviewtowncrier.com).

Email event info to [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com).



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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

#### FEBRUARY–APRIL

### Hemlock Workshops

Get the tools to make informed decisions about managing your hemlocks. In February, sessions will take place on the 7th and 8th at Christmount Conference Center, Black Mountain and the 22nd at North River Farms, Mills River. For more information or to register, visit [SaveHemlocksNC.org/registration](http://SaveHemlocksNC.org/registration) or call 252-4783. Deadline is two weeks prior to each workshop. \$10.

#### FEBRUARY 1 (SATURDAY)

### Free Gardening Workshops

10–11:30 am. Master Gardener Volunteers will hold workshops on “Starting

Seeds Indoors” and “How to Sharpen Pruning Tools.” Black Mountain Library, 105 N. Dougherty Street, Black Mountain. [blackmountainblooms@gmail.com](mailto:blackmountainblooms@gmail.com).

#### FEBRUARY 2 (SUNDAY)

### Groundhog Day!

#### FEBRUARY 4 (TUESDAY)

### Prostate Cancer Support Group

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

### Basic Obedience and Manners Class for Dogs

6 pm. Meet 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. \$250. Includes option to return, with same dog, after completing class for a refresher. Contact Woof in the Woods at 222-2222 or go to [woofinthewoods.com](http://woofinthewoods.com). 1451 Charlotte Highway, Fairview.

#### FEBRUARY 6 (THURSDAY)

### Embroiderers' Guild Meeting

9:30 am–12 pm. 3 Banner Farm Rd.,

## College Planning Night at ACRHS

TUESDAY, FEBRUARY 11, 5:30–8 pm

The A.C. Reynolds High School Counseling Department will be conducting an informational college night that will include sessions about college admission and financial aid, how to prepare students for competitive college programs, how to register with the NCAA, and how to study for ACT and SAT college entrance examinations.

Representatives from UNC–Chapel Hill, Duke, UNC–Asheville, Appalachian State, Western Carolina, and AB-Tech will be on hand. All families with students from 7th to 11th grade in the Reynolds district are welcome to attend. For more information, call 298-7665.

Etowah/Horse Shoe. If interested, contact Mary Ann Wyatt at 681-0572 or Janet Stewart at 575-9195.

#### FEBRUARY 8 (SATURDAY)

### Destination Imagination Fundraiser

10 am–2 pm. To fund team needs and travel expenses, the Destination Imagination teams at Fairview Elementary will be hosting a Winter Bazaar at the Fairview Community Center. The FES PTA will host its first chili cookoff in the cafeteria from 11 am–1 pm. Samples will be available for all the different styles. A winner will be announced at 1:30

pm. Winner takes home a trophy and bragging rights. 1357 Charlotte Highway, Fairview.

#### FEBRUARY 10 (MONDAY)

### FBA Meeting

6 pm. At Appalachian CBD, located at 775 Charlotte Highway in Fairview at the top of the Mine Hole Gap. See page 27 for more information.

### Stitches of Love Meeting

7–9 pm. Group donates handmade articles to local charities. New Hope Presbyterian Church, 3070 Sweeten Creek Rd., Asheville. Call 575-9195 or email Janet at [imjstewart@att.net](mailto:imjstewart@att.net).

# FIRST BANK

## North Carolina Community Bank of the Year\*

First Bank was established in 1935 in the heart of the Carolinas with one mission: to help our communities and customers achieve financial independence, to prosper, and to pursue the passions that drive their dreams.

**Visit your local Asheville Reynolds branch to learn more!**

5 Olde Eastwood Village Blvd | 828-298-8711

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\*By the NC Rural Center for 2018

## COMMUNITY EVENTS

FEBRUARY 11 (TUESDAY)

### Friends of Fairview Library Mtg.

7 pm. See page 5 for more information. 1 Taylor Rd., Fairview.

FEBRUARY 12 (WEDNESDAY)

### Reynolds VFD Chili Supper

3–7 pm. Proceeds go to support the Reynolds VFD Auxiliary. Chili, cornbread, brownie and a drink for \$6. To-go orders also available. 235 Charlotte Hwy., Fairview.

FEBRUARY 13 (THURSDAY)

### Early Voting Starts

See page 10 for more information on the midterm elections.

### 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.

FEBRUARY 14 (FRIDAY)

### Happy Valentine's Day!

### "Brothers Like These" Performance

7 pm. A staged reading of writings by

Vietnam veterans. See page 5 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

FEBRUARY 15 (SATURDAY)

### 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.

### Mountain Fairy Hair

11 am–3 pm. Get your fairy hair at New Moon Marketplace. See the ad on page 9. 1508 Charlotte Hwy.

FEBRUARY 16 (SUNDAY)

### Ethical Humanist Meeting

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

FEBRUARY 18 (TUESDAY)

### Library Book Club

7 pm. *Arcadia* by Lauren Groff. See page 5 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

FEBRUARY 19 (WEDNESDAY)

### Fairview Area Art League Mtg.

10 am. Members, artists and others interested in the arts are welcome.

## 310 Art Announces 2020 Schedule

Fairview resident Fleta Monaghan has announced the 2020 workshop schedule for her 310 Art studio (the oldest art school in the River Arts District). Classes, which fill quickly, include bookbinding, cold wax, encaustic, jewelry, oils and acrylics, printmaking and watercolor. For more information, call 776-2716 or visit 310art.com. 191 Lyman St., #310, Asheville.

704-975-0095. The meeting will be held at Daymoon (381 Old Charlotte Hwy., Fairview) this month, due to early voting at the library.

FEBRUARY 20 (THURSDAY)

### Democratic Women's Dinner

6:30 pm. Potluck dinner, no charge. "Citizens for Climate Change" program at 7 pm. 951 Old Fairview Rd., Asheville.

### Science Program: "Exercise and the Outdoors"

5:30–7 pm. The Collider hosts a monthly science program that is free and open to the public, presented by the Asheville Museum of Science. Refreshments served. Mary Spivey, a Fairview resident, is the community manager for the nonprofit, which looks to advance climate solutions.

For more information, call 254-6283 or visit thecollider.org. Suite 401, 1 Haywood St., Asheville

FEBRUARY 22 (SATURDAY)

### Buncombe Genealogy Society Meeting

2–3 pm. "The Evolution of Buncombe County—Old to New": Sandy Jordan and Nancy Manning will present maps showing boundary changes over time and discuss early Buncombe County families. Call 253-1894 or visit obcgs.com. 128 Bingham Rd., Suite 950, Asheville.

FEBRUARY 23 (SUNDAY)

### Softball and Baseball Evaluations

The last day to sign up for Fairview Athletic Association's teams. Come 15 minutes early to register. Return-

SAY

# Happy Valentine's Day

WITH A Song!

FEBRUARY 13<sup>TH</sup> & 14<sup>TH</sup>

SEND A QUARTET (AND ROSES!)  
TO SERENADE YOUR SPECIAL SOMEONE!

STARTING AT  
**\$35**

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## COMMUNITY EVENTS

ing and interested coaches must attend evaluations for the age group they wish to coach. Softball: 8U, 9:30 am; 6U, 11 am; 10U, 12 pm; 12U, 1 pm. Baseball: 8U, 9:30 am; 6U, 11 am; 10U, 12:30 pm; 12U, 2 pm. Tee-ball at 3:30 pm. Call Bryan Aycock (baseball) at 776-7955 or Christina Buckner (softball) at 458-9298. Fairview Elementary ball fields, 1355 Charlotte Hwy., Fairview.

### FEBRUARY 28 (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.

### FEBRUARY 29 (SATURDAY)

#### Poor Man's Supper at Fairview Fire Department

4–7 pm. Enjoy a meal of pinto beans, cornbread, coleslaw, homemade chow chow and homemade desserts. Tea, water and milk. \$10 per person, with donations also accepted. 1586 Charlotte Hwy.

#### Chili Cook Off and Auction at "The Place" Church

6–8 pm. \$10 to enter. \$10 per person for a plate. Funds will be used to build an outdoor picnic shelter for community and church use. For more information, call 301-7368 or see the ad on page 13. The Place Fellowship Church. 2 Laura Jackson Rd.

### HEALTH SEMINARS

#### VARIOUS DATES

#### Lunch Lecture Series

February 11, Avoid Knee Replacement. 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

February 4, Neuropathy Treatment Seminar; February 10, Weight Loss Seminar; February 11, Avoid Knee Replacement; February 18, Sciatica Seminar; February 25, 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, FEBRUARY 28, 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 back page.



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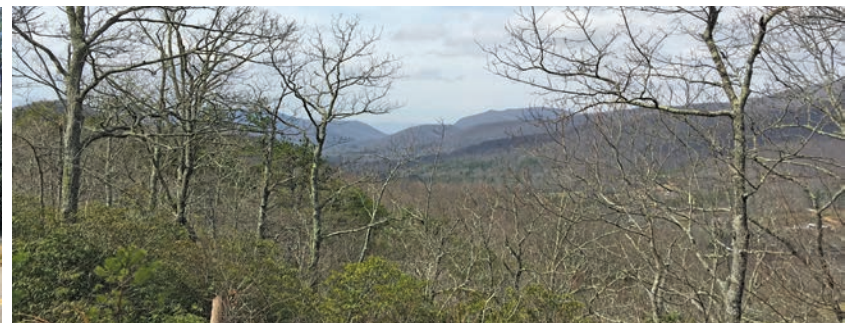
**EQUESTRIAN ESTATE**, 11.87 acres, Morton 4-stall barn, riding ring w/run-in barn, pasture & woods w riding trails, pond, bold creek w 12' waterfall, gardens, orchard, energy efficient home w gorgeous sunset views, **\$777,000**, *MLS# 3545871*



**TOP OF THE WORLD**, spectacular view, close to Asheville, private 3.26 acres, paved road, level home-site underground electric, hiking trails, surrounded by restricted protected area above AC Reynolds High School, **\$150,000**, *MLS# 3562661*



**COMMERCIAL BUILDING ON SCENIC HIGHWAY 74A SOUTHEAST**, fronts on Village Drive, Merrill Circle & Hwy 74A and includes a completely remodeled cottage on .5 acres, **\$270,000**, *MLS #3567880*



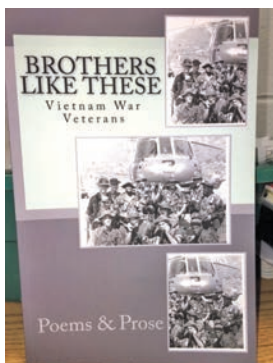
**OWNER FINANCING AVAILABLE! 31 ACRES WITH GORGEOUS 360 VIEWS** from long level ridge, trails throughout, creek, total wilderness privacy yet 25 minutes to Asheville, **\$300,000**, *MLS# 3155768*



EVENTS

**Brothers Like These: A Staged Reading of Writings by Vietnam Veterans**

February 14 at 7 pm



We will welcome a group of local Vietnam veterans to share the powerful accounts of the time they spent serving their country, their battles with PTSD,

and the healing power of creative writing, as they share a selection of prose they wrote for the book *Brothers Like These: Vietnam War Veterans Poems and Prose*.

There will be a discussion after the readings about the healing journey from the psychological wounds of war through creative writing.

Copies of their book will be available to purchase for \$10. The Brothers in Arms program is sponsored by the Friends of Fairview Library and the NC Writing Alliance Foundation.

This event is sponsored by the Friends of Fairview Library, and refreshments will be served after.

**Friends of Fairview Library Meeting**

February 11 at 7 pm

All dues-paying members are welcome to attend. The Friends of Fairview Library Board is looking for a secretary and treasurer. Please attend this meeting or contact branch manager Jaime McDowell if you are interested in serving in one of these positions.

**Book Club**

February 18 at 7 pm

The Fairview Evening Book Club will be reading and discussing *Arcadia* by Lauren Groff.

In a haunting story of the American dream, Bit, born in a back-to-nature commune in 1970s New York state, must come to grips with the outside world when the commune eventually fails.

"Groff's second novel...gives full rein to her formidable descriptive powers, as she summons both the beauty of striving for perfection and the inevitable devastation of failing so miserably to achieve it."

—Booklist

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



**Future Book Club Dates and Titles**

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

FOR KIDS

**D&D Club for Tweens & Teens**

February 5 from 4–5:30 pm

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**

February 7 at 3:30 pm

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. Due to early voting, February's club will meet inside the main library.

**Art Adventures for Kids**

February 28 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.

**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 13–29.

Voters will *not* need to show their ID to vote in the primary.

The library will not be an Election Day precinct. Please contact the Buncombe County Board of Elections to find out where you are supposed to vote on Election Day. [See page 10 for more election info.]

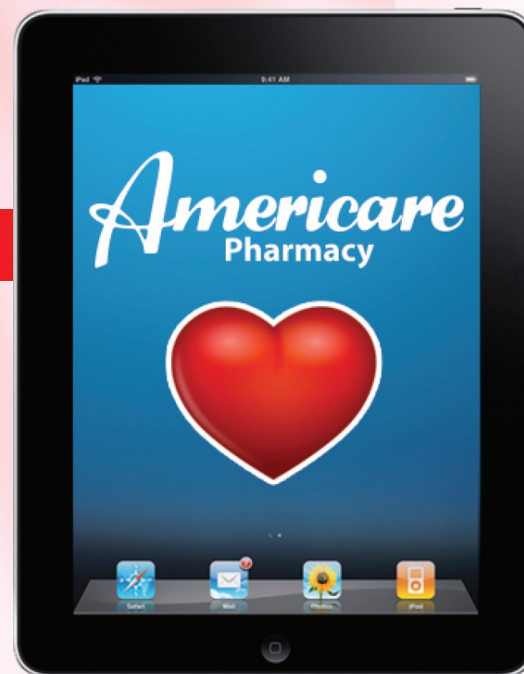
February is

*American Heart Month!*

**FREE IPAD MINI GIVEAWAY!**

Stop by and enter to win — each Rx filled in February counts toward an entry! Drawing February 29th.

**CELEBRATE HEART HEALTH MONTH WITH US FEBRUARY 14TH!** Come in and get your blood pressure and blood sugar checked by one of our Pharmacists, and schedule a cholesterol screening. Free refreshments will be provided!



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Hours: Mon-Fri 8am - 6pm  
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Sophia Underwood



Renee Whitmire

### BUSINESS OPPORTUNITY



Amazing two-story commercial build is a unique investment opportunity in Fairview with endless possibilities. Call to set up a time to come in and speak with us more about this proposed commercial build. 828.628.3088

### NEW LISTING



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

### SALE PENDING



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**

### LAND FOR SALE

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

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

**NEW! OUTSTANDING, BEAUTIFUL, LARGE 1+ ACRE LOTS** in Fairview. Running Creek through the subdivision. Lots of Amenities like underground power, city water and each lot has already been metered. Will be paved by the Seller. call the Office for more information. 828.628.3088

**NEW! PRIVATE, WOODED CUL-DE-SAC LOT IN CANDLER,** The Cumbrs 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

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

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

**2+ COMMERCIAL ACRES WITH CHARLOTTE HIGHWAY** road frontage or Emmas Grove road access. The sky is the limit with this investment property. We have proposed commercial plan if needed. Call the office for more information. 828.628.3088 **\$550,000.**

**3.72 ACRES PRIVATE VALLEY, MOUNTAIN VIEW** of Cedar Cliff Mountain. Hiking trails, cliffs, streams, reflection pools. Nature at its best—mountain wildlife to Asheville in 5 mins. Site evaluation for a 4BR home. Call Allen Helmick 828.329.8400 **\$90,000.**

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

**LAST LOT IN SOLAIRUS ECO VILLAGE.** Community has 7.5 acres of common area w/ lg flat pasture, playground. Home site partially cleared w/ installed 2-BR septic & graded driveway. 10 min to Catawba falls & hiking. Call Devon 828.747.2694 **\$29,900**

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

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

**14.19 ACRES IN OLD FORT!** Private & wooded with many old logging roads & hiking trails. Access road. Potential for multi home sites or dream home on priv estate. Call Devon 828.747.2694 **\$120,000**

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

**2 ADJOINING LOTS W/ MATURE TREES + RHODODENDRONS.** Easy access, SE sun exposure. Walk to clubhouse w/ access to hiking trail & waterfalls. Call 828.628.3088 \$99,500

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

### MAJESTIC OAKS

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

+ ALMOST 1/2 ACRE  
OF GREEN SPACE!

**VIRTUAL TOUR VIDEO:** [bit.ly/2TFNMy8](http://bit.ly/2TFNMy8)

### NEW LISTING



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**

### MOTIVATED SELLER



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

### NEW LISTING



Mobile home on priv .38-acre lot in well-maintained subdiv. Road in recently paved. Fr porch/bck deck. Lots of privacy & space btw neighbors. Prop currently has tenant. Great investment opportunity. Call Devon Satchell 828.747.2694 **\$96,000**

### PROPOSED BUILDS AVAILABLE



Beautiful 4 lots in desirable Fairview Community off Emmas Grove. Road is dirt but will be paved by seller. Private lots with mature trees and creek on lot 1. Proposed build plans available call for more info 828.628.3088

### 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**

### 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**

### NEW LISTING



The sky is the limit with this commercial property! Charlotte Hwy frontage & Emmas Grove Road access. Lots of potential! Proposed commercial builds available or bring one to the table. Call for more info 828.628.3088

### NEW LISTING



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

### OPT. LAKE RIGHTS



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

### 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 agrihood subdivision in the heart of Fairview. Many Plans available. **\$450,000**

### 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 agrihood subdivision in heart of Fairview. Many plans available. **\$425,000**

### NEW PROPOSED BUILD



3 BR modern farmhouse plan. Incredible view from lot in heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy & interstate. Lot in cul-de-sac perfect for single-family home. City water, lots of extras. Call Jenny Brunet 828.628.3088 **\$640,000**



# Seeing Shadows?

For a good portion of the winter, we have been wet and warm with lots of rainfall and mild temperatures. We started out the winter season quite cold in November, but then we were spoiled for a good part of December and into January with warmer-than-normal temperatures. I know I have enjoyed the milder weather. The warm part of the winter was dominated by a Pacific flow of air across the country, coupled with lots of moisture from the Gulf of Mexico. However, winter made a comeback in January, and it isn't over yet. In the latter half of January, the airflow originated from the frozen plains of central Canada, and indications are that we are in for a few weeks of colder weather. Considering how the winter has flip-flopped from cold to warm already once this winter, I am quite sure it will do it again a time or two, and maybe we will get some snow as well.

Groundhog Day is a popular tradition celebrated in the US and Canada each year on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on that day and sees a shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks. If it does not see its shadow because of cloudiness, spring will arrive early. While Punxsutawney Phil claims to be the nation's official forecasting



What will the groundhog see in our future?

groundhog, he's not the only furry forecaster in the US. Some other notable contenders include General Beauregard Lee of Atlanta; Sir Walter Wally of Raleigh; and Jimmy of Sun Prairie, Wisconsin, along

with dozens of others. Believe or it or not, the Tennessee Groundhog of Silver Point, Tennessee, is actually someone dressed up like a groundhog on a motorcycle.

While Groundhog Day is a way to have a little fun at mid-winter, climate records and statistics tell us that winter isn't over. Climatologically speaking, the three coldest months of the year are December, January and February, so winter typically still has a good bit to go when the groundhog comes out in search of his shadow.



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

## GET LOCAL FORECASTS AND WEATHER!

Go to [ashevilleweather.com](http://ashevilleweather.com) and click on "Fairview."



## WEATHER WONDER

### What Is Rime Ice?

Meteorologically speaking, hard rime is a white ice that forms when the water droplets in fog freeze to the outer surfaces of objects. It is often seen on trees atop mountains and ridges in winter, when low-hanging clouds cause freezing fog. This fog freezes to the windward (wind-facing) side of tree branches, buildings or any other solid object, usually with high wind velocities and air temperatures between 18 and 29 degrees.

Scientists at meteorologically extreme places, such as Mount Washington in New Hampshire, often have to break huge chunks of hard rime off weather equipment in order to keep anemometers and other measuring instruments operating.

Soft rime is a white ice deposition that forms when the water droplets in light freezing fog or mist freeze to the outer surfaces of objects, with calm or light wind. The fog usually freezes to the windward



side of tree branches, wires or any other solid objects.

Glaze ice is similar in appearance to clear ice but is the result of a completely different process, occurring during freezing rain or drizzle. It can form on the surface of an aircraft, particularly on the leading edges and control surfaces, when flying through a cloud made of super-cooled water droplets. All forms of ice can spoil lift and can have a catastrophic effect on an airborne aircraft. Ice is hazardous to planes, as it disrupts airflow, increases weight and adds drag. Next month's trivia question will deal with how aircraft de-ice on the ground and in the air. This is quite an interesting process—one we don't think about and may take for granted.

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## FEATURED LISTINGS See all available listings at [greybeardrealty.com](http://greybeardrealty.com)



**ASHEVILLE: TOWN MOUNTAIN 4BR/3BA**  
Spectacular long-range views of the Blue Ridge  
Mountains and downtown. Enjoy privacy and  
outdoors from 3 decks. \$979,000 *MLS 3550643*



**SWANNANOA: 3BR/4BA** Lower level has separate  
living quarters. \$449,000 *MLS 3504094*



**DOWNTOWN ASHEVILLE/SOUTH SLOPE  
2BR/2BA** Luxurious condo with easy access to  
breweries, galleries, restaurants, and more.  
\$848,000 *MLS 3552883*



**SWEETEN CREEK** Commercial property, three  
buildings, parking for 20, fenced. 1,000 SF apartment  
at the back of property, plus enclosed garage and a  
storage building. \$435,000 *MLS 3568628*

### LOTS AND LAND

**1.97 Acre Lot in  
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Head Acres**  
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**.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*

**Fletcher: .83 Acre  
Lot in Fox Ridge**  
\$87,900 *MLS 3543428*

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## Captain Thomas “Tommy” Foster, Part Two

Thomas Foster was given the title of captain as a sign of respect. He never served in the military, as far as I know. He was in the forefront of almost every action or project that took place in Buncombe County during his life. He represented the county in the state house of commons in 1809, 1812, 1813 and 1814. He represented the county in the state senate from 1817 to 1819.

Thomas had an uncle named Thomas Forster. Forster was born in Virginia on January 22, 1751. This uncle often signed his name as Thomas Forster Sr. in order to tell the two apart. The elder Thomas married Miss Rafferty in South Carolina and moved to Abbeville, SC, after their marriage. He moved back to Buncombe later in life. He had a farm on Beaverdam Creek and died there in early 1839. He was appointed to a commission to acquire land for a public square for Asheville in 1807.

### “Hurry up, old lady, Tommy is coming.”

Orra Sams Foster’s parents came to live in a house on the farm of Thomas Foster in their later years. Edmund and Nancy Anne were in their late 80s at the time. Edmund had grown fond of petting and spoiling animals, and one cow of Tommy Foster’s was his favorite pet. Edmund began feeding her so much it was a threat to her health, and Captain Foster warned his father-in-law about overfeeding the cow. One morning Foster got up earlier than usual and headed for the barn. Sams saw him coming and Foster overheard him say, “Hurry up, old lady, Tommy is coming.”

In 1851, a commission was formed to build a plank road from Asheville to Greenville, SC. Representatives from the road commission went to Captain Foster’s house to ask what payment he would require to let them build a road across his property. Foster, who was sick at the time, told them they would discuss it after the road was built. When A.T. Summey, an agent for the plank road commission, came to Captain Foster’s after the road was complete, Foster told him the commission owed him nothing. The road had increased the value of his property.

Orra Sams Foster died on August 17,

1853. Her husband, Captain Foster, began to dispose of his belongings. His son (my great-great grandfather), Benjamin Franklin “Frank” Foster Sr. (1817–1893), sent his 6-year-old daughter, Mary Foster (1852–1912, my great grandmother), to stay with her grandfather to keep him company.

My grandfather, Henry Harrison Ingle Sr. (1884–1973), said his mother told him a story about three enslaved people her grandfather owned at the time, a man and a woman and their little boy. Mary said Captain Foster freed them and gave them paperwork to prove they had been freed. At that time, there was no such things as motels. At night, people would choose a favorable place on the side of the road to sleep. The freed woman woke up the next morning and found that her son and husband were gone. She looked all over for them without success. She gave up and went back to Captain Foster and told him what happened. She asked if she could stay there until she found a place to go and decide what she was going to do. He said she could stay a while.

Captain Foster knew he did not have long to live. He was trying to get rid of what he had. He went to see a farmer about selling some of his livestock. Foster noticed a young black boy in the distance who looked familiar to him, and he asked the man about him. The farmer told him that the boy had belonged to Foster. The boy’s father had come by his farm three or four weeks ago and told him he needed money to open a business in the city. He sold his son to the farmer to get money to start the business and left. Foster made some kind of trade with the man to get the boy back and took him back home with him.

Captain Foster stopped in front of his house and told the boy to stand behind him. My great grandmother said Foster called for the boy’s mother to come out in front of the house, as he needed to tell her something. He had to call her several times, and finally she came out. My great grandmother said the woman said, “I don’t have time for you.



John Edward Garner, mayor of Winchester, VA, and great-grandson of Thomas Foster. He lived from 1851–1914.

“I’ve got work to do!” Foster then stepped aside and revealed her son standing behind him. My grandfather said his mother told him she had “never seen as much hugging, kissing, crying and snorting in her life.” My grandfather said no one ever

heard of the boy’s father again.

Captain Thomas Foster died on December 24, 1858. He, his wife and both of their parents are buried in Newton Academy.

The Asheville paper published the following obituary on January 6, 1859.

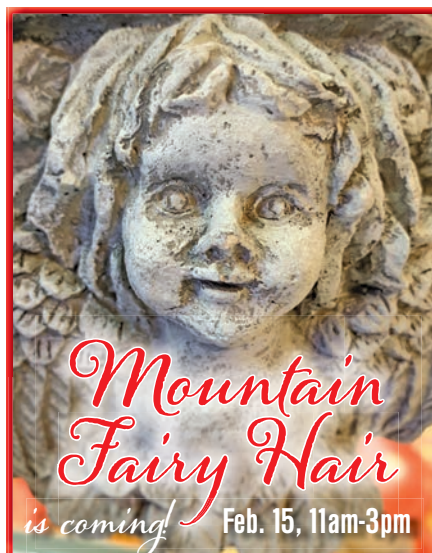
We are pained to announce the death of CAPT. THOMAS FOSTER. He died at his residence on the Swannanoa, two miles east of Asheville on Friday the 24 ult. [December 1858] in the 85th year of age. He had lived in Buncombe County for 70 years and was widely known and universally esteemed. CAPT FOSTER represented this district in the State Senate in 1809, 1812, 1813, and 1814 and represented Buncombe in the House of Commons in 1817 and again in 1819. [The paper reversed his times in the state senate and house.] Blessed with a clear, strong and comprehensive mind, his views on public questions were always eagerly sought and greatly respected. As a neighbor, citizen, a father and a friend, he was faultless. His death has created a vacuum which will not be easily filled. He died calmly and peacefully having a desire to depart and be at rest. Burial: Newton Academy Cemetery, Asheville...

Captain Thomas Foster and his wife Orra Sams had 11 children, all born in what is now called Biltmore.

1. Nancy Foster was born on November 17, 1797. She married James Mitchell Alexander, 1793–1858. She died in Alexander, Buncombe County, on January 14, 1862. They built and owned the Alexander Inn in Alexander.

2. Elizabeth Heath Foster was born on January 15, 1799. She married George Couples Alexander, 1790–1880. They built and owned the Alexander Inn in Swannanoa. She died in Swannanoa on January 24, 1884.
3. John Wesley Foster was born on January 30, 1802. He married Ann Demaris Ratcliff, 1812–1849, then Anna Glance, 1819–1907. He died in Leicester in 1869.
4. Edmund Sams Foster born January 19, 1804. He married Sarah Mary Lucinda Foster, 1814–1874 (his first cousin). He died on August 16, 1843 in Buncombe County.
5. William C. Foster was born June 23, 1807 and died sometime after 1847, place unknown.
6. Thomas H. Foster was born on October 27, 1809. He married Matilda Dunn, 1808–1864, and then Mary Keating, 1808–1885. He died in Weakley County, TN, on February 25, 1899.
7. Sarah Sams Foster was born on January 4, 1812. She married Joseph Cruser Davidson, 1806–1891. She died on December 15, 1890 in Buncombe County.
8. Mary Caroline “Polly” Foster was born on July 12, 1814. She married Jesse Hollingsworth Moody, 1797–1882. She died on August 5, 1844 in Buncombe County.
9. Benjamin Franklin “Frank” Foster Sr. was born on January 19, 1817. He married Elizabeth Caroline Wolfe, 1824–1862, who was the daughter of William “Billy” Wolfe (1797–1847) and Jane Hayes (1794–1873). After Elizabeth’s death, he married a widow, Mary Ann Holder Benson, 1844–1891. Frank died in August 1893 at the home of his daughter, Annie J. Foster Parham, 1868–1936, in the Deaverview section of West Asheville.
10. Rachael Rebecca Foster was born on June 2, 1820. She married a drover, William Garner (1810–1873 ca), from Winchester, Clarke County, KY, who would stop at the Thomas Foster farm going to and from Augusta, Georgia. She died at her home in Winchester around 1902.
11. James M. Foster was born on January 22, 1822 and died in Buncombe County on February 6, 1846.

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



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☆☆☆ Your 2020 Primary Voting Guide ☆☆☆

CHANGES FOR 2020

New District Maps

The congressional districts for the US House of Representatives and the Buncombe County Commision-ers were redrawn by state legisla-tors. You may be affected. Confirm your district before you go to vote (see the "Find Your District" section on facing page).

Voter ID

Voters approved a Voter ID amend-ment to the state's constitution in 2018. However, in a December 31, 2019 order, a federal district court blocked the photo ID requirement from taking effect.

**For these primary elections, you do not need to show an ID to vote.**

NEW VOTER INFO CENTER NOW OPEN

A new Election Services voter information center is open in the Ashe-ville Mall (3 South Tunnel Road, Asheville) near Dillard's. From voter registration to requesting absentee ballots, the space is designed to make it easier for the public to access voting and voter information.

The center will also function as a one-stop early voting location for the March primary and the general election in November.

Open M–F, 10 am–5 pm, with extended hours during early voting.

CANDIDATES AND RACES APPEARING ON FAIRVIEW-AREA BALLOTS

The candidates and races below should be the ones you see on your ballot. However, we do have readers who live in Asheville and Henderson County, so yours may look different. See the "Find Your District" section on the facing page to get information about candi-dates in your area.

This is a primary election, so only nominees of your party will appear

on your ballot. *If a nominee is run-ning unopposed within the party, they will not appear on the ballot.*

Campaign websites have been pro-vided where available so that you can research candidates further.

Due to limited space, we are unable to highlight every race and candi-date that will appear on your ballot.

Not appearing in this guide are the following candidates and races:

- Libertarian and Green Party can-didates for president & US senate
- NC Auditor
- NC Commissioner of Agriculture
- NC Commissioner of Insurance
- NC Commissioner of Labor
- NC Secretary of State
- NC Treasurer
- NC Superintendent of Public Instruction

Do Your Homework

You can research 2020 races and candidates at the following websites, which all claim to be nonpartisan:

- Votesmart.org
- RealClearPolitics.com
- Ballotpedia.org
- PolitiFact.org
- League of Women Voters (lwvab.org)



US PRESIDENT DEMOCRATS

MICHAEL BENNET [michaelbennet.com](http://michaelbennet.com)

JOSEPH R. BIDEN [joebiden.com](http://joebiden.com)

MICHAEL R. BLOOMBERG [mikebloomberg.com](http://mikebloomberg.com)

PETE BUTTIGIEG [peteforamerica.com](http://peteforamerica.com)

JOHN K. DELANEY [johndelaney.com](http://johndelaney.com)

TULSI GABBARD [tulsigabbard.org](http://tulsigabbard.org)

AMY KLOBUCHAR [amyklobuchar.com](http://amyklobuchar.com)

DEVAL PATRICK [devalpatrick2020.com](http://devalpatrick2020.com)

BERNIE SANDERS [berniesanders.com](http://berniesanders.com)

TOM STEYER [tomsteyer.com](http://tomsteyer.com)

ELIZABETH WARREN [elizabethwarren.com](http://elizabethwarren.com)

ANDREW YANG [yang2020.com](http://yang2020.com)

US PRESIDENT REPUBLICANS

DONALD J. TRUMP\* [donaldjtrump.com](http://donaldjtrump.com)

JOE WALSH [joewalsh.org](http://joewalsh.org)

BILL WELD [weld2020.org](http://weld2020.org)

PARTY INFO

**Buncombe County Democrats**  
[buncombedems.org](http://buncombedems.org) 274-4482  
[facebook.com/BuncombeDems](https://facebook.com/BuncombeDems)

**Buncombe County Republicans**  
[buncombegop.org](http://buncombegop.org) 253-5800  
[facebook.com/buncombegop](https://facebook.com/buncombegop)

**Buncombe County Libertarians**  
[lpbuncombe.com](http://lpbuncombe.com) 279-4232  
[facebook.com/LPBuncombe](https://facebook.com/LPBuncombe)

US SENATE

Cal Cunningham (D) [calfornc.com](http://calfornc.com)

Trevor M. Fuller (D) [fullerfornorthcarolina.com](http://fullerfornorthcarolina.com)

Atul Goel (D) [atulgoelforsenate.com](http://atulgoelforsenate.com)

Erica D. Smith (D) [ericaforus.org](http://ericaforus.org)

Steve Swenson (D) [steveswensonforsenate.org](http://steveswensonforsenate.org)

Shannon W. Bray (L) [shannonbray.us](http://shannonbray.us)

Larry Holmquist (R) [larryfornc.com](http://larryfornc.com)

Thom Tillis\* (R) [thomtillis.com](http://thomtillis.com)

Paul Wright (R) [facebook.com/paulwrightforcongress](https://facebook.com/paulwrightforcongress)

Sharon Y. Hudson (R)

US HOUSE OF REPRESENTATIVES 11

Gina Collias (D) [ginacolliasforcongress.com](http://ginacolliasforcongress.com)

Moe Davis (D) [moedavisforcongress.com](http://moedavisforcongress.com)

Michael O'Shea (D) [osheaforcongress.com](http://osheaforcongress.com)

Phillip G. Price (D)  
[facebook.com/phillippriceforcongress](https://facebook.com/phillippriceforcongress)

Steve Woodsmall (D) [woodsmall4nc.com](http://woodsmall4nc.com)

Tamara Zwinak (G)

Tracey DeBruhl (L)

Chuck Archerd (R)

Lynda Bennett (R)

Matthew Burril (R) [burrilforcongress.com](http://burrilforcongress.com)

[Burrill has dropped out of the race.]

Madison Cawthorn (R) [madisoncawthorn.com](http://madisoncawthorn.com)

Jim Davis (R) [facebook.com/JimDavisNC](https://facebook.com/JimDavisNC)

Dan Driscoll (R)

Steven Fekete, Jr. (R)

Dillon S. Gentry (R)  
[facebook.com/DillonGentryUShouse](https://facebook.com/DillonGentryUShouse)

Wayne King (R)

Joey Osborne (R)

Vance Patterson (R)

Albert Wiley, Jr. (R)

GOVERNOR

Roy Cooper\* (D) [roycooper.com](http://roycooper.com)

Ernest T. Reeves (D) [ernestreeves.com](http://ernestreeves.com)

Steven J. DiFiore (L)

Holly Grange (R) [facebook.com/NCHollyGrange](https://facebook.com/NCHollyGrange)

Dan Forest (R) [danforest.com](http://danforest.com)

LIEUTENANT GOVERNOR

Chaz Beasley (D) [chazbeasley.com](http://chazbeasley.com)

Yvonne Lewis Holley (D)  
[yvonnelewisholley.com](http://yvonnelewisholley.com)

Ron Newton (D)

Allen Thomas (D) [allenthomasjr.com](http://allenthomasjr.com)

Bill Toole (D) [votebilltoole.com](http://votebilltoole.com)

Terry Van Duyn (D) [votevanduy.com](http://votevanduy.com)

Buddy Bengel (R) [buddyfornc.com](http://buddyfornc.com)

Deborah Cochran (R)  
[votecochranforncgtov.com](http://votecochranforncgtov.com)

Renee Ellmers (R)

Greg Gebhardt (R) [jointeamgreg.com](http://jointeamgreg.com)

Mark Johnson (R)

John L. Ritter (R)

Mark Robinson (R) [markrobinsonfornc.com](http://markrobinsonfornc.com)

Scott Stone (R) [electscottstone.com](http://electscottstone.com)

Andy Wells (R) [andywells.org](http://andywells.org)

NC SENATE, DISTRICT 48

Brian Caskey (D) [briancaskey.com](http://briancaskey.com)

Cristal Figueroa (D)  
[figueroaforncsenate2020.com](http://figueroaforncsenate2020.com)

Najah Underwood (D)  
[najahunderwoodforsenate.nationbuilder.com](http://najahunderwoodforsenate.nationbuilder.com)

Chuck Edwards\* (R) [nc48.com](http://nc48.com)

NC ATTORNEY GENERAL

Sam Hayes (R) [samhayesfornc.com](http://samhayesfornc.com)

Christine Mumma (R) [christinemumma.com](http://christinemumma.com)

Jim O'Neill (R) [jimoneillnc.com](http://jimoneillnc.com)

(Democratic nominee is running unopposed.)

BUNCOMBE COUNTY COMMISSIONER, DISTRICT 2

Mike Fryar (R)

Anthony Penland (R)

(Democratic nominee is running unopposed.)

Party designation: (D)emocrat, (G)reen, (L)ibertarian, and (R)epublican

\* Indicates incumbent



## Voting 101

### REGISTRATION

To vote in NC, one must be a US citizen and resident of NC who has lived in the county he or she intends to vote in for at least 30 days. A citizen must also be at least 18 years of age. If the individual has been convicted of a felony, his or her right to vote must have been restored. A voter in NC cannot claim the right to vote elsewhere.

*The deadline to register is February 7. If you don't register by that date, you may only vote through early voting.*

### How to register (or update your registration)

1. Fill out a registration form

**Online forms** can be found at [ncsbe.gov/Voter-Information/VR-Form](http://ncsbe.gov/Voter-Information/VR-Form). If you have Acrobat on your computer, you may fill out the form online and print it. Or you can print it and then fill it out.

**Printed forms** should be available

at county election board offices, public libraries, high schools, and college admissions offices.

2. Mail the signed and completed form to: Election Services, PO Box 7468, Asheville, NC 28802-7468

*North Carolina does not allow online voter registration.*

### College students

College students can register and vote in the jurisdiction of their residence. If a college student considers his or her school address to be his or her residence, the college student may register and vote in the county where the school is located.

### FIND YOUR DISTRICT

To confirm or find your senate and house districts, go to [vt.ncsbe.gov/RegLkup](http://vt.ncsbe.gov/RegLkup) and enter your name, then click on your name on the next screen. You will also find a sample ballot there. You may also call the county's voter registration specialist, Joyce Kanavel, at 250-4209. (Or visit the new voter information center at the Asheville Mall. See facing page.)

### EARLY & ABSENTEE VOTING

The one-stop "in-person" absentee process permits voting at any designated location prior to election day. *No photo ID is needed.*

### Dates/times for all sites:

**February 13-14 and 17-29**

Weekdays: 8 am-7:30 pm

Saturday and Sunday: 10 am-6 pm

February 29 (Saturday): 8 am-3 pm

### Local early voting site

**Fairview Library** – 1 Taylor Road, Fairview.

*The library is a site for early voting only. To find where to vote after early voting ends, see the "Find Your District" section on this page.*

### Absentee voting

For active duty military, their family members, and US citizens living abroad, go to [FVAP.gov](http://FVAP.gov) and follow the absentee ballot instructions to receive a ballot. Call 250-4222 with questions.

All others may request an absentee

ballot for any reason as long as they complete a request form ([bit.ly/2xmvA2w](http://bit.ly/2xmvA2w)) and return it:

**Mail:** PO Box 7468

Asheville, NC 28802

**Scan/email:** [absenteeballot.request@buncombecounty.org](mailto:absenteeballot.request@buncombecounty.org)

**Fax:** (828) 250-6262

**In person:** 77 McDowell Street, Asheville

Once your form has been received, an absentee ballot will be mailed. Absentee ballots must be postmarked on or before March 3 and received by March 6 at 5 pm.

(A voter's near relative may also request an absentee ballot at the 77 McDowell Street office.)

### DO YOU LIVE IN HENDERSON COUNTY?

For our readers who live in Gerton, please visit [hendersoncountync.gov/elections](http://hendersoncountync.gov/elections) for more information.

**QUESTIONS?** Call 250-4200 or visit [buncombecounty.org/vote](http://buncombecounty.org/vote)

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## Osteoarthritis of the Knee

**O**steoarthritis, commonly known as wear-and-tear arthritis, is a condition in which the natural cushioning between joints—cartilage—wears away. When this happens, the bones of the joints rub more closely against one another with less of the shock-absorbing benefits of cartilage. The rubbing results in pain, swelling, stiffness, decreased mobility and, sometimes, the formation of bone spurs.

The most common cause of osteoarthritis of the knee is age. Almost everyone will eventually develop some degree of osteoarthritis. However, several factors increase the risk of developing significant arthritis at an earlier age, such as heredity, gender (women ages 55 and older are more likely than men to develop osteoarthritis of the knee), repetitive stress injuries, and athletic activity.

Additionally, people with rheumatoid arthritis, the second most common type of arthritis, are more likely to develop osteoarthritis. People with certain metabolic disorders, such as iron overload or excess growth hormone, also run a higher risk of osteoarthritis.

### Symptoms

There are various symptoms that can indicate that you are suffering from osteoarthritis in the knee.



The list includes:

- pain that increases when you are active but gets a little better with rest;
- swelling;
- feeling of warmth in the joint;
- stiffness in the knee, especially in the morning or when you have been sitting for a while;
- decrease in mobility of the knee, making it difficult to get in and out of chairs or cars, use the stairs, or walk;
- creaking, crackly sound that is heard when the knee moves; and
- inability to squat.

### Diagnosis and Treatment

The diagnosis will begin with a physical exam and X-rays by your doctor.

If he or she determines that you have knee osteoarthritis, the primary goals

of treatment are to relieve the pain and return mobility. There are many types of treatments, and a typical plan will involve a combination of them.

**Weight loss.** Losing even a small amount of weight, if needed, can significantly decrease knee pain from osteoarthritis.

**Exercise.** Strengthening the muscles around the knee makes the joint more stable and decreases pain. Stretching exercises help keep the knee joint mobile and flexible.

**Pain relievers and anti-inflammatory drugs.** This includes over-the-counter choices such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin) or naproxen sodium (Aleve). Don't take over-the-counter medications for more than 10 days without checking with your doctor. Taking them for longer increases the chance of side effects.

**Injections of corticosteroids or hyaluronic acid into the knee.** Steroids are powerful anti-inflammatory drugs. Hyaluronic acid is normally present in joints as a type of lubricating fluid.

**Surgery.** Surgery is only a viable option when other treatment options are exhausted.

### Recover like a Pro

Technology and treatments used on and by professional athletes are showing

promise in helping treat arthritic knees—even in very arthritic knees.

**Laser therapy.** Studies show that laser therapy can increase heal blood flow, reduce pain and inflammation and help heal the remaining cartilage.

**Scar tissue release.** A part of any painful joint is the gradual buildup of scar tissue that wears out tendons, ligaments and muscles. Reducing scar tissue can often bring relief.

**Neuromuscular re-education.** Restoring normal brain-nerve-muscle control to the controlling knee muscles can often reduce pain, improve movement and reduce “clicking.”

**Radial shock wave therapy.** Used to stimulate blood flow and enhance the body's own healing potential of a damaged joint.

**Magnetic therapy.** Often called PEMF, which stands for pulsed electromagnetic field therapy, this treatment using magnets has been shown in studies to be highly effective for helping arthritic knees when used alone.



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

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# The Saboteur Within

**W**e all have one—that voice that frequently pops into our mind and fills us with fear, doubt, worry and more. The mind is truly the one and only thing that can demolish our best intentions. It creates our problems, excuses and procrastinations that allow us to settle for less.

The decision to lose weight, improve your health or change your life in any way is one to be fully respected. The journey can be scary, and as a result the mind can easily enter into a state of fear, doubt and negativity. When we enter into this state of suffering, we often tell ourselves stories, such as, “I don’t like the foods.” “I have low energy.” “I’m bored.” “I feel deprived.” “It’s not fair.” “I’m too busy.” “I don’t have the finances.” “I feel good enough.”

## Better Stories

What’s wrong is always available, but so is what’s right. The stories listed above are simply ones you are telling yourself. Stories filled with problems, excuses



and procrastinations. You must, instead, change your story to one that will encourage your growth toward living an extraordinary life. If you don’t master your body, if you don’t create the best vehicle for yourself, there is no way that you can enjoy your wealth, career success, relationships and life contributions to the maximum capacity.

Here are some stories you could tell yourself instead: “I recognize that

nothing in life is fair.” “I can either ‘deprive’ myself of this chip or of the life that I truly want and deserve.” “I look and feel so much better—I recognize that eating (fill in your favorite food) isn’t worth it.”

## Signs of Growth and Success

Discomfort or pain is not a sign of suffering but a sign of growth and success. Think about an Olympic

athlete—let’s say a runner. Do you think they ever get blisters? When they do, do they give up and stop? Definitely not. They push on and get stronger while their body creates a callus so that they never get that same blister again. Just like them, it’s time for you to go beyond your comfort level.

As another example, think about what it takes to build a bicep muscle. If you

don’t overload the muscle, allow it to be sore, and then repair itself to become stronger, then the muscle never grows. So sit with your discomfort, allow it to be there, and let that be okay. Pain and discomfort are part of life; it’s suffering that is a choice. The only way to get through the challenge and reach a new level in your life is to sometimes be uncomfortable.

## Strength through Challenge

Remember that your soul strengthens through challenge. When what you’re doing gets hard, most people give up. But this doesn’t have to be you.

This journey of achieving better health is one of the most challenging yet rewarding journeys of your life. Once you have committed to creating dramatic change in your life, stick with it and honor yourself. You are amazing, you are deserving, you are worth it and, most of all, you can do it.

Lead with your heart, train your mind and do not negotiate with your body.

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

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## Virus Updates and Trackpad Hacks

Despite ending support for Windows 7 on January 14 of this year, Microsoft will continue updating the virus signatures for Microsoft Security Essentials, their anti-virus software. This doesn't mean total protection, but Microsoft seems to be realizing that not everyone is going to jump to Windows 10 by the middle of January. Google's Chrome browser will continue to be supported on Windows 7 for at least 18 months. Firefox is likely to do the same, if their long support for XP years ago is any guide.

Keeping the look of Windows 7 when you are in Windows 10 is possible with Open Shell (the successor to Classic Shell). Go to [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links) for the link.

If one of your resolutions was to try out some on-line learning, you'll need help searching for the right massive open online course (MOOC). There are so many of these online courses that they have their own search engines. Start with Course Root, one of the more comprehensive, to figure where you could begin. MOOC-List provides a very comprehensive set of filters to narrow down to your almost perfect course, including a special section of self-paced courses. And, yes, Google is in this game with its own set of courses. Go to [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links) for links to these sites.

Rather than having to search every day

for new results for the same old search, check out Google Alerts ([google.com/alerts](http://google.com/alerts)), which will let you set up a search so you are emailed when new results show up. They include some suggestions that you can experiment with and a preview of what that alert would currently show. Don't forget to check out the options part too.

More than 100 PBS stations now stream through YouTube TV, increasing the number of ways to get their content when you have cut the cord.

Jumping cursors on laptops can often be tamed by turning off trackpad features, including many of the multi-gesture two-, three- and four-finger flicks. On a Mac, go into System Preferences, then click on Trackpad. Start unchecking boxes for gestures you don't use. In Windows 10, use the one-line search box to find Touchpad and start with changing sensitivity to low. Also look for and turn off gestures. Dangling bracelets and other jewelry might also be creating problems, as could other wireless and Bluetooth devices close by. And make sure your antivirus is up to date and consider running a full scan, just in case.



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

## Holiday Updates

For Thanksgiving, Food For Fairview purchased 100 frozen turkeys for the 96 food-deficient families that signed up for the holiday meal. The turkeys cost the pantry approximately \$2,400. The pantry handed out 90 turkeys and meals to families who had signed up before Thanksgiving. Families who had not signed up showed up after 5 pm to pick up any turkeys that were not claimed. There are always families who do not show up for the turkeys and meals. The meals included boxed mashed potatoes, gravy mix, a large can of corn, a large can of green beans, a can of mushroom soup, a bag of onion rings (green bean casserole), rolls, butter and a frozen pie for dessert.

The Emergency Food Assistance Program (TEFAP) provided these families with a bag of potatoes, a bag of apples and a bag of grapes. Not including the TEFAP items, everything the pantry provided to these families was purchased at retail prices by the pantry manager from local retail locations, including Food Lion. Food for Fairview is very grateful for all the assistance the local Food Lion provides to food-deficient people in Fairview.

The pantry is still interested in finding someone to be the pantry's assistant manager. The basic requirement is for someone who can be at the pantry on Monday afternoons and alternate Tuesday

mornings and who has computer skills. The pantry manager's job description includes involvement of about 15 hours per week. An additional requirement is a genuine desire to help meet the needs of their food-deficient Fairview neighbors.

Through this request for an assistant pantry manager, a number of new volunteers have come forward. There was a new volunteer shopper at the pantry last month.

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

## How You Can Help

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

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## Neighbors and Relatives Taught Us Well

**W**hen we moved to Fairview in the spring of 1997, I was surprised by how excited Walter's family was to have us in the community. I was more than a little nervous moving into this community, where all of my neighbors were somehow related—aunts, uncles and cousins to the nth degree. I think some of their excitement came from the fact that we were probably a great source of amusement for them.

We were a fairly newly married, college-educated couple who essentially had no idea how to do most of the things that were second nature to them. They very kindly answered all of our stupid questions and demonstrated skills that they had used all their lives.

Aunt Eva showed us how to skin and cook our first squirrel. Her daughters, Deb and Sherry, plowed our garden that first year. Her other daughter, Kaye, taught us old-fashioned remedies, such as pouring kerosene on a cut to prevent soreness. Aunt Floye and her sons, David and Mike, walked the existing water lines with us and

**We've had the joy of being able to pass on the knowledge that we gained from the previous generation to some of the younger members of the family. It's made me see how important the stream of knowledge is to a community.**

helped us figure out our own spring water system. Aunt Evelyn's parents had lived on the property, and she pointed out the plant life that we'd want to keep. David and Charlie, cousins by marriage, taught us how to neuter our male goats.

We got even luckier a few months after we moved to Fairview when Walter's mother and sister moved here to heal from their respective divorces. This gave us access to another generation, our niece, and later, through a new marriage, three more nieces and a nephew. When we brought our son into the world, I knew we had a firm network of folks to rely on for any child-rearing issues.

And then there are more distant relatives, such as Larry, who has or knows where to get whatever weird piece of equipment or gizmo you might need, and Todd and his nephews, who know how to run and fix any piece of equipment out there.

We were also very lucky in gaining some great neighbors. They were city



folks like us, so it was up to us to help them adjust to their new surroundings and introduce them to our sources of knowledge. It has been interesting to watch the interaction between the new and old residents and to watch the meshing of ideas and lifestyles. It's also been amazing to see the revival of some old ideas put in new contexts and new ideas incorporated into existing situations.

There's a saying that it takes a village to raise a child, and I believe that. I've lived that as a child and as a mother. It would also seem that it takes a village to work a farm as well. There is no way that we could have succeeded the way we have without all the people in our family and our community. They have played a daily part in our development of the farm by sharing knowledge, information, hands and hearts. I can't imagine where we'd be without them. Nearly everything we needed to know was available to us from this network of people. And no matter how busy they were or how silly the "need," someone was available to help us.

We have had the joy of seeing the younger cousins, nieces and nephew grow up and start families of their own. And we've had the joy of being able to pass on the knowledge that we gained from the previous generation to some of the younger members of the family. It's made me see how important the stream of knowledge is to a community.

In many ways, the knowledge we share makes us closer than the blood we share. It's what makes the bonds grow between us. I'll never be able to repay all the time, knowledge and laughs we shared with the aunts, uncles, cousins and mother who have passed since we moved here over 20 years ago. My only hope is to settle the score by doing what I can to pass on the same to those who come after.

We thank those who have gone before us but have left us with their knowledge, wisdom and encouragement: Burgin and Eleanore Marlowe, Charlotte Ann Marlowe Harrill, Eva and Joe Miller, Deb and Charlie Jackson, Sherry Aikens, Johnny and Floye Marlowe, Evelyn Merrill and Tommy Dalton.

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

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# Winter Blues

Chicago native finds a home in Gerton



Mr. Jimmy in front of his 1910 log cabin in Gerton.

■ BY CLARK AYCOCK

Chicago became a blues town due to hundreds of African Americans moving up and away from repressive conditions in the hot and sticky Deep South. But can you also get the blues from being cold?

That's what brought bluesman Jimmy Anderson, known professionally as "Mr. Jimmy," to Gerton.

He loved growing up and living in Chicago. "It was great for a blues musician, as I played all of the big clubs and the Chicago Blues festival," he said, "but I couldn't take the cold weather any longer—30 below zero started to become unbearable. My wife Jeannene and I were talking about moving to a better climate in an area with a healthy music scene, and one of my old friends recommended Asheville."

But let's go down to that crossroads later.

Jimmy grew up on the south side of Chicago as the second youngest of six boys. His parents loved music and would dance to all of the big band jazz groups, and they encouraged their sons to buy 45s, so there was always music on in the house. There were no other musicians in the family, though one of

his brothers is an actor and one of his grandmothers was a burlesque dancer in the Vaudeville era.

He listened to his older brothers' records, which included the Rolling Stones, Jimi Hendrix, the Doors and Santana. "I would read about their influences and study the writing credits on the albums—names like Willie Dixon, Muddy Waters, Howlin' Wolf—and realized that many of these artists lived and played down the street from me," he said. "I started to buy old blues records and later would go into the ghetto to see local blues musicians." And he eventually played with them too, starting in 1978.

He was a sideman for older blues musicians, including Buddy Guy, Koko Taylor, Junior Wells, Jimmy Dawkins, James Cotton, Lefty Dizz and Johnny Twist. In 1983, he started his own group, The Chicago Kingsnakes, and recorded 10 albums and performed over 3,000 shows.

I asked him if he experienced any problems being a white man playing music normally associated with African Americans. "When I used to go to the Checkerboard Lounge on the southside

of Chicago, near some housing projects, sometimes I would get hassled about being in the wrong part of town, but once inside the club everyone was cool," he said. "I was there for all the right reasons and respected the music, musicians and culture of the blues."

He toured with the older musicians, as well. "I was on the road with Little Milton, on the Chitlin Circuit, which is mostly black clubs, and we stayed in black hotels. People looked out for me and maybe treated me special. I have a fond memory of the time when the whole band was invited to a friend of Milton's house for dinner. I ate soul food for the first time, and our hosts really got a kick out of that."

He also hosted a radio show called "Confessin' the Blues," which included interviews with local Chicago blues musicians as well as performances. "The format was loosely based on Marian McPartland's 'Piano Jazz' show," he said. "I would intersperse relevant recordings in the show, and at the end of each program I would usually perform with the artist. I taped the show at my home studio and would film the live performances." Go to [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links) for a direct link to the videos on Youtube.



Jimmy with Albert Collins in Finland, 1992.

Jimmy was doing what he loved—playing and listening to the blues—but it's hard to make music pay the bills. During this time in Chicago, he also worked as a producer for Information Resources Inc., a global market research company. His boss there was Sue McConnell, who recommended he look at Asheville when he was thinking of moving out of Chicago. (She took her own advice, as she lives in East Asheville now.)

Jimmy had never been to Asheville before. On New Year's Day in 2018, he and his wife drove down to look at properties. "We looked at a dozen homes,

**"...WILLIE DIXON, MUDDY WATERS, HOWLIN' WOLF... MANY OF THESE ARTISTS LIVED AND PLAYED DOWN THE STREET FROM ME."**

the last one a beat-up 1910 log cabin in Gerton," Jimmy said. "We fell in love and made an offer right on the spot!"

There are a lot of places to choose from in the Asheville area. Why did he and Jeannene choose the Fairview area? "In Gerton, we have wide-open spaces, clean air; there is a creek running through my backyard," he said. "I'm a city boy who was used to living with very close neighbors. In Gerton, I basically take a hike every day when I'm walking my dog. I appreciate the small-town, local feel and the friendliness of my neighbors."

It also makes business sense. "I'm equidistant between Asheville and Hendersonville for gigs," he said.

And speaking of gigs, how does a musician transition from being involved in one scene to another? "I didn't know anyone in the area, so I started to go to local clubs and meet musicians," he said. "One of the first people I met was Adi the Monk, and he told me about some venues and who to talk to. Also Chuck and Gill from the Knotty G's invited me to play with them at their open mic at the Joint Next Door. I met Laura Thurston at Whistle Hop, and she gave me a lot of leads. I have found the local music community to be very friendly, and it has helped to make the transition successful."

You can catch Mr. Jimmy at his regular Tuesday evening gig at the Asheville Club in downtown Asheville or the Big City Blues Jam at the Asheville Guitar Bar in the River Arts District on the last Friday of the month.

And if you want to stay local, you can catch him next at the Joint Next Door on February 29 at 7 pm.

You can check his schedule and find out more information about him at his website, [mrjimmymusic.com](http://mrjimmymusic.com). ■

*Clark Aycock is the editor of the Fairview Town Crier.*



## Fariview Student Starts Philosophy Club at A.C. Reynolds

The idea of starting a philosophy club at A.C. Reynolds High came from an incredible experience I had over the summer at NC Governor's School East. In my philosophy class, the instructor made every minute about us and not about him. Kids my age from all different origins, ethnicities and home lives conversed in discussions. We questioned any topic a student wanted to raise, from reality and illusion to time and existentialism. I walked away from that class with an excitement I'd never felt before.

That class made such an impression on me that, more than anything, I wanted to emulate this for my peers at Reynolds. A friend who started the book club directed me to our principal, Doris Sellers, who informed me of the process for starting a club. I'd need to have a teacher sponsor it, have dedicated meetings, and write a paper to the principal on why the school would benefit from the club.

A former teacher history teacher of mine, Mrs. Lewis, agreed to sponsor the club. When I asked her why, she said, "I think it's important for young people to have a place to discuss, question, feel safe and to come together to have discussions they can't have anywhere else." Many find social media as a platform for these conversations, but I've found that students talking in person with their peers have a more personal, relatable

experience that is more engaging. The sponsor teacher says that the biggest benefit she sees from the club is that it "builds better citizens in the way they choose to think." The school approved the club, and we now meet every Tuesday morning.

In a warm classroom on a cool morning, I find myself with a varied group of boys and girls from 15 to 18 years old, all with different political and socio-economic backgrounds, to discuss philosophy and ethics. This new club has twisted brains and made students question more about the world.

The club teaches philosophy in a way that we feel is more appealing to teenagers. We don't read books from ancient men or women or study passages from Nietzsche or Plato. The club is designed to remove the possible stigma that philosophy may bring with it—of solitary pondering and intense independent development of thought. Our approach brings young students closer to the field by analyzing media more relatable to teenagers. An exposure to the classics of past generations can turn a young student away from philosophy, and this club is designed to prevent that from happening.

We usually watch a video that is an example of the topic we will discuss, from music videos by Kendrick Lamar to Japanese game shows. Before playing the video, I tell the other students to try and spot how our topic fits with the video. For example,



The Philosophy Club at A.C. Reynolds High School. Eddie is seated at right.

in a short film called "The Box" on YouTube about Plato's Cave, I said, "Watch for who in this scenario represents God and who represents man." One of the best feelings I get is looking at my peers' faces as they intently dissect what they are seeing. I feel I have sparked something in them that is so central to who I am. The kids in the club are so intelligent, and I love hearing their unique perspectives. After watching "The Box," a peer said, "Maybe man is God in this scenario." That was totally unexpected, but in the best way possible.

Ben Reed, a junior in the club, said he "thought philosophy was about old ideas

and old ways of thinking, but in reality there are many modern takes on it." Ben says that the philosophy club teaches him to "not be afraid to ask the biggest questions you have."

The club is different from many clubs at the school in that there is no requirement to attend or tracking to be included. This is to encourage anyone to come at any time, and not to have it feel like an obligation, as this is a large hindrance to creativity. The club hopes to continue to thrive for years to come.

Eddie Hower is a junior at A.C. Reynolds High School. He can be contacted at [eddiehewer@gmail.com](mailto:eddiehewer@gmail.com)

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# Falling in Love with Literacy at FES

By Kenya Hoffart

Students at Fairview Elementary are falling in love with literacy this February and will end the month with a grand celebration for Read Across America week. Parents will be invited to a morning classroom event to explore this year's theme, "Stewardship: Taking Care of Each Other and Our Planet."

Every student in each grade level will receive their very own copy of a book specially selected for their age group that reflects the theme, and they will be encouraged to read it with their families. Parents will also get to see many different projects and activities students have participated in while exploring their new books. It will be a great time for families to engage in and celebrate reading, as well as share in their student's love for literacy. Kindergartners will receive A Sick Day for Amos McGee by Philip C. Stead; first graders will receive Peach and Blue by Sarah Kilborne; second graders will receive City Green by DyAnne De Salvo-Ryan; third graders will receive Junkyard Wonders by Patricia Polacco; fourth graders will receive If Your Name was Changed at Ellis Island by Ellen Levine; and fifth graders will receive Wangari's Trees of Peace by Jeanette Winter.

During the same week, the school's PTA will host a Scholastic Book Fair, where students will choose from a large variety of books and stories that are brought to life with unforgettable characters. Ending the week, staff and students will be invited to dress up as their favorite book characters. This is an event that always fills the halls at FES with excitement and adventure.

Students have personalized reading goals that allow them to grow individually. This leads to higher reading achievement, improved scores on comprehension assessments and the ability to read more difficult books. This is a great confidence builder for students who may be struggling to



meet certain benchmarks and encourages them to keep trying. Recent studies have shown that students who read 15 minutes per day or more outside of school made accelerated reading gains. This can turn a struggling reader into one who meets or surpasses reading expectations.

Our teachers are excited to see readers grow and celebrate their love for literacy. Exposing students to the adventure that awaits in a good book is very exciting, and involving families in the learning experience is always a rewarding time. Read Across America week is an initiative on reading created by the National Education Association. One part of the project is the observance of the birthday of Dr. Seuss, who said, "The more that you read, the more things you will know. The more that you learn, the more places you'll go."

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

## STUDENT OF THE MONTH: LEWIS LOPEZ



The A.C. Reynolds High School Student of the Month is Lewis Lopez. He was nominated by ACRHS marketing teacher Charles Furlow, who said, "I appreciate Lewis's outgoing, positive and happy personality. I am so proud of how he has matured over the past four years as he has embraced his education and personal development." Assistant principal Steve Bowlin added that "Lewis has really focused on 'doing the right thing' at Reynolds" and "has a great attitude toward school and his future." Jessica Roland-Hinson, another of his teachers, said, "I have seen Lewis grow and mature over the past year into a wonderful young man. He is one of the most polite students I have taught. He always comes into class with a big smile that lights up the room and has such a positive aura about him that spreads into the classroom."

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

## Little Rebellions

Many teenagers don't really have control over what goes on around them. When things become too much for us, we don't get to leave and try again. We don't have the money or the resources to get away and start over. So,



AVERY LOVE

when we need a change, or to feel like we have control, what can we do? All we have are the little things—little rebellions, if you will.

When I walk the halls of my high school, there's a sea of little rebellions, such as dyed hair in every color, lots of piercings, and people with style aesthetics that may not fit the norm. I have a shaved patch on my head (My mom hates it!). To understand why we act this way, I spoke to a Fairview therapist, who wanted to stay anonymous. "My daughter had a goth phase; she dyed her hair, got tattoos and piercings," she said. "It's the same thing that made me go to peace rallies and listen to revolutionary music and ditch my bra. I think it's just something that everybody goes through."

My advice to parents who don't like their children's little rebellions is to think back to when you were a teenager and some of the stuff you did. Just because their rebellion don't look like yours doesn't make it any less normal.

"As a parent," the therapist said, "I

think the reason I was so worried about the phases my daughter was going through was that I thought that it was going to lead down a bad path, with drugs and addiction and stuff like that. I talked to one of my friends about it, and they just laughed at me and told me that it was just something [my daughter] was going to have to go through."

Evie Dirschel, a junior at A.C. Reynolds High, knows a lot about little rebellions. "I've dyed my hair six times, and I have six piercings—and counting," she said. "I decided to do this because it allows me to express myself and be able to step out of my comfort zone."

If you're not a teenager, maybe you don't remember that feeling of learning how to feel self-confident while trying something new. Adults are constantly trying to teach the kids around them hundreds of different things, and I think this skill just isn't talked about enough. For teens, these little rebellions one way of developing this skill. And it's fun to try out new things every once in a while.

When I asked Evie why these little rebellions were so important, she said, "I think teen expression allows for kids to find their true selves. By letting teens dress the way they want, there's a sense of unity in 'growing up.'"

Maybe these little rebellions mean a lot more than you realize.

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

FEBRUARY SCHOOL CALENDAR	
FEB 7	Teacher Work Day, all schools
FEB 8	Fairview Elementary Destination Imagination Winter Bazaar 10 am–2 pm
FEB 11	District-wide Kindergarten Tours 9 am and 1 pm (call to register)
FEB 18	Reynolds High Open House & Curriculum Fair 6–7:30 pm
FEB 19	Early Dismissal, all schools
FEB 25	All-County K-8 Chorus Concert, Brookstone Church 6 pm
FEB 26	Fairview Elementary Fall in Love with Literacy (1st, 3rd, 5th grades) 7:30 am
FEB 27	Fairview Elementary Fall in Love with Literacy (2nd, 4th grades) 7:30 am Reynolds High Parent Night for rising 9th Graders 6–7:30 pm



## Snow Day Decisions

**T**his time of year, it's often on our minds: weather. But did you ever wonder how snow day decisions are made for our local schools? Here's your peek at what happens while you're still sleeping:

It all starts at 4 am, if not before. Tommy Stotesbury, who is in charge of Parts and Dispatch and has been with the Buncombe County Schools Transportation Department for eighteen years, knows his stuff and he knows the right people.

Stotesbury is at work very early, checking the forecast and the radar, and making calls to key school transportation officials from nearby counties. If the storm is heading to us from the south, he's on the phone with Henderson County. If it's coming from due west, he's talking to his contact in Haywood. And if it's the typical "border counties" storm, he's in touch with the right person in Madison County. He knows what's heading our way.

By 4:15, BCS bus mechanics are on the road and using their two-way radios to let Stotesbury know the status of roads in all six Buncombe County school districts. And around 4:30, Superintendent Tony Baldwin and Assistant Superintendent Joe Hough arrive at the Transportation Department. It's decision time.

Buncombe County is different than the nearby counties, in that we have

multiple districts and weather can vary widely across our broad area. If conditions are bad in only one or two of the districts, Dr. Baldwin and his advisors can make a "split decision" and open schools in the unaffected districts. But if three or more districts need to close then policy dictates that they close all of Buncombe County Schools.

The final decision is made by 5:30 am at the latest, and ideally earlier. In the next half-hour, Stotesbury contacts all the radio stations, and Stacia Harris, Communications Director, gets the information out to local TV stations and via social media, email, websites, and automated phone calls.

Some days, though, it's not so clear-cut. It may be that the morning sun will melt off enough ice to make roads safe. Or perhaps the roads are mostly fine, but we need to be sure that bus drivers can see the roads in the light of day just in case there may still be some black ice in the shady spots. Or maybe a storm is just skirting our area, and more time is needed to know whether it will be safe to open schools. In these cases, Baldwin, Hough, and the Transportation Department may call for a two-hour delay.

Cold weather may necessitate a school delay, even when there has been no precipitation at all. The diesel fuel in the



buses begins to gel when the temperature is in the single digits overnight, especially after a weekend, when they have not been cranked recently. A delay gives mechanics time to get out and get the buses cranked and warmed up, and students are not left standing at the bus stop waiting for a bus that won't start.

The worst situation is probably when an unexpected storm arrives and school is already in session. In this case, the first step is to bus students from the satellite programs (Community High School, Nesbitt Discovery Academy, and others) back to the schools in their home districts, since these students are always bussed by way of their district schools. Early dismissal is then announced and buses, parents, and

student drivers hit the roads.

David Rhoney, Transportation Director for Buncombe County Schools, emphasizes safety first: "The most important factor in making any weather-related decision is the safety of our students and employees. We have students and staff in every district who ride buses, ride with parents, or drive their personal vehicles. Our goal is that they are safe each and every day. This is always the driving force behind our decision."



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

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## GREG'S MAGIC TRICK

### Math and Magic

One of my first magic books was Martin Gardner's *Mathematics, Magic and Mystery*. Martin moved to Hendersonville and lived there until his wife died in 2004. He was a noted magician, mathematician and puzzle fanatic.

Some of my favorite tricks are from his dozens of books on math and magic, and many of my favorite puzzle magic tricks are

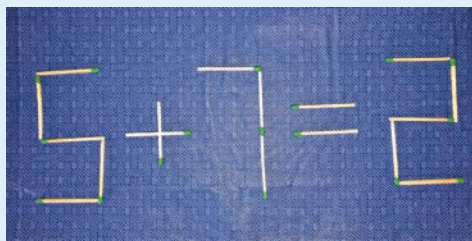
done with matches or toothpicks.

In the following math equations, can you make the equation correct by moving just one match? In the second equation, there are two possible solutions.

If you enjoy tricks like these, there are many more in Martin's books, or you can find dozens by doing a quick internet search for "matchstick puzzles."

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

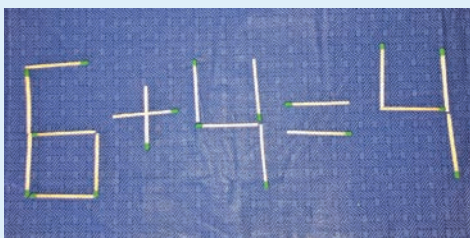
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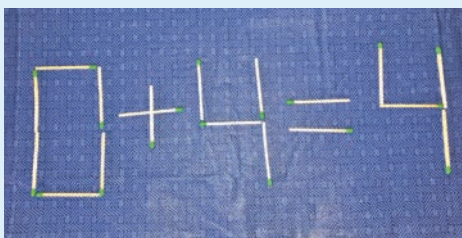
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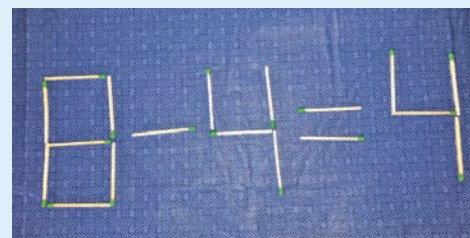
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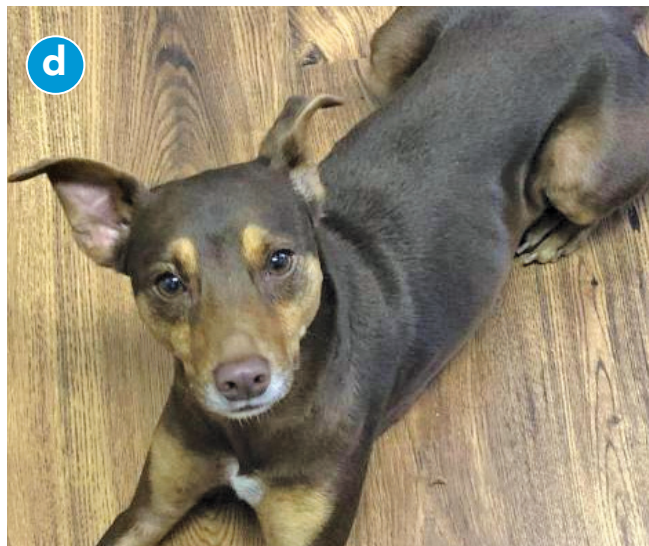
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**a.** We can't believe **Brittany**'s been waiting over four months for someone to take her home. She's 3 years old, loves to play, likes head scratches and keeps her kitty condo very tidy. If you're looking for a cat who entertains herself, Brittany is your independent gal. *Humane Society, 761-2001, ashevillehumane.org*

**b.** **Saucie** is a 4-year-old Dachshund mix. She has intervertebral disc disease, which makes it difficult to use her hind limbs, but she has improved dramatically with acupuncture and medication. She can run and play like any other dog, but we recommend her adopter continue these therapies to keep her healthy and happy. *Humane Society*

**c.** **Mazza** loves snuggles, sweetness and love, and she returns plenty of purrs in exchange. *Charlie's Angels, 885-3647, wncanimalrescue.org*

**d.** **Pip** 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 is energetic and would enjoy an adult household with plenty of pets. *Charlie's Angels*

## BEST BEHAVIOR TRACY PEABODY

### Do More With Your Dog in 2020

**A**re you one of many who has done some sort of obedience training with your dog—maybe watched a YouTube video or two, joined a group class or lessons with a professional trainer—but have not been able to achieve the goals you have for your dog? What's holding you back?

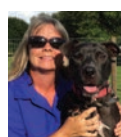
Having a dog with manners and that follows a few basic commands should be expected from anyone who wants to take their dog out to public places. But we have all seen dogs misbehaving—the dog in the shopping cart that tries to nip at people; the owner who has to say “sit, sit, sit...”; or people who are constantly yelling at their dogs to stop jumping up on people or pulling on the leash. So many people are embarrassed by their dog's behavior or, even worse, afraid that their dog is going to hurt someone or another dog. But they still take their dogs out in public without any training to stop the naughty behavior that can be such a nuisance.

It's a new year, so now is the perfect time to reset the goals you have for you and your dog. Unfortunately, there is no magic tool or pixie dust to cure your woes. It takes practice and lots of repetitions for good behavior to become a new habit for you and your dog. It is essential for success that you put in the work. If you

participate in a training program of group classes or private lessons, it's important that you do the homework between those training sessions and also have an open, honest dialogue with your trainer about anything you are struggling with.

Having a good dog is more than just learning a few commands or tricks. A good trainer will encourage and coach clients to learn the basics, build engagement with their dog, set up training scenarios to practice the basics and apply those skills to real-life situations. That usually results in the dog getting to spend a lot of time with their owner outside rather than being locked in the house all the time.

In this new year, make a lifestyle change with your dog. Participate in training, go out for walks, meet up with other like-minded owners and go on pack walks, set up creative confidence-building scenarios for your dog, go for hikes, take your dog to dog-friendly establishments, participate in dog sports, and go to dog events around town. In other words, do more with your dog.



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



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- Houston on Allegiant (weekly in May)
- NYC-LaGuardia on American (daily in June) and Delta (Saturdays)
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- Washington, D.C. on American (Saturdays in May) and United (daily)

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## Nortons Welcome New Baby

Parents Christopher and Jessica Norton of Fairview would like to announce the arrival of Jasper Gideon Norton. Jasper was born on December 6, weighing in at a whopping 8 pounds and 1 ounce. Proud grandparents are Leon and April Sayles of Fairview and Ervin and Michaelle Norton of Candler.



## Local Artist a Finalist for Person of the Year

Fairview's own Jim Stillwell (right) has been named a finalist for the WLOS News 13 Person of the Year.

Stillwell, an artist, has been volunteering at the VA hospital since 2017. He and a group of devoted veterans have teamed up on a Veteran Mural project. He sketches the outline in pencil and then the volunteers color in the scenes. The project could take another two years to complete.



PHOTO: WLOS STAFF

## Fairview's Meigs to Attend UN Summit

In 1995, the United Nations (UN) held the Fourth World Conference for Women and adopted the most progressive blueprint ever for advancing women's rights (known as the Beijing Declaration). The 25th anniversary of these events will be celebrated during the annual Commission on the Status of Women in New York City in March.

Representing Western North Carolina at the UN will be Fairview resident Karen Meigs. She is the incoming president of the United Nations Association of the USA—WNC chapter.

"I'm incredibly honored and humbled to attend this conference," Karen said, "which should have 5,000–8,000 delegates from around the world. It is a great time to give input, learn and serve."

Stay tuned for a followup article from Karen on her experience in New York.

## Village Road Bridge Repair

Work began last month to replace the bridge on Village Road (behind the main Fairview fire department). Construction will last until early May. There is a temporary road closure, and drivers should use the half-mile detour from Village Road to Charlotte Highway in both directions (via Garren Creek Road, Whitaker Road and Blue Ridge Development Road.)

The fire department is asking that drivers not use their parking lot as a cut-through. They have had numerous close calls with drivers flying through the lot and almost hitting someone or equipment, as traffic is unexpected in this space.

## Free Medicare Classes

The Council on Aging of Buncombe County, in conjunction with the NC Department of Insurance's Seniors' Health Insurance Information Program (SHIIP), will offer free, informational classes about Medicare.

Residents who are new to Medicare, caregivers, and others who help senior citizens with their Medicare insurance should consider attending this informative class. The information presented is unbiased and accurate. No products are sold, recommended, or endorsed.

To register, visit the Council on Aging of Buncombe County's website (coabc.org) or call the Council on Aging at 277-8288.

The classes listed below are free and open to the public.

February 19, 2–4 pm at Blue Ridge Health  
2579 Chimney Rock Rd, Hendersonville

February 21, 2–4 pm at Goodwill  
1616 Patton Ave, Asheville

February 28, 2–4 pm at OLLI/Reuter Center  
1 University Heights, Asheville

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## Are Your Financial and Tax Advisors Talking?

**N**ow that we've closed the book on 2019, it's officially Tax Season. As you prepare your tax returns for the April 15 deadline, you might already start looking for opportunities to improve your tax-related financial outcomes in the future. And one important step you can take is to connect your tax professional with your financial advisor. Together, these professionals can help you take advantage of some valuable strategies.

### Roth vs. Traditional IRA

If you're eligible to contribute to a Roth IRA and a traditional IRA, you might find it beneficial to have your financial advisor talk to your tax professional about which is the better choice. Generally, if you think your tax rate will be higher in retirement, you might want to contribute to the Roth IRA, which provides tax-free withdrawals (if you're older than 59 ½ and have had your account at least five years). But if you think your tax bracket will be lower when you retire, you might be better off with the traditional IRA, which offers upfront tax benefits—specifically, your contributions may reduce your annual taxable income in a given tax year. Your tax advisor may have some thoughts on this issue, as well as how it might fit in with your overall tax picture in retirement.

### Taxable vs. Non-taxable Income

Turning taxable income into non-taxable income can lower your current year's tax bracket. Depending on your income, you could potentially subtract your traditional IRA contributions (or your SEP-IRA contributions if you're self-employed) from your taxable income. And even now, it's not too late to affect the 2019 tax year, if you still haven't reached the IRA or SEP-IRA contribution limits. Before you file your 2019 tax returns, your tax professional can tell your financial advisor how much you would have to contribute to your traditional IRA, SEP-IRA or similar account to potentially lower your taxable income. If you make the contribution, your financial advisor can illustrate how it would impact your retirement picture and make a recommendation on how to invest the money. (You can fund your IRA with virtually any type of investment—stocks, bonds, mutual funds, and so on.)

### Capital Gains Taxes on Mutual Funds

You might think you have total control over taxes related to your mutual funds. After all, you decide how long to hold these funds before selling shares and incurring capital gains taxes. However, mutual fund managers are usually free to buy and sell new investments as they see

fit, and some of these sales could generate capital gains taxes for you. If these taxes are relatively large in any one year, your tax professional may notice and could relay this information to your financial advisor. This doesn't necessarily mean these mutual funds are inappropriate for you; they still may be suitable for your goals, risk tolerance and time horizon. But the tax aspect may be of interest to your financial advisor, who might recommend more tax-efficient investment options.

Your investment and tax pictures have many overlaps, and by ensuring your team of advisors is working together, or at least communicating with each other, you can increase the chances of getting your desired results.



*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.*

## DECEMBER FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	11	1,300,000	139,000	532,991
Homes Sold	18	1,800,000	173,700	503,787
Land Listed	4	199,000	45,000	89,725
Land Sold	6	625,000	25,000	156,000

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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## What Happens When the State Doesn't Have a Budget?

Of all the ways political dysfunction is impacting North Carolina, one of the most frustrating is the inability of the General Assembly (GA) and governor to enact a budget for 2019–2020. Normally, the two-year state budget is passed around June 30 of the odd-numbered year. That did not happen in 2019. And it did not happen when the GA reconvened for a one-day session on January 14. Instead, Republican leaders adjourned the GA without a budget agreement until April 28, 2020.

Our budget stalemate should never have happened, and people have a lot of reasonable questions. Here are a few of the most common questions I hear.

### What happens when North Carolina doesn't have a state budget?

The consequences of not having a state budget are quite different than when the federal government does not have a budget. We have a state law that maintains the prior year's level of spending if no new budget has passed. This means there are no shutdowns, and no closed parks or the public service disruptions that you see with federal shutdowns. Yet, it is still a big deal. No budget means no pay raises for state employees. It means no new investments or new services. Every budget

includes one-time (or "non-recurring") funds for special grants for a range of items such as afterschool programs, homelessness intervention and opioid treatment. All of these projects and many more are on hold without a budget.

### Why don't we have a state budget?

Republicans control the state House and Senate, but due to the 2018 elections they no longer have supermajorities to override Governor Cooper's veto. That means that a state budget needs a consensus from both parties to pass.

Governor Cooper's proposed budget focused on three major initiatives:

- Medicaid expansion to use federal funds to close the health care coverage gap and provide healthcare for more than 500,000 North Carolinians.
- A teacher pay raise of 9.1% over two years.
- A \$3.9 billion bond to capitalize on low-interest rates to invest in upgrading and modernizing public school facilities and providing clean water infrastructure.

When the Republican-controlled GA passed its budget, they included none of these major items. They refused to expand Medicaid or pass a statewide bond. And their teacher pay raise was only 3.7% over two years, which is a smaller raise than what other state employees would receive.

So Governor Cooper vetoed the GA's budget, and that veto still stands. Governor Cooper and legislative Democrats have made repeated attempts to compromise, but Republican leaders refuse to do so.

### Isn't there anything the two sides agree on?

We agree on a lot of things. That is why we have a state law providing a stop-gap budget to fund the most fundamental state services. In addition, Democrats and Republicans have agreed on a series of "mini-budget" bills to update spending in areas where there is bipartisan agreement. Examples include pay raises for some state employees, such as corrections officers and State Highway Patrol (but not for teachers or public school employees), public safety, disaster relief, juvenile justice and transportation.

### What's next?

Since Republicans failed to override the budget veto and adjourned the GA, it is not clear if we will ever have a state budget. The fiscal year ends on June 30. Democrats have offered to negotiate a "mini-budget" bill that provides teachers and public school employees a larger pay raise, but Republicans have refused. And the Democrats' broader budget counter-proposal from July 9 is still out there with no Republican response.

Meanwhile, \$2.25 billion remains available for appropriation at the end of fiscal year 2019–2020, and \$3.59 billion will be available at the end of fiscal year 2020–2021.

Additionally, we could become the 38th state to expand Medicaid. The costs of expansion would be paid with federal funds and by a fee charged to hospitals. I feel the benefits are huge: closing the health care coverage gap for over 500,000 people, creating 43,000 health care jobs, and lowering everyone's health care costs—because we all pay when uninsured people go the ER for health care. And we could possibly prevent 1,000 premature deaths.

### Will teachers and other public school employees ever get a raise?

Teachers did receive a step-increase raise if they were eligible based on years of service. That was included in one of the "mini-budget bills." It really hurts to know that teachers and public school employees are going without.



Rep. John Ager, District 115 North Carolina House of Representatives. Contact him at [john.ager@ncleg.net](mailto:john.ager@ncleg.net) or 713-6450.

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## What to Do with an Injured Bird

**H**ave you ever come across an injured bird, or a fledgling or nestling, and not known what to do? Let's discuss some possibilities.

### Fallen or Wind-blown Nestling

A nestling is a baby bird, quite often with its eyes still closed and few, if any, feathers. It's possible that a cat or other predator pulled the nestling out of the nest or that the wind blew the nest down. It's a myth that bird parents won't come back to care for the chicks after human hands have touched them, so try to place the baby back into the nest.

If you are certain the baby bird is injured or orphaned, gently pick it up and place it in a man-made nest. Do not use the original nest because it may contain parasites that could weaken an already debilitated bird. You can create the nest by lining a berry box or small plastic bowl with white, unscented Kleenex. Put this "nest" in a cardboard box and place it in a warm, quiet and dark location. Minimize noise and access and make sure the baby's legs are tucked up under it and not stretched out. Do not try to feed or water the baby, as each species requires a specific diet. Try to get the baby to a rehab center as quickly as possible.

### Hopping Bird

If you see a small bird hopping on the



ground, it could be a fledgling. A fledgling is a young bird, older than nestlings, that has been encouraged to leave the nest. It's possible these birds will spend several days on the ground, flapping their wings and hopping around. The parents will be keeping a close eye on the baby from a distance. They will continue to nurture and feed the babies until the young have learned how to fly, eat on their own, and protect themselves. In this case, it's really important to observe from a distance first.

It could just be a fledgling in training, and the parents will continue to take care of it. They will do a better job than we can. But if you're sure the fledgling is injured or alone, you can create a man-made nest and call a rehab center.

### Crash

In the unfortunate event that you see a bird fly into a window and fall, observe it first. Watch out for predators approaching the bird, in case you need to step in, but

try to observe it for some time. Many times the bird will shake off the injury and fly off on its own. If you are sure the bird is badly injured, follow the above instructions for making a man-made nest.

### Resources

Good local people and organizations to contact about injured birds include the following:

- Wild For Life, which provides care for animals in need of help and attempts to release them back to their native, wild habitat. They feature animals for education and display to the public. Call them at 665-4341 or go to [wildforlife.org](http://wildforlife.org). (I've borrowed some of this material on injured birds from them.)
- Appalachian Wild: You can fill out an animal inquiry form on their website at [appalachianwild.org](http://appalachianwild.org). Also, be sure to check out their fantastic Wands for Wildlife project.
- Elisha Mitchell Audubon Society: Visit [emasnc.org](http://emasnc.org) or email [elishamitchellaudubon@gmail.com](mailto:elishamitchellaudubon@gmail.com).
- Mountain Wildlife Days: Contact Carlton Burke at [mountainwildlifedays.com](http://mountainwildlifedays.com) or call 743-9648.

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

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**Laurie Johnson** Laurie  
 Johnson Photography

by Diana Soll

### From the President

A new Board of Directors was formed for 2020, and we look forward to energizing and growing the FBA. Happy New Year to all members of the Fairview Business Association and to future members. There is a lot to report on. You'll notice that we don't have any pictures this month, which makes for plenty of information for you to read.

Membership is rising. As of January, the FBA will continue to grow, with an aggressive plan to reach out and hear what members think is working and what can be improved upon. An important initiative will take place when board members personally invite prospective members to join the FBA in the months to come.

Our business directory is filled with practically every type of business; you'll never have to leave Fairview because you will find everything here. Remember our tag line: Keep it local with FBA members.

Just last month, four new businesses opened up on Charlotte Highway: Fairview Seafood, Appalachian CBD, Baldwin Real Estate and Fro Yo Lab. Appalachian CBD has already become a member (and will be hosting our first meeting of 2020 in February), and Fairview Seafood has already received their personal invitation to join.

What you get when you join the FBA for one year for only \$60:

- Your company name and phone number will be listed in the "Keep it Local with FBA Members" in the *Crier* for 12 months.
- You can display your business cards free of charge on the bulletin board outside the Fairview Post Office.
- You will be listed on fairviewbusiness.com (logo, photo, and link to email or website).
- Free attendance at monthly member

meetings, as well as plenty of networking time and opportunity to present your company to members. The following month, a summary of the meeting is printed in the *Crier*.

The 2020 board has started discussing new ideas to offer members more for their annual dues. Discussions on website expansion, reformatting the newspaper column, membership certificates that can be printed or displayed, and new monthly programming ideas are in the works.

### Please Join Us

Visit fairviewbusiness.com and join online or by credit card and set up your profile so it will be displayed properly. If you need to pay another way, contact our treasurer, Brandy Lampert, at frameitasheville@gmail.com or 808-0923.

### Next Meeting

Our first meeting of the year will take place on Monday, February 10 at 6 pm at Appalachian CBD, located at 775 Charlotte Highway in Fairview at the top of the Mine Hole Gap.

Owners Brandon and Nick Brunet celebrated the grand opening of Appalachian CBD in December. With the help of their dad Brian, who owns Cool Mountain Construction (and is also an FBA member), the building was recently renovated and offers a rustic, homey environment.

Appalachian CBD sells products made from Fairview-sourced, THC-free quality hemp; CBD-infused Keurig cup coffee tinctures; oils; and health and beauty products for humans and pets.

At the meeting, there will be a presentation to learn more about CBD. After the presentation, there will be samples to try and refreshments for members.

Members will have plenty of opportunities to speak and network. If you know someone who might be interested in becoming a member, please invite them to the meeting.

I look forward to meeting you all.

### 2020 Board & Committee


President: **Diana Soll**, Grand Solutions LLC  
 Vice President: **Michelle Shuford**, Sunrise Sawmill  
 Treasurer: **Brandy Lampert**, Frame It Asheville  
 Secretary: **Candice Yount**, AA Diamond Tile  
 Meeting Coordinator: **Janet Peterson**, Cloud 9 Relaxation Home  
 Webmaster: **Bill Scobie**, Scobie.net

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<b>AUTO/TRUCK SALES</b> High Country Truck & Van ..... 222-2308	<b>MEDICAL SERVICES</b> Apex Brain Center ..... 681-0350 Appalachian CBD ..... 338-0039 AVORA Health ..... 505-2664 Fairview Chiropractic Center .... 628-7800 Flesher's Fairview Health Care .... 628-2800 Front Porch Physical Therapy .... 712-1340 Higher Ground Pediatric ..... 551-5602 Holistic Health Solutions ..... 490-0988
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<b>CONTRACTORS   BUILDERS</b> Cool Mountain Construction ..... 778-2742	<b>ORGANIZING</b> Grand Solutions ..... 516-238-6979
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<b>EMPORIUM   FLEA MARKET   GIFTS</b> New Moon Marketplace ..... 222-2289	<b>PHARMACY</b> Americare Pharmacy ..... 628-3121
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## Moving Forward in 2020

Last year was a time of transition. At times we felt like a butterfly, sitting among the chaos, awaiting the time to be reborn. And there were times we felt like we were playing Whac-a-Mole—one challenge would arise, and we would overcome it; and then another would appear. All of this prepared us for growth and grounding in 2020. But first, let's recap 2019.

Our beloved co-founder and garden manager, Susan Sides, leaned into retirement to spend time with her grandson and to allow others to lead Root Cause Farm into its next decade. We made one of our hardest decisions ever, humbly changing our name from The Lord's Acre to Root Cause Farm to ensure a brave and welcoming space for all. We had over 500 dedicated interns and volunteers make our work possible, and we deepened our relationships with partners, newcomers and those who have been with us since the beginning. In October, our executive director, Vanessa Champlin, stepped down for health reasons.

So what lies ahead for us this year? There might be points where it looks or feels like we are scaling back. We are grounding ourselves and re-grouping, to build sustainability and deepen our work of building community and uplifting relationships through growing and sharing organic food. And we have some exciting plans to reach these goals.

First, we are grateful to welcome Kelly McNally Koney as interim executive director. Kelly has worked with us previously and has extensive experience with non-profits. Kelly will help us to better streamline many aspects of our work, including applying for grants and communicating our stories as a growing staff and board.

In mid-February, we will co-lead a webinar with Kathleen Wood of Dig In! Yancey through the Groundswell Center's Farming for Justice Discussion Group. The discussion will be about food assistance models and how reenvisioned emergency food systems can work to interrupt systems that perpetuate hunger and inequity. We will facilitate a similar workshop at Organic Growers School's Spring Conference in March.

In partnership with Matt Hoffman, an instructor of religious studies and associate director for interfaith initiatives at Warren Wilson College and the Circle of Mercy, we were awarded a grant to build a sacred space on the land. In collaboration with Matt's class, we will be listening to the community to learn what people are looking for in a place that holds space for reflection, grieving, honoring and connection.

Lastly, in one of our biggest projects yet, we are embarking on a year-long journey to build our full-season intern houses. We

## INTERNSHIPS AVAILABLE

We are looking for highly motivated & committed interns to assist in the daily & ever changing needs of our nonprofit garden project. Root Cause Farm started 12 years ago as The Lord's Acre and continues to be a nonprofit donation, educational and community-building garden. Our goal is to understand and address the many types of hunger by seeking ways of building community around gardening and food.

### FULL-SEASON INTERNSHIP

- Late March / Early April - October
- 26+ hours / week growing and distributing food
- \$800 / monthly stipend, Organic produce,
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- Immersion in a wonderful community near AVL

### SUMMER INTERNSHIP

- May - August, but flexible & great for students
- 18+ hours / week growing and distributing food
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- Immersion in a wonderful community near AVL
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recognize that farmworkers historically have lived in—and still do—some of the lowest-quality housing. We want to interrupt this paradigm and provide a nourishing home environment and higher quality of life for the interns who work with us each year. This is a major project that will require about \$25,000. We have folks graciously donating appliances and their time.

And while it means we will be unable to host full-season interns on the property this year, we are still recruiting. If you want to learn more or know of anyone who is interested in an internship, please reach out to Ali at [programs@rootcausefarm.org](mailto:programs@rootcausefarm.org).

Janice Brewer is the garden manager at Root Cause Farm. [rootcausefarm.org](http://rootcausefarm.org).

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## Shiitake Mushrooms

**M**ost wild mushrooms are dormant now, their “roots” growing safely under the forest humus, but a few varieties keep popping up. Last month, I was surprised to see about 50 inky caps rising from all the woodchips in our gardens. We had hundreds of these mushrooms sprouting everywhere last fall. The abundant variety is not edible, but it's amazing to watch their buttons unfurl and then disintegrate into a black pool. Their cousins, the shaggy manes, are edible (and delicious) but are dormant now.

I walked down to the pine trees on our land and was delighted to find a new flush of one of my favorite mushrooms, shiitakes. It was a treat for me to harvest these delicious jewels, especially when the mushrooms we eat are usually frozen, dried or purchased from the store.

In the 10th century, shiitakes (*Lentinula edodes*) became the first cultivated mushroom, as farmers in the mountains of eastern China learned how to grow them on logs. (In fact, the mushroom's name is composed of shi—tree—and take—mushroom. They are also called saw tooth, golden oak, and black forest mushrooms). There is still a 10th century temple in the valley where they were cultivated dedicated to the spirit of the shiitake.

Shiitake is the second most widely cultivated mushroom in the world, behind *Agaricus bisporus*, the common



white button mushroom purchased in US grocery stores, and contributes about 25% of the yearly production of mushrooms.

Shiitakes grow on chestnut, oak, maple, beech, poplar, hornbeam, ironwood and mulberry trees, but in WNC and many other places fresh oak is their preference. They fruit on our land about four to five times a year, and one of the two varieties we grow flushes in the winter.

I love these mushrooms, as they have such a meaty texture and are marvelous sautéed or added to rice and stews. Like all mushrooms, shiitakes should be cooked thoroughly, as they contain chitin, which is indigestible to humans. That same ingredient is what gives mushrooms the meaty, chewy texture. Raw shiitakes should be avoided, as they can cause a dermatitis reaction/rash on the body that can last for days.

Shiitakes are also valuable as a medicine. They contain “lentinan,” an active compound that supports a healthy immune response. Taking shiitake extract on a regular basis is believed to stimulate one's

immune system. They are packed with calcium, phosphorous, vitamins and minerals, as well as essential amino acids such as lysine, arginine and many more. Shiitakes have also been used to lower serum cholesterol in the body. In traditional Chinese medicine, shiitakes are used to boost the “qi,” the essential energies that flow throughout the body. Shiitakes also possess anti-inflammatory properties and are being studied for the treatment of cancerous tumors.

The best way to store fresh shiitakes is in a paper bag in the refrigerator. I recently learned that freshly picked shiitakes should be placed in sunlight, gill side up, for two hours, which will increase their vitamin D content by 1,100%.

I highly recommend buying local, organic shiitakes. If you buy dried ones,

which rehydrate very well, be wary of exports from China, as many shipments have been denied entry due to dangerous levels of pesticides. In addition, many of the cultivated mushrooms may be grown on residue from paper mills, with formaldehyde and other toxic chemicals present, so it's best to stay close to home and purchase from sources you know and trust.



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



### Asian Mushroom Sauté

2 cups fresh shiitake mushrooms, sliced  
1 tablespoon vegetable stock  
1 tablespoon soy sauce  
1 tablespoon minced fresh ginger  
2-3 medium cloves garlic, finely diced  
3-4 fresh scallions, chopped  
Salt and pepper to taste

Chop garlic and let sit for at least five minutes.  
Prepare the rest of the ingredients.  
Simmer ginger, garlic, mushrooms and scallions in broth for about three minutes on medium-high heat. Season with soy sauce, salt and pepper.  
Delicious served over jasmine rice!



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## Having an Emergency Preparedness Plan Is a Good Resolution

**Y**ou need to be prepared when disaster strikes. Man-made or natural emergencies can occur at any time. Emergency preparedness refers to the steps taken to be ready to respond to and survive during an emergency.

Some examples of large-scale emergencies include natural disasters (hurricanes, tornadoes, flooding, etc.). Some emergencies can force you to evacuate from your neighborhood or confine you to your home. It is important that you know what to do if basic services—water, gas, electricity or telephones—are cut off by the utility companies.

For individuals or families, emergency preparedness might also include plans to respond to a house fire, an extended power outage, or an evacuation. Preparing in advance and working together as a team make it much easier to cope with an emergency situation.

The federal government advises individuals and families to have their own emergency plans. What if you need to make a fast exit today? Would you have everything ready?

### What Is Your Plan?

Does everyone in your family know the exits and where to meet? Is there a third party or designated family contact to call in case you are separated and can't be



reached? What if someone is at school or at work?

Do you have a grab-and-go bag? Every person in the household should have an emergency bag packed in the event you need to get out fast. All go bags should be labeled and stored together in an area near an exit door. (See box at right.)

Senior citizens and individuals with special needs also need to have an evacuation plan in place, especially if their home

medical equipment requires electricity. Talk to your doctor about how you can prepare for a power outage and be sure to give a duplicate house key to someone outside the home.

The list at right is not a fixed list. It is intended to help you think through all the things you'll need to have ready in the event of an emergency. An excellent resource on how to create a family emergency preparedness plan is available at [ready.gov](http://ready.gov).

### Practice the Plan

It is very important to have and rehearse a family emergency plan and a family communication plan on a regular basis. It is also advisable to check to be sure that the supplies in the go bags are in working order, that clothing is replaced when outgrown, and that food and water has not expired.

Having everything readily available in the event of an emergency ensures that everyone will be ready and gives you peace of mind. Make a plan for 2020 now. This important resolution to stay safe can save your life and the lives of your loved ones.

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

### Your Grab-and-Go Bag

- ☐ Cash
- ☐ One gallon water per person/ per day
- ☐ Non-perishable food for three days (+ can opener)
- ☐ Extra set of house and car keys
- ☐ Cell phone charger
- ☐ Clothes and sturdy shoes
- ☐ First aid kit
- ☐ Flashlight
- ☐ Radio
- ☐ Extra batteries
- ☐ Medications
- ☐ Eyeglasses
- ☐ Phone numbers
- ☐ Financial statements, important documents (in a sealed plastic bag)
- ☐ Computer backups
- ☐ Recent pics of all family members
- ☐ For young children: clothing, shoes, food, medications, small games, stuffed animals, books, diapers, wipes, bottles, etc.

*If you have pets, who is designated to gather and transport them? Where will they stay? Extra food, water and bowls need to be packed and ready for them as well.*



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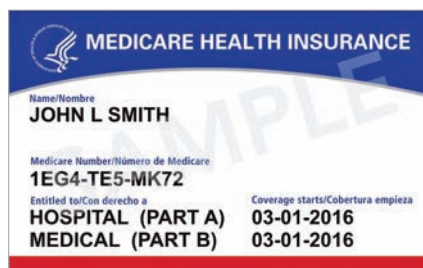
## MACRA Is Here

It all started back in 2015 when Congress passed the Medicare Access and CHIP Reauthorization Act (MACRA). While it changed many things, two of the most visible impacts to Medicare beneficiaries are new Medicare cards and revamped Medicare Supplement plan rules.

The old cards, which used Social Security identifiers, were replaced with cards using an encrypted identifier number to protect the user's identity. The full rollout was completed last year, and as of January 1 the old cards will no longer be recognized in the Medicare system. If you still are holding on to your old card, destroy it—the card could be used to create an opportunity for identity theft. If you need a replacement card, call Medicare at 800-633-4227.

The most controversial topic has been the Medicare supplement plan changes. That's because the most popular supplement, Plan F, as well as High Deductible Plan F and Plan C, will no longer be available to newly eligible Medicare beneficiaries. The changes affect newly eligible beneficiaries after January 1. Those who already had one of these plans are grandfathered in. But controversy and confusion still abound.

Who exactly is a newly eligible Medicare beneficiary? It's a person who (a) attains age 65 on or after January 1, 2020 or (b) who first becomes eligible for Medicare benefits due to age, disability or end-stage renal disease on or after January 1, 2020.



The new card contains a unique, randomly assigned number

If a policyholder has a Plan F, HD F or C, can they change to one of these plans with another company? If the plans are offered by another company, they are available if the beneficiary meets the company's underwriting guidelines.

What about a 66-year-old who is still working and leaves employer coverage in 2020? What plan options will they have? Because this individual was age 65 prior to January 1, 2020, when they enroll in Medicare Part B, they would be able to purchase Plan A, C, D, F, High Deductible F, G, High Deductible G or N.

If you're reading this and aren't yet 65, Plans F and C are off the table for you when you become eligible for Medicare. If you were 65 before January 1, everything's on the table for you if you can qualify.



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

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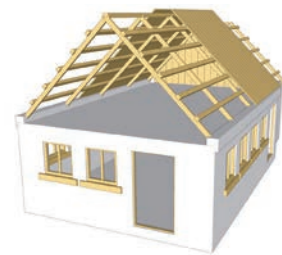
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