



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

JANUARY 2021 VOL. 25, No. 1

FAIRVIEW, NC

fairviewtowncrier.com



INSIDE

Finding Blyss in the Mountains p10-11 // Woodturners of Fairview p16-17 // New County Commissioner p25

Letter from the Editor

I had a lot to look forward to at the beginning of 2020. Celebrating my mom's 91st birthday in March at her Greensboro senior facility. A regular get-together with college friends at the end of April. Summertime road trips with my wife in our camper van. But none of that happened.



We all had to get used to a new world. And some of you suffered directly or had your family and friends affected. But

some things never changed—Fairview families adapted, and the Fairview community came together to help others. My job is to report good news in Fairview, and I was extra grateful to be able to do that in 2020.

So, thank you. To our regular columnists for continuing to share their perspectives. To our advertisers for

continuing to support our mission. To our labeling volunteers for getting the paper out on time. To those who donated to the *Crier*. (We are a nonprofit and rely on public support to ensure, among other things, that we can mail the paper for free every month.) And thank you to all of our wonderful readers. Stay safe and stay in touch. Happy new year!

You may also notice that the *Crier* has a new look this month. Our art director, Lisa Witler, decided the start of a new year was a good time for a design refresh. I think it looks great and hope you do, too.

Clark

Clark Aycock, Managing Editor
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call or text 828-771-6983



Calling All A.C. Reynolds HS Football Alumni



What do ACRHS football coaches do when they aren't coaching? They think of a different way to bring players together. And that's just what coach Buck Buchanan and head coach Shane Laws did. Announcing the creation of the ACRHS Football Alumni Association!

If you (or a family member) played football for A.C. Reynolds High any time over the last 60 years (1956 to 2016), the coaches hoping to hear from you. Email coach Buck at coachbuck212@gmail.com or text/call 828-231-2591, or email coach Laws at Brandon.laws@bcsemail.org with your full name

and year of graduation or seasons played. Membership will renew the brotherhood you shared on the field, keep you updated on Rockets' activities, and ensure a successful future for the program.

Check the February issue for more information as plans for the Rockets Football Alumni Association develop.



Congrats to Lucien, Candy Cane Counting Champ!

Last month, we hid candy canes throughout the issue and asked readers to find as many as they could. Almost 50 readers took up the challenge, but only a few found them all.

There were 25 candy canes, and our winner was Lucien Groleau, who has very sharp eyes for a 5-year-old! Thanks to his family, including his grandmother Patricia Hormell, for helping us get a photo of the proud winner. Congrats, Lucien!

As promised, we were very sneaky with the hidden locations of the candy canes. Some were very small! If you would like to see a video showing all the locations, go to fairviewtowncrier.com/links.



Joy Fest Taking on a New Life

We believe 2021 will be filled with hope and with families, churches, schools and communities once again able to mingle and share life up close in person. And while we will have all been touched with loss of some kind, we also believe the year will be filled with joy!

Joy Fest, originally planned for December, may have been postponed, but it has also had time to grow. Joy Fest 2021 will bring together Santa, Cupid, St. Patrick, and the Easter Bunny to share and spread joy through singing, games, bonfires, candy canes and cookies, hot cocoa and cider, and whatever else we can pull in. Stay

tuned and keep spreading joy.

We hope you got to see the lighted snowflakes hanging high on the side of the Fairview Community Center building.

They were a symbol of joy and hope throughout the month of December. Thanks to our sponsors, the snowflakes will be put up every year, with even more added each time.

Thank you to sponsors Lucie Lasnier of Mountain View Healing Hands, Taylor and Leah Howard of H & H Distillery, Nathan and Robin Ramsey of Ramsey Dairy Farm, Linda Thompson and the McAbee Cove neighbors, and Sandie Rhodes of *The Fairview Town Crier*.



Inspired by Burns, Again

Monday, January 18 7:00 pm

Just a week before Robert Burns' birthday, the Town Crier and Tom Milroy return with another live program of song and verse to honor the poet.

Tom will be joined by other WNC residents, including Daniel Shearin of the band River Whyless, David Hamilton, Janna Perkinson, Bobbi Pell and Lily Clarke. And several Scots will join us live, including Hugh Farrell, chairman of the Friends of Robert Burns Birthplace Museum in Alloway, Scotland.

The theme of the event—"Landscape"—will be highlighted with photos of our beautiful landscapes taken by Fairview's Dana Irwin throughout the performance.

Visit fairviewtowncrier.com/links to find the registration link, as well as a link to the August 2020 article that inspired this series. Note: This is not a Burns Supper.

The Fairview Town Crier
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COMMUNITY EVENTS & UPDATES

JANUARY 5 (TUESDAY)

Prostate Cancer Support Group

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

JANUARY 11 (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.

UPDATES

Christmas Trees for Goats

If your tree is still up or if you've taken it down but don't know what to do with it, some local goats will take care of it for you. Sheila Jenkins's Nigerian Dwarf goats love to eat Christmas trees. The drop spot is across the street from the towing and repair shop at 737 Old Fort Road, next to the brown dumpster in the parking lot. No trees with tinsel or fake snow.

Council on Aging

Spring Mountain Community Center welcomes Cory Reavis to our area as the new Council on Aging field representative serving seniors and their caregivers. You can visit with Cory in the lower-level meeting room at Spring Mountain Community Center, 807 Old Fort Road, from 9 am–12

pm and 1–4 pm on Tuesday, Wednesday and Friday. You can also reach him at 470-8140. See the ad from the Council on Aging on page 13.

Garren Creek FD Nut Sale

The Garren Creek Fire Department Auxiliary is still selling nuts. 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.

GriefShare at Trinity

Get help surviving the holidays with a support group that meets on Thursdays from January 14 to April 8 at 6 pm. Register at trinityoffairview.com. Trinity of Fairview, 646 Concord Rd., Fairview.

Hickory Nut Gap Farm

The farm store at Hickory Nut Gap Farm is still closed to the public. But you can still order online for pickup. Starting in January, the weekly pickup schedule will be Thursday to Saturday from 12 to 6 pm. hickorynutgap.com.



NC Arboretum

The Arboretum's ecoEXPLORE initiative launched its Ornithology Season last month.

It offers families fun, educational activities they can safely do in their own backyards. To earn the Ornithology Field Badge, all ecoEXPLORERS must complete the Core Ornithology Challenge and pick three out of the four challenges listed on the initiative's website, ecoexplore.net.

Woof in the Woods Classes

Basic Obedience/Manners: 7-week class for dogs 4–5 months and older starting

1/10 (3 pm), 1/17 (1 pm), 1/19 (1 pm) and 1/28 (6 pm).

Intermediate: 7-week class (Basic Obedience a prerequisite) starting 1/10 (5 pm)
Puppy Class: 6-week class for puppies 10–14 weeks of age starting 1/12 (5:30 pm)
Advanced: 4-week class starting 1/24 (11:30 am)

For information, call 222-2222 or go to woofinthewoods.com.
1451 Charlotte Hwy., Fairview.

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.

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email editor@fairviewtowncrier.com. For staff directory, contacts and additional information, please see page 31.



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SPECTACULAR VIEW! Private five acres, five minutes to Asheville! OWNER SERIOUS! MAKE OFFER! **\$250,000 MLS# 3639855**. Owner/Broker.



4,600 SF, 1.4 acres \$375,000, 7,600 SF, 1.4 acres \$575,000, Both **COMMERCIAL BUILDINGS ON 2.87 LEVEL ACRES \$875,000! MLS#3597595** OWNER SERIOUS!

UPDATES

Winter Reading Challenge

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

If you haven't already, 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!

PROGRAMS

Watercolor Classes with Nate Barton



January 16
2-4:30 pm
Create a watercolor landscape painting of the beautiful

mountains where we live in an afternoon. No experience necessary. Please join artist and art teacher Barton for a virtual class, when he will walk you through the

processes needed to make a small painting of the sun setting on our mountains. You will come away with a finished piece similar to the one pictured.

Nate Barton has worked with watercolors for more than 20 years. He has made and sold art in Asheville for the past 8 years and taught for 16. You can see more of his work at natebartonworks.com or on Instagram @etannotrab. The class is limited to 10 people. Registration is required. You must register by January 12 if you would like to attend. Call the library at 828-250-6484 or email jaime.mcdowell@buncombecounty.org to register.

A small supply list will be sent to each student. A limited amount of supplies can be provided by the Friends of Fairview Library if needed.

Evening Book Club

January 19 at 7 pm

On Zoom, we'll be reading and discussing *The Dutch House* by Ann Patchett.

"A 1920s mansion worms into the lives of the broken family that occupies it in another masterly novel from Patchett...a thoughtful, compassionate exploration of obsession and forgiveness, what people acquire, keep, lose or give away, and what they leave behind" (*Publishers Weekly*).

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.

PROGRAM

My Big Bad Idea: Trying to Canoe the Grand Canyon

● Tuesday, January 12, 7 pm

Join Fairview's Pat Stone for an online storytelling event as he spins the frightening, hair-raising, funny (sometimes) and totally spellbinding tale of the time he tried to paddle a canoe down the Colorado River in the glorious, mile-deep Grand Canyon. Fourteen days, 248 miles and 96 major rapids—all in the most awe-inspiring spectacle in the contiguous 48 states. Pat will take you through the experience so convincingly that you'll feel like you were there and, afterward, you'll be relieved that you weren't.

You'll learn a lot about the weird but wonderful outdoor sport of whitewater paddling, pick up surprising natural lore (such as the reason creeks run better after the trees lose their leaves) and gain insights into classic local runs like the Rocky Broad (that bony roadside rock jumble right down in Chimney Rock).

You must register to attend this event. The registration link can be found at fairviewtowncrier.com/links.



Future Book Club Titles

February—*Where the Crawdads Sing*

March—*Pride of Baghdad*

April—*On the Plain of Snakes*

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

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61K miles! 5.4 V8, A/C, AM-FM CD player, and tilt wheel

One owner!

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**2013 CHEVROLET K3500
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83K miles! 6.0 V8, Leer fiber-glass topper, tilt wheel, cruise control and more

One owner!

\$29,995



**2012 FORD F350 SD
4x4 9' KUV**

78K miles! Knapheide service bed, 6.2 V8, tilt wheel, tow pkg

One owner!

\$36,995



**2012 CHEVY EXPRESS
G1500 LS 8 PASSENGER VAN**

75K miles! 5.3 V8, automatic transmission, front & rear A/C and more

One owner!

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Our Hometown Guarantee
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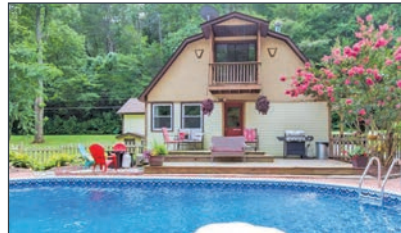
Sophia Underwood



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**



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



2 gently rolling acres in Buffalo Creek subdivision. City water, nat gas, power in place & 4bd septic permit on file. Cool Mountain Construction is approved builder with many plans to choose from or bring your own. Land/home pkg **\$650K**

LAND FOR SALE

To see all our land listings visit
coolmountainrealty.com

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. **\$120K** 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 Mtn! 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	\$69,000
LOT 9 0.521	\$63,000

+ ALMOST 1/2 ACRE OF GREEN SPACE!

VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8



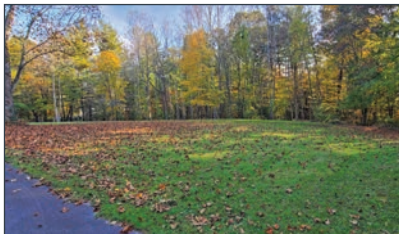
4.39 acres, private park-like setting. 4 BR suites (2 up/2 down), stone FP in LR; tile FP in fam rm. Bonus rm w/ sauna & office. Lg eat-in kitch opens to fml dining rm. Creek w/ waterfalls, private pond-site. Grand priv estate w/ so much potential! Call Allen Helmick (828) 329-8400 **\$394,500**



NEW LISTING
A TRUE OUTDOORSMANS PARADISE 2BD/1BA Charming & Secluded cabin. Live off the land, chicken coop, smokehouse, vertical herb garden & raised. Lg variety of fruit trees and berries. **\$279K**. Call Jenny 828-628-3088.



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**



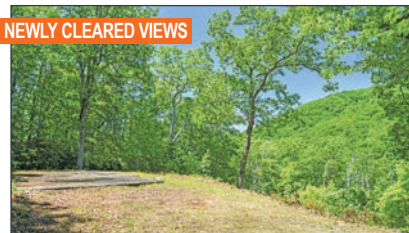
An incredible piece of level to rolling property to build your dream home. Small quaint subdivision of nice homes located in the Brush Creek and Cane Creek Valley area. Only 5 lots in total Call our office (828) 628-3088.



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**



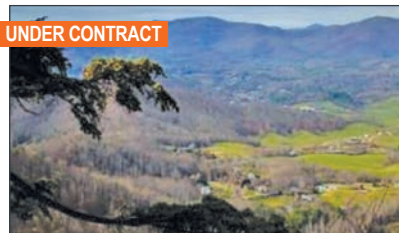
LAKEFRONT
2.5 acres, mostly level. Cannot be divided, septic eval on file. Property at end of paved cul-de-sac in restricted development. Equestrian estate on other side of lake. No HOA fees. Karen Cernek (828) 216.3998. **\$100K**



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**



UNDER CONTRACT 1 DAY
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 agrihood subdivision in the heart of Fairview. Many Plans available. **\$450,000**



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



NEW PROPOSED BUILD
3 BR modern farmhouse plan. Incredible view from lot in heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy & interstate. Lot in cul-de-sac perfect for single-family home. City water, lots of extras. Call Jenny Brunet 828.628.3088 **\$650,000**

152 Families Living in Fairview in 1860, Part 3

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 by state abbreviation.

103. Lankford, William, 35; Amanda, 30 (SC); Harvey, 12; Sarah, 8; Dorgan, 6 f; John, 4; Helen, 2; Thomas, 10 months; Catherine Haeford, 18; William Spillers, 26 (SC).

104. Clayton, J.F., 41; Catherine, 33; John, 17; Marritt (Merritt), 14; Harriet, 12; Robert, 10; Elizabeth, 8; Laura, 4.

105. Lythe (Lytle), Thomas, 46; Nancy, 38; John, 13; Luisa (Louisa), 6; James, 11; Joster Justus, 19.

106. Young, Thomas, 26; Martha, 22; Marcus, 10 months; Joseph Clemons (Clements), 21.

107. Merrell, Abner, 31; Martha, 26; James B., 3; William, 2; Virgil, 4 months.

108. Bias, Thomas, 40; Mary, 40; William, 18; Henry, 15; Catherine, 13; James, 11; Mary, 7; Madison, 3 months; Catherine Ingle, 60.

109. Merrell, David, 34; Elizabeth, 24; William, 3; Marcus, 2; Rebecca Warson, 61.

110. Harris, John, 50; Lucinda, 40; Elizabeth, 16; James, 6.

111. Carlen (Carland), James, 25; Sarah, 24.

112. Whitaker, Lot, 45; Margaret (Pinkerton), 43; Nerma (Norma), 17; Franklin, 15; Susan, 10; Amanda, 3.

113. Padget, Wiley, 50; Vina, 43; Edmon (Edmond), 21; Mary, 17; Ellen, 15; Wm (William), 13; Elizabeth, 12; Nancy, 10; Caroline, 8; Wiley, 6; Vina, 4; Harriet, 2.

114. Edmonson (Edmundson), Mary, 49; Rose, 27; W.R., 24 m; Matilda, 20.

115. Stroup, Silas, 42; Susan (Harper), 47; Rufus, 19; Mariam, 18; Martha, 16; Sarah, 14; Sarepta, 12; William, 9; Samuel, 7; Susan, 2.

116. Clark, Thomas, 45; Abigail (Abigail), 41; Mary, 20; Martha, 13; Jane, 11; John, 8; Samantha, 6; Geo. (George), 4; Augustus, 2.

117. Garron (Garren), Joseph, 22; Malinda (Clayton), 19; Ellen, 1 month.

118. Garron (Garren), David, 59; Margaret (Whitaker), 53; A. Earwood, 24.

119. Souther, John, 40; Harriet, 39; Gilvan, 20; Gilliam, 18; Mary, 16; Rebecca, 14; Thomas, 12; Marantha, 10; John, 8; Alice, 6; William, 3; Harriett, 1.

120. Presley, John, 65; Harriet, 70 (SC).

121. Presley, Williamson, 25; Rebecca, 20; Calvana, 13; Andous, 12; Joseph, 11; Thomas, 6 months.

122. Presley, Jason, 22; Jane, 30; John, 7 months.

123. Williams, Joseph, 23; Sarah, 29; Laura, 11; Emily, 10; John, 8; Marcus, 5; Thomas, 2.

124. Penner, Nancy, 59; Mary, 24.

125. Tailer (Taylor), John, 39; Emily, 25; Malinda, 16; Mary, 10; Jarish, 13 f; Daniel, 8; William, 9; Sarah, 3; John, 3 months.

126. Shuford, Marcus, 22; Safrony (Sophronia), 22.

127. Frady, Ephraim, 52; Rebecca, 50; Nerva (Minerva), 29; Martha, 27; Silas, 23; John, 17.

128. Roberts, G., 29 m; Nancy, 23; Ida, 3; Bell, 1; James Alexander, 23; Ann Jones, 32; D.J. Beachband, 21 m; W. Thompson, 50 m; H. Brown, 21 m.

129. Willson, Pascal, 48 (SC); Sarah, 50 (VA); Joseph, 14; Jane, 12; Matilda, 9; Amanda, 7; Caroline Frady, 21.

130. Sumner, James, 39; Mary, 36; Rufus, 13; William, 12; David, 9; Elizabeth, 8; Whit, 6; Nerva (Manerva), 2.

131. Lints, Riley, 53; Luisa (Louisa), 20.

132. Reed, James B., 35; Eliza, 30; Marietta, 7; Louisa, 6; George, 2; Berry Mitchell, 35.

133. Creasman, Jesse, 53; Sarah, 53; William, 21; James, 16.

134. Underwood, Craton (Crayton), 40; Mary, 38; Francis, 19; Fanny, 11; John, 7; James, 2.

135. Hutson (Hudson), William, 27; Sarah, 22; John, 1.

136. Lints, Joseph, 52; Elizabeth, 60; J.A., 23 m; Fidila (Fidella), 20 m.

137. Kile (Kyle), John, 70; Sarah, 70; Nancy, 28; Rhody (Rhoda), 24; John, 21.

138. Ashley, Susan, 60 (SC); Tabitha, 32; Delian, 9; Jane, 4.

139. Fisher, Harrison, 30; Eliza, 25; Mary, 7; Sarah, 1.

140. Fisher, Squire, 35; Mary, 31; Samuel, 9; John, 7; William, 5; Martha, 4; Mary, 3; Julian, 1.

141. Penner (Pinner), Jane, 51; Benjamin, 20; Eliza, 18; Sampson, 18.

142. Penner (Pinner), A., 26 m; Cate (Kate) 17; Ida, 1.

143. Sumner, R., 35 m; Matilda, 26; Sarah, 9; Harriet, 8; Sarah, 6.

144. Presley, William, 46; Diana, 39; James, 24; George, 18; Lorenzo, 14; Daniel, 12; Sarah, 9; Mary, 6; Pinkney, 3; Matilda, 1.

145. Penner (Pinner), Jesse, 50 (SC); Sarah, 50; Safroney (Sophronia), 27; Riley, 22; John, 16; Ann, 11; Sarah, 9; Julia, 7.

146. Henderson, E., 30 m (SC); Debra (Debra), 21 (SC); Henry, 3.

147. Sumner, Jesse, 46; Roseller, 35; Mary, 18; Marcus, 14; Laura, 12; Jesse, 9; Julius, 7; John, 4.

148. Freeman, Peter, 60; Manerva, 30; George, 13; Napoleon, 11; Amanda, 7; Peter, 8; Thomas, 4.

149. Pressley, William, 60; Fanny, 44; Margaret, 21; John, 19; Salanda, 16 m; Frederick, 15; Nancy, 12; Martha, 9; Sarah, 5; Daniel, 1.

150. Ward, Enoch, 62 (VA); Isabel, 59; Sarah, 34; Margaret, 27; John, 23; Rebecca, 20; James, 18; Hannah Henderson, 66.

151. Johnston, A.H., 58 m; Mary, 54; W.F., 22 m; James A., 20; Nancy, 16; Harriet, 12.

152. Jones, Ransom, 56; Mary, 46; Mary, 26; Nancy, 22; Rachel, 18; Sarah, 15; Manerva, 13; William, 11.

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).



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Edward Reilly, DC

We Got Snow but Winter Should Be Milder

In January 1985, temperatures in WNC dropped to minus 17. I can almost guarantee that we won't be anywhere near that cold this month.

The weather pattern I've mentioned in several recent columns is resulting in more of a "La Nina" winter. That pattern usually means that there are two competing jet streams crossing the US—the first, out of the polar regions of northern Canada, and the second, a milder flow, bringing storms and milder air from the Pacific east and south. Occasionally these streams will merge, and a storm will form in the Gulf of Mexico or off the Carolina coast. So far this winter, these "northeasters"

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have brought snow to parts of the northeast and New England. As these storms pull away, we sometimes get a "dusting" of snow and strong winds. So far, though, we've gotten a westerly flow of milder air, and our temperatures have been quite moderate. I think this will continue, with milder air winning out a good deal of the time over the next several months.

The reason why January is typically the coldest month is that the North Pole has no direct sunlight from late November through mid-March. This absence of heat allows cold polar air to build across the Arctic and Siberia. This cold air occasionally spills southward, aided by the changing of the jet stream. The cold air mass slowly warms up as these regions start to get a little more sun each day, and each subsequent blast from the Arctic becomes less intense. For WNC, the period with the



Fairview is due for a good snowstorm. Be sure to take extra care on the roads.

coldest average high and low temperatures is between January 12 and 18, with a normal high of 46 and low of 26.

The average liquid precipitation for the Fairview area in January is around 4 inches. This is typically our snowiest month, with 4 to 5 inches received. Historically, we can get significant snows if the weather pattern is right, even into early April. We are also due for a "good snowstorm," so stay tuned—or better yet, keep looking outside.



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



QUESTION of the MONTH

Why does letting the water run keep pipes from bursting in cold weather?

WEATHER WONDER

What are some longer historical cold waves across WNC?

A cold wave (or cold snap or spell) is a weather phenomenon distinguished by a cooling of the air. It's defined by the US National Weather Service as a rapid fall in temperature within a 24-hour period requiring substantially increased protection to agriculture, industry, commerce and social activities. The precise criteria for a cold wave is determined by the rate at which the temperature falls and the minimum to which it falls. This minimum temperature is dependent on the geographical region and time of year.

One of the most intense arctic outbreaks of the 20th century occurred from January 18-22, 1985. Extremely cold temperatures affected every state east of the Rockies, with three new state record lows established: -34 at Mt. Mitchell, NC, -19° at Caesar's Head, SC, and -30° at Mountain Lake, VA. According to newspaper reports, at least 165 fatalities were attributed to the weather. The temperature in Asheville fell to -17 on January 21. The inauguration parade for President Reagan's second term was canceled because wind chills in Washington, DC brought temperatures down to -10. Florida's Secretary of Agriculture termed it the "freeze of the century," and the state's citrus industry suffered \$2.5 billion in losses.

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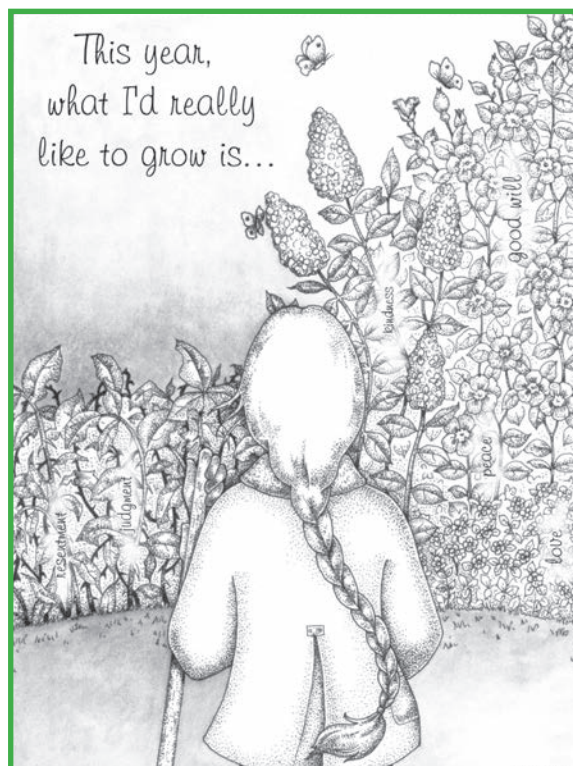
My New Year's Garden

By Lisbeth Ann Williams

MAs we grow older, New Year's Resolutions are apt to become more important to us. The accumulating years begin to press down upon us, bringing acute awareness of our mortality. So we reflect on the previous year's disappointments, consider those things that we have put off, and contemplate new possibilities—especially if we're gardeners. Indeed, once the Christmas decorations have been stored away and the seed catalogs start to arrive, I find myself starting to ponder . . .

I planted too much *anger* and *resentment* last year, so this year I will replace them with some *tolerance* and *patience*. I really could have used some more *enthusiasm*, too, so I will add a little extra this time and plant it next to the *hope*. I have always wanted to cultivate *laughter*, and I have the perfect spot right next to the *lighthearted expressions*.

Perhaps I should thin out the *tears*. I really don't need very many of those. And, you know, I never really liked the *frustration*—it's so invasive. I think I will replace it with *harmony*. I didn't care for that variety of *judgment*, either. It's casting a shadow over the *kindness*. It does



complement the *blame*, but the other plants that are near it are not doing well. I will move them both to that far corner, and be sure to keep them pruned back. I should probably move the *criticism* back there, as well.

A person could never have too much *peace*, so I will order twice as much this year. I will add a couple more varieties of *love* and put them right here in the front, so that I can smell their fragrance whenever I walk past them.

There. Now I can place my orders. This catalog says that if I place an order of \$20 or more, they will send me a free *good will* bush. It would look so pretty, tucked in between the *peace* and the *harmony*. Now if spring will just hurry up and arrive.

I'd better not wait, though. I will start these seeds right away. I'll begin them inside, to give them—and myself—a good start on the New Year.

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 Jennifer Blume

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Finding *Blyss* in the Mountains

How did a non-runner from Maryland end up starting a running apparel business in Fairview?

by Clark Aycock

Fairview is a place of many possibilities. There's space to open a new business or enjoy nature by yourself.

We have a four-lane highway but also many twisty, little roads. You can stick to the old ways, or if you want to try something new, you can find a new path for success.

Alyson Neel's journey started with a degree in fashion merchandising. She took a detour when she couldn't find exercise clothes she liked but got back on track via a small business course at Mountain Bizworks. With those steps behind her in 2015, Blyss Running was born here in Fairview.

Originally from Maryland, she was living in Washington, DC, with her husband in the mid '90s, but they wanted to relocate to a smaller town.

Her husband had spent his high school years in Asheville (graduating from Asheville High) and had a brother still living in the area. They came for a visit in 1996, "and that was it," Alyson said. "We went home and started making arrangements to move here, which we did later that year."

Her background is in fashion. She did fashion show production and visual merchandising in DC. After moving to Asheville, she worked in retail management for about a year before becoming a full-time mom. "I always dreamed of opening a women's clothing shop," she said, "but it conflicted with my desire to want to stay home with my kids while they were little."

Fast forward to 2005 when she was pregnant with her third child. A friend suggested they start a home decor business using the market booth spaces around Asheville so that their busy-mom schedules could stay flexible. That business was called Nest, and it featured new merchandise mixed with things found at flea markets.

Unexpected Development

When that business was winding down after five years, Alyson was entering her 40s and beginning to run. This was quite a development because, she said, "for years I told myself that I couldn't run because I didn't have the right body type. Isn't every runner tall and sinewy, and don't they all wear short shorts?" But she started to meet women who didn't fit that stereotype, and she kept running and grew to love it. But there was an issue.

She wanted to upgrade her running outfit from baggy sweatpants to something more streamlined and designed for running. "It was summer and there was nothing that fit my running style except capris, which were too hot," she said. "I had tried running shorts and found them way too short, and I couldn't find a pair

that had a pocket big enough to carry more than a single key. I knew I wanted longer shorts, with big pockets, that looked good and felt comfortable. That's when I decided to design running apparel that met my needs."

When friends told her that they had similar frustrations about running apparel, she realized she could have a real business opportunity. "I signed up for a small business course with Mountain Bizworks and came out of it with a business plan and a small loan," she said. And so, Blyss Running was born.

Life in Fairview

But life is about more than business, right? She and her husband moved to Fairview off Emma's Grove Road in 2001 (from West Asheville). They wanted a bit more space, which they could get in the country. "And we were looking for a good school district and felt Fairview had a real sense of community that other surrounding areas didn't have," she said. And it didn't hurt to have in-laws already living here.

Her three children all went to Fairview Elementary and Cane Creek Middle. Her two oldest, both boys, graduated from A.C. Reynolds High (in 2016 and 2018). Her youngest, a daughter, now attends Nesbitt Discovery Academy,



the county's STEM high school. Alyson has also been involved in local nonprofits, such as the local chapter of Girls on the Run. In fact, she was a coach for the Fairview Elementary team one year.

And she's dealing with this pandemic like the rest of us. She was already working from home, but she said, "now everyone else is too! I had to make an official office and rearrange some things since I no longer had the whole house to myself. My

I knew I wanted longer shorts, with big pockets, that looked good and felt comfortable. That's when I decided to design running apparel that met my needs.

daughter is learning remotely, as is my middle child, who attends Case Western Reserve University." Her oldest son moved to Austin, Texas to start a new job after graduating college in the spring.

Doing Business in a Pandemic

So, how's business? In a word: "unexpected." About half of her revenue used to come from sales at race expos, but those all got canceled. "Thankfully, I had just received my spring order when everything was closing, so I had inventory to sell,"

she said. "And I had pre-purchased most all of my materials for the year and was in good shape as far as my supply chain was concerned." And with people taking up outdoor activities during the lockdown—anything to get out of the house, right?—there's still a real need for what she produces. "This year has turned out to be not far off from the initial projections, so I'm calling that a win," she said.

Alyson also became a member of the Outdoor Gear Builders of WNC, which is a group of over 40 WNC-based companies dedicated to creating outdoor gear with a focus on responsible manufacturing, cutting-edge innovation and economic growth in the region. "There is a real sense of community among the members," she said. "For instance, if someone is looking for a particular material for their product, chances are someone will have a resource to share." She joined their board of directors for 2021 and looks forward to helping grow the organization and raise awareness of the companies making outdoor gear in WNC.

Lastly, we asked Alyson what she likes about living in Fairview. "The sense of community," she said. "It feels like a small town in many ways but is actually geographically quite large and is conveniently located not far from downtown Asheville." She also mentioned the beauty of the area: "I love seeing it as I drive toward



Fairview heading home." And like a good small business owner, she loves the other businesses in the area. "Hickory Nut Gap Farm, Looking Glass Creamery, Daymoon Coffee, Local Joint and, most recently, Turgua Brewing," she said, listing some of her favorites. "There's no reason to leave Fairview!" We know that feeling.

If you know of an interesting person in Fairview we should profile, please email the editor at editor@fairviewtowncrier.com or call or text 828-771-6983.



Above, Alyson Neel with some of her designs. Above left, running by herself. On facing page, running with her daughter. She said that her business benefitted from people wanting to be outside more during the months of stay-at-home orders in 2020.



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Don't Dismiss Hip Stiffness

The hip joint is a ball-and-socket joint that connects the lower leg with the trunk and pelvis. The bones on both sides of the hip joint are covered by articular cartilage that protects the bones from weight-bearing forces. It is a strong and stable joint designed to absorb and transfer forces in order for us to stand, walk, jump and run.

There are several different diseases or injuries that can occur at the hip joint. They include avascular necrosis, in which the blood supply to the ball is compromised and the bone dies, and femoral acetabular impingement, in which an abnormal growth of tissue or bump that develops in the hip joint causes a restriction in normal joint motion. If the bump develops on the ball, it is called a cam lesion, and if the bump occurs on the socket part of the joint, it is called a pincer lesion. Other pathologies include fractures, labral tears and the most common, degenerative osteoarthritis (OA) of the hip.

Studies suggest that 5–10% of the general population has hip arthritis. The prevalence increases to 68% among people over 55 years of age. And women are more likely than men to develop hip OA.

OA Causes

There are several different causes of hip OA, including congenital hip dysplasia,



dislocation, repetitive trauma to the joint, obesity and abnormal tightening of the joint capsule. There are different stages of arthritis, and as the disease progresses, degeneration of the cartilage occurs.

The bone directly underneath the articular cartilage is the subchondral bone. In normal, healthy joints, this bone is constantly breaking down due to weight-bearing stressors and also reforming new bone. During OA, the breakdown of subchondral bone is replaced by collagen instead of healthy bone cells. This process causes the subchondral bone to become thicker and harder than normal bone. It does not make the bone stronger, however. (It is not

quite known if this thickening of the bone, called subchondral sclerosis, is caused by arthritis or if it's the other way around.) The sclerosis alters the way the hip joint behaves and the way forces are transferred through the joint.

A very common symptom of early stage hip OA is joint stiffness first thing in the morning. The level of stiffness may initially be very mild and is often overlooked. Many people may attribute feeling stiff in

Studies suggest that 5–10% of the general population has hip arthritis.

their low back and hips to “getting old” or sleeping on a bad mattress. What may be happening, though, is a subtle change in the hip joint.

The function of the joint capsule that surrounds the ball and socket is to nourish and protect the joint. In all of the synovial joints, the capsule is relaxed in certain positions and becomes tight in other positions. This tightening of the capsule compresses the joint, allowing nutrients in and out and helping to keep the bones strong. This tightening process is normal and healthy.

For the hip joint, this compression occurs when the hip joint is extended,

adducted and internally rotated—the normal position of the back leg when walking just prior to lifting the foot off the ground. But when the joint capsule of the hip becomes tight and compresses the joint prior to this hip position, a potential issue could develop.

The premature tightening of the joint capsule during walking alters the direction and location of forces through the hip joint. Over time, the altered stress through the joint will lead to the breakdown of tissues and, potentially, degenerative arthritis.

Capsular tightness can be treated and normalized through specific exercises and treatments. Maintaining normal hip joint range of motion, strength and flexibility prevents abnormal joint forces from being generated in the hips.

If you have hip stiffness, don't dismiss it, as it could be a sign of a disease process that is just beginning. Seek treatment with a physical therapist to regain the normal mechanics of your hip. Early detection and treatment can prevent a disease from progressing. If left unchecked, hip tightness could eventually lead to surgery.

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



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Resolve to Live Longer

Most of us would like to live a long, healthy life. But some of us do and some of us don't get to. Some of this has to do with genetics; some of it has to do with choices we make every day. Since we can't actively change our genes (yet), there are four scientifically proven interventions you can adopt to increase your chances of making it to your golden years in good shape. And there's no better time for New Year's resolutions than now!

Don't smoke. Smoking cigarettes or cigars puts your body on the fast track to aging. Think of how the skin of a long-time smoker looks: dry, wrinkled, sagging, aged. Those same destructive processes are also occurring in all of the internal organs and in every cell in the body of smokers. Obviously, head, neck, throat and lung cancers from smoking decrease your quantity of life. If you are interested in stopping smoking, talk with your healthcare provider. There are medicines and other support options that can help you stop.

Calorie intake. Eat less with each meal and eat less often. Eat less animal products and eat more plants. Animals (including humans) who have a normal body weight live longer and healthier lives. Obesity is a disease that ages us quicker and causes people to die prematurely.

Exercise. Move your body. Being "active" through activities of daily living (cleaning, shopping, working) is better than being a couch potato, but it doesn't count as exercise. You should sweat, get short of breath and get your heart rate up. This cardiovascular stress is the best medicine for filtering your blood, growing new blood vessels and muscles, and regenerating new cells in your body. Weight-bearing exercise (either with weights or your own body weight) is an essential part of this.

Cold exposure. Stressing the body with intermittent exposure to cold temperatures seems to trigger our cells to repair internal damage. This can be done with cold showers or baths or going outside in the cold. You only have to do this for a few minutes at a time. Our bodies evolved in harsh environments, and this seems to be a signal our bodies recognize as a trigger for fixing cellular damage.

You don't have to do these things every day (except avoiding smoking), but the more of them you practice on a daily basis, the better. Get started now as you begin a healthy new year.

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

New Year's Security Checkup

The new year is a great time to look at your security and computer disaster readiness. Here are a few steps to take to make your online experience safer.

- You likely know it, but it is time to make all passwords unique and not based on any personally identifiable information. If your passwords can't fit on one sheet of paper, consider using a password manager such as LastPass, 1Password or Dashlane. A secret advantage of a password manager is that it will warn you if you try to log into a fake website.
- It might be time to turn on two-factor authentication or multi-factor authentication; though it might feel annoying to type in a second one-time key or password, it is a great way to be warned if someone is trying to log into one of your accounts.
- If someone hacks into one of your online accounts, they might be able to charge purchases if you have stored credit card information on that site. Consider removing that stored info and enter it every time instead.
- If you have a Google or Gmail account, check into what they are storing about you at myaccount.google.com/data-and-personalization.
- WiFi and Bluetooth should be turned off on your iPhone when you are not actively using them, especially when you are out of the house. Turn them

off in Settings, and people on Android devices should do the same. Turning off Bluetooth will not interfere with any COVID-19 tracing apps.

- Back up your computers and data.

Microsoft will begin forcing some users to upgrade their version of Windows 10 if they don't update manually. If you have version 1903, you'll be forced to upgrade to version 1909 later this month. If you have version 1909, you'll be forced to upgrade to version 2004 by spring of next year.

An increasing number of websites are asking visitors to approve "notifications" — browser modifications that periodically display messages on the user's mobile or desktop device. Increasingly, these seem to be ads that pop up, often in the lower right corner of the screen. I suggest you choose not to get these notifications.

Both iOS and Android have many accessibility features that can make your use of their devices much easier. Visit fairviewtowncrier.com/links to find links that will allow you to do more without having to use your fingers on a small screen.



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

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Save a trip out of the house or into Asheville! Office hours at the Spring Mountain Community Center or by home visits, by appointment.

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



FOR MORE INFORMATION
Call 828-277-8288 or visit coabc.org



Want to meet more of your neighbors this year?...



Mr. Jimmy

moved from Chicago to Gerton to escape the cold and play the blues.

Charles Schoof

delivered the mail in Vietnam and polished gems in Asheville.



Jenny Bunn

pivoted to mothering and marketing from home during the pandemic.

Tom Milroy

wrote a poem in the style of Robert Burns and had it read aloud in Scotland at the poet's museum.



...then support your local, nonprofit newspaper!

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The Truth about the Hard Work of Farming Life

The expectations people have about farming are often completely wrong and often crazy to us who farm. People quite often say they wish they could live like we do; but after having gone through a string of interns and farmhands over the years, we've found that most never go on to farm on their own. There are many reasons for this, including financial situations, physical limitations and personal relationships. So, if you really feel like this is something you want to do with your life, I highly recommend taking a year—yes, a year, so that you can see the full range of seasons and their chores—to work on a farm and, as much as possible, be a part of a farm family. It may surprise you in what it entails, as there will be some pleasant surprises but plenty that won't be so pleasant.

We once had an intern who left after just a few months because he discovered he only wanted to do the “sexy parts” of farming. After doing this for 20 years, Walter and I are still trying to figure out what those are. Would it be committing every Saturday to market for nine months of the year in freezing and sweltering temperatures? Or being covered in baby goat poop after almost the whole herd came down with scours and needed treatment twice a day for a week or more? What about the fashion statement made by the acid-green stains on your clothes from the projectile vomit of a goat who ate rhododendron and had to be purged? (There's still a stain on the block barn wall 15 years later.) Or maybe it's the sunburn from picking berries for 14 hours a day?

There are many things about farming that make it a worthwhile lifestyle, whether you do it as a professional or as a hobbyist. However, no one is likely to become a millionaire from farming. (I have met several people who are millionaires who farm but they made their money before farming). So, if keeping up with the Joneses is part of your personal makeup, then I don't recommend this as your profession. If having the nicest, newest wardrobe is something that is near and dear to your being, then this is not the life for you—I can guarantee that the first time you put on that new \$200 pair of shoes or outfit to go to town, there's going to be some major catastrophe that requires you to run out through the poop-speckled field or trek through the one mud hole on the property with no time to make a change in clothes.

There's never really a day off, especially if you have animals. The work is never done, as there is always something that needs feeding, watering or repairing. You



Planting blueberries in the snow

never have the right parts on hand when something breaks, no matter how many spares you bought or salvaged and put away the last time this gizmo broke. This is why any self-respecting, working farm actually looks a lot like a junkyard.

However, you might find an extra half-hour to make a home-made sprinkler from an old hose, a rope and a spare piece of PVC pipe for the

kids on a hot summer day. Or you might find a few minutes to make a rope swing on the old apple tree. (Perhaps this is why you never have those spare parts you need). These are the things that make you forget the other, less appealing parts of farming. It's like giving birth. My midwife told me during birthing classes that women put rose-colored glasses on after giving birth no matter how bad it was.

Don't get me wrong; I've loved my life on the farm. But let's face it, this is a poop-on-the-shoe kind of life (and you're lucky if it's just your shoe). It takes a strong constitution (stomach, heart and back). But you get to see the cycles of the seasons and of life. You make the best out of whatever comes your way because tomorrow is always different. There's never a dull moment and so, as much as it can physically age you, you stay young at heart and always expect that, no matter how crazy things get, it's going to work out fine in the end. I can't imagine living any other way.

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

SAHC's Winter Hiking Challenge: 60 miles in 60 days

Do you need a little inspiration to get moving after the holiday season?

Southern Appalachian Highlands Conservancy (SAHC) is starting off 2021 with a challenge to get folks out and about—hiking or walking to enjoy the great outdoors.

The SAHC Virtual Hiking Challenge sets a goal of 60 miles in 60 days, to be completed in your own time and at your own speed. Those can be miles you've walked, run or hiked in your neighborhood, on a flat walking track, up a rugged mountain trail or meandering in fields and forests. Whatever works for

Proceeds will help support ongoing land and water conservation efforts.

your comfort and skill level—just make it 60 miles from January 1 to March 1. You can sign up early to have more time to complete the challenge.

Participants can sign up through the race page on RunSignup.com for the "Southern Appalachian Highlands

Conservancy Virtual Hiking Challenge." *(There is also an easier-to-find link on SAHC's website, Appalachian.org.)*



All participants will receive informative emails, with suggestions for some of our favorite places to hike across the WNC and Tennessee. The emails will include recommendations for enjoying places that SAHC has protected, as well as other favorite trails and excursions.

Participants who sign up at Level 2 or Level 3 will also receive race swag, including SAHC masks and hats. Proceeds from the challenge sign-ups and donations made online will help support ongoing land and water conservation efforts.

"Time spent outdoors and in nature can help with both mental and physical health," says Membership Director Cheryl Fowler. "Participating in the challenge can give you something to look forward to and inspire you to make a positive impact as we begin the new year. And we hope to make it interesting for folks, with suggestions about places to hike that you may not have explored before."

Are you a little unsure about hiking in the winter? We will share helpful hiking



PHOTO: TRAVIS BORDLEY

tips in the emails for those who haven't hiked during the winter months.

Take the challenge by yourself or with friends and family. Please just be safe.

For more information and links to register for SAHC's Virtual Hiking Challenge, visit Appalachian.org.

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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Connecting with Fairview Woodturners

● **ONLINE EVENT** Friday, February 5 from 3–5 pm

The artists featured here will take part in a Zoom event to display and discuss their work and techniques. The event will be hosted by the Fairview Public Library, and you can find the registration link at fairviewtowncrier.com/links. **Join us to meet these local artists!**



As Fairview Turns

This month, we feature three talented woodturners in the Fairview community: Caroline Greiner, Anne Ogg and Mike Moore.

“Wood has played an important role in the history of civilization. Humans have used it for fuel, building materials, furniture, paper, tools, weapons, and more,” said Greiner. “Wood items are not just beautiful but also very useful, organic, biodegradable and more.”

Woodturning—using a lathe with hand-held tools to cut wood in a shape around an axis of rotation—has been around since at least the days of Ancient Egypt. Modern woodturners use many tools to achieve different effects on the wood, including gouges to create dips or troughs; chisels to add fine details; parting tools to create straight edges; and hollowing tools to create hollow vessels, such as bowls.

“I love the variety of woods available to us in western North Carolina,” said Ogg. “Each type of tree, in fact each tree, is unique. The grain, the color, maybe the

At left, Anne Ogg works the lathe. (Credit: Andi Wolfe)

damage the tree endured from insects—it all makes turning each piece a different experience.”

“Certain woods are better than others, depending on how the client will use it,” said Greiner. “For example, red cedar is a soft wood that is beautiful, smells amazing and is also a bug repellent.”

What makes wood so special is that one can get as much pleasure in handling it as in admiring it. “Wood has a natural warmth to it that resonates with people,” said Moore. “When finished properly it can be both warm and silky smooth.” Ogg said, “I’ve watched people pick up two pieces of turned wood and choose one over the other just because of the feel of it in their hands.”

If you are buying pieces to use for food, shop carefully, said Greiner. “At certain stores, many of the cheaper pieces have been coated with chemicals to make them look authentic. Handmade wood items might be a little more expensive but are safer and will last you way longer than any other mass-produced manufactured wood items.” *Yet another reason to buy local.*

Caroline GREINER



Caroline learned woodworking from Mr. Don, a master woodworker and member of her church. “He taught me all about safety...and to understand, respect and appreciate the beauty of woodworking,” she said. She turns bowls, organic birdhouses, tables, charcuterie boards and more. “For a typical project, I look at different wood pieces, pick one that inspires me, and go with the flow. Sometimes, I start with one idea but



... it may end up totally different.”

She started in her garage and eventually earned enough to build a studio on her property in Fairview. Asked to describe her style, she said her slogan is “Where Unique ‘N Simple Meet Chic.”

She likes to discover what will be revealed in each piece of wood. “One of my favorites is olive,” she said, “which takes me back to my native southern France.”



**Find out more
about Caroline’s
work**

[cmzdesignsbycaroline@
yahoo.com](mailto:cmzdesignsbycaroline@yahoo.com)
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Mike MOORE



An avid woodworker who made furniture and cabinets for more than 30 years, Mike was introduced to woodturning while taking classes with his wife at a craft school. "I spent a week on a lathe and was hooked," he said.

He makes bowls, jewelry dishes, ring holders, pepper mills and many other things. "I strive to make pieces that

highlight the natural beauty of wood but also are functional," he said.

To produce a solid wood bowl, he'll use a chainsaw, a lathe, a custom-built kiln, a sander, and multiple coats of a food-safe finish.

"You never know what you will find inside a log," he said "There can be beautiful grain patterns or natural defects. It's the artist's job to listen to the tree and work with what nature provided and not try to force it."



Find out more about Mike's work

mmoorewoodturning.com

Instagram @mmoorewoodturning

Anne MOORE

Anne specializes in miniatures. "I do 1-inch to 1-foot scale for the doll-house world. I take a full-size object and scale it down," she said. She loves to research and create turned 18th- and 19th-century kitchen objects. She also does replacements, such as architectural finials and pieces to repair chairs, as well as ornaments and bowls.

She'd been wanting to try woodturning for years, but finally got her chance with the Carolina Mountain Woodturners club at the NC Mountain Fair in 2016. "An hour later, I was hooked," she said.

"The wood tends to dictate what I make," she said. "I think about the object and how the wood will respond to the shape I need. For reproductions, she uses woods and finishes authentic to the time period.

"There has been a huge leap in woodturning's contribution to art,"



she said. "People are seeing how collectable and valuable it can be beyond the simple bowl or lidded vessel."



7/8" tall, 11/16" diameter

Image: Warner Photography

Find out more about Anne's work

annieegg@yahoo.com

Teachers Can Do Virtually Anything

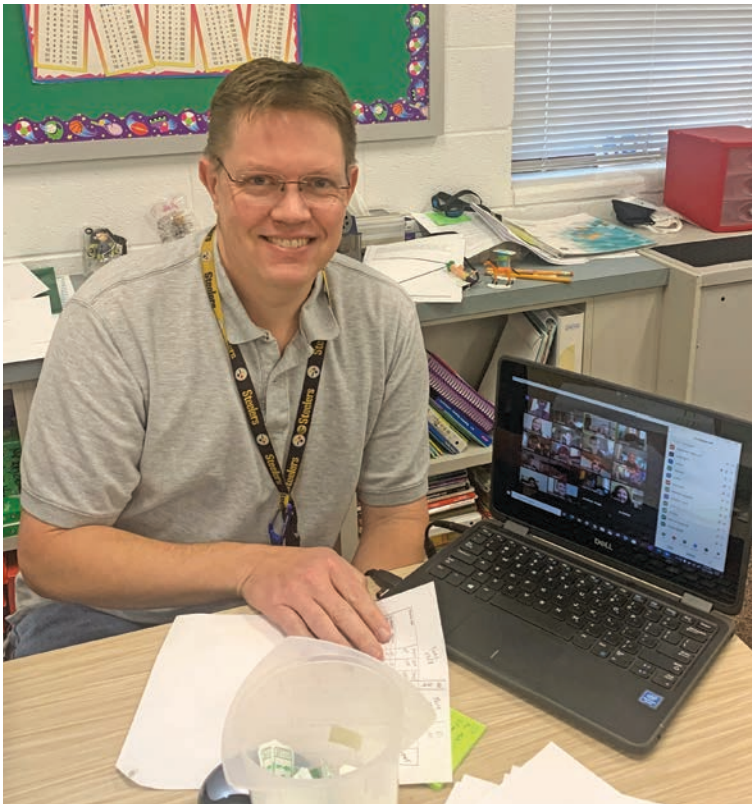
by Kenya Hoffart

Bryan Rejzer is a fourth-grade teacher at Fairview Elementary (FES). He has been teaching for 22 years, the last 10 of which have been at FES. This year, however, Rejzer has had to learn a new way to teach. All of his students are learning from home right now. This means all his instruction and communication with students has been done completely online.

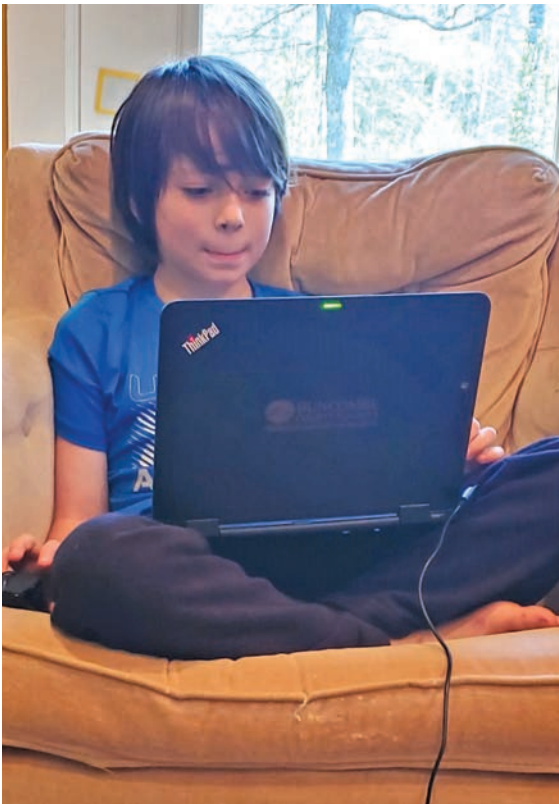
Rejzer arrives at the school and begins his morning routine at 7 am. He uses this time to fine-tune the daily schedule and assignments to be posted for his students each day, and then responds to any emails he may have received from parents or students. If time allows, he also works on grading assignments.

Like most all-virtual teachers, Rejzer uses Zoom, an online platform for video and audio communication, to conduct class sessions. His first Zoom session starts at 8 am. He spends the first 15 minutes reminding students of any missing work, reviewing daily expectations and presenting an SEL (Social Emotional Learning) lesson. These lessons focus on things such as relationship skills, decision-making and social awareness. Next, he moves on to a math lesson. Right now, fourth graders are learning how to multiply one-digit numbers by two-digit numbers, using arrays to model. Once the lesson is done and assignments have been given, Rejzer encourages his students to work independently. He allows them to disconnect from the Zoom session, but he stays online in case any student needs to log back on for extra help. While he continues to remain available to assist his students, he grades assignments as they are turned in through Google Classroom.

At 9:25 am, students switch their focus to science and social studies assignments, while Rejzer responds to emails and works on planning future assignments. At 10:05 am, Rejzer repeats his math lesson for fellow fourth-grade teacher Laura McCall's students, while she teaches his students English Language Arts (ELA). The fourth graders are learning about determining a main idea, summarizing, figurative language and text structure.



Brian Rejzer now teaches completely remotely; student Graham Alonso enjoys Zoom sessions, where he can see and interact with his classmates.



From 11:20 to 11:50 am, students work on reading activities provided by one of the Title 1 reading specialists or in small reading groups designed to meet individual learning needs. Rejzer enjoys a quick lunch break and continues to assist students, hold parent conferences, plan lessons and meet with his team, all while his students work independently but continue to have full access to him for help. On Fridays, Rejzer mixes it up a bit with a "Fun Friday" activity to help students stay motivated to complete their work. These activities have included show-and-tell lunch and STEM lab challenges. Students who have completed all of their assignments are invited to participate as a special reward.

At 12:45 pm, Rejzer has his end-of-day meeting with the students. (Since this article was written, school days have been extended

by an hour. Teachers will adjust their schedules to use that time for additional instruction throughout the day.) He reminds them of what they should be working on and gives them a preview of the next day. At 12:55

pm, his students log on to their block Zoom, which is when they get to enjoy things like art, music and PE. While they do that, Rejzer continues to work on lesson plans, respond to emails, creates videos for future lessons, and meets with parents to help them understand things—such as how their students are learning to solve math problems. This is also the time of day he attends meetings, participates in professional development and assists with afternoon dismissal duties.

Graham Alonso is one of Rejzer's students. He and his family have really enjoyed virtual schooling. Graham said Rejzer and McCall are so organized that he always knows what

he's supposed to do, and if he has trouble, he knows how to get help. He really enjoys the instructional Zoom sessions in which he can see his classmates and interact with them, and the end-of-day meetings are something he looks forward to so he can make sure he's done all he needs to and find out what to look forward to for the next day. Graham's mom, Jen Alonso, said Rejzer and McCall are "amazing." She added, "It's so interesting to see a virtual classroom in action and know we made the right decision to have Graham learn from home this year."

Hats off to all the fine teachers at Fairview Elementary who have adapted and changed their way of teaching so that every student can succeed. This dedicated group of stellar educators goes above and beyond, each and every day.

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

Hats off to all the fine teachers at Fairview Elementary who have adapted and changed their way of teaching so that every student can succeed.

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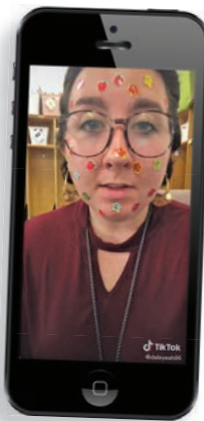
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Fairview Elementary Teacher Gets Sticker Shock

A teacher at Fairview Elementary School got national exposure for putting stickers on her face.

You read that right. Taylor Dale, a second-grade teacher at FES, has been trying everything to encourage participation from her virtual students. It can be hard for students to



stay engaged when they are not being taught in person.

She looks for inspiration everywhere, including TikTok, which is a very popular social media service featuring short videos.

She posted a video of herself (shown at left) in October with her face covered in stickers—one sticker for each correct math answer provided by her students.

On December 8, the *Washington Post* published a story about a teacher in Illinois who had tried the sticker trick with great success. And she had tried it

because she saw Taylor's video, which is also included in the article.

In the article, Taylor noted, "My students loved [the stickers]. They were laughing, and I had never had all 18 of my students completely engaged in my math lesson."

We think it's great that Fairview is leading the nation in being silly and helping kids to learn during this pandemic. Great job, Taylor!

You can find the *Washington Post* article and Taylor's original TikTok post at fairviewtowncrier.com/links.

ACRHS STUDENT OF THE MONTH

Margeaux Catlin



The A.C. Reynolds Student of the Month is Margeaux Catlin, an accom-

plished tuba player and honors student. She was nominated by Shannon Fields, her Spanish teacher. "Margeaux is a self-guided learner," she said. "She excels in all of her classes at Reynolds but also works a lot on her own to pursue her interests through independent study, such as other languages and other instruments. I appreciate her voracious appetite for learning and for challenging herself, but I also think her kind, gentle and generous temperament is inspiring."

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

ACRHS's Angel Tree Gave Holiday Cheer

A.C. Reynolds High School set up its annual "Angel Tree" and decorated it with numbered ornaments corresponding to student needs (clothes, shoes, household supplies, etc.). Adults at the school, as well as family members, friends, local churches, and community organizations, picked ornaments off the tree and joined together to meet those needs.

The counseling department organized the presents and made sure each student received their gifts, including those who didn't have transportation. The school supported more than 70 students and their

families this Christmas.

"Each year, my family and I look forward to participating in the Angel Tree," said English teacher Brooke Scott. "We believe that the main joy that comes from the holiday season is being able to give back to our community and help others. During this time, younger children are usually the focus of organizations to receive help. Angel Tree acknowledges and remembers that high schoolers are still kids and deserve to be remembered during this time, just like their younger siblings."



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MAGIC WITH GREG

THE CALENDAR TRICK

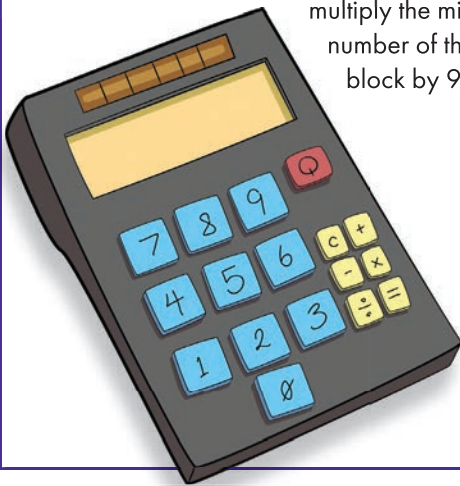
You can total up nine numbers faster than your audience – even if they use a calculator!

What You Need

A calendar, a calculator and something to write with and on.

The Secret

When your spectator chooses their block on the calendar, all you need to do is to multiply the middle number of the block by 9!



To Perform

- 1 Ask your spectator to draw a square around any three-number-by-three-number block on the calendar.
- 2 Give them the calculator and have them add the nine numbers together. Before they can even get a few numbers entered into the calculator, you shout, "Got it!"
- 3 Write down your number but don't let them see it. Have them finish adding the numbers on the calculator.
- 4 After they get their total, have them reveal their number on the calculator.
- 5 Show the total that you wrote down, which will be the same.

SU	M	TU	W	TH	F	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

magic!

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

KIDS CRAFT

Winter Birdseed Treats *(no lard or peanut)*

Birdseed edible treats for winter-feeding of birds are so easy to make!

Materials

- 2.5 cups birdseed (outdoor birdseed blend)
- 2 packages unflavored gelatin
- 2 tablespoons corn syrup
- 1 cup water
- 12 cookie or biscuit cutters
- 3 drinking straws (cut into 2" pieces)
- Twine

Instructions

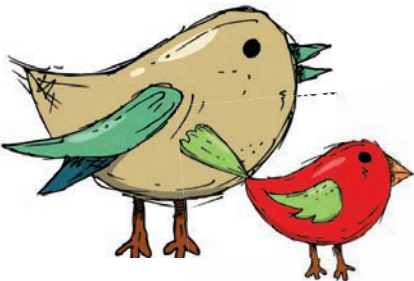
1. Add ½ cup cold water to a large bowl.
2. Pour unflavored gelatin on top of water.
3. Add ½ cup boiling water to gelatin mixture and stir until completely dissolved.
4. Add the corn syrup and stir until combined.
5. Add the birdseed and mix well.
6. Place the bowl in the refrigerator for 10 minutes (but not much longer) until the liquid firms up.
7. Set cookie/biscuit cutters onto parchment lined baking sheet and fill with spoons of the birdseed mixture. Press the mixture firmly with a spoon to fill in all the way to top without any gaps.
8. Press cut drinking straws into each of the shapes, leaving at least ½" of space between the hole and the edge of the shape.
9. Place in the refrigerator overnight.
10. To remove the cookie cutters, gently pull the metal away from the edges on all sides and gently push the birdseed ornaments out of the cookie cutters. Gently pull out the straws.
11. Thread a piece of twine through the hole and tie the ends in a knot.
12. Hang the birdseed feeders from tree branches, leaving room nearby for the birds to perch on while eating.



Notes

When you place the mixture in the refrigerator, right after you've added the gelatin to the birdseed, make sure you don't keep it in the fridge for too long.
If any of the gelatin "breaks" when you stir it, microwave the whole bowl to melt it and try again. If the gelatin is set more than that before you spoon it into the cookie cutters, the mixture will end up being crumbly. Just make sure it's set enough so that it doesn't leak out from under the cookie cutters.

For more fun DIY kid's projects visit onelittleproject.com



Therapeutic Lasers for Your Cats and Dogs

In veterinary medicine, we are always looking for ways to manage pain, improve surgical and wound healing time, and keep our patients comfortable.

Veterinarians work with both acute and chronic conditions. These can include surgical wounds, traumatic skin wounds and ear infections, as well as chronic issues, such as lick granulomas and degenerative joint disease.

In our arsenal of healing, we have supplements such as glucosamine/chondroitin and fish oils, drugs such as non-steroidal anti-inflammatories and antibiotics, physical therapy, and, more commonly now, therapeutic cold laser. Lasers are classified based on their wavelength and potential energy output.

Four General Laser Classes

Class 1 lasers such as barcode scanners used in stores.

Class 2 lasers include laser pointers and some therapeutic lasers, which produce a beam in the visible spectrum (400–700 nanometers).

Class 3 lasers include commonly used therapeutic lasers (600–1070 nanometers).

Class 4 lasers cause heat injury to the skin, such as surgical lasers that cut and cauterize tissue.

Therapeutic lasers use light waves of a specific wavelength to cause photobiomodulation (PBM), which is the alteration of cellular and tissue physiology. PBM therapy results are achieved when a sufficient dose of light energy reaches the target tissue.

The type and depth of tissue that responds to laser therapy depends on the wavelength

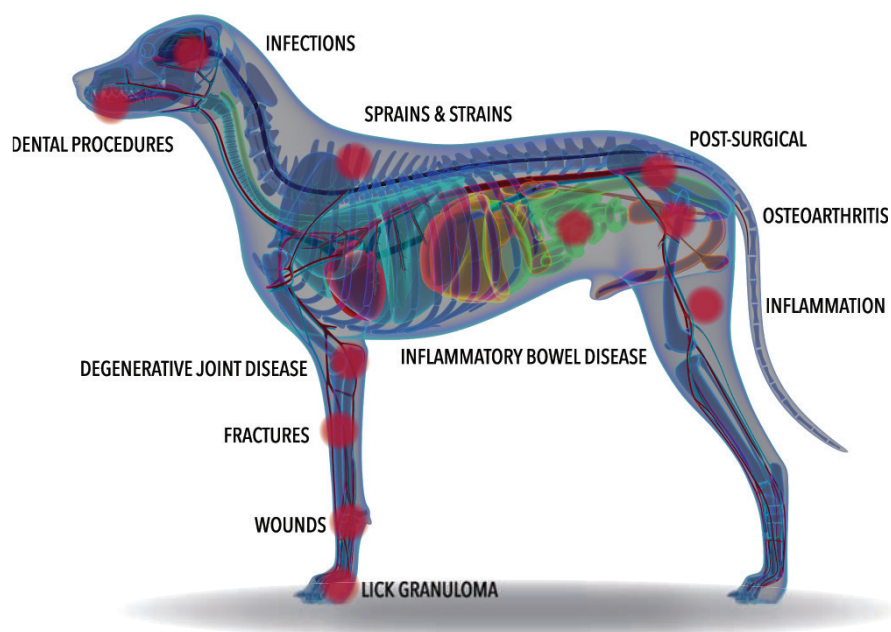
of the light that is delivered. Laser beams of lower wavelengths are absorbed by superficial tissue, such as the skin, whereas beams of higher wavelengths penetrate deeper to muscles and bones. Light absorbed by cellular components stimulates electrons and activates cells to promote growth, proliferation, migration and repair.

Laser therapy helps tissue repair by causing endorphin release, vasodilation, which increases blood flow to bring in oxygen and cells involved in the healing process, muscle relaxation, decreased inflammation, and faster healing and repair.

The handheld laser wand is slowly moved over the damaged tissue, producing a warm sensation that most pets seem to find relaxing.

Lasers have been used to help treat a variety of conditions, including osteoarthritis, joint pain, ear and skin infections and non-healing wounds. Research has been published evaluating their use in helping with canine degenerative myelopathy to significantly slow the progression of the disease when combined with rehabilitation. Lasers have been used for equine tendon and ligament injuries, as well as post-surgical healing from orthopedic surgeries (such as for dogs that have torn ligaments in their knee). Lasers can also benefit post-dental cleaning healing by reducing oral inflammation.

Laser therapy can especially be helpful in cats, as they have fewer approved pain



control medications, as well as for pets with liver disease or those who are older with decreased organ function, which can affect the medications they can safely use.

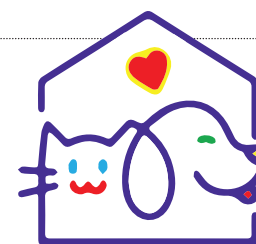
Treatment sessions are usually performed by a trained veterinary assistant or technician in a quiet, calm environment. The handheld laser wand is slowly moved over the damaged tissue, producing a warm sensation that most pets seem to find relaxing. Sessions usually last 15 to 30 minutes, with the number of sessions and frequency of treatments dependent on the injury. Chronic conditions may be treated weekly, whereas surgical incisions and open wounds often require

daily treatments. Most clinics offer single treatments or have packages of treatments, depending on your pet's condition.

Laser therapy is safe if performed correctly, using the proper settings and treatment duration. Because laser beams directed at the eye can cause retinal damage, patients and veterinary staff must wear protective goggles during treatment.

If you have further questions about the use of therapeutic lasers and whether laser therapy may be helpful for your pet, please contact your veterinarian.

Sarah Hargrove is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital.



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B Tazmania is a 10-year-old with a young soul. He is excited about life and enjoys going on easy walks. He is a perfect gent while getting his harness on and likes long naps after his walk. He is a bit shy at first, but the way to his heart is through chew toys and peanut butter. Taz would love to sit by your side while you binge watch your favorite show. Contact his foster Mom today at adopttazmania@gmail.com. *Humane Society*

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IN MEMORIAM

Steven Canady Mann



Steven Lawrence Canady Mann, 53, best known as the “Dogfather” of Fairview, passed away peacefully surrounded by his family at Mission Hospital on October 12. He was born on January 16, 1967, in Norfolk, Virginia.

He was predeceased by his father, Norris Mann and stepfather, Preston Canady. He was survived by his mother, Sandra Caraway; fiancée, Margaret King; three children, Steven, Kristin, and Erica; brothers, Travis, Derrick and Joel; sisters, Laura and Kelly; and grandchildren, Damia, Rayen, and Aela.

Steve was a tattoo artist, building contractor, and successful dog trainer and had retired into antiques and vintage finds.

Katherine Bradway



Katherine Nan Amerson Bradway, of Gerton, passed away December 15, 2020. She was 76.

Katherine was born to the late Mary Louise Bagwell and Thomas James Amerson in Union County, SC, on July 7, 1944. She attended St.

Pauls High School in Hollywood, SC. Katherine worked as a bookkeeper and was a member of Bearwallow Baptist Church in Gerton, where she lived for 22 years.

In addition to her parents, Katherine’s son Richard Wayne McCollum preceded her in death. She is survived by her husband John Frederick Bradway; son Kevin Lindy Davis (Jennifer) of Summerville, SC; siblings Anne Morgan (David) of Greenville, SC, Bob Amerson (Polly) of Birmingham, Alabama, Lynn Postell (Josie) of Ravenel, SC, and Marvin Amerson (Nancy) of Hollywood, SC; grandson Alex Davis of Norfolk, Virginia; step-children Lauree Bradway of Charleston, SC, and Larry Bradway (Lori) of Monks Corner, SC; step-granddaughter Aubrey Grooms (Allen) of Ridgeville, SC; and step-great-grandchildren Landon, Abby Mae, and Leyton Grooms of Ridgeville, SC.

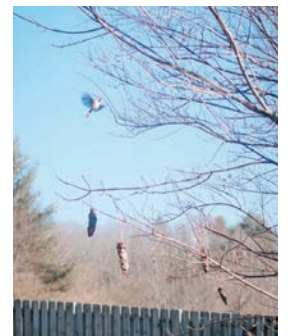
COVID-19 Vaccine Arrives in Fairview



Fairview Volunteer Fire Department’s Chief Scott Jones received the COVID-19 vaccine on December 28.

“I want to do all I can to protect my family and others,” he wrote on his Facebook page. “I am also not going to ask our staff to do something that I wouldn’t do either. I feel those in leadership and administration should lead by example.” He added, “I have absolutely zero side effects.”

Fairview Family Completes Crier Craft



Last month, we published some DIY bird feeder instructions. Fairview’s April Tarjick completed one of the activities with her son and wrote in to tell us about it.

“We loved the bird feeder tutorial,” she said. “My 4-year-old and I had such a good time making these. We hung six of them on the tree outside of our kitchen window, and the next day at lunch time we watched chickadees, tufted titmouses, blue jays and cardinals enjoy some seeds.”

Turn to page 20 for another fun birdfeeder crafting project to enjoy with your family.

COVID-19 Support

Pandemic of Love is a global, grassroots and volunteer-led mutual aid organization that seeks to spread acts of kindness and love as quickly as the virus.

People in need, or those who want to help, complete online applications. They are then matched in an appropriate way. It is quick, discreet and direct.

The four volunteers in the Asheville chapter have made 180 matches, resulting in about \$26,000 exchanged between patrons and people in need. This personal connection,

within the WNC community, is the heart of this movement. Kind people are introduced to kind people.

Do you need help? Can you help others? If so, go to pandemicoflove.com/help and scroll down to North Carolina to find the forms. You also can find the direct links at fairviewtowncrier.com/links. (You should note that they do not run background checks to verify circumstances or verify the ability to donate prior to matching.)

For more information, email pandemicofloveavl@gmail.com or find the local chapter on Instagram at [pandemicofloveavl](https://www.instagram.com/pandemicofloveavl).

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Managing Your Retirement Plan Under a New Employer

Your employer-sponsored retirement plan is a valuable asset. But sometimes things happen that can affect the status of your plan. So, for example, if you work for a hospital that changes ownership, and you have been participating in a 403(b), 457(b) or 401(k) retirement plan, what should you do with it now?

Basically, you have four options.

Roll Your Account into Your New Employer's Plan

If it's allowed, you can roll over your old 403(b), 457(b) or 401(k) plan into your new employer's plan. Before making this move, you'll want to look at the new plan's investment options (which should be numerous) and fees (which should be low). If you move the money directly to the new plan, you won't be taxed at the time of the transfer, and your funds can continue to grow tax-deferred.

Leave Your Plan with Your Old Employer

If your account balance is above a certain level, you may be able to leave your plan with your old employer's plan administrator. You won't be able to contribute any more money to the plan, but if you like the investment options you've chosen, keeping the money in your old plan might be a viable choice.

Cash Out Your Plan

You can simply cash out your plan and take the money, but you'll have to pay taxes on it, and possibly penalties as well. So, unless you really need the funds and you have no other alternative, you may want to avoid liquidating your account.

Move Your Account into a Traditional IRA

One possible advantage to moving your 403(b), 457(b) or 401(k) into a traditional IRA is you'll open up a world of new investment options, because you can fund your IRA with virtually any type of vehicle, including stocks, bonds, mutual funds, certificates of deposit (CDs) and exchange-traded funds. And if you already have a traditional IRA, you can combine the new funds with the old ones, making it easier to track your holdings. As is the case with leaving your money in your old employer's plan or transferring it to a new plan, you'll continue to benefit from tax-deferred growth. Keep in mind, though, that IRAs have costs, too, possibly including transaction costs to buy or sell new investments. (One more thing to keep in mind: When you want to move a retirement plan to an IRA, you may want to make a direct rollover, so the old plan's administrator moves the money directly into the IRA, allowing you to avoid

immediate taxes. If you were to make an indirect rollover, you'd get the money yourself, but your old employer would have to deduct 20% for federal taxes, and you'd have to deposit the entire balance, including the withholding, into your IRA within 60 days.)

Which of these choices is best for you? There's no one "right" answer for everyone. You'll want to consider all the options and possibly consult with your tax advisor and financial professional.

But do all you can to protect your retirement plan – you've worked hard to build it, and you'll need to rely on it to help you pay for your years as a retiree.



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

November 2020 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
Homes Listed	2	1,360,000	279,900	762,960
Homes Sold	20	2,800,000	284,900	684,023
Land Listed	31	189,000	42,500	105,069
Land Sold	5	280,000	47,000	150,189

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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County Help Is Available for Those Affected by COVID-19

I'm honored to have been elected to serve District 2 on the Buncombe County Board of Commissioners and to be writing my first column to share updates from the county government. Throughout the past year, I had the chance to meet many people across our district, from the East End neighborhood to Fairview, and heard such hope, determination and caring from people as they shared stories of what 2020 was like for them.

This is the time for celebration, reflection, and coming together with friends and family. Our three kids—ages 6 and almost 2 (they're twins)—loved the holiday lights, from the Arboretum to downtown Asheville, the cookies, and the promise of Santa's visit.

But like so many other things in 2020, this is also a challenging time because of COVID-19. My thoughts and prayers are with the more than 7,300 people in our community who have had COVID-19; especially the families of the 138 people we have lost to the virus this year—they felt the pain of absence during this season.

With case numbers surging and hospitalization rates increasing after Thanksgiving, public health experts are asking all of us to take steps to prevent spread, by postponing holiday travel, avoiding large

gatherings, wearing masks, and using social distancing throughout the winter season.

This is also a time of progress and hope: the vaccine has already started to be administered to health care providers in WNC, and in the months to come, an increasing number of us will have access to it. Step by step, we are moving toward a day when more parts of life can resume.

I have been inspired by the resilience of our community during the past year and the ways people have dug deep to help each other. Since March, Buncombe County has leveraged almost \$15 million dollars in state, federal and grant relief dollars to respond to urgent community needs related to the COVID-19 crisis; everything from rent and food assistance to emergency grants for small businesses. We are also blessed to have an incredible network of organizations in our community that provide services from legal assistance with eviction to food boxes.

As we head into the new year, I want to make sure that everyone has access to the latest community resources.

If you need help yourself, or know someone who needs help, please call the United Way's 211 hotline or go to the link found at fairviewtowncrier.com/links.

For any questions or concerns directly related to COVID-19 issues, you can



Beach-Ferrara being sworn in, with her wife and children.

contact the Ready Team, a joint project of Buncombe County and the City of Asheville. The call center is open Monday through Friday from 8 am–5:30 pm. You can call 419-0095 or, alternatively, email ready@buncombecounty.org.

If you need to be tested for COVID-19, you can go to the link for resources and information found at fairviewtowncrier.com/links.

At a time when there is such need in our community, especially among those facing housing and food insecurity, I invite you to support one of the heroic local organizations that meets people, where they are, with warm food, winter jackets and medical supplies, as well as a

place to sleep. Please consider a donation to groups such as Homeward Bound, BeLoved, Western NC Rescue Missions and Haywood Street Congregation.

In closing, I wish you peace, joy and health as the new year begins. I'm honored to represent you on the Buncombe County Board of Commissioners.



Jasmine Beach-Ferrara is one of the District 2 representatives, along with Amanda Edwards, on the Buncombe County Board of Commissioners. Reach her at jasmine.beach-ferrara@buncombecounty.org or 250-4004.

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The Story Behind Unified Therapies

When Allison Fender and Kim Sasdelli made the decision to open their business, they thought a lot about the name and their branding. Their vision was to create one facility that brought together a variety of therapies that they had found worked best in tandem—physical therapy treatments and mental health care. Both Allison and Kim knew this inherently, but it took the correlation of depression and the physical decline of a close relative to bring it to light. Allison wondered why no one seemed to be addressing the needs of a patient's mental status to help them progress physically and allow them to best enjoy their life. And it was then that the idea for Unified Therapies was born.

A unified approach means working together to help balance one person physically and mentally to become a strong and whole member of their community. The company's logo of stacked rocks represents the balance necessary to grow taller, stronger and more stable. The two women both wanted to make a positive difference, one person at a time, and they knew they could with their interdisciplinary approach to healing. The center provides physical therapy, occupational therapy, speech therapy and mental health services. Clients may need one discipline or a combination to treat orthopedic and musculoskeletal issues, as well as more complex diagnoses, such as Parkinson's disease and stroke impairments. They offer telehealth appointments, wellness programs, home safety and mobility assessments, and caregiver instructions on proper lifting techniques.

Kim Sasdelli has years of experience as a mental health therapist and holds a Masters in Clinical Social Work. Allison has a Doctorate of Science in Physical Therapy. She is certified in both neurodevelopmental treatment (NDT) and LSVT BIG, which aids in the treatment of people affected by Parkinson's disease. Lanie Brisben, OTR, is the occupational therapist, and Katherine Levy, CCC-SLP, is the speech therapist.

Unified Therapies is located in the new Gashes Creek Plaza at 145 Charlotte Highway, Suite 40. The clinic is open Monday to Saturday with before-work and afternoon appointments available. For more details, visit unifiedtherapies.com, call 414-2368 or visit facebook.com/unifiedtherapies.



Allison Fender



Kim Sasdelli

Flying Cloud Farm Planting Calendar

If you've gone to a local farmer's market or driven down 74A toward Gerton, you're aware of Flying Cloud Farm. No matter the weather or time of year, their planting fields are being tended, harvested and protected. Their farm stand runs on the honor system and is stocked April through December with what is currently in season or, in early spring, what is ready for planting in your own garden. How do they manage to navigate Mother Nature's sometimes harsh hand or to know just when to plant one thing and prune back another? The answer just might be in the stars.

Isaiah and Annie Louise Perkinson of Flying Cloud Farm have just released a 2021 "Planting with the Cosmos" calendar featuring day-by-day guidance as to what to do when, according to the zodiac and phases of the moon in our region. This is the basic plan the farm has used for years. It recommends when to



prune for growth, when to prune to discourage growth, when to apply fertilizer, and when to plant above-ground and below-ground crops. The calendar also provides a month-by-month to-do list.

Calendars are available at various Fairview businesses and at the farm stand at 1860 Charlotte Highway. You can send an email to

flyingcloudfarmnc@gmail.com or message them at Facebook (@flyingcloudfarm) or Instagram (@flyingcloudfarmfairviewnc). Cost is \$12 if picked up and \$15 if mailed.

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Members Gathered at Turgua Brewing for the Holidays

by Candi Yount

It is said that necessity is the mother of invention, and that adage was obvious as we celebrated our annual holiday gathering of the Fairview Business Association.

This year, COVID restrictions and concerns caused us to find a creative way to gather our members who wanted to exchange good cheer in a responsible manner.

Members met on any one (or more) of three nights selected for FBA camaraderie at Turgua Brewing Company on Cane Creek Road. We enjoyed specialty sandwiches from Subway Reynolds and BBQ sliders from Smokey & the Pig each night.

Along with our delectable, individually wrapped food selections, members were also treated to a truly amazing array of beers, ciders and meads. All brews were carefully hand-crafted by our host, Philip Desenne, the head brewer and owner, and Raymond Overstreet, assistant brewer. Their skill in creating specialty brews has given rise to Turgua's reputation as a major player in the Asheville-area brewery scene.

We wrapped up our three-night



Diana Soll, the outgoing FBA president, met with Katherine Morosani, the incoming president, at Turgua Brewing.



RENEW MEMBERSHIP NOW!

Members must renew before March 1 in order to remain in the listing at right and on the membership's website.

holiday open house with a drawing for two \$100 vouchers to be used at our member businesses. The winners were Janet Peterson of Cloud 9 Relaxation Home and Andrea Bryson and David Huebner of Clothes Mentor.

This is an excellent time to remind our Fairview friends and neighbors to shop local. Our small businesses exist to serve you, our community, and we strive to give excellent service as business professionals and friends, as well. When you need a service, consider looking first at the Keep it Local listing at right.

Membership

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

Candi Yount is the outgoing secretary of the FBA.

Keep it Local!

SUPPORT THESE MEMBERS OF THE FAIRVIEW BUSINESS ASSOCIATION

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Bob Williamson, CPA	338-0314	Legacy Land Consulting	357-7724
Architecture & Design		Marketing/Promotion/Printing	
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Art		Postnet	298-1211
M. Moore Woodturning	365-8787	Serengeti Studio	280-8270
Auto/Truck Sales		Markets/Farm Stores/CSAs	
A&R Specialists—Car Detailing	708-3718	Cane Creek Asparagus	628-1601
High Country Truck & Van	222-2308	Fairview Seafood Company	337-5190
Building & Maintenance Services		Flying Cloud Farm	768-3348
AA Diamond Tile	450-3900	Hickory Nut Gap Farm	628-1027
All Season Heating & AC	651-9998	Sweet Farm on Cane Creek	242-4425
Cane Creek Concrete	230-0322	Trout Lily	628-0402
Daylight Asheville	778-0279	Troyer's Country Amish Blatz	280-2381
Expressions Cabinetry	278-7999	Medical Services	
Headwaters Plumbing	423-2766	Apex Brain Center	681-0350
Mountain Glass Werks	424-1077	AVORA Health	505-2664
Breweries/Distilleries		Carolina Mobile Optician	779-2891
Brewskies	628-9198	Fairview Chiropractic Center	628-7800
Turgua Brewery	338-0218	Front Porch Physical Therapy	712-1340
Whistle Hop Brewery	231-5903	Higher Ground Pediatric	551-5602
Business Services		Southeastern Physical Therapy	338-0707
Dream Roper	338-9506	Unified Therapies	414-2368
Rising Workplace	214-7827	Mortgages	
Cleaning Services		Brand Mortgage	707-1898
Custom Maid	989-9743	Tom Schunk—Mutual of Omaha	707-3493
Rainbow International	333-6996	Newspapers	
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Edward Jones—Katherine Morosani	628-1546	Greybeard Realty—Rosie Johnson	778-2630
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Garden Daydreams and Planning

As the new year approaches, especially after a long and challenging 2020, dreaming of gardens to come may keep us hopeful and longing for springtime. Maybe you've started flipping through new seed catalogs with big eyes and excited, cold hands. Maybe a challenging year of COVID-19 inspired you to grow a garden for the first time. Or maybe you've been gardening for years but are always looking for ideas and inspiration.

When planning and daydreaming for the upcoming season, here are some ideas to ponder: **Where?** Does the area where you are planning to grow have easy water access and about seven hours of sunlight? **How?** What size is your space? Will you be container gardening? **What?** What do you and/or your family and friends like to eat? Is there something you have always wanted to try growing?

Make a Plan

Do these crops grow well in our area? Are

they spring/fall or summer crops? What are the companion crops you might plant nearby? Are you planning to grow extra to share with neighbors or for Root Cause Farm (RCF) to redistribute? Research average last and first frost dates. Draw a map of your vision.

Prepare

Where will you get your seeds? Many organizations, including RCF, often have free seeds from past seasons to share. Will you be needing any supplies or tools?

At RCF, we use various methods of raised bed growing. In general, raised beds help with weed management, water and air flow, water retention, soil health because of no and low-till methods, crop yield because of intensive growing, avoiding contaminated or challenging soil, and easing body strain since they are easier to reach.

A majority of our garden beds are raised rows, meaning they are in-ground, do not have a border, are broad forked once per season, and are amended with compost or decomposed leaves with each crop planting. These beds originally started as grass, were double-dug, and now are fluffy and healthy soil mounds.

We also have framed raised beds in our demonstration garden. These beds have a border made with wood, stone, concrete



blocks or hay bales. They help reduce soil erosion, contain plants that easily spread, such as mint and lemon balm, and are ideal for an area that is very rocky or has low soil quality. These beds also make season extension methods fairly easy and effective.

This past season, a wonderful volunteer helped us maintain and grow in our key-hole bed, a method originating in Lesotho in Southern Africa. This type of raised bed

includes a border of larger rocks or bricks (often materials found on your property) in a circular shape with an opening to add compost. Over time, the compost breaks down and nourishes the soil.

A hugelkultur ("hill culture," seen at left) bed is a German-style raised bed that works on slopes and flat areas. You can dig out soil or start on top of the soil by layering branches, wood chips, grass clippings, manure and other compostable items into a hill shape and then covering with a thick layer of topsoil. Over the years, the materials break down and nourish the soil.

Container gardens can be really fun and creative. We like to play a game when we search for supplies at second hand stores called, "Can I container garden in this?" We've used old suitcases, tires, golf bags, troughs and regular pots. As long as your container has some depth and has a way for water to flow out, you can try just about anything.

Visit us this spring to see these raised beds in action.



Janice Brewer is the garden manager at The Lord's Acre. thelordsacre.org

► Upcoming Sanctuary Space Volunteer Days

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Chestnuts, Part 1

The winter solstice is approaching, our woodstove is roaring, keeping us cozy and warm in our cabin, and our freezers are well-stocked with much of summer's and fall's abundant harvests, including a decent stash of fresh chestnuts.

What could be better than warming ourselves by a cozy wood fire, sharing a cup of hot cider while the fragrance of freshly roasting chestnuts fills the living room of our cabin with its earthy essence? Chestnuts are a delicacy for me, as their rich, sweet and nutty flavor is unique and delicious, whether roasted in the ancient tradition of our ancestors or caramelized and glazed as used by the French in fine desserts and pastries.

Chestnuts are such an integral part of the cultural history in this country, as well as in Europe and Asia, where they are still prized and utilized as a highly nutritious food source. When the colonists arrived here, chestnut trees were gargantuan and plentiful. It is hard to fathom the reality of our former eastern forests, as up to one-fourth of all the forest trees were chestnuts, many of which were well over 100 feet tall and up to 17 feet in circumference. On some of the North Carolina ridgetops, seven out of 10 trees were in the chestnut family.

Since mature, giant chestnut trees rarely developed any branches until about 50 feet, the trees earned the nickname of "Redwoods of the East." Each year in springtime, white

catkins would appear like starbursts on all the branches, and a human could stand on one of our ridgetops and witness an ocean of white chestnut flowers dancing in the breeze. Every autumn, there would be an enormous harvest of edible chestnuts on the forest floor, but the trees were also prized for lumber, tannins, food and medicine.

A deadly fungus, *Cryphonectria parasitica*, originated in Asia and evolved alongside Asiatic chestnuts. However, American chestnuts had no resistance to the fungus, and, once introduced to our shores, its spores spread like wildfire—via wind, animals and birds—at rates of 50 miles a year through the Appalachian mountains. It decimated chestnut populations throughout New England and all of North America within decades.

The blight was first discovered in 1904 in New York and was first seen in North Carolina in 1912. By the 1920s, 75% of the continent's chestnut trees were infected, and within another 20 years, over 4 billion chestnut trees were dead and the forest landscapes of North America were permanently changed forever.

However, essential genetic material was preserved, and scientists have been working diligently to find ways to make the American chestnut resistant to the blight and be woven back into our rich ecosystem.

Chestnuts are in the same family as beech



Scientists have been working to develop an American chestnut variety this is resistant to the blight that wiped out the original population.

still produce abundant harvests of their spiny fruits every fall.

Many times, on hikes along the Blue Ridge, I have spotted small surviving chestnut trees in flower, and they are gorgeous. It is always a revelation and surprise, and seeing these small trees triggers a vision of what it must have been like before the blight. Thanks to the dedication of so many people, there is hope that someday in our lives the forests will once again benefit from the presence of living American chestnut trees.



Contact Roger at rogerklinger@charter.net

trees, but they should not be confused with commonly found "Horse Chestnuts"; these are totally unrelated botanically, but their fruit bears a resemblance to the edible chestnuts—large, with a rich ebony color but also very poisonous to humans and many animals. The American chestnut (*Castanea dentata*) has often been called chinquapin, and this family has six different species.

Other global species—the European or sweet, Chinese and Japanese—are not susceptible to the blight. Many of the chestnuts we now find in the US are Chinese chestnuts, which are smaller but

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The New Year Is a Perfect Time to Donate Holiday Items

Now is the time to clean out the holiday items you didn't use in December. Donate now before you put everything away.

This is the perfect time to donate holiday decorations. After Christmas, many people purchase items such as Christmas tree decorations, indoor and outdoor holiday items, and other holiday merchandise that wasn't sold in stores. This is a good time to say goodbye to all of the decorations that you no longer use. Note the items you didn't put out this year and think about if you will put them out next year; if not, donate them.

Before you put away the strands of lights, make sure they work. Separate them into multi-color or one-color and solid or flashing lights and place them in labeled bags. Some might not be as good as they used to be or have burned out. Toss those that are not working well instead of planning to replace the one light that will relight the rest of the strand. You probably have a few unopened boxes that you purchased (on sale) in previous years that haven't been opened—use those next year.

This is also the time to donate all of the gifts you received that you know you will never wear, never use or just don't like.

If you receive a new coat or sweater,

donate an old one that you will no longer wear now that it has been replaced. Now is the season to donate children's hats, gloves and outgrown coats so they can be used by others.

Review all of the holiday china that you have accumulated over the years. The dishes and serving plates that were used for many years might have been replaced by newer items, so donate those that never made it to the table this year.

Donate all of the unused holiday cards you have collected over the years—you know, the extra two to five cards that collect in a pile. Those add up every year. You'll notice you never send out the cards from the previous years, so let them go and let other people send them in 2021.

How about all of the tin serving plates and canisters that you have collected from friends and family who have generously baked goodies and delivered them to you. If you reused last year's tins, that's great. If tins from previous years are sitting on a shelf without any plans to use them, let them go.

Toss all or most of your pet's toys. You probably bought a bunch of new ones that they will enjoy.

Review the holiday linen—bathroom and dish towels, oven mitts and tablecloths—and toss the ones that are worn.



How many empty gift boxes do you have because you think you could reuse them to package a gift you will buy for someone else? How many times have you tried to use a box and it is not the right size for the gift? Let it go.

Do you hold onto small pieces of holiday wrapping paper? What are you saving these for when you know you'll buy five new rolls next year?

Review and clean out the games and toys that are no longer played with now that your children received new toys. Make sure all of the pieces are intact before bringing them for donation.

And, of course, donate excess canned

and non-perishable food items to local food pantries, such as Food for Fairview or Manna Food Bank. Food is a necessity and is needed throughout the year.

Donation sites include Goodwill, Salvation Army, Homeward Bound and ABCCM Donation Center, as well as many local churches and organizations. Start the New Year by saying goodbye to things you no longer need. You'll be providing for those who will appreciate your generosity.

Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at Diana@grandsolutions.net.



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Give and Take

A happy New Year, and welcome to 2021. Hopefully, we can leave COVID behind and regain some semblance of normalcy. However, some things never seem to change. And Medicare annual price increases are one of them. A major influence on your Part B premiums is the annual Social Security Cost-of-Living-Adjustment (COLA). The COLA for the upcoming year, which is usually announced in October, accounts for the rising or falling costs of daily living. My notice from Social Security noted: "Your Social Security benefit will increase by 1.3% because of a rise in the cost of living." However, my Part B premium increased 2.7%, from \$144.60 to \$148.50. And then there is the increase in the deductibles, copays and coinsurances, which are also adjusted annually. Ouch! The header I go the behinder I get.

Hospital Premiums and Cost-Shares

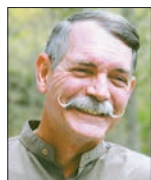
About 99 percent of Medicare beneficiaries do not have a Part A premium, since they have at least 40 quarters (10 years) of FICA taxes. The first 60 days of a Medicare Part A inpatient hospital stay will be \$1,484 in 2021, a 5.4% increase of \$76. In 2021, beneficiaries must pay a daily coinsurance amount of \$371 for days 61 to 90 of hospitalization and \$742 per day for the remaining 60 lifetime reserve days. A skilled nursing facility's daily coinsurance

for days 21 to 100 of extended care services per benefit period will increase from \$176 to \$185.50 in 2021.

Doctors' Premiums and Cost-Shares

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment and certain other medical and health services not covered by Medicare Part A. The annual deductible for all Medicare Part B beneficiaries is \$203 in 2021, an increase of \$5. The 20% coinsurance after the deductible remains the same.

Medicare supplement policies remain stable in 2021. The out-of-pocket limits for plans K and L are \$6,220 and \$3,110, respectively. The deductible amount for high-deductible options F, G and J is \$2,370. If you have a Medicare supplement, these cost-share increases will be automatically covered. If you have a Medicare Advantage plan, none of these will apply to you. See your plan's Annual Notice of Change and Evidence of Coverage for specifics.



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



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