

INSIDE A New Hiking Trail Opens **P 15** >> The Mountains of Fairview **P 16** >> Local Christmas Services **P 23**

How Many Candy Canes Can You Find?



Our December issue is usually overflowing with holiday and Christmas events from church services to craft fairs, but as with the rest of the year, COVID-19 has changed many plans. There are still churches holding holiday services (see page 23) and a few craft fairs are still taking place (see calendar item on page 2), but we know many of you will be cutting back on your normal holiday activities.

As a way to bring a little holiday spirit to our readers, we've created a seek-and-find contest. We've hidden many candy canes throughout the issue (they all will look like the one above). **Count as many as you can and send us that number, along with your full name and phone number.** Email contest@fairviewtowncrier.com or text or call: 828-771-6983. We'll put the names of those who guessed correctly into a hat and draw a winner, who will receive a \$25 gift card. The deadline is December 12, and we'll contact the winner on December 14.

We're not making it easy, so look closely. **Happy Holidays and Merry Christmas!**

Fairview Dog Lovers to the Rescue



PHOTO: JUNE CERREZUELA

If you're a part of any Fairview-area Facebook groups—or if you simply look out your window—you know that dogs get loose from time to time and roam around.

Melanie Anderson noticed this too. Instead of complaining, she decided to help. Among other questions, she asked on Facebook: What if owners aren't able to catch the dog? Or, what if they aren't able to afford safe containment? In response to her post, the usual happened in Fairview—neighbors stepped up to help neighbors.

The first project was to build a fenced-in area for four Great Pyrenees whose owners couldn't do it for them right now. Rich Mueller jumped on board, personally financed all of the initial costs for the repairs to the fence, and put together the small crew. Then Deb Colagerakis-Nelson headed up the fundraising, which covered all of Rich's expenses.

Check the "My Fairview NC Community" group on Facebook for updates and how to help in the future. To see Melanie's original post, visit fairviewtowncrier.com/links.

We ♥ Our Volunteers!

Each month, half of our papers go to the Fairview Post Office for delivery to those with Fairview addresses. But folks in Gerton, Reynolds and other neighborhoods (and paid subscribers) need their papers labeled.

Normally, 10-15 volunteers pitch in each month, but due to COVID concerns, many haven't been able to help. It's safer for them to stay home, which makes it safer for those who are able to help out.

The Crier would be nothing without community support, and that includes these volunteers! Thank you to all the regulars who helped us in early 2020—we miss you! And thanks to those who continue to help. Most of those are shown above, including mascot Luca.



Inspired by Burns, Again

January 18

Join the Crier to celebrate the birthday of Robert Burns with live versions of his poems and songs, as well as those inspired by him.

We had a great response to our previous Burns event in August, so we're doing it again. (Read the article that inspired the event at fairviewtowncrier.com/links.)

This free Zoom event will feature 10 (and counting!) performers from Fairview and Scotland, including Tom Milroy, who we profiled in our August issue, and Hugh Farrell, chairman of the Friends of Robert Burns Birthplace Museum in Alloway, Scotland.

You can be a performer, too! If you are interested in performing a poem or song, email editor@fairviewtowncrier.com or text or call 828-771-6983. It can be a Burns original or one of your own. If it's an original, the theme for this event is "landscapes." What better place to inspire you than Fairview!

Check out next month's issue for more details.

Joy Postponed, but Santa Is Still Working



What we all need right now is more JOY.

However, it's even more important to stay safe. Even though Joy Fest would've been held in a huge parking lot, there would've been no way to limit the number of joy-hungry friends and neighbors. The Governor's tighter restrictions have limited outdoor gatherings to 50 or fewer. This won't be revisited until December 4, and all indications are that it won't change for the better until after the holidays. And so, sadly, we must postpone joy—but we will not cancel. Joy Fest will be held whenever it is safe. You might see Santa right alongside Cupid, St. Patrick, or even the Easter Bunny—WE WILL HAVE JOY FEST!

One way we hope to spread a little joy is with the new, lighted snowflakes hanging high on the side of the Fairview Community Center. Be sure to look up when passing at night and let a smile of joy and hope and kindness fill your heart. Know we are sending a bit of joy your way until we can do it in person. See you...soon.

Thank you to Joy Fest sponsors for covering the cost of the joyful snowflakes and more: Linda Thompson & McAbee Cove neighbors, Nathan & Robin Ramsey, Taylor & Leah Howard, Sandie Rhodes and all of the elves who will be helping when the event is held.

Breakfast with Santa

The "Breakfast with Santa" event held by the Fairview Community Center was to be replaced by "Cookies with Santa" this year and moved outside. This annual gathering had to be called off due to crowd control and unpredictable weather. Santa promises to have cookies for everyone when he comes to our community for Joy Fest.



Local Mailbox for Letters to Santa

This year, kids can drop off their letters to Santa at a special local mailbox at 467 Emma's Grove Road (near Lytle Road) in Fairview/Fletcher. It's easy to spot and there's a wrap-around driveway for easy access. **Drop off a letter with your child's first name, last name and return address by December 15** and they will receive an official letter from Santa with an Official Nice List Certificate in an official North Pole envelope.

Letters received after the 15th may not reach Santa, because he's really busy then, but will be answered by one of his elves. *Thanks to Melanie Revis and Tara Altman for making this happen.*



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COMMUNITY EVENTS & UPDATES

DECEMBER 1 (TUESDAY)

Prostate Cancer Support Group

7 pm. Medical professional speaker. Free, via Zoom. wncprostate@gmail.com or 419-4565.

DECEMBER 5 (SATURDAY)

Fairview Handmade Market

12–4 pm. Handcrafted pottery, glass and copper jewelry, goat milk soaps, hand salves, beeswax products, local hot sauces, hand-stitched journals and more. Free to the public but masks are required. For more information, call 243-8853, go to fairviewhandmademarket.com or email fairviewhandmade@gmail.com. Whistle Hop Brewery, 1288 Charlotte Hwy., Fairview.

DECEMBER 14 (MONDAY)

Fairview Area Art League

10 am. The group meets via Zoom to share art inspirations and projects. Email Paula.entin@gmail.com for more information and the Zoom link.

DECEMBER 20 (SUNDAY)

Ethical Humanist "Winterfest"

2:30–4 pm. Fun and games, and all are welcome. Go to EHSAsheville.org a few days before for Zoom information or call 687-7759.

COMMUNITY UPDATES

•• Twelve Days of Christmas ••

Cool Mountain Realty & Construction presents the third annual Shop 'Til You Drop Local event. Shop at or visit the businesses below on the specified dates and fill out a entry form to be entered into a daily drawing.

Dec. 2: New Moon Marketplace

Dec. 3: Wilderness Plant Shop

Dec. 4: Rust & Found

Dec. 5: Appalachian CBD/
Cane Creek Mercantile

Dec. 6: Woof in the Woods

Dec. 7: The Pinnacle

Dec. 8: To the Brim: Refill Store

Dec. 9: Smokey & the Pig

Dec. 10: Trout Lily Deli & Market

Dec. 12: Mint to Be/
Cane Creek Valley Farm

Dec. 13: Whistle Hop Brewery

Dec. 14: Americare Pharmacy

Check out Cool Mountain's Facebook page for updates and live drawings (search for "Cool Mountain Realty").

Garren Creek FD Nut Sale

The Garren Creek Fire Department Auxiliary is selling nuts again. Purchase pecans (halves and pieces) and

black walnuts in one-pound bags for \$12 each. Exact change greatly appreciated—or donate the change. Call or text Elizabeth Simmonds at 230-3986 for delivery to your house.

Services for Local Seniors

You may be eligible for the Council on Aging of Buncombe County's curb-side pick-up of nutritious meals, caregiver respite, cost-savings programs

and other resources. Hours at Spring Mountain Community Center or at-home visits. Call 277-8288 for more information, visit coabc.org or see the ad on page 18.

Spring Mountain Comm. Center

Yoga with Sabrina outdoors on Thursdays, 6:15 pm. Suggested donation \$5–10. 243-8432.

Masks are mandated in North Carolina in all public areas where social distancing is not possible.

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 1185H 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.

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



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UPDATES

Holiday Closings

The library will be closed December 24–28 for Christmas and January 1 for New Year's.

PROGRAMS

Winter Reading Challenge

Looking for ways to optimize coziness this winter? Check out the Library's Winter Reading Challenge.

Starting December 1, pick up a Winter Reading Activity Sheet from the library during public service hours. The activity sheet includes multiple ways kids and their families can enjoy the winter season together in a screen-free, socially-distanced way. This free activity sheet is designed with kids in mind, but all are invited to participate. The focal challenge is to Build a Blizzard, in which kids are invited to make paper snowflakes to help decorate the library. We will be offering the craft supplies needed to Build a Blizzard while supplies last, so plan to stop by soon!

Evening Book Club

December 15 at 7 pm

On Zoom, we'll be reading and discussing *The Dearly Beloved* by Cara Wall.

A poignant meditation on faith and reason, marriage and children, and the ways we find meaning in our lives, Cara Wall's 'The Dearly Beloved' is a gorgeous, wise, and provocative novel that is destined to become a classic. The Book

Club meets the third Tuesday of each month at 7 pm. Email jaime.mcdowell@buncombecounty.org if you would like more information or would like to attend one of our discussions.

Future Book Club Titles

December—*The Dearly Beloved* by Cara Wall

January—*The Sacred Depths of Nature* by Ursula Goodenough

February—*Where the Crawdads Sing* by Delia Owens

March—*Pride of Baghdad* by Brian K. Vaughan

April—*On the Plain of Snakes* by Paul Theroux

Our services are changing frequently as we continue to adapt. Follow our Facebook page or website for the latest information.

Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at Jaime.McDowell@buncombecounty.org.

We Are Open!

Come visit for in-person checkout and browsing:

Tuesday, 2–7 pm

Wednesday and Thursday, 1–6 pm

Friday and Saturday, 10 am–2 pm

Closed Sunday and Monday

PROGRAM Kids in Parks: Improving Youth and Park Health



Thursday, December 3 at 11:30 am

Friends of Fairview Library are pleased to host an exciting program presented by Jason Urroz, Director of the Blue Ridge Parkway Foundation's Kids in Parks Program.

The foundation's program has been establishing a network of trails

designed for kids and families with the goal of improving both their health and well-being and the health of our parks, public lands and nature. The program, founded in Asheville, has more than 200 trails in the country and more than 1.5 million users.

During this virtual presentation, Urroz will discuss the need for the program, the history and growth of its trail network, data demonstrating its success, and what's in store for the future.

This program is free thanks to Friends of Fairview Library. Anyone wishing to attend must register. You can find the registration links at fairviewtowncrier.com/links or register by calling the library at 250-6484. Once registered, you will receive a pop-up email notification with the meeting link and password to get into the program.



FAIRVIEW FIRE DEPARTMENT

Thank you!

...to Smokey and The Pig for their 7th Annual BBQ Fundraiser benefiting the Fire Department!

Many thanks to everyone who came out and bought plates, raffle tickets, desserts, 50/50 tickets, or just dropped a donation in the bin!

It wouldn't be possible without y'all! We live in such a wonderful community and we are so grateful for all of you! Congratulations to all of our raffle winners!

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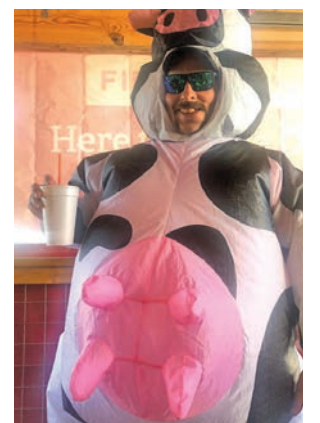
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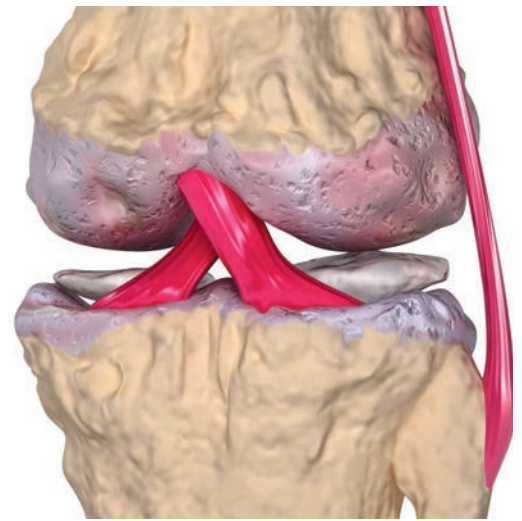


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PATIENT TESTIMONIALS

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Yvonne was in excruciating knee pain and after treatment, she can run up and down stairs!

As a nurse, Kay needs to be on her feet. After a bad meniscus tear, physical therapy and surgery were recommended. She chose another option and after 6-10 treatments of Class 4 Laser and Graston therapy, kinesio taping and nutritional therapy, Kay is out of pain.

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152 Families Living in Fairview in 1860, Part 2

The 1860 census was the last one before the Civil War. It did not list enslaved people, so all the individuals listed are white. Fairview's enslaved population was less than 10 percent of the general population. None of the residents were foreign-born, and very few were born in any state other than North Carolina. There was almost no foreign immigration to the south after the Revolutionary War. In 1920, more than 92% of NC residents were born in the state.

I have copied the names exactly the way they are listed on the census. The numbered order reflects the way the census taker traveled, so people are listed next to their neighbors. First names, second names, maiden names and corrected spellings are included in parentheses; "m" and "f" listed after names stand for male and female. All were born in North Carolina unless noted "(SC)" for South Carolina, "(TN)" for Tennessee, "(NH)" for New Hampshire or "(GA)" for Georgia.

55. Pinkerton, Mary (Ray), 78; Whitaker (Pinkerton); Margaret, 75 (Mary and Margaret were sisters-in-law); Robert Pinkerton (Jr.), 56 (son of Mary).
56. Pinkerton, James, 49 (son of Mary Ray Pinkerton); Nancy (Garren), 51 (wife of James); Hannah, 21; Mary, 19; John, 16; Tinny (Christina), 13; Nancy, 2.
57. Pinkerton, Alfred, 26 (son of James and Nancy); Mary (Martha) Edmundson, 24 (wife of Alfred).
58. McBrayer, Adolphus, 42; Mary J., 17; James H., 16; Barley, 14; Alfred H., 12; Martha, 10; Milly, 3.
59. McBrayer, Elizabeth, 27; William, 9; James, 4.
60. Thomas, John, 40; Elizabeth, 32; Walter, 7; John, 2.
61. McBrayer, William, 51; Elizabeth (Fortune), 51; Richard, 25; Alex (Alexander), 23; Mary, 19; Lucy, 16; Milly, 13; Laura, 11; John F., 9.
62. Right (Wright), George, 51 (SC); Mary, 51; William, 24; Leander, 23; Alfred, 21; Robert, 19; Milly, 18; Mary, 16; Merritt, 14; Lydia, 17.
63. Garren, Rebecca, 44; Benjamin, 15 (GA, nephew of Rebecca); Eli, 17 (nephew of Rebecca, brother of Benjamin).
64. Merrell, John, 67; Elizabeth (Garren, sister of Rebecca), 66; Susan, 32.
65. Garren, Jesse, 30 (nephew of Rebecca Garren and Elizabeth Garren Merrill); Mariam (Whitaker), 27; Eli, 6; Henry, 3.

66. Baze (Bass), Jordon, 48; Susan (Williams), 35; George, 9; Edward, 7; James, 5; John, 3; Edy (Edith Williams Falls), 55.
67. Frady, James, 51; Rhody (Rhoda), 50; Henry, 16.
68. Baze (Bass), James, 43; Elizabeth, 25; John, 11 (whose mother, Ludicy, was a sister to Rebecca Garren).
69. Sumner, Dempsey, 56; Rachel M. Vest (Vess), 20; Eliza (Vess), 18; Jasper (Vess), 13.
70. Whitaker, Joshua, 62; Margaret (Ashworth), 57; Mahaley, 21; Marcus, 15.
71. Sumner, Sarah, 58 (SC); Nancy, 22; Sarah, 18; Nelson, 13.
72. Whitaker, Henry, 49; Jerusha (Harper), 53; Lot, 23; John, 21; Mary, 18; Margaret, 16; Jesse, 12; Solomon, 10.
73. Harper, Lot, 78 (PA); Susan (Whitaker), 79.
74. Whitaker, John A., 27; Jane (Brookshire), 24.
75. Pinkerton, Riley, 29; Jane, 25; Elizabeth, 2; Harvey, 1 month.
76. Reed, Jacob, 57; Mary, 53; Jesse, 22.
77. Rickman (Whitaker), Nancy, 64; Elizabeth, 30; Miles, 26; Rhody (Rhoda), 21.
78. Casey (Keezy), Henry, 47; Dicy (Williams), 47; John, 15.
79. Hill, John, 22; Martha, 21; Scala (Celia), 1 f.
80. Right (Wright), Elijah, 58; Penelope (Pulham), 40; Elizabeth, 24; Nancy, 20; Sarah, 18; Matilda, 16; Bly, 14 m Stradley, 10; Nelly, 6; Mary, 5; Susan, 2.
81. Dotson, Nelson, 31; Sarah, 30; Fletcher, 12; Joseph, 10; Clingman, 8; Margaret, 6; Mary, 4; Easter, 2.
82. Casey (Keezy), Margaret (Williams), 65; Francis Nix, 21; Margaret, 21.
83. Toms, James, 55; Minerva, 39; Marion, 17 m, Mary, 15; Clarissa, 13; William, 11; James, 7; Susan, 3.
84. Holford, A.F., 39 m; Avaline, 35; Sarah, 16; Martha, 15; Jane, 13; Joseph, 11; David, 7; Mary, 4; John, 2 months.
85. Ashworth, Johnson, 42; Mary (Merrill), 37; John, 15; Rufus, 13; Jason, 11; Elizabeth, 9; Alexander, 6; Celia, 4; Susan, 2.
86. Young, Rebecca, 53; Jane, 29; Malinda, 23; Samuel, 21; Mary, 19.
87. Garren, Riley, 35; Sarah, 30; Mary, 11; Sarah, 8; Rebecca, 5; Martha, 1.

88. Watkins, Jeremiah, 60; Eliz, 60; Henry, 30; John, 25; Zaney, 18 f; Willis, 5.
89. Whitaker, Susan (Sumner), 80; Jane, 45; Dicy, 43; W.S. (William), 34; Ambrose, 50; Noah, 29.
90. Jenkins, Martha (Whitaker), 53; Ibby (Isabelle) Jenkins Candler, 29; Mary, 25; Elizabeth, 24; Russell, 20; Norma (Naomi), 18; Charles Candler, 8 (grandson).
91. Lanning (Whitaker), Sarah, 29; Marienn (Mariam), 8; Julius, 7; Charles, 5; Mariam Whitaker, 38 (sister).
92. Whitaker, Nathan, 59; Charlotte, 60.
93. Whitaker (Lanning), Minerva, 33; Marcus, 9; Mary, 7; James, 5; George, 2; Ailsey (Alcy Susan), 1.
94. Warlick, P., 42 m; Elizabeth, 32; Barbara, 12; Danny, 8; Amanda, 6; Jane, 3; Judson, 1.
95. Whitaker, William (Jr.), 56; Rutha (Williams), 57; David, 32; Martha, 22; Amanda, 22; Noah, 20; Jane, 18; Mary (Ashworth) Williams, 87.
96. Rymer, Adam, 60; Mary, 54; Joseph, 23; William, 21.

97. Lyth (Lytle), A., 34 m; Nancy, 27; Loretta, 7; Harriett, 6; Joseph, 4; Ephraim, 1.
98. St. Clair, Hiram, 62; Hillary Hampton, 56 f; Rufus, 21; Adolphus, 16.
99. Tweed, Jane, 48 (SC); Sarah, 23 (TN); James H., 20 (TN); Mary, 18 (TN); Thomas, 16 (TN); Martha A., 13; John, 10; Ibby, 55; Inland Penner (Poland), 67 f.
100. Wadkins, Ambrose, 38; Viney, 35; Nancy, 18; Minerva, 15; Mary, 12; William, 10; Thomas, 8; Jane, 6; John, 4; James, 3 months.
101. Williams, Jesse, 47; Sarah, 32; Minerva, 7.
102. Mitchell, E. (Elbert), 60; Elizabeth (Coston), 50; Mary, 26; James, 22; Ann, 19; Luisa, 15; Elizabeth, 10; William, 6.

Part three will appear in next month's Town Crier.



Bruce Whitaker documents Fairview area genealogy. To get in touch with him, contact the Crier at editor@fairviewtowncrier.com or 828-771-6983 (call/text).



Warm wishes



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Will It Snow on Christmas?

December starts meteorological winter, which is defined as the three coldest months on average (December, January and February). This year, our fall weather has been quite warm and very wet due to the influx of moisture from the Gulf of Mexico and some remnant tropical moisture. The final numbers won't be in until December ends, but even if December is dry, the year will probably end with close to 70 inches of rain at my location near Echo Lake in Fairview.

The weather pattern favors more of a mild Pacific flow for at least the first part of winter. I think winter will only be a visitor in December, and we will have just a few cold days and temperatures will again be above average. Our

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coldest period of weather usually comes during parts of January and February.

No column in December would be complete without a look at the probability of snow or even a flurry or two at Christmas. Let's take a look at the historical record. These snowfall numbers and percentages are based on the records taken at the Asheville Airport, and the early years of the records are based on data from the old Asheville city office, which was in the Grove Arcade Building. The probabilities

HISTORICAL CHRISTMAS WEATHER

YEAR	MAX. TEMP.	MIN. TEMP.	CONDITIONS
2019	61	30	mild
2018	49	26	partly cloudy
2017	36	23	cold
2016	65	47	mild
2015	67	59	rainy
2014	48	31	cloudy
2013	38	18	sunny
2012	50	35	showers
2011	46	34	partly cloudy
2010	34	28	snow (7")

for the rural Fairview area are a couple of percentage points higher, but generally it will be very close.

Looking at these numbers, the chance of seeing at least a trace or a few flakes of snow on Christmas day is about 24%. There has been at least a trace of snow reported on 34 separate occasions on Christmas day from 1888 through 2020. The largest snowfall on Christmas day happened in 2010. In that year, seven to 10 inches of snow fell. The probability of getting accumulating snow (a third of an inch or more) isn't that high—only about 7%. This has happened on only nine occasions on Christmas day since 1888.



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

WEATHER WONDER

How long does it usually stay light outside after sunset?

We all know that sunset times continue to get earlier as we head toward winter. However, how long does it usually stay light outside after sunset?

The twilight period occurs as the sun sets below the horizon. As it sinks, some light will still be visible, and twilight is divided into three different periods, depending on the location of the sun below the horizon.

Civil twilight is the time when streetlights come on and drivers turn car headlights on. It is still possible to read outside without any lighting. Nautical twilight or dusk occurs when the sky turns a dark blue and general outlines and buildings are visible but artificial light is needed to see them clearly; it's also when artificial lighting is the dominant source of light. Astronomical twilight (nightfall) occurs when there is no color in the sky and the horizon cannot be seen.

For example, on December 6, 2020, the sunset time is 5:16 pm. Civil twilight will start at 5:44 pm; nautical twilight will start at 6:16 pm; and astronomical twilight will start at 6:47 pm. The same process starts over in the opposite order when sunrise occurs.

QUESTION of the MONTH



What are some of the longer historical cold waves or cold periods across WNC?

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One owner!

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2017 CHEVROLET K3500 CREWCAB 4x4 LONGBED

6.6 Duramax diesel, Allison transmission, exhaust brakes, tow pkg, back-up camera, new tires, Bluetooth, PW, PDL, tilt, cruise, more!

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9' RKI service bed, 4004EH auto crane, outriggers, 6.7 Powerstroke diesel, PW, PDL, Bluetooth, tow pkg, much more!

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Devon Satchell



Wanda Treadway



Sophia Underwood



Renee Whitmire



Private log lodge estate in Cane Creek Valley. Wraparound coved porch on 3 sides w/ open deck in rear overlooking pastoral setting, creek w/ little falls. 2 car garage w/ apartment above & private deck. Call Allen Helmick (828) 329-8400. **\$979K**



NEW LISTING

4/2 near PG Elementary. Pool, wood stove, new appliances. 3 BRs, master on main. Full bath downstairs. Lg laundry on main. Upstairs one huge suite or partition for bonus rm. 2-car gar + carport. Stream runs in back. Call Susan Lytle (828) 301-1410 **\$289K**



BRAND NEW BUILD

NEW 3BR/2BA farmhouse-style home w/ open floor plan on 0.49 acres. Kitch w/ granite countertops. Upgrades available — choose colors & finishes. Great new community right off Charlotte Hwy. Call for info (828) 628-3088 **\$359,000**



NEW LISTING

4.39 acres, private park-like setting. 4 BR suites (2 up/2 down), stone FP in LR; tile FP in fam rm. Bonus rm w/ sauna & office. Lg eat-in kitch opens to fam dining rm. Creek w/ waterfalls, private pond-site. Grand priv estate w/ so much potential! Call Allen Helmick (828) 329-8400 **\$394,500**



2 comm bldgs on 2.87 level acres, open use zoning, heart of Fairview. Will consider owner financing. 1st bldg: 7600+ SqFt, 3 loading docks, restrooms, office. 2nd bldg: 4600+, loading dock, porch, restrooms, offices, warehouse, etc. **\$875K** prop as whole. Can also be divided. Call our office for specific pricing.



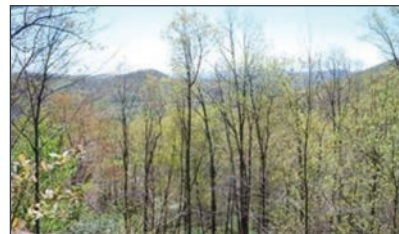
NEW! COMMERCIAL

Historic bldg, corner of Village Rd/Hwy 74A. Wood bldg, metal roof. New shared septic. New meter to public water 500 ft away. Ideal for offices, antique store, art shop/gallery, pottery, or retail. Next door to convenience store/gas station. Seller will consider owner financing. Call Allen Helmick (828) 329-8400. **\$100K**



NEW LISTING

An incredible piece of level to rolling property to build your dream home. Small quaint subdivision of nice homes located in the Brush Creek and Cane Creek Valley area. Only 5 lots in total Call our office (828) 628-3088.

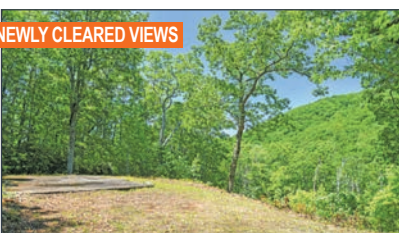


4 acres, underground utilities, well, driveway to homesite. Clear some trees for nearly 180° long-range views. Unrestricted, ideal for mountain cabin or VRBO. Additional land available. Karen Cernek (828) 216-3998. **\$65K**



LAKEFRONT

2.5 acres, mostly level. Cannot be divided, septic eval on file. Property at end of paved cul-de-sac in restricted development. Equestrian estate on other side of lake. No HOA fees. Karen Cernek (828) 216-3998. **\$100K**



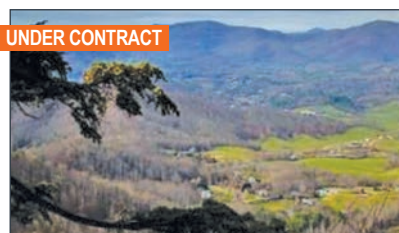
NEWLY CLEARED VIEWS

Build your dream home w/ priv mtn views! Driveway is in & house site cut-in—just bring your house plans! Prop borders green space w/ trails & creek. Located in Fairview Forest. Call for more info. **\$59,000**



NEW LISTING

One-level living in Fairview Downs. 1895 SF 3 bd/2 bth w/ office/homeschool room on .68 acres, full walkout basement. Community park w/ picnic shelter, grill, trail, playground & creek w/ lg green spaces for family gatherings. **\$400,000**



UNDER CONTRACT

40.26 acres w/ potential valley/long-range mtn views. Rare privacy from bordering props (inc land conservancy). Mult sites for priv res, fam compound, short-term rentals, event venue. End of road, can be gated. Call Karen Cernek 828.216.3998 **\$385K**



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 aghood 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 & kitch w/bfast bar. Master on main, walk-in closets. New aghood 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 **\$650,000**

LAND FOR SALE

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9+ BEAUTIFUL ACRES just outside AVL city limits. Access off US74 w/ driveway & house site. Call for info **\$198K**

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 seller. Call for more info 828.628.3088

REDUCED! PRIVATE, WOODED CUL-DE-SAC LOT in Candler, the Cumbres subdivision is a peaceful neighborhood w/ plenty of buffer space between neighbors. Close to the Blue Ridge Pkwy & Mt.Pisgah; 25 min to DT AVL. Call Devon 828.747.2694. **\$36.5K**

FABULOUS BUILDING LOT in well-known Fairview gated community, nestled in Cane Creek Valley w/ mtn views. Security, gazebo, creek, green space, playground. Call the office for more info **\$59K**

VIEW! **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! 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

VIEW! 16.76 Acres wooded to gently sloping, appraised well below tax value! Enjoy privacy and mountain views on this corner lot. Call Devon Satchell 828-747-2694

COMMERCIAL! 2+ COMMERCIAL ACRES w/ Charlotte Hwy frontage or Emmas Grove access. Investment property w/ proposed commercial plan if needed. Call for info. 828.628.3088 **\$550K**

VIEW! **2 ACRES ABOVE-THE-ROAD SETTING WITH VIEWS** of Cedar Cliff, AVL and beyond! Sunny home-site connected to hiking trails through pristine 89 acres of wilderness, hardwoods, rhododendron, rock, boulders, cliffs, spring fed reflection pools. **\$120K** Call for more info (828) 329-8400

NEW LISTING! PRIVATE YET NOT REMOTE 10 Ac parcel ends with rare knoll. Wide, long range views possible. Driveway to home site, over \$50 K in improvements. **\$325K** will divide. Karen Cernek 828.216.3998

RARE IMPROVED 4.50 MOUNTAIN ACRES. Very private but not far off the main road. Call listing agent as parcel is a bit tricky to find the first time. Mobile home has been removed, well and septic in place. **\$65K** Call for more info (828) 216-3998

IDEAL FOR SHORT TERM RENTALS! Level top of the world with panoramic winter views, Concrete drive, public water, underground elec. Part of Buncombe Cty approved and recorded Special Subdivision. No single wide mobile home allowed. Call Allen (828) 329-8600. **\$79,900**

EXCEPTIONAL 2.26 ACRE MOUNTAIN PROPERTY w/ potential for gorgeous long-range views, near end of priv rd. Driveway put in years ago, to area previous owner intended to build. **\$70K** Call for info 828.216.3998

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 **\$99.5K**

VERY AFFORDABLE LOT, PRIVATE SETTING. Paved access to mtn home w/ all High Vista amenities. Call Karen 828.216.3998. **\$25K**

VIEW! 11-Acre mountain estate with incredible long-range YEAR-ROUND VIEWS at 3500ft. Highly desirable southerly exposure, ideal for mountain estate, solar home and/or family compound. Cleared home site with graded driveway. **\$239K**

PRIVATE, LEVEL RIDGE HOME-SITE off paved road, 10-acre tract, prop on both sides of road assures privacy, spectacular south-facing views over Echo Lake, easy access for, swimming & kayaking. Call Allen (828) 329-8400 **\$100K**

PREMIERE LOT AT KING OF THE HILL, end of road, top of Chestnut Mt! Unsurpassed views of Fairview, Cedar Cliffs, Reynolds, AVL & beyond! Pristine 10 acres of wilderness beauty, hiking trails, rocks, cliffs, creeks, rhododendron, wildflowers, trees, wildlife. **\$400K** Call for info 828.329-8400

NEW! INCREDIBLE PIECE OF LEVEL TO ROLLING PROPERTY to build your dream home. Small quaint subdivision of nice homes located in the Brush Creek and Cane Creek Valley area. Only 5 lots in total. **\$120K** Call 828-628-3088

10 ACRES OF ABSOLUTE WILDERNESS PRIVACY in established community of new homes on lg acreage. 4 miles to schools, stores, PO, bank, etc. all heavily wooded with lg trees, boulders and cliffs. Call Allen (828) 329-8400 **\$50K**

MAJESTIC OAKS

	LOT 1	0.5	SOLD
	LOT 2	0.5	UNDER CONTRACT
	LOT 3	0.5	SOLD
	LOT 4	0.521	SOLD
	LOT 5	0.482	SOLD
	LOT 6	0.51	\$64,500
	LOT 7	0.64	\$64,000
	LOT 8	0.526	\$59,000
	LOT 9	0.521	\$63,000

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VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8

A Good Year for Local Land Conservation

Looking back as we head into the final stretch of 2020, we all know that this year has been far from ordinary—and not necessarily in a good way. However, on a positive note, it has been a good year for local conservation efforts. Since January, Southern Appalachian Highlands Conservancy (SAHC) has closed on the protection of more than 2,500 acres across the mountains of WNC and eastern Tennessee, with additional projects scheduled to wrap up by year-end. Several of these have been in the works for many years.

“It is a testament to the commitment of SAHC members, staff and conservation-minded supporters that we have been able to complete these projects during extraordinary circumstances,” says SAHC Executive Director Carl Silverstein. “There is something tangible and reassuring in preserving land.

It’s something you can put your hand on. These conservation projects help preserve the past while looking to the future.”

What makes these 2020 conservation projects so remarkable? From high-elevation bird habitat and stunning streams in the Highlands of Roan,

from inholdings in National Forest land to productive farmland, these diverse projects represent a cross-section of the core goals of SAHC’s conservation mission: protecting native plant and animal habitat, clean water, farmland, places for people to enjoy recreation, and scenic beauty.

These projects range from near the Appalachian Trail on the Tennessee-North Carolina border to the headwaters of the Chattooga National Wild and Scenic River on the North Carolina-Georgia border.

The events of 2020 have underscored the importance of being adaptable, and SAHC’s conservation work is critical in securing natural resources that ensure the region’s resilience in response to climate change.

What does this mean for folks in the Fairview community? More protected acreage in the wider region secures habitat for migratory birds and wildlife corridors, helping to stabilize declining populations and providing for species movement. The protection of high-elevation mountain headwaters helps protect water quality downstream.

The new Wiles Creek Preserve and Little Rock Creek Preserve are both examples of projects that protect water quality and habitat for many birds, amphibians, mammals and more, including rare mountain wetland habitat.

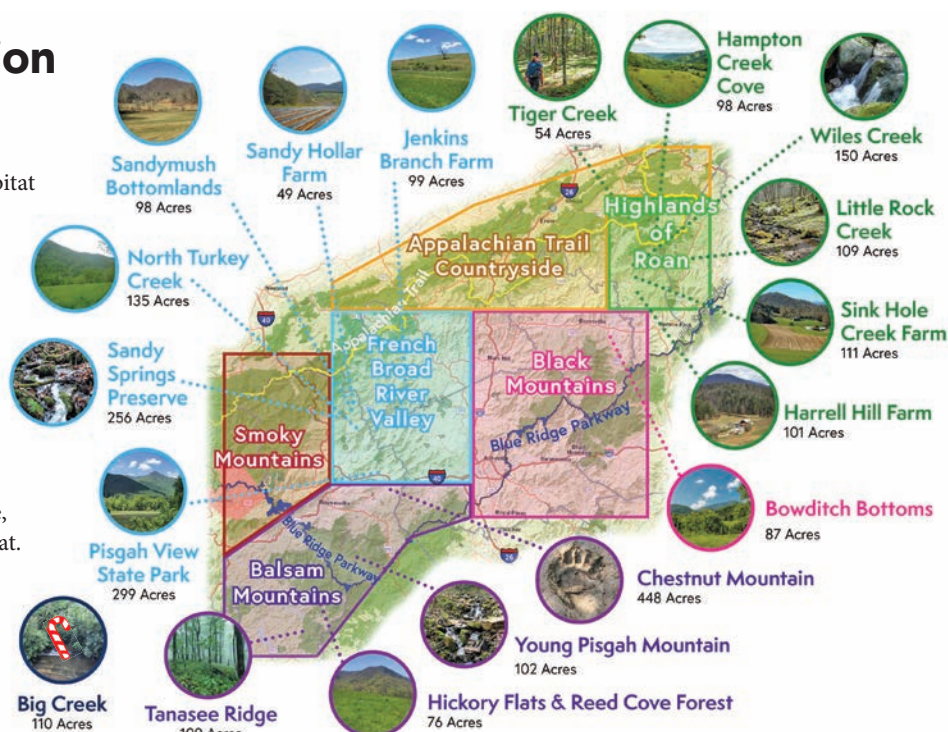
SAHC’s acquisitions this year at Tiger Creek, Big Creek, Tanasee Ridge and Chestnut Mountain have all been proposed for future transfer, to become parts of the

Cherokee and Nantahala National Forests, as well as a new conservation-recreation park near Canton. That would mean these lands will be available for people to enjoy for generations into the future.

From Sandy Hollar Farms in Sandy Mush to Bowditch Bottoms in the shadow of the

Black Mountains in Yancey County and to Sinkhole Creek Farms in Mitchell County, SAHC’s farmland preservation projects this year permanently protect agricultural land and prime soils, helping family farmers continue their generations-long operations and protecting the land for farming use in the future.

As the popularity of our region continues to grow, fertile flat and rolling farmland with important agricultural soils suffers pressure from development. Once these lands are lost to development, they cannot be replaced. By protecting a network of farms with conservation easements, SAHC permanently secures agricultural resources.



The multipart process of applying for grant funding from the USDA Natural Resources Conservation Service or NC Agriculture Development and Farmland Preservation Trust Fund means that farmland preservation projects can take years to finish. Some 2020 projects have been in the works for five years.

A few qualified for funding from a landmark allocation of \$8 million in federal funds for WNC, which were designated for farmland projects that protect both important agricultural soils and headwater streams flowing into drinking water supplies for the Southeast. This allocation was secured by the Blue Ridge Forever coalition in 2017.

With this record year for the number of land protection projects completed, as well as the variety of project types (including conservation easements on private lands to protect forest habitat and water sources, acquisition of new preserves in the Highlands of Roan and near Mt. Pisgah, assists to public agencies, and farmland preservation), it is also fitting that SAHC as an organization and individual staff have been recognized with national, regional and local awards.

This year, SAHC was honored with The

Garden Club of America’s Cynthia Pratt Laughlin Medal for Environmental Protection. This prestigious national award is one of only 10 medals awarded nationwide by the Garden Club, and a successful nomination involves a competitive process requiring letters of commendation from partners across the country.

Miranda (Randy) Hunter, who served as chair of the nominating committee from the French Broad River Garden Club, said she was impressed with the glowing letters of support received on behalf of SAHC. Also this year, the Appalachian Trail Conservancy honored SAHC’s Roan Stewardship Director Marquette Crockett with the Southern Regional Office 2020 Partner of the Year Award, and SAHC’s Farmland Associate Tamarya Sims was recognized with a 2020 COTHINKK Community Leader Award.

It’s been an incredible year for conservation, in spite of everything, and we are so grateful for our supporters, team members, volunteers and partners.

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



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A festive thank you.
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1508 Charlotte Highway
828.222.2289 | NewMoonMarketplace.com
contact@newmoonmarketplace.com



Get Festive and Feed the Critters

Food sources start to dwindle in the cold, so try a festive craft project with the kids that will feed the animals as well. Hang them in your backyard or on the lighted tree near the giant snowflakes at the Fairview Community Center.



Simple Pine Cone Feeder

- Gather large pinecones with a lot of space between the layers. Tie a ribbon or string on the top so they can be hung.
- Spread natural peanut or almond butter on them, pushing it between the layers.
- Roll the pinecones in birdseed.
- Freeze until ready to hang.



Toilet Tissue Roll Feeder

- Toilet paper rolls
- Sturdy sticks, two per roll, 6–8 inches long
- Bird seed
- Natural peanut butter or other thick nut butter
- String or ribbon
- Hole punch



Photo by Luc Viatour



Suet Ornaments

Suet is a solid mix of fats eaten by birds to help them stay warm in the cold months. Use rendered beef fat, lard or even peanut butter to make edible tree ornaments.

Suet Ornament Recipe

- 1 lb melted fat (beef or lard)
- 1 C raw sunflower seeds
- 1 C raisins
- 1 C millet or other natural dried grain
- 2 tbs honey (optional)

Alternate Recipe

- 2 parts rendered fat (beef or lard)
- 2 parts yellow cornmeal
- 1 part natural peanut or almond butter

Melt fat in saucepan until liquid. Remove from heat and let sit several minutes. Stir in the remaining ingredients and cook a few minutes. Pour into small containers (tuna cans, muffin cups, ice trays, etc.) and refrigerate until hard. Store in freezer until ready to use. Mold into balls and wrap in netting such as from bags of oranges. Insert string and hang outside when the temperature is below 50°.

Season's Greetings

During this holiday season, we wish you all the best.



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OH, CEDAR TREE

The Christmas I'll never forget

By Georgia A. Hubley

My dad ran a family farm on 70 acres in rural Ohio. He milked cows and grew and sold corn, soybeans, and alfalfa hay. It was a good life, but definitely a frugal one.

One year he planted a few red cedar trees to make a windbreak. Almost as a hobby, he started digging up the seedlings that sprouted each spring and transplanting them—until eventually he had a full grove of cedars.

When I was growing up, my favorite family tradition was the day, two weeks before Christmas, when we'd cut down our Christmas tree in that grove. Dad would lead the way, an axe in one hand and a ball of twine in the other. My mother, brother, and I always came along.

I'll never forget the time I was eight years old—and a heavy blanket of snow fell the night before our planned outing. But

the snow did not deter Dad! We all put on our snow gear and trudged out to the grove.

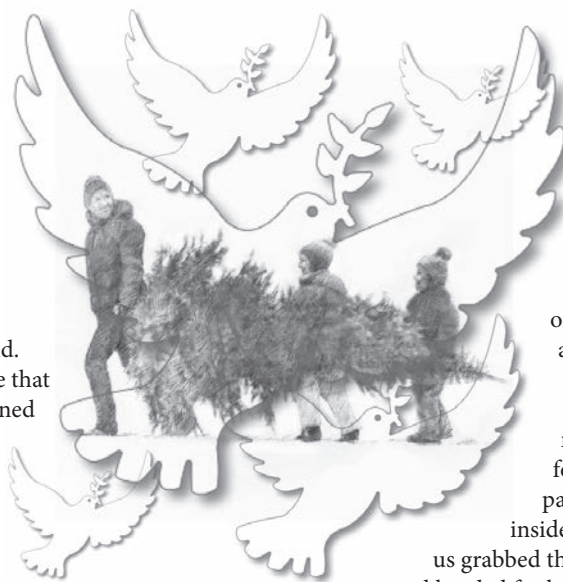
"Choose the tree you want, and I'll chop it down," Dad said.

I spotted one that had an abandoned bird nest tucked inside.

"Let's get this one!" I shouted.

My six-year-old brother agreed. It was perfect—about six feet tall, with graceful branches and plenty of dark green foliage.

After Dad chopped the cedar down, he



wrapped twine all around it, then tied the twine into a handle for carrying the tree. I looked at the bird nest in the middle of the branches and shivered with delight. I could just see my very own folded white paper dove sitting inside it. The four of

us grabbed the twine handle and headed for home.

The sweet scent of cedar permeated the air, and my mind swirled with decoration ideas for the tree. I'd make red and green paper chains and white paper

doves. We'd string popcorn and cranberries into garlands and hang gingerbread cookies with red ribbons. Dad would place the silver tin star on top and—a voice interrupted my thoughts.

"I want to buy one of your vintage Christmas trees." We had reached our porch. A new neighbor was waiting for us. "I really like the cedar tree you have there."

"I picked it," I boasted. "It has a bird nest in it, too."

This story is reprinted from GreenPrints, "The Weeder's Digest." Published right here in Fairview, this 31-years-young, award-winning national magazine shares the personal side of gardening in wonderful stories and beautiful art. A great holiday gift for gardening loved ones. Order at greenprints.com.

Illustration by Heather Graham

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FLU SEASON IS HERE. STAY HEALTHY!

Getting flu vaccinations for your family this year is more important than ever due to the ongoing COVID-19 pandemic.



The best way to protect your family from the flu is to get the flu shot every year. The flu vaccine will not prevent COVID-19, but it lowers the burden on our health care system, reserving resources needed to provide care to those with COVID-19. **CALL FOR AN APPOINTMENT TODAY: (828) 628-3121.**

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Hyperbaric Oxygen Therapy

A hyperbaric oxygen chamber combines the power of oxygen and pressure to potentially change lives. In the body, red blood cells carry up to 100% oxygen, which is essential for daily functions of the body and brain. After an injury, higher amounts of oxygen are needed for a successful and speedy recovery. Under pressure in a hyperbaric chamber, oxygen molecules shrink, which allows for the lungs to take in more oxygen than usual. This oxygen goes directly into the blood plasma, which distributes it to organs, tissues, cells, and even the brain.

Hyperbaric Oxygen Therapy (HBOT) can promote healing in a variety of ways.

Reduces Inflammation, Swelling and Pain

Behind almost any disease process or condition, the one commonality is excessive inflammation, which has been found in neurological conditions such as Alzheimer's disease, traumatic brain injury and stroke, as well as in autoimmune conditions such as multiple sclerosis and irritable bowel syndrome. Inflammation is a protective mechanism and an integral part of the immune response, but it can cause damage when extended for long periods. Increased oxygen levels promote the constriction of blood vessels, which reduces swelling and inflammation to speed appropriate healing.

New Tissue Growth

During HBOT, new collagen and skin cells are created. This helps wounds to close and heal, which is what should occur after an initial inflammatory phase. It also activates growth factor and stem cells, which helps increase new tissue growth and speed up the healing process. Many people, especially those who have suffered anoxic (loss of oxygen) brain injuries, can use HBOT to prime their bodies before receiving injections of additional stem cells, as it increases the likelihood of successful treatment.

Angiogenesis

While the body is under pressure from HBOT, it produces new blood vessels. This further promotes healing, as the blood supply is what carries necessary nutrients and oxygen throughout the body. This is important to those suffering from stroke and anoxic and traumatic brain injuries. An appropriate blood supply also ensures that waste, such as bacteria, is removed, so that further infection does not occur.

Regulates Immune Function

White blood cells are the first responders in an injury and are responsible for preventing infection of damaged or injured tissue. These cells are dependent on oxygen, so with adequate amounts they have increased energy to do their job. Under pressure,



additional oxygen stimulates antioxidant enzymes, which fight daily external stressors such as pollution, cigarette smoke, radiation and medications.

Detox

While receiving HBOT, the body eliminates excess fluids and swelling, which carry harmful toxins and chemicals. Every day, we are exposed to toxins in the air we breathe, the food we consume, and even the clothes we cover our bodies with. Heavy metals, molds, bacteria, pesticides, and other waste can be absorbed by our body and cells. Our body removes this waste by breathing, sweating, and utilizing organs such as the kidneys and liver. When given additional amounts of oxygen, these systems work more effectively.

Enhances Mitochondrial Function


Mitochondria are the powerhouse of cells, responsible for producing energy that drives many processes in living cells. HBOT

repairs injured mitochondria and increases the production of new mitochondria. Our brains need high amounts of functioning mitochondria to perform daily activities. In developing brains, mitochondria are responsible for creating appropriate connections between the nerve cells for proper growth and development.

Elevates the Mood

Additional oxygen received from HBOT can activate the parts of the brain that increase the production of neurotransmitters and brain chemicals such as serotonin, which is responsible for general well-being and mental health. Research has shown some benefit in treating conditions such as PTSD, depression and anxiety with HBOT. HBOT can help us cope with stress by regulating our autonomic nervous system, which maintains heart rate, breathing, blood pressure, sexual function, and an overall sense of being in control. This allows the body to relax, detox, digest and heal.


Dr. Diana Tyler is an associate doctor of chiropractic at APEX Brain Centers, currently seeking post-graduate board certification in functional neurology. She can be reached at ApexBrainCenters.com or 708-5274.



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NEW LISTING!

PRIVATE LOG LODGE ESTATE ON 10 ACRES in beautiful Cane Creek Valley. Wraparound porch deck overlooking pastoral setting with babbling creek. Two car garage with apartment above and private deck, more pasture available. **\$979,000** *MLS# 3673798*




SOLD!

31 ACRES, GORGEOUS 360° VIEWS FROM LONG, LEVEL RIDGE, TRAILS THROUGHOUT, creek, total wilderness and privacy, yet just 25 minutes to Asheville. Owner Financing Available! **\$300,000** *MLS# 3155768*



GRAND PRIVATE ESTATE! Private park-like setting on 4+ acres. Extensive stonework throughout, creek with waterfalls, 4000+ sq ft, perfect for large family, B&B, airbnb or convert to duplex. **\$394,500** *MLS# 9931671*



17 ACRES FAIRVIEW FOREST, spectacular views from level home-site on private ridge, cascading rocky waterfalls, paved road frontage, ideal for secluded estate or multiple homes. **\$275,000** *MLS# 3632812*

A Particular Kind of Headache

Have you had a headache in 2020? With everything that's going on, it wouldn't be surprising. We treat all kinds of headaches, including tension, migraines, cluster and vascular, and each makes your head hurt in a different way.

The most common headache we treat is cervicogenic. It usually comes with neck pain and very tight neck muscles, and often results from a car accident injury in the past, even a mild fender bender.

But this year, we treated a few patients who came in with a less common headache called occipital neuralgia. They feel chronic pain in the upper neck, back of the head and behind the eyes. Once diagnosed, this type of headache is difficult to treat. Sufferers are typically given anti-inflammatories, which may help with the symptoms, but don't heal the inflamed occipital nerve in the back of the head that causes the problem. This condition can greatly affect a person's daily activities and sleep.

We recently treated a patient I'll call Mike for occipital neuralgia headaches. He had been suffering from them for four years, and they were getting worse. He was taking his medication just to get through the day, but his joy in living was reduced.

We evaluated Mike and agreed with the diagnosis from his neurologist. But in addition to the medication, we suggested he try a course of laser therapy known as

photo-to-bio modulation therapy.

I've been using laser therapy since I completed my board training as a chiropractic sports physician 18 years ago to help a broad range of problems unrelated to sports injuries. Laser therapy has the ability to increase blood flow and heal nerve injuries.

Mike went through a series of sessions and had near complete relief from his pain. We've treated other occipital neuralgia patients the same way, and this type of recovery is common.

Don't just take my word for it. In a 2019 study in the *Journal of Oral & Facial Pain and Headache*, Miguel de Pedro and other colleagues came to the conclusion that light therapy "seems to be effective as a treatment option for different neuropathic orofacial pain entities such as...occipital neuralgia...as a single or combined treatment."

Note: If you have a sudden onset of the worst headache you've ever had for even a day or two, that could indicate something serious and you should be seen by a doctor as soon as possible.



Dr. Reilly, DC, 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.

STUDENT PERSPECTIVE

Doing Damage Control

I think that sometimes it's hard for adults to see how stressful this year has been for teenagers. For starters, at school we've had to adapt to completely new schedules and ways of learning, as well as all the new technology that's been introduced to hold us accountable for the work we need to get done. In my sophomore year, before we went virtual, we were doing a lot of work



AVERY LOVE

physically. Maybe we'd have the occasional online lesson for homework or something, but now, most of my teachers use Google Classroom or Canvas. On top of that, we've all had to figure out how Zoom works so we can do our daily meetings. I've been using Zoom for months now and only recently realized there was an annotate feature on it. So, there's a pretty steep learning curve on all the new tech we're expected to use.

Socially, we've never been so isolated. At most, we get to see our friends two days of the school week, but if your friends are full virtual or in another cohort you don't even get that. On the weekends, you're more likely to get to see people, but if you're following all the CDC guidelines, it's still not the same. One thing I miss more than anything is hugs from my friends.

Gen Z is also more deeply invested in politics than they ever have been before.

Since most of us are younger than 18, it's really scary to watch what's going on because we don't have a say in it. Everything feels very out of control right now, and most of the time there's nothing we can do about it. So, instead of trying to control everything else, it's about time we start trying to do damage control on our own mental health.

Over these last few months, it's been hard to stay caught up. Every day brings more classwork to take care of, more dirty dishes that need to be washed—more, more, more. There's increased pressure to do better in my junior year because this is when I take the SAT and ACT tests, which is what my future college will use to evaluate me.

With all this added pressure, I've found that if I maintain only a minimum level of health, I'll burn out and not be able to do anything. The cycle then starts all over again. Self-care looks like different things to different people. My mom likes to sit on the couch and watch TV after she's graded a lot of papers. My sister likes to snuggle with her snake. I like to take long baths and listen to music. I recommend that you find the thing that works for you and go for it. There's no shame in putting yourself first, especially when everything else is so stressful. You deserve to have time to yourself, and you don't have to justify it.

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



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ON THE FARM WENDY HARRILL

A Lovable, Goofy Companion

Walter and I have had dogs since very early in our marriage. I think we considered our first dogs as practice for parenthood. Each has had his own personality, qualities, and quirks, and I've loved them all. Tucker, our first dog, was great with kids, too short to cause too much trouble on his own, fairly smart, and a great couch guard dog. Cherokee, our middle child, was helpful with the animals, smart as a whip for the 30 seconds he could remember the command you gave him, and loyal to a fault. Our current dog, Hank, is lovable, goofy and fun-loving, but he's been our most difficult "child" so far. He came to us from the Hendersonville Humane Society after Andy asked for a puppy for his 12th birthday.

Hank can be a total goofball. He seeks attention by stealing socks or shoes; it's his way of asking you to play with him. His favorite toy is a plastic pig. It has the traits of a perfect toy in that it fits his mouth just so, is rubbery enough to be highly chewable, and after much effort, the squeaker has finally been removed. (There's nothing more annoying than a squeaker.)

Born to Run

His second favorite thing to do is run—and run fast. We have skid marks in the yard because sharp, fast turns are the only way to go. It's like watching Lightning McQueen from Cars learning to drift. Most of the time it's a beautiful vision of physical coordination, but every once in a while it results in a spectacular crash, with dirt and grass flying everywhere. It's entertaining either way, and the pure joy on his furry face is amazing.

Hank has severe separation anxiety, but only if we're the ones who leave. If he decides to take off after a scent (which happens fairly regularly if he is allowed off leash, since he's mostly hound), it's totally fine. We've tried all kinds of remedies to try to help him with this but none have been hugely successful. We tried leaving stuffed animals with him when we'd leave. We'd come home to find them shredded along with some article of clothing. We

tried the Thunder Shirt. We'd come home to find it Velcro'd to the couch and a pillow destroyed. We tried CBD treats, which he loved at first but now refuses to eat. We even tried aromatherapy by putting drops of calming oils on his collar and bedding. We'd come home to the trash all

over the kitchen floor. Finally, we found that the best situation for him was crate training.

Everybody Loves Hank

Other than his anxiety issues, Hank is a great dog. He loves working with us outside during picking season. He loves going on hiking trips with us, whether day hikes or overnight backpacking. He can share a hammock, which is a good thing, because he refuses to sleep on the ground. He likes going on shopping

trips to stores that allow pets. He even has fairly good table manners at restaurants, as long as there aren't other dogs close by. He just wants to make friends with the other dogs, but his way of getting their attention is to whine like a leaking balloon. He loves riding in the car for a half-day trip to visit family or a 10-second backup to the barn to load market gear. And he's very photogenic and personable when we have farm events. Everybody loves Hank—except the cat, Pinky.

As much trouble as he causes, I wouldn't trade Hank for the world. He's my nearly constant companion, keeping me company whenever the boys go backpacking or hunting. He never fails to make my return home memorable. He lets me know when a thunderstorm is coming long before it

arrives (he hides under the desk and won't come out). He lets me warm my cold feet on him in the winter when I go to bed, which is only fair since he's sleeping in my bed and taking up at least a full third of the space (and sometimes much more). If I could just convince Walter that Hank isn't just a paranoid, destructive force of nature that we for some reason invited into our lives for no good reason, things would be perfect.

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



Hank striking his vulture pose.

As much trouble as he causes, I wouldn't trade Hank for the world.

A New Trail in the Neighborhood

Lots of people in Fairview love to hike. And during this pandemic, many of us are looking to de-stress and stay safe by being outside more. So, the opening of a new trail in Fairview is doubly welcome news.

And the best part is that the new trail connects two other trails—the Bearwallow Trail and the Wildcat Rock Trail—to create more possibilities and longer hikes, if you're looking for that.

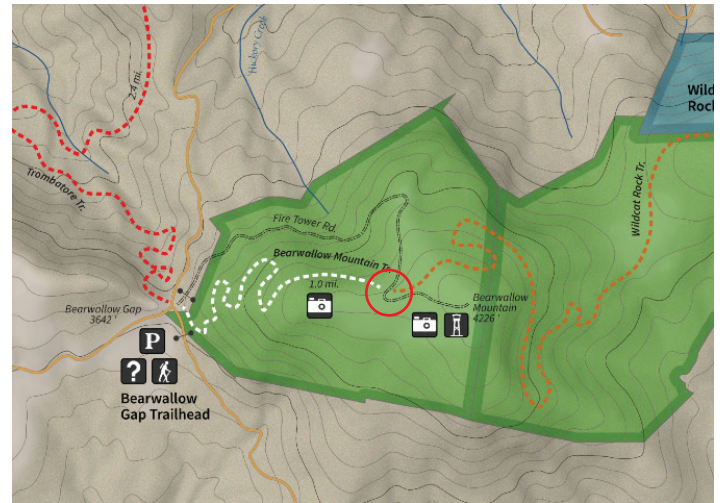
Lisa Witler, the Crier's art director, and I joined about 10 other people at the top of Bearwallow Mountain last month to witness the official opening of the trail that was planned and built by Conserving Carolina, a local nonprofit.

And testifying to the small-town feel of Fairview, Lisa and I knew three of the folks in this small group: John Ager, our representative in the NC House of Representatives, was there to help with the ribbon-cutting; Robin Ramsey, the WNC rep for Senator Richard Burr and treasurer of the Fairview Volunteer Fire Department Auxiliary; and Andrew Dundas, who has frequently written for the *Crier*, was there reporting, too.

It was hard to recognize folks at first because everyone was wearing masks, because of COVID, but also hats and extra layers—because it was cold. If you've ever been to the top of Bearwallow Mountain,



John Ager (at far left) helps Rep. Chuck McGrady cut the ribbon to open the new trail. It runs for two miles from where it's circled in red above.



then you know it can be much cooler than at its base. And the wind on this day was cutting through everyone.

But we warmed up as we got moving. And after we passed up and over the top of the mountain, we entered the tree line, which blocked the wind. On our four-mile hike (out and back), we passed through ferny boulder fields, a stand of old-growth forest and a rare mountain bog. And the views from the ridgeline pasture on Little Bearwallow Mountain—what the Conserving Carolina folks called "the saddle"—are pretty great.

Many New Options

This new section of trail can be accessed from the Bearwallow Mountain trailhead by hiking one mile to the summit of Bearwallow Mountain and then continuing on. It can also be accessed from the Upper Hickory Nut Gorge trailhead on Gerton Highway by following the Wildcat Rock Trail uphill three miles to the pasture on Little Bearwallow Mountain and then continuing on. The new section can be part of out-and-back hikes of various lengths. It can also be a part of a 6-mile, one-way hike with a shuttle between the

Bearwallow and Wildcat Rock trailheads.

This extension of the Wildcat Rock Trail also creates a variety of other options to connect trails in the Hickory Nut Gorge, since the Bearwallow Mountain Trail already connects to the Trombatore Trail, and the Wildcat Rock Trail already connects to the Florence Nature Preserve trail system. In all, this new link brings together nearly 13.5 miles of trails. For more information on this new hike, go to conservingcarolina.org.

We'll see you on the trails—just be sure to bundle up!



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The History and People of our FAIRVIEW MOUNTAINS

by WILL HAMILTON

The south end of the Fairview valley is dominated by three mountains: Little Pisgah, Tater Knob and Ferguson. The history behind these names, and of the landmarks in the fertile valley at the feet of these granite mountains, tells us a lot about the fortitude of the English and Scotch-Irish settlers and their promised land in Fairview. Did they liken themselves to the Hebrew slaves liberated from Egypt? In the 19th century, few Europeans had any prospect of owning land. The New Land beckoned, but the settlers had to get there on tiny ships. My wife's ancestor, John Howland, was swept overboard in the mid-Atlantic, but he miraculously managed to catch hold of a ship's rope trailing in the water and was pulled aboard. After they landed, the settlers needed to purchase covered wagons to find their way to Fairview.

Through a series of one-sided treaties with the Cherokees, the English government had lots of land to give away or sell at low prices, and the settlers were meant to act as a buffer between the French, the Spanish, the Cherokees and the English settlers.

LITTLE PISGAH

"Then Moses climbed Mount Pisgah from the plains of Moab to the top of Pisgah, across from Jericho. There the Lord showed him the whole land—from Gilead to Dan, all of Naphtali, the territory of Ephraim and Manasseh, all the land of Judah as far as the Mediterranean Sea, the Negev and the whole region from the Valley of Jericho, the City of Palms, as far as Zoar. Then the Lord said to him, 'This is the land I promised on oath to Abraham, Isaac and Jacob when I said, 'I will give it to your descendants.' I have let you see it with your eyes, but you will not cross over into it.'" (Deuteronomy 34:1-4).

In 2003, my wife Susie and I had the pleasure of standing on Mt. Pisgah in Jordan. On account of fog, we could not see the Mediterranean Sea 40 miles away, as Moses did, but we did tour a factory set up by Queen Noor of Jordan, who was born an American citizen, to employ disabled



Will Hamilton took this photo of the Fairview mountains from his back door. You can see the outline of the three mountains below when traveling east on Charlotte Highway before you get to the switchbacks up to Gerton.

people. Little Pisgah dominates the east end of our valley. The Eastern Continental Divide traverses it, going south and falling off to the right where it crosses the hump of Tater Knob.

TATER KNOB

To get the best production from a potato patch, plants are traditionally mounded up. Is this where its name derives? The mountain does look like a potato mound from one end, and its distinctive conical shape is obvious once you come abreast of Dickie's on Highway 74. I climbed this mountain alone in 1974 to seek guidance about whether to move to America from England and bring my wife back to her home. Susie never verbally complained about living so far from her family and home, but I could tell she missed them. I am an expert at making impulsive decisions, but for once I prayed: "Lord, if you want me come to America, please show me the way from all angles." He made it very clear and, for better or worse, here I am 43 years later.

FERGUSON RIDGE

To the right and south is Ferguson Ridge (sometimes called Mount Ferguson or Ferguson Peak), named after Major Patrick Ferguson, who commanded the American Volunteers, which was a loyalist (to the English king) regiment who had sought refuge on King's Mountain. With Americans fighting Americans, Ferguson was the only Englishman in the battle. When he was killed, the patriots urinated on his body. When his surviving men tried to surrender, many were shot and hung and the wounded were left to die. Some were more fortunate, such as William Mills (of Mills Gap Road). Although severely wounded, he managed to escape to South Carolina, but he found his father had been hung as a loyalist there. There were war crimes on both sides.

This massive mountain stretches for 1.5 miles along the south of the valley, rising approximately 1,000 feet above the valley floor where Flying Cloud Farm produces vegetables. Part of it incorporates the

Eastern Continental Divide and the Blue Ridge Mountains. How did a mountain in America become named for an English general who lost a decisive battle? (The English don't have a Napoleon Mountain, after all!) I have wondered about this for years. It seems that an answer to this riddle can be found in one man—John Ashworth.

Running through the valley and nourishing Flying Cloud Farm's vegetable crops is Ashworth Creek. On Highway 74 opposite the dog kennels is a marker in memory of John Ashworth (1735-1805) and another John Ashworth (1775-1825). A family cemetery is located a quarter-mile north. We buried my wife here in March among what appears to be the graves of 40 enslaved people. During a time when the English were being encouraged to settle close to the French and Spanish Territories (at that time only 30 miles away), John Ashworth received a land grant for 200 acres from King George III. The deed can be viewed in the North Carolina Museum in Raleigh. By the time

Little Pisgah

Tater Knob

Ferguson Ridge

of his death, Ashworth owned 2,000 acres and had built a small fort (a blockhouse cabin still in good condition) for defense against the Cherokees, a kitchen and a small room, which were all eventually incorporated into Sherrill's Inn. Why did he need a defense against the Cherokees? It seems that they had lost an area the size of Buncombe County in what they considered to be a poor deal and may have been resentful neighbors. Marked on a Forestry Management plan is an area next to the above-mentioned cemetery where Cherokees used to have gatherings.

There must have been a strong connection between John Ashworth and Major Ferguson, even if it was only in Ashworth's imagination. The mountain retained its name after the Battle of King's Mountain. Ashworth's direct descendant, Ken Ashworth, told me that John Ashworth was able to purchase his pardon with 20 acres, a wagon and an enslaved person. Ken Ashworth's son Mike plays drums with the Steep Canyon Rangers. My daughter, Elizabeth, was their fiddle player for several years.

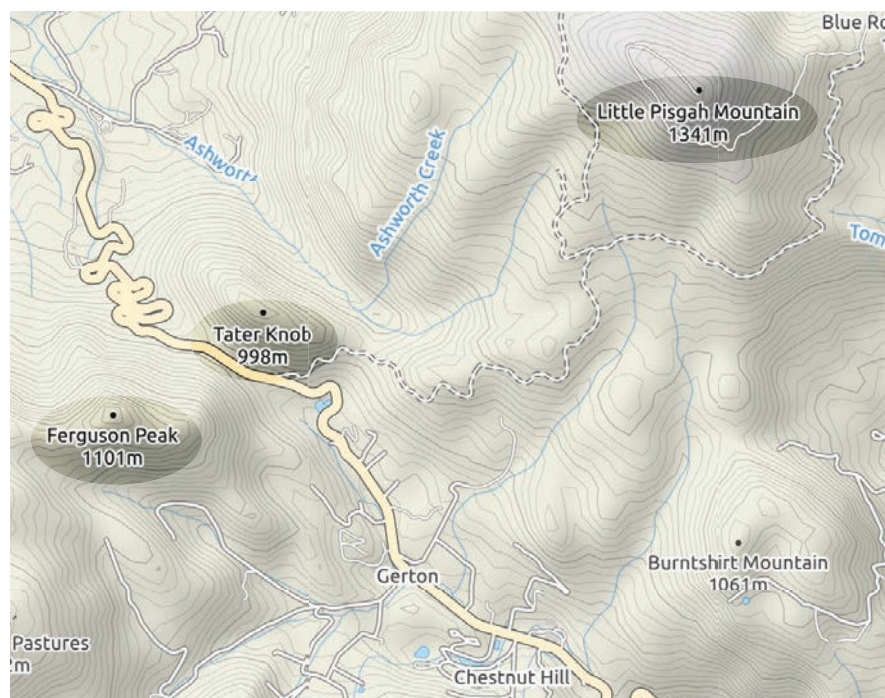
There are few details known of John Ashworth's enslaved people. It is thought that they converted a winding, meandering creek into the fairly straight Ashworth Creek my daughter uses to water Flying Cloud Farm's crops during a dry season. Where did John Ashworth purchase the people? Did they have memories of Africa?

Did they sing spirituals? Did they know about Pisgah and the promised land? Where are their descendants? The local Registrar of Deeds told me they would be hard to trace. My neighbor's grandfather told him that their descendants used to come out from Asheville to the graveyard to honor their ancestors less than 120 years ago.

These three mountains and the valley nestled between them are rich in history, and this is just scraping the surface. What can we learn from these mountains? The Cherokees were forced out between 1831 and 1877. That's relatively recent history, as, for instance, my grandfather was born in 1852. They possessed a unique love and knowledge of the land, which we have lost. The enslaved people's memories and lives are unimaginable to us. But we hear their music every time we turn on the radio.

The loyalists lost the first civil war, lost their homes, and were tarred and feathered and hung. The patriots stayed on to produce the most powerful country the world has ever known. A country with 5,000 nuclear missiles on constant alert and at the command of whoever is president. A country of amazing generosity and individual kindness; a country that produced the Marshall Plan, one of the greatest ideas in the history of the world. A country full of people who are working for the best welfare of the unprivileged, for the good of the land and the environment.

Now a new generation is growing up



This topographical map shows the location and elevation of the three peaks.

under the shadow of these mountains: conventional dairy farmers and organic farmers; highly successful retired policemen from Long Island and Scotland Yard; folks who served their country in the State Department, in public health and as business consultants; and cardiac, orthopedic and thoracic surgeons. The contributions of those living in the valley

make an endless list. What will the future bring? One thing is secure as long as this country is ruled by law and order: these three mountains and the bulk of the valley are all protected from future man-made incursions and will always look beautiful and majestic, thanks to donations made by the respective owners to land trusts.

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Watson J., August 2020



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Anne C., June 2020



Meet Amanda Simpkins, New School Board Member

Allow me to introduce Amanda Simpkins, the newly elected Member-At-Large of the Buncombe County Board of Education. She will be sworn in at our December 3 meeting, and she arrives with many gifts in time for the holidays.

Simpkins did not have a privileged childhood. She was born in Asheville, and her single mom supported their family as a waitress. They moved often, and as a child Simpkins changed schools almost every year, attending five different elementary schools before landing at Erwin Middle School and graduating from Erwin High.

Simpkins credits individual coaches who saw potential and chose her for the basketball team in high school, which connected her with a strong group of girls and set her on a more positive path. Several teachers also took an interest in Simpkins, helping her see her own potential as a girl with a natural head for math. She was college-bound.

Starting out as a Chancellor's Scholar at Appalachian State University, Simpkins later transferred with a volleyball scholarship to East Connecticut State University and then moved back home to graduate from UNC-Asheville with a bachelor's degree in pure math. She later went back to school and fast-tracked an MBA in finance at Fayetteville State University.

Her early adulthood also had its



challenges. Simpkins started out as a teacher and coach, teaching PE and math first at Erwin High and

then at Erwin Middle School, for a total of 10 years. For part of that time, she was a single mom herself, working other jobs in addition to teaching so she could make ends meet. Five years ago, she transitioned from teaching to real estate and is now an agent with Coldwell Banker King in Asheville.

Simpkins sees herself as a boy mom: she has a kindergartner in the dual-language program at Avery's Creek and a senior at Nesbitt Academy. As with other families during the time of COVID, she and her husband have their hands full juggling kids and work.

Amanda Simpkins brings an important perspective to her new role as Member-At-Large on the school board. Perhaps most importantly, her own teaching experience gives Simpkins a front-line understanding of the inner workings of schools and the challenges our teachers face.

She wakes up with the parent perspective every morning and knows first-hand the

challenges that families are grappling with at the elementary and high school levels.

As a successful realtor, she recognizes the economic impact of schools on our communities across the county and beyond. Having grown up in Buncombe County, she has a longer perspective than her out-of-town clients.

Unique Challenges

And having grown up stretching every penny, Simpkins has an immediate understanding of the unique challenges faced by our low-income families. She knows the importance of teachers and coaches for kids who need that extra help to choose a positive path.

Finally, Amanda Simpkins brings the gift of a sharp, problem-solving brain. She understands the importance of facing challenges with an open and logical mind and recognizes that COVID brings an added complexity to the decision-making process.

I'm convinced that Amanda Simpkins is prepared for the challenges ahead. I look forward to serving alongside her.



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Email her at cindy.mcmahon@bcsemail.org.

ACRHS STUDENT OF THE MONTH JACKSON BASCHNAGEL



The A.C. Reynolds Student of the Month is Jackson Baschnagel. Shelby Lewis, a history

teacher who nominated him, said, "Sometimes I feel that hard work, dedication, curiosity and work ethic go unnoticed in a school setting, and especially in this virtual world. Jackson embodies all of these characteristics, plus he is a kind and good person. In honors civics and economics, his work is always completed well and even exceeds the expectations. He has a genuine interest and curiosity about government and is always seeking out opportunities to speak during Zoom sessions and add interesting and insightful comments that supplement and extend the conversations. He truly is a Reynolds Rocket worthy of this award, and a student that could serve as an example for his peers to follow."

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

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Council on Aging of Buncombe County serves the Fairview community with curbside pick-up of nutritious meals, caregiver respite, cost-savings programs and other resources.

Special thanks to a gift from the estate of Edwina Varner to the Foundation through Mercy UrgentCare to aid the elderly and homebound in the Fairview Community



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Happy, Healthy Kids at Fairview Elementary

by Kenya Hoffart

Coaches Greg Cheatham and Grayson Morgan keep kids moving at Fairview Elementary. Health and fitness are critical for young bodies and minds, and this fantastic team of coaches makes exercise fun and exciting for kids of all ages, whether they are learning at home or attending in-person school.

The gym is sectioned for social distancing. Each student has their own special space the coaches call a “house.” Inside their house, the students do several activities, such as practicing skills such as hopping, jumping, and running in place. But when it’s time to move even more, the students leave their houses for interactive play while still maintaining a safe social distance. They enjoy activities such as relay races, playing with hula hoops, and basketball tosses.

It’s important for kids to keep moving, even during the winter months when outside play is a little more challenging. The FES coaches recommend taking family walks around the neighborhood, enjoying



Coaches Greg Cheatham and Grayson Morgan hikes in the woods, and checking out sites such as Darebee.com and SworkIt.com for kid-friendly workouts. Cosmic Kids Yoga and Just Dance for Kids on YouTube can provide for hours of high-energy fun.

Students are also learning about the importance of reading and understanding nutrition labels and eating from each food group so they can make good choices about the things they eat. When school is in regular session, Coach Cheatham organizes a “Cooking with Coach” segment, which is aired on the school’s news station each Friday. He suggests healthy snacks

and dishes necessary to help bodies grow. One of his favorite recipes is for pumpkin pancakes (*see recipe at right*).

Coach Cheatham has been teaching at Fairview Elementary for 15 years and has been a PE coach for the last seven years. Coach Morgan has been teaching at FES for two years. He also teaches at Estes Elementary and Sand Hill-Venable Elementary. These incredible coaches are very excited to be connecting with students, both in-person and online, and encouraging everyone to keep moving and making good choices.

School nurse Julie Silver says that in addition to eating right and exercising, kids should wash their hands with soap and water several times a day, keep their hands away from their face and mouth, and maintain a healthy distance so as not to share germs. All these things are very important to keep Fairview kids safe and healthy.

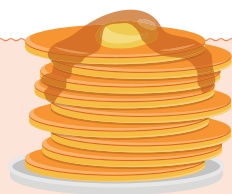
In addition to having a child who attends Fairview Elementary, Kenya Hoffart is also a staff member and PTA Communications Chair at the school.

Pumpkin Pancakes

Ingredients

1½ cups milk
1 cup pumpkin puree
1 egg
2 tablespoons vegetable oil
2 cups all-purpose flour
3 tablespoons brown sugar
2 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon salt

Mix the dry and wet ingredients together in separate bowls, and then combine. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop approximately ¼ cup of batter for each pancake. Brown on both sides. Serve hot and top with butter, syrup, or pecans.



With the Year Half Over, How Are Local Schools Doing?

FES Teachers Learn to Keep Changing

by Kenya Hoffart

This school year has had one common theme: change. Luckily, one of the things teachers and staff at Fairview Elementary have said over and over is that FES students are very resilient. They’re determined, smart, and have very quickly learned to go with the flow. We could not be prouder of how hard they work and how much they have learned, despite the changes and challenges.

FES students are either hybrid learners, meaning they go to school for in-person instruction two days a week and learn at home the rest of the week, or virtual learners, meaning they learn online at home every day. On Wednesdays, all students are virtual learners. On these days, teachers post assignments for students that often encourage minimal screen time, which allows teachers time to plan upcoming lessons. It takes a lot to organize lessons for both hybrid and virtual learners, including time to plan, develop, and implement, so teachers are very thankful for this opportunity.

Buncombe County has provided tablets, laptops and even internet hot spots so that every student has the ability to do their work both at school and at home. Kids are logging on each day for lessons, reminders, and encouragement from their teachers.

Jennifer Gortney, a second grade teacher who welcomes students in her classroom four days a week—half on Monday and Tuesday and the other half on Thursday and Friday—said, “It is always rewarding to watch students grow and learn, and even with things being different this year, we are still seeing that.” She also commented on how flexible families have been, which

has made it easier for her. Tammy Harris, another second grade teacher, agrees that families have been very supportive. She also said that she, like every all-virtual teacher, has packet pick-up days that have been very well received. These packets, which aid students learning at home, contain handouts and hands-on math materials. “The curriculum is being taught and presented with rigor,” Harris, said, “and we do all we can to make sure the kids have the tools they need to be successful.”

Maggie Brown, a third grade teacher, has been very impressed by how well her students have adapted to their responsibilities at school and at home. “Parents have been amazing and so supportive of everything we are doing,” she said, noting that communication is key and that, even though her class is split between in-person and virtual students, she is so happy to have kids in her classroom almost every day.

Laura McCall, a fourth grade teacher, has enjoyed the opportunity to reimagine the way she teaches now that there is more reliance on technology. After she teaches a virtual lesson on Zoom, she can send students to virtual breakout rooms for partner work. After that, she can assign time for independent thinking. McCall is an all-virtual teacher, but she said technology such as Zoom allows her to run her classroom just as she would if she had a room full of students. “I am grateful for the technology that allows us to be together, even when we are apart,” she said. “My favorite part of the day is seeing everyone’s smiles when we meet on Zoom.”

April Barton, a kindergarten teacher at

continued on page 31

ACRHS Staff Works Extra to Maintain New Normal

by Kasey King

As expected, we at AC Reynolds High found that change was inevitable for students, parents and school faculty for the 2020-21 school year, as well as the need for flexibility to adapt to change.

March 13 was our last “normal” day of full in-person instruction. Since then, teachers have immersed themselves in professional development to assist in making their lessons via Zoom or Google Meet as engaging as possible. Classrooms have transformed from in-person to completely remote to a hybrid of the two. These changes haven’t been easy for anyone—students, teachers, parents, counselors, administrators, custodians, bus drivers, cafeteria workers, county office personnel, or the Board of Education.

Through the summer, new signage was placed in and around all schools, and we received deliveries of masks, sanitizer, thermometers, and gloves. Tape markings in a variety of colors were placed six feet apart in lunch lines, school offices, and entryways. Bus drivers prepared for screening protocols that had never been used before. Teachers moved desks apart to accommodate social distancing. With all of these safety protocols, ACRHS has

successfully accomplished several weeks of in-person learning while maintaining regular remote sessions.

In addition, teachers have discovered

ways to support students who need extra help with learning in this unique manner. And counselors have held one-on-one remote sessions to prepare high school seniors for college scholarships, essays and interviews.

It has been wonderful having Rocket students back in the building. It feels different, but the return of voices to the hallways,

a car rider line, and buses on the road in the morning and afternoon has brought about a slight return of normality.

The work that has been done behind the scenes to ensure the safe return of students to our building and classrooms has been immense. We eagerly anticipate the days where classrooms are back at capacity, pep rallies light up our gymnasium, the crowds at sporting events excitedly cheer on our student-athletes, and band and choral concerts warm our souls again.

We are living through this time of change together. We ask that you continue to persevere and reach out to us for any resources or needs you may have.

Kasey King is the Assistant Principal at AC Reynolds High School.

We eagerly anticipate the days where classrooms are back at capacity, pep rallies light up our gymnasium, the crowds at sporting events excitedly cheer on our student-athletes, and band and choral concerts warm our souls again.



MAGIC WITH GREG *The Color-Changing Bow*

A great trick for holiday fun!

PREP

What You Need: Two paper bags, a silver bow, a blue bow, a pair of scissors and a glue stick.



Take one of the paper bags and cut off one side. Throw the rest away.



Run the glue stick around the edges of the sides of the cut-off piece. Do not put glue along the top of this piece.



Place this side into the full bag, pressing it evenly. The glue on the edges will stick to the inside of the bag and make a secret compartment. Let it dry.



Place the blue bow into the bag (but not in the secret compartment).



TO PERFORM

Pick up the silver bow and show it to the audience. Place it in the bag—into the secret compartment—and then close it.

Hold the top of the bag on the side with the secret compartment. This will help hide the silver bow hidden inside.

Make a magical gesture or say a magical phrase—such as “Merry Christmas!”—and tear open one of the sides of the bag that you are not holding, as shown above. The audience now only sees a bow that is blue. **Magic!**

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



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Holiday Safety for Your Pets

The holiday season is upon us, and many of us want to include our furry family members in the festivities. As you prepare for the holidays, it's important to try to keep our pets' eating and exercise habits as close to their normal routine as possible. We must also protect our pets from holiday health hazards, such as seasonal plants, fatty foods, and dangerous holiday decorations.

Seasonal Plants and Decorations

Christmas trees. If you put up a Christmas tree, it's important to anchor it so it won't tip and fall, causing injury to your pet or young children. It's also important to prevent your pet from drinking the tree water, which may contain fertilizers that can cause stomach upset.

Poinsettias, holly, mistletoe, and lilies. When eaten, these plants can cause nausea, vomiting and diarrhea. Mistletoe is particularly dangerous because it can cause cardiovascular problems. Lilies are especially toxic to cats, so keep your

holiday lilies out of reach of your feline family members.

Tinsel. Cats, in particular, are attracted to tinsel. If eaten, it can cause an intestinal blockage, requiring expensive surgery. If you have indoor cats, it would be best to avoid using tinsel. It's also advisable to place breakable holiday ornaments at the top of the tree.

Holiday Food

Rich, fatty foods. As tempting as it is to give our pets a taste from the table or the fat from holiday meats, doing so can lead to pancreatitis, which leads to a very sick pet that can require hospitalization. Though it is usually treatable, it can also be life-threatening.

Chocolate and Xylitol. Chocolate and Xylitol are commonly found in the sweet treats of the holiday season. Both are dangerous and can cause toxicity in our pets. Baker's, or baking chocolate, is the form of chocolate that contains a higher concentration of the stimulant

theobromine and is therefore far more toxic than either semi-sweet or regular milk chocolate.

Xylitol is among a group of sugar substitutes classified as sugar alcohols that may be found in "sugar-free," "reduced-sugar" or "diet" foods, such as gum, candy, baked goods, ice cream, and peanut butter. Look for the term "Xylitol" or "sugar alcohol" on food labels when checking for ingredients. In dogs, even a small amount of xylitol can be fatal.

Grapes and raisins. While these may seem healthy, just one grape or raisin can cause kidney failure and potentially death in a dog. If your dog ingests one, even if they seem fine, go immediately to a vet hospital.

Holiday cocktails. If your holiday celebration includes alcoholic beverages and food containing alcohol, be sure to place them where your pets can't get to them. Alcohol can cause vomiting, diarrhea, central nervous system depression, difficulty breathing, tremors, coma, and even death.

If your pet does ingest something it shouldn't, contact your vet immediately, or contact MedVet (formerly REACH) at 665-4399.

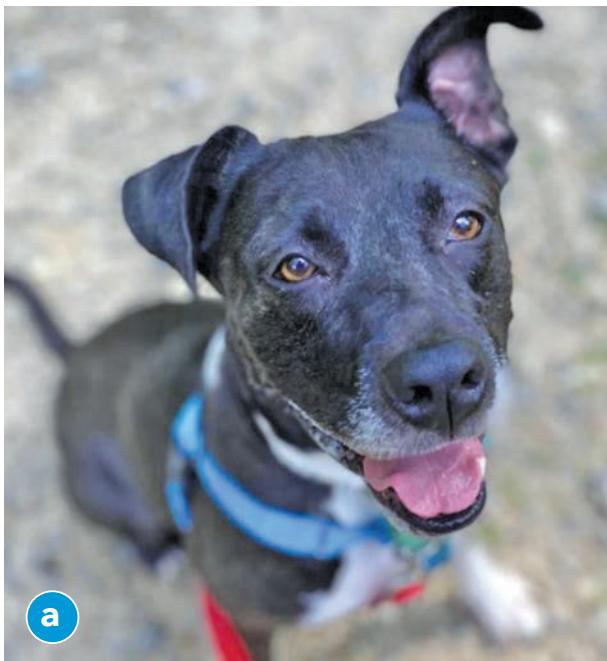
There are safe ways to share the holiday with your pet. Start by taking your dog on an extra walk. Or give them a long-lasting treat made just for them, such as a chewing toy stuffed with plain yogurt, banana, and blueberries and then frozen. Surprise your kitty with a new catnip-stuffed treat or interactive flirt pole. If you take care, your pets can join in the holiday festivities in lots of fun ways that don't lead to expensive vet bills.

Have a safe and happy holiday from all of us at Fairview Boarding!



Stefani Cotten is the owner of Fairview Boarding, located at 1923 Charlotte Highway, Fairview. For more info on boarding your dog, call 628-1997 or go to

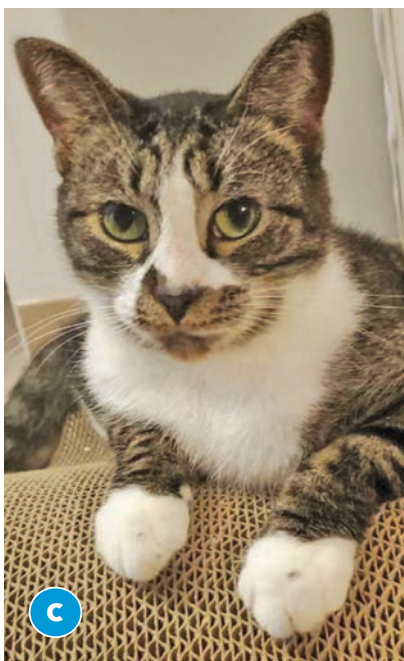
FairviewBoarding.com.



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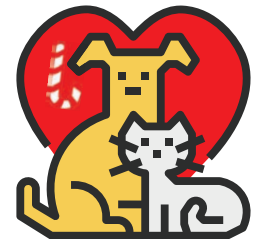


d



e

ADOPT A PET!



a Winnebago loves cuddling on the couch just as much as she loves running around in the yard chasing tennis balls. She would flourish in a family that gave her a lot of attention. Walking on a leash isn't her favorite thing, so plenty of gated outdoor space would be best. *Humane Society*

b Luis is a 6-month-old pygmy wether with striking blue eyes and a chocolate-colored coat. He is looking for a home with other pygmy goats to play with, a secure fence and shelter. *Animal Haven*

c Petunia needs an easy-going household with cozy couches, sunny spots and perfect perches. She loves to curl up in a box and nap the afternoon away. She needs a patient family willing to give her space and attention on her own terms. *Brother Wolf*

d Harper knows her basic commands and enjoys playing with all sorts of toys. She's very energetic and needs a lot of exercise, so a family that likes to go hiking or running would be a perfect fit. She's friendly with other dogs. *Brother Wolf*

e China is a grande dame. With her regal bearing, we think she's lived an interesting life. This 10-year-old girl is waiting for her retirement in a loving home. *Humane Society*

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Angels of Fairview Seek Donations for Annual Drive

Angels of Fairview is a non-profit group made up of community members who assist families in need. Their clients are identified by counselors at Fairview Elementary and Cane Creek Middle schools.

During this holiday season, a donation of \$50 will secure a complete prepared meal for a family of four to six people. The meal includes a 10- to 12-pound turkey, two side dishes, rolls and a dessert.



Tax-deductible donations will be accepted through December 31. Checks should be sent to Angels of Fairview, PO Box 94, Fairview, NC, 28730 or dropped off outside the Town Crier office in the blue dropbox (please do not bring your donations inside).

Paying It Forward

During the pandemic, my husband and I have been using Zoom to play interactional games with our two adult daughters and their partners. At some point, someone had the great idea of writing mini short stories and taking turns coming up with creative titles. My story below resulted from this process. Everyone in my family had their own version of this story, but mine was about a moment at the local bakery that has meant a lot to me.

The Eleventh Loaf

I am a proud member of the bread-head club at Rise Above Bakehouse, which is a bakery in a little yellow house less than a mile from where I live in Fairview. The primary benefit of membership in the club is receiving a free loaf of bread after buying 10. I always have to remember to bring my little white card and present it to be punched.

On a visit last month, I got a great surprise. I approached the counter to pay for my loaf after a man made his purchase and walked away. When I tried to buy a loaf of sourdough rye, I was told it was free. "But I only have four punches in my card!" I said. The person behind the counter explained that the man ahead of me had already paid for my bread. Apparently, he does this every time he buys sourdough rye and calls it his practice of surprising and delighting. Well, I was very surprised, and I was very delighted.

Not only does Fairview have some of the best bread in the universe, but it also has very kind people. Next time, when my punch card is full, I will pay forward my eleventh loaf. Maybe you'll be lucky and be behind me in line. And a big thanks to the man who made my day.

—Marcia Gleason

IN MEMORIAM

Isbell Ager Behrer

Isbell Ager Behrer died in her home at Givens Highland Farms on November 23 at the age of 98. The day before her death, she was surrounded with grateful goodbyes, generous love, and a family member singing her into heaven with the hymns of her Presbyterian faith.

She loved her community of Black Mountain and grew up in large part at Ager's Acres (now Cheshire Village) on Route 9. She loved to discuss current events and anything else that continued to challenge her mind and heart well into her 90s. She also made sure her extended Ager family made time for each other, and they often stayed in her Fairview home. At an early age, she understood the importance of taking care of our environment and was a faithful advocate for the natural world throughout her lifetime.



Claude Taylor

Claude Ferguson Taylor passed away on November 5, which was his 84th birthday. A Buncombe County native, Claude was a son of the late Claude and Nell Taylor. He was preceded in death by his wife, Priscilla Morris Taylor, who passed in 2004.

Taylor was a graduate of Lee H. Edwards High School and of Asheville-Biltmore College. He owned and operated Claude Taylor's Used Cars for many years and was renowned for his skill in restoring classic Fords.



Celebrating Fairview's Newest Eagle Scout



The family of Jay Tatham, a student at AC Reynolds High School and a member of Scout Troop 75 in Fairview, is proud to announce that he has earned the rank of Eagle Scout. He earned 33 merit badges and continues to be active with the troop. Well done, Jay!

CHRISTMAS SERVICES

FAIRVIEW BAPTIST CHURCH

32 Church Road, Fairview

Facebook Live and regular Sunday worship services throughout December. 11 am. CDC guidelines, temperature checks and mask regulations will continue.

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Saturday, December 19

Old-fashioned candlelight service 5 pm

Dress warmly and wear a mask. Candles will be provided.

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Sunday, December 23

Candle and carol service 6 or 7:30 pm

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SERVICE SCHEDULE

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

WEDNESDAYS
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Consider These Year-end Financial Moves

We're nearing the end of 2020—and for many of us, it will be a relief to turn the calendar page on this challenging year. However, we've still got a few weeks left, which means you have time to make some year-end financial moves that may work in your favor.

Here are a few suggestions.

Add to Your IRA

For the 2020 tax year, you can put in up to \$6,000 to your traditional or Roth IRA, or \$7,000 if you're 50 or older. If you haven't reached this limit, consider adding some money. You actually have until April 15, 2021, to contribute to your IRA for 2020, but the sooner you put the money in, the quicker it can go to work for you. Plus, if you have to pay taxes in April, you'll be less likely to contribute to your IRA then.

Make an extra 401(k) payment

If it's allowed by your employer, put in a little extra to your 401(k) or similar retirement plan. And if your salary goes up next year, increase your regular contributions.

See Your Tax Advisor

It's possible that you could improve your tax situation by making some investment-related moves. For example, if you sold some investments whose value has increased, you could incur capital gains taxes. To offset these gains, you

could sell other investments that have lost value, assuming these investments are no longer essential to your financial strategy. Your tax advisor can evaluate this type of move, along with others, to determine those that may be appropriate for your situation.

Review Your Investment Mix

As you consider your portfolio, think about the events of these past 12 months and how you responded to them. When COVID-19 hit early in the year, and the financial markets plunged, did you find yourself worrying constantly about the losses you were taking, even though they were just on "paper" at that point? Did you even sell investments to "cut your losses" without waiting for a market recovery? If so, you might want to consult with a financial professional to determine if your investment mix is still appropriate for your goals and risk tolerance, or if you need to make some changes.

Evaluate Your Need for Retirement Plan Withdrawals

If you are 72 or older, you must start taking withdrawals—technically called required minimum distributions, or RMDs—from your traditional IRA and your 401(k) or similar retirement plan. Typically, you must take these RMDs by December 31 every year. However, the Coronavirus Aid,

Relief, and Economic Stimulus (CARES) Act suspended, or waived, all RMDs due in 2020. If you're in this age group, but you don't need the money, you can let your retirement accounts continue growing on a tax-deferred basis.

Think about the Future

Are you saving enough for your children's college education? Are you still on track toward the retirement lifestyle you've envisioned? Or have your retirement plans changed as a result of the pandemic? All of these issues can affect your

investment strategies, so you'll want to think carefully about what decisions you may need to make.

Looking back—and ahead—can help you make the moves to end 2020 on a positive note and start 2021 on the right foot.



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

OCTOBER FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	10	375,000	74,000	149,670
Homes Sold	23	862,500	115,000	448,332
Land Listed	6	375,000	74,000	140,500
Land Sold	15	399,000	15,000	207,000

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 An Election

Our citizens voted like never before: by mail, at early sites and on election day. Despite all the rancor and division, that fact is worth celebrating. However, voting for people you mostly don't know can be unsatisfying. We worry that our opinions are based on a superficial understanding of the issues. Political advertising is manipulative, looking for some nerve to press to get us motivated. Our personal identities get caught up in all of the political branding going on. In America, we just spent \$14 billion on the 2020 election, and I am hard pressed to think of a bigger waste of money.

All that being said, I am once again honored to be returning to Raleigh in January to represent House District 115. I want to thank my opponent Mark Crawford for holding my feet to the fire and look forward to representing those who voted for me and those who didn't. Our democracy at all levels is being tested, and it is the job of every elected official to do their job with the long-range goal of regaining the trust of the American people. We cannot long remain the beacon of democracy here at home and across the globe if government leadership does not retain the full faith of the voters.

Being a candidate in the time of COVID-19 was a strange experience. It is important to meet the voters in their

neighborhoods, at debates and knocking on doors. You learn first-hand about the local issues that are concerning people. I missed those face-to-face opportunities.

District Maps

The map for District 115 changed for the 2020 election. District 115 (and 114 and 116) was ordered to be redrawn by the NC Supreme Court, which declared the previous drawing a partisan gerrymander. My previous district lost much of north Buncombe and gained precincts toward Hendersonville Road and Biltmore Avenue, all the way into downtown Asheville. I had many more voters to introduce myself to without being able to meet them in community centers and neighborhoods.

The county commissioner districts were also redrawn. (Buncombe County is unique in drawing commission and state legislative districts that match.) Commissioner Jasmine Beach-Ferraro was moved into District 2, where she ran against Commissioner Anthony Penland from Swannanoa. He was appointed to replace Mike Fryar after his death. Amanda Edwards was elected in District 2 in 2018 and still represents the district, although she no longer lives in it. One of the primary tasks in Raleigh for the upcoming legislative session will be re-drawing new political districts for the state. I had hoped that this task would

be assigned to a non-partisan board to mitigate the gerrymandering, but that does not seem likely now. I do hope this process will prevent another decade of court litigation and that everyday citizens have a better chance of building a relationship with their elected officials, from the court house, to the statehouse and to Washington.

The COVID Crisis

COVID-19 dominated the election—not only in limiting campaigning but also as a policy problem. How can we slow down the virus spread long enough to get ahead of it with a vaccine? By almost any metric, the US has performed poorly. The death toll is trending up. And I dealt with this risk myself. After I was exposed, I tested (negative) and went into quarantine for two weeks. I was enrolled in the contract tracing program, which was thorough and included daily checks both by phone and email. I certainly did not want to die from this disease, but I also did not want to suffer in an intensive care unit or have someone I love deal with the guilt of having transmitted COVID-19 to me. The good news is that effective vaccines are on the horizon if we can just be vigilant a few months more.

We also need to revive our economy. There are too many people (barely) surviving on unemployment. There are too many students learning from home, and many are learning less. There are too many people without decent internet service for learning and for virtual medical

appointments. There are too many people delinquent in their car payments, mortgages and rents. Credit cards are being maxed out. One bright spot for our region will be the arrival of the Pratt & Whitney aeronautics manufacturing facility. If you are looking for a great job, plan on training in this field.

The US Congress needs to agree on another CARES Act appropriation to relieve so much of this financial stress. While the US debt is soaring, interest rates are low. When recovery arrives, we will need to pay down this borrowed money to keep our country fiscally strong. That will take political discipline.

On the state level, NC will face a huge budget shortfall in 2021. Most state revenue comes from sales taxes and income taxes, both of which will be diminished. The state can borrow money (by selling bonds), but each year by law our budget must balance. I had hoped we could expand Medicaid for the uninsured in NC and also that our state could begin to confront climate change. I will be working to help our small farmers make a decent living and look forward to helping constituents with their NC issues. My job is to serve you, and I thank you again for sending me back to Raleigh.



Rep. John Ager, District 115
North Carolina House of
Representatives. Contact him at
john.ager@ncleg.net or
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Health and Wellness Tips for the Holidays

The holidays can be a stressful time for many. It's been shown that stress and anxiety in all areas of life, including family, finance and health and wellness, seem to increase during this time of year. And if 2020 continues to perform as it has been, we can only imagine what the accumulation of this year will bring.

No matter how you approach or respond to what the season brings your way, it's good practice to prioritize your mental and physical wellness, especially this year. Below you'll find seven health and wellness tips to help keep you strong as you navigate the remainder of 2020.

Find calm in what you can control. The holidays will look different this year, but there's nothing you can do about that. Focus on what you can control, such as planning a small gathering (distanced or virtual, if need be), planning your menu or just planning your day with a to-do list. Practice mindfulness techniques such as meditation, prayer, journaling or even just getting out in nature to support your mental clarity, which is negatively affected by stress, uncertainty and isolation.

Make sleep a priority. Sleep restocks, restores and prepares the body, and not getting enough can negatively impact your body physiology, mood and weight. Did you know that sleep is also the most important thing you can do to improve your brain health? Try

establishing a calming wind-down routine and practice consistent sleep timing, including an uninterrupted eight to nine hours of time in bed.

Don't be hard on yourself. If you are trying to drop weight but succumb to a craving, it's not the end of the world. Understand that it happens to all of us, and don't beat yourself up. Self-induced stress and anxiety about food guilt negatively affects your metabolism and immune system, leading to easier weight gain. If you feel you've had a misstep, use it as motivation to strengthen new and improved habits; look at the misstep as an opportunity to re-confirm your decision to improve your health, simply because you want to.

Build resiliency. Research shows that resiliency (the ability to bounce back from challenges) helps to build immunity and



Holidays may look a lot different this year.

is something that can be developed. How? Experts say to identify a charismatic individual in your life who you admire and gives you joy or strength, and reconnect with them.

Keep moving. Or start moving at your own pace. Leading an active lifestyle is important to maintaining health and mental acuity.

But don't overdo it. Too much exercise can depress your immune system; it's important to understand your body's limits.

Review your intake. We all have different metabolisms, dietary needs and food preferences. Do you know what your body requires for optimal health? No matter your unique needs, consuming less sugar and eating real, whole foods is a great first step to feeling better if you're in a slump.

Tap into your support system. Your friends and family are likely going

through similar holiday stressors. Connect with them by talking through things and supporting one another's wellness. Never have we appreciated true human connection (in any form) more than now.

Enter into events with a plan. If you're still planning to attend some small gatherings this year and want to avoid the potential of overeating, consider some of these ideas. Avoid heading out on an empty stomach. Eat a snack before you go. It is much easier to pass on those holiday cookies when you're not hungry. Don't skip meals or count calories during the day. Forgoing food earlier in the day makes it much more likely that you will overdo it on portion sizes and sugary foods later in the day. Bring a snack. Keep a healthy, portable snack on hand so that you have a good option at all times.

No matter what, you deserve to feel good and to have the opportunity to cherish every little positive thing that comes your way. Cheers to you and your family's health this holiday season.



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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Lyle Boyd of Carolina Mobile Optics explained how to get glasses without needing a new eye test.

by Candi Yount

The November meeting was held at Steam Master Carpet & Upholstery Cleaning at 3082 Cane Creek Road in Fairview. Twenty people were in attendance, and each had the opportunity to introduce themselves and share any items of interest.

The meeting was jointly hosted by Steam Master and Carolina Mobile Optics. Daniel and Liz Bopp, of Steam Master, discussed the various services their company offers, from carpet, floor and upholstery cleaning to water damage restoration. Lyle and Juanita Boyd, of Carolina Mobile Optics, explained how their customers could have copies of eyeglasses, or new sunglasses, made from current prescriptions without the need for an eye test.

Meeting Updates

The November meeting was the last FBA member meeting of 2020. We ended the

year with 108 members, and we look forward to growing membership even more next year. The next meeting will take place in February 2021. Check the FBA website or Facebook for future locations and dates.

Holiday Party

Next month, we have tentative plans for a three-day holiday gathering from December 8–10 that will take place at Turgua Brewing at 3131 Cane Creek Road. All FBA businesses who attend will receive four tickets to purchase drinks. The FBA will also provide snacks for members. Due to changing COVID regulations, please look for FBA emails or check the FBA website and the Facebook page in the weeks leading up to the gathering for more information.

Candi Yount is the secretary of the FBA.

BUSINESS BRIEFS



Fairview now has a cidery! **Barn Door Ciderworks**, at 23 Lytle Road in Fletcher, is now open for business. They make heritage cider at their site, with no added sugar, juices or concentrates. After gathering from local orchards, foraging wild apples and picking from friends' yards, they press the apples and move the juice directly into barrels for aging.

The owners converted a one-bedroom apartment into a tasting room and a two-car garage into a production facility. In addition to the beverages, they have light fare, including sandwiches, small bites and desserts. Hours are Thursday and Friday, 4–8 pm; Saturday, 3–8 pm; and Sunday, 2–6 pm. For more information, find them on Facebook (@BarnDoorCW), visit their website at barndoorcw.com or call them at 484-1586.

We all scream for ice cream—even when it's cold. Barbara and Bob Borgerson, owners of **Hilltop Ice Cream Shop**, got many requests to stay open during the winter, and so they decided to open one day a week until spring. You can get your ice cream fix on Sundays from 2–6 pm. 520 Old Highway 74, Fairview.

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A&R Specialists—Car Detailing	708-3718	Cane Creek Asparagus	628-1601
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Rainbow International	333-6996	Newspapers	
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Advanced Education Tutor	628-2232	Elena the Groomer	628-4375
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Tammy Murphy Agency	299-4522	Fairview Animal Hospital	628-3557
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A Collective Effort to Meet Challenges

There are not many ways to soften the challenges we all have faced in 2020.

It has been a hard year. Local and national hunger relief and food justice efforts have seen food insecurity and other forms of hunger increase severalfold. Hunger is seldom a temporary issue. Root Cause Farm (RCF) is deeply invested in understanding and disrupting the harmful systems and mindsets that keep hunger persistent. Throughout our growing operations, intern programs, volunteer initiatives, online impact and cooperation in the food relief community in WNC, we are committed to addressing the thorniest questions about hunger—physical hunger, as well as mental, spiritual, emotional and communal hunger. As a non-profit organization that gains its strength from community, we want to share with you the

power and impact of our collective efforts.

With your help this year we were able to share over 50 different varieties of fruits, vegetables and herbs with an average of 200 families per week. We also supported home gardeners by redistributing over 13,000 plant starts thanks to the generosity of Banner Greenhouses and Flying Cloud Farm. Especially this season, with a shift in how we engage with volunteers, our interns made the growing, tending and distribution of crops more effective, caring and realized.

This year we trained, challenged and nourished nine interns: one full-season intern, Hayley; four summer interns, Hannah, Sasha, Julia and Oksana; one high school food fellow, Lena; one Warren Wilson College Bonner student, Fran; one Warren Wilson College PEG



student, Max; and one non-school affiliated fall intern, Gabe. Their unified support gave the garden an additional 1,700 hours of tending. If you haven't had the chance to read it yet, Julia wrote a reflection about the internship experience that was published as last month's article. Together, with volunteer and donor support, they made the garden a more thriving and nurturing place.

We maintained operations with safe considerations for the risk of COVID-19, which greatly impacted our volunteer programs and educational initiatives. Despite the delay in having volunteers join us this season, we welcomed over 105 individuals who gave a total of over 675 hours. While this was significantly lower than a typical year for us, we were immensely grateful for those who were able to volunteer this year.

Even though many couldn't join us physically, we kept in touch with folks through our online engagement. This year, we interacted with an average of 600

profiles on a weekly basis. We were able to share resources, talk about changing the narratives of our food system, and hold space for the challenges and nuances of this year. Much of the content we shared on our social media was informed by other food relief and justice organizations.

In 2020, our cooperation in the food relief community of Asheville and beyond increased. We worked with many community partnerships to distribute our produce, including Food for Fairview, Bounty & Soul, BeLoved, Asheville Survival Program, 12 Baskets, and the Deaverview Neighborhood. We also had several neighbors and farming friends donate their produce to us for redistribution, increasing our collective impact. We continue to be a part of the leadership of the Gardens That Give Network and a member of the Western North Carolina Food Justice Network, which is looking at long-term solutions for creating a just and sustainable food system in WNC.

While this season was a whirlwind, we experienced much joy and momentum in the garden. Working together, RCF will remain strong in service of community, hope and nourishment through the struggles of 2020 and beyond. It is with your generosity that we can reflect and plan for another season, navigating the unknowns while supporting a continuous need for food. Your support makes this possible and we are grateful. To donate, visit rootcausefarm.org/give.

Root Cause Farm End-of-Season Fundraiser Until December 7

Root Cause Farm will hold a fundraiser to celebrate the end of the growing season and community solutions to hunger. Prizes will include getaways, dining experiences and wine tastings.

For more information or to donate, you can go to rootcausefarm.org or call Emily Brotherton at 276-1156, extension 3. You may also mail a check to Root Cause Farm, PO Box 271, Fairview, NC 28730.



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Growing Your Own Wild Mushrooms

What if you could walk out your front door and harvest a basket of earthy, fresh and succulent shiitake mushrooms from under the maple tree near your kitchen garden? Perhaps you'd enjoy a short stroll along your garden path covered in wood chips and fill another basket with the delicious burgundy wine cap mushrooms that pop up everywhere in the mulch?

Growing wild mushrooms on your own land is a pure delight—easy, fun and rewarding. Cultivating mushrooms at home requires preparation and planning. Many of the native wild mushrooms I cherish, such as morels and chanterelles, are not amenable to growing outside their wild domains. Even though there are many reports claiming success with morels, I haven't met with anyone who has achieved home harvests. However, there are many mushrooms that can be cultivated at home.

"Early autumn is a great time to prepare ahead and mark hardwood trees that will be cut later in the season for inoculation," says Ken Crouse, a regional expert in wild and cultivated mushroom who lives in Wilkes County. October to March provides an ideal window for harvesting fresh trees as they have the highest sugar content, which provides abundant food for the mushroom spawn to grow on."

We expanded our mini-farm gardens a few years ago by including winter and

summer shiitakes, wine caps, oyster mushrooms and lion's mane. And we added black and red reishi logs, inoculated this year thanks to an all-day workshop by Greg Carter at Deep Woods Mushrooms, a fungiculture farm and education center in Mills River.

Carter is a master teacher and a human dynamo. With his bushy beard, twinkly eyes and booming voice, he is a man on a mission, and his joy, energy and passion for mushrooms are contagious. He gave us a tour of his mushroom farm, which provides chefs and farmer's markets throughout our region with a bounty of delectable shiitakes.

Dozens of huge, stacked cubicles store logs inoculated with shiitakes. Carter harvests up to 75 pounds a week. Paths are lined with living landscape timbers and borders made of logs inoculated with shiitakes or reishis. "These landscape borders literally bloom with gorgeous, edible and medicinal mushrooms throughout the growing season, providing beauty to your woodland gardens and a bounty for your table" said Carter.

What a brilliant and novel idea for a garden or walkway border.

In a one-day class, our group learned the art and science of growing our own mushrooms. We began by melting food-grade organic wax in pots. Next, fresh hardwood logs were provided, and our job was to drill tiny holes into the logs, carefully spacing them about 4 to 6 inches apart.

We then gathered around small tubs of "mushroom spawn," and using the tools of the trade, we filled each hole with living spawn, then painted melted wax on the pregnant logs and labeled them.

Carter also walked us through the inoculation process for the delicious oyster mushroom, and we finished the day inoculating logs to grow two prized medicinal mushrooms: reishi, "the mushroom of immortality," and lion's mane. At the end of the day, we came home with a carload of mushroom logs and instructions for growing these delicacies in our own backyard.

This year, we had nearly eight pounds of shiitakes from our logs and several baskets of beautiful wine cap mushrooms that simply sprouted in the woodchips spread all over our gardens. How easy is that!

Growing mushrooms takes time and patience. If you want to learn the art of mushroom cultivation, Deep Woods Mushrooms is the perfect training ground. Greg provides the tools, supplies and, most importantly, the wisdom of a master mushroom farmer. And if you need great entertainment and education, consider watching "Fantastic Fungi," an amazing film that will open up a whole frontier within your psyche regarding the amazing world of fungi in our lives and on our planet.



Contact Roger at
rogerklinger@charter.net

Greg's Maple Sumac Salmon with Shiitake Mushrooms



Ingredients

1 lb. wild Alaskan salmon
1/2 lb. sliced shiitake mushrooms
1/3 cup maple syrup
2 teaspoons ground sumac
2 oz. fresh oregano
2 oz. fresh thyme
3 large cloves garlic, minced
4 tablespoons olive oil
1/2 teaspoon sea salt
additional salt to taste

Method

1. Mix minced garlic, 1 oz. oregano, 1 oz. thyme, 2T olive oil, 1/3 cup maple syrup, 1/2 t. sea salt and ground sumac. Split into two portions.
2. Cut salmon into four pieces and coat with half the herbs and oil. Place flesh side down in baking dish and marinate in fridge for 30 minutes.
3. Preheat oven to 400 degrees.
4. Toss sliced shiitakes with remaining thyme, oregano, olive oil, garlic and a pinch of salt. Lay mushrooms in the bottom of the baking dish and place salmon, skin side down, on top of mushrooms.
5. Bake for 20 minutes.

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Check Your Privacy Settings

After recent operating system upgrades, it's time to check your smartphone's privacy settings. On an iPhone, go to Settings, then Privacy; on an Android, if you are running system 11, go to Privacy (but your phone vendor may have modified this location). If you find Permission Manager, you'll find everything bundled together there. Decide whether apps need your location info and which apps should have camera and microphone access. Also check whether Bluetooth is on all the time and if apps are allowed to refresh in the background.

People with Android phones that are four years old (and older) may have problems with quite a few website secure connection certificates after September 2021. If your phone has Android 7.1.1 or lower, you might want to install and use Firefox web browser instead of the built-in browser. To check your Android version, go to System, then About Phone; or you might find it under Settings, then near the bottom tap on System, Advanced, System Update.

Adobe Flash will be dead by the end of this year. Look for and remove Adobe Flash players. There is also a Microsoft Update that came out at the end of October that should take it off your PC (KB 4577586). Mac users should also uninstall Flash Player. And remember that any website asking you to update your

Flash player is likely lying—don't do it. You can find more general information at get.adobe.com/flashplayer.

There are an increasing number of services offering "dark web scans" to see if your personal and financial information is available on the part of the internet comprised of websites not indexed or found on many search engines. Instead of using these services, you should try to limit the usefulness of that data to someone else if your personal information is leaked. Your best protection is to take basic security steps: use unique passwords and a password manager, learn how to use two-factor authentication, utilize credit freezes, and cancel old credit cards.

Microsoft will soon start force upgrading Windows 10 1903 to Windows 10 1909 to keep computers protected from security threats after this version reaches its end of service next month. Find your version by going to the box down by the Windows icon (lower left corner of the screen), typing "winver" and clicking on the first result. A window labeled "About Windows" will open and list your version number.



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

Serving 100 Thanksgiving Meals

The pantry continues to operate in a modified method during the pandemic. The clients of the pantry are no longer shopping the pantry themselves. They are driving up between 3 and 6 pm on Monday to pick up pre-packed boxes of pantry items prepared by the volunteers. This year, there have been 2,185 visits to the pantry, which affects a total 7,948 people in the client households.

Since March of this year, 56 new households have signed up at the pantry. Over the past two weeks, we've had 129 in-person visits, which affects 586 household members and includes 126 children under the age of 18.

In late October, the pantry always asks the visiting clients if they are interested in getting a turkey and fixings for a traditional Thanksgiving meal, and the majority sign up. This year, the pantry is preparing to distribute 100 turkeys and meals. The turkeys alone cost approximately \$2,500. These funds were raised by generous residents of Arden, Asheville, Black Mountain, Fairview and Fletcher during our fall fundraiser.

The pantry also has a spring fundraising drive, which helps provide school supplies to the clients' school-aged children. The pantry manager finds items that are grade appropriate, and those supplies are bundled by grade for

the clients who have signed up.

I want to thank all the volunteers who are there on Monday afternoons and Tuesday mornings donating their time, as well as the people who donate items at the pantry's two collection locations. We received an additional boost when two different churches brought in dry goods and financial donations last month. I also want to thank the person who has been consistently donating baby food.

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

How You Can Help

The donation of non-perishable canned goods and food staples in good condition within the expiration date is always appreciated. Produce from local gardens, diapers, baby food, paper products, canned and dry pet food and hygiene items are also welcome. The pantry has two locations along 74A (Charlotte Highway) to collect nonperishable items: Americare Pharmacy at 1185 Charlotte Highway and First Bank at 5 Olde Eastwood Boulevard.



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A Fork in the Road

Every year as we approach the Annual Enrollment Period (AEP), Medicare Advantage plan owners ask me whether they would be better off with a Medicare supplement. There isn't a cut-and-dried answer. I ask them what gives them the most peace of mind—lower cost or better benefits? Inherently, all insurance is simply a vehicle to buy peace of mind. Are benefits the most important thing to you and are you willing and able to pay more for them? Or is your peace of mind more determined by the lowest premiums with fewer considerations about benefits? Of course, everybody wants more for their money, and finding that compromise can be the biggest challenge.

The Scoop on MOOP

Medicare Advantage plans are built around the “pay as you go” concept, using cost-sharing features such as copays, coinsurances and deductibles to achieve a minimal premium. They also feature a maximum out of pocket (MOOP) to cap your annual exposure to cost-sharing expenses in the case of a catastrophic health event.

Once you reach the MOOP (not to be confused with a deductible), the company pays all remaining expenses for the rest of the year. I've seen the MOOP be anywhere from \$3,200 to \$10,000 in these

plans. In my opinion, the MOOP is the key measure for peace of mind that an insurance plan can provide. Insure for the worst, and hope for the best.

What's up with Medsup?

On the other side, Medicare supplements have the best benefits; you'll pay upfront premiums to experience fewer or no bills down the line. A Medicare supplement (Medsup) premium (plus any deductible) essentially is the MOOP. For example, a \$1,200 annual Plan G premium + \$198 annual doctor's deductible = \$1,398 MOOP. And don't forget the prescription plan premiums and cost shares. If you tally up the total cost for Advantage plan premiums and all medical and prescription cost sharing, does it exceed the combined cost of Medsup and prescription plan premiums and deductibles?

With a Medsup, you're paying for benefits you may not use. With a Medicare Advantage plan, you pay only for the benefits used in exchange for a much lower premium.

Which one will give you the most peace of mind?



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

FES TEACHERS LEARN TO KEEP CHANGING

continued from page 19

FES, also enjoys seeing her students' faces on Zoom and feels as if she has been able to build a great classroom community, even though all her students are virtual learners. She said that the families of her students have been very involved, and she feels like she has some deeper connection with the families of her all-virtual classroom than with some in-person learners. “Parents have been very positive with their feedback on how we are teaching and are able to help their kids know and understand what is expected of them,” she said.

She said many of her students can learn with fewer distractions when they have dedicated workspaces set up at home.

Caitlin Sullivan, another kindergarten teacher who teaches hybrid learners, misses having her whole class together every day, but she has enjoyed having smaller groups because she is better able to target their needs. “Our top priority is always each student's well-being, growth, and success,” she said. Right now, that requires a different way of thinking, but every teacher at FES is focused on making this a great year for all.

Aside from the curriculum, teachers are also supporting students' social and emotional needs. After fifth grade teacher Emily Fagan's students log on each morning, they say their hellos and practice a special wave; then they spend 10 minutes sharing stories about the evening before or even fun things that may have started their day. “They build friendships by encouraging each other and

asking questions, and everyone becomes engaged and ready to learn,” said Fagan, who teaches all-virtual classes.

While families are now in a routine, staff and teachers do understand that all family situations are different and have shown grace in those circumstances. First grade all-virtual teacher Megan Fulkerson said, “We are all in this together. Administration, staff, teachers, and families all want the same thing: for our students to succeed.” While Fulkerson does miss some of the casual conversations you can have with first graders in a classroom setting, she enjoys being part of her students' homelife, meeting their pets, and saying hello to parents and grandparents. “You can see how much trust these families put in us as teachers, and it's very inspiring,” she said.

Fulkerson uses a program called Seesaw to assign work. Once students submit completed assignments, she can offer feedback with text or a voice recording. It helps her stay connected throughout the lesson.

This year has not been easy, but FES administration, staff and teachers are determined to make it great. We remind kids how to properly wear a mask and to practice social distancing. We've adjusted to eating lunch in classrooms and riding the bus in a new way. We've even perfected taking hundreds of students' temperatures each morning. We're happy to do what's necessary to ensure our students stay healthy, learn a lot, and have a little fun along the way.

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