





INSIDE Hiking & Writing in WNC p10-11// Fairview Oral History Project p16-17// Make a Cheeseburger Charm p21

Catch Our Latest Livestream!



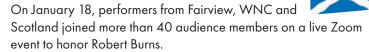
Creating Art with Lathes

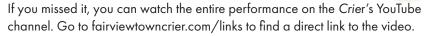
Friday, February 5 3-4 pm

In January, we featured three Fairview-area woodturners: Anne Ogg, Mike Moore, and Caroline Greiner. Together with the Fairview

Library, we are hosting a live Zoom event showcasing these artists. They will display and discuss their works and different techniques, and we may even get a peek into their studios! Visit fairviewtowncrier.com/links for the registration link.

Missed Our January Event?







Scholarships for WNC Students

If you're a high school student or

already in college and want to study conservation, agriculture, natural resource-related fields, or are part of a farming family, the Buncombe County Soil & Water Conservation Board of District Supervisors is offering a new scholarship. They will award \$1,000 to one student for the 2021-2022 school year. The winner must attend a board meeting to accept the scholarship.

You can find a direct link to the application form at fairviewtowncier.com/ links or you can contact Taira Lance at 250-4787 or taira.lance@buncombecounty. org for more information.

The deadline for your submission is March 15.

Summer STEM Opportunities

Two free summer opportunities are available for local high school or middle school students interested in entrepreneurship or STEM.

For The Appalachian Entrepreneurship Academy, rising high school seniors are selected for an intensive learning curriculum designed to cultivate creativity,

sharpen business acumen and develop entrepreneurial skills. Participants will receive tech support, materials, a stipend and other resources. It will be held in two phases—virtually from June 14-25 and then in person (if COVID regulations allow) in Pittsburgh, Pennsylvania, from July 12–30. For more information, go to arc.gov/AEA.



The ARC/Oak Ridge Summer STEM Program

is a hands-on learning experience for middle and high school students. Working with award-winning scientists at Oak Ridge National Laboratory, students will conduct guided group science, math, and computer science technology research projects. It will be held virtually from June 19-July 2 for high school students and June 26-July 2 for middle schoolers. If COVID restrictions allow, the program will be held in person in Oak Ridge, Tennessee. For more information, go to arc.gov/summerSTEM.

Applications for both opportunities are due March 1.



Buncombe COVID-19 Update

As the COVID-19 vaccine becomes available in Buncombe County, we wanted to give you some information you can use. For the most up-to-date information, go to buncombecounty. org/covid-19 or call 419-0095.

Availability

Vaccine supplies are distributed weekly from the state and are currently very limited.

Wait List

The county has launched a wait list for individuals in the first two phases of the state's vaccination priority list: adults 65 and older and all health care workers. (To find which phase you're in, go to findmygroup.nc.gov.)

If you are in either of these two groups, you can sign up for the wait list by going to buncombeready.org or calling 250-5000 (Monday-Friday, 8 am-5 pm). It can take up to 48 hours to receive your confirmation email don't call or re-register while you wait. If it takes longer than that, then call and check.

Appointments

As vaccines are received from the state, the county will contact people on the wait list by phone and email to schedule appointments. There will no longer be appointments for direct scheduling by the public. The county will make two attempts to reach you.

If you miss those calls, you can call 250-5000 with your wait list number provided in the voicemail or email for rescheduling.

Accessibility

The county provides American Sign Language and Spanish-language interpretation for COVID updates. Also, if you can't drive to a vaccine location or don't have a car, call 250-6750 to set up a free ride.

Use All Available Tools

While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to help stop the pandemic.

To protect yourself and others, the CDC advises that you follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least six feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

Are You OK?

If you think you might have COVID-19, the county offers a self-checker tool. You can find a link to that on the county webpage listed in the first paragraph of this article.

The Fairview Town Crier P. O. Box 1862 Fairview, NC 28730

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FEBRUARY 2 (TUESDAY)

Prostate Cancer Support Group

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

FEBRUARY 8 (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.

FEBRUARY 21 (SUNDAY)

Ethical Humanist Meeting

2:30-4 pm. "Racial Justice Coalition" will be presented by Rob Thomas via Zoom. Connection info at EHSAsheville.org or call 687-7759.

UPDATES

Conserving Carolina

Take the Flying Squirrel Outdoor Challenge by exploring eight places that the local land trust has helped protect or open to the public. If you complete the challenge in one year, you'll receive a care package and a Conserving Carolina membership. Destinations include greenways, overlooks, parks, waterfalls and more. For more information, go to conserving carolina.org/ flying-squirrel-challenge.

Council on Aging

The Council on Aging of Buncombe County will hold free Medicare information classes via Zoom. February 10 from 5:30-7 pm and February 25 from 2-3:30 pm. To register, visit coabc.org or call 277-8288. See their ad on page 11.

Embroiderer's Guild

The local chapter has been creative in continuing to meet, including outside and virtual meetings. The programs have ranged from instructions on beading projects to surface embroidery items. For more information, contact Mary Ann Wyatt at 681-0572.

Garren Creek FD Nut Sale

The Garren Creek Fire Department Auxiliary is still selling nuts. Purchase pecans (halves and pieces) and black walnuts in onepound 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.

Project Linus

The WNC chapter has continued providing homemade blankets to children in crisis during the pandemic. Monthly blanket processing meetings have been canceled, but dropoff locations are available. Blankets can be knitted, guilted, crocheted or no-sew fleece and are made in various sizes appropriate for newborns to teenagers. For more information, contact Ellen Knoefel at 645-8800

ACRHS Football Alumni Association Update



The ACRHS football coaches got a great response from former players and supporters about the new Rockets Football Alumni Association. More than 100 people got in touch!

If you (or a family member) played football for ACRHS any time over the last 60 years (1956 to 2016), the coaches hope 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 keep you updated on Rocket activities and ensure a successful future for the program.

Because of all the responses they've received, the coaches have not been able to get back to everyone yet. If you haven't gotten in touch, let them hear from you.

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 Revnolds 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.



UPDATES

Winter Reading Challenge

Are you looking for ways to optimize coziness this winter? Check out the library's Winter Reading Challenge.

Pick up a Winter Reading Activity Sheet from the library during public service hours to see how kids and their families can enjoy winter together in screen-free, socially distanced ways. This free 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

Radiorama!

February 5 at 5:30 pm Live from the library's parking lot Do you miss storytime? We do too! Now you can wear your jammies, get cozy and

Connect with Your Library!



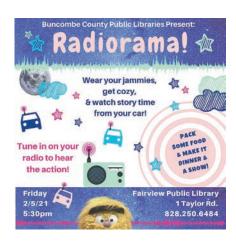
@fairviewpubliclibrary



@fairview.library



fairview.library@ buncombecounty.org



enjoy storytime from your car. Park in our lot and tune your radio to hear the show. We will have the station number available for you that evening. Pack some food and make it dinner and a show. Be sure to arrive early, as parking spaces will be limited. The show will be touring throughout the year at many Buncombe County libraries, so if you can't make this one, be on the lookout for others.

Evening Book Club

February 16 at 7 pm

On Zoom, we'll be reading and discussing Where the Crawdads Sing by Delia Owens.

It is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and

Digging Deeper Into Gardening A Lunch & Learn with Ruth Gonzalez

Tuesday, February 9 at 12:30 pm via Zoom

During the last year, many of us discovered the hidden

benefits of gardening and the myriad ways it lifts our spirits. In this talk, Ruth Gonzalez will discuss some of those benefits, as well as how to use our gardens to engage our senses. She will also dive into some simple garden assessment to explore ways—both large and small—to increase our enjoyment of our outdoor spaces.





Gonzalez has actively gardened since her college years, ranging from market farming to tiny gardens to gardening for pollinators. Organic gardening, pollinator habitat and beauty are her passions. A certified NC Plant Professional, she has worked at Reems Creek Nursery since 2003, inspired by an ever-widening array of plant palettes and landscape design approaches.

Registration for this event is required. You can find the direct registration link at fairviewtowncrier.com/links.

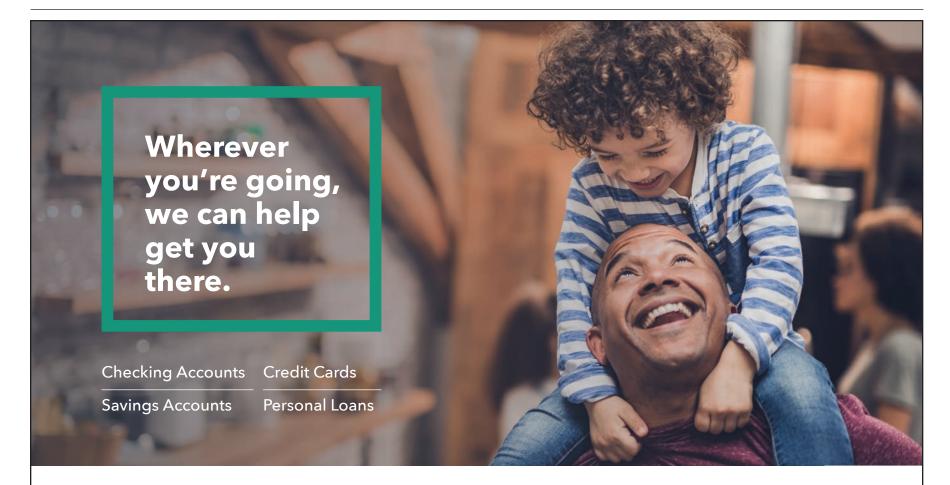
that we are all subject to the beautiful and violent secrets that nature keeps.

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

Future Book Club Titles

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.



Visit your local Reynolds branch to learn more 5 Old Eastwood Village Blvd 828-298-8711 or check out one of our 13 locations across Western North Carolina.

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SWANNANOA 3BR/3 bath. Successfully rented longterm for over a decade, this property can also be a vacation rental (no restrictions). \$314,900. MLS 3667582

LOTS AND LAND

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ASHEVILLE Chestnut Mountain 6.5 acres \$185,000 MLS 3633139

SWANNANOA 3.58 acres. Circular drive and building site in place. New barn and shed. \$98,900 MLS 3573948

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MARS HILL 1.59 acres **Red Wolf Run** \$60,000 MLS 3599475

LAKE LURE 91.94 acres \$445,900 MLS 3591068



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William "Billy" Wolf (Wolfe)

illiam "Billy" Wolf was born in North Carolina around 1792. It is not known for certain who his parents were. I tend to believe he was the son of Michael Wolf (1770-1830) and his wife Cathrina. The other possible parents were Gottlieb (Caleb) and Christina Wolf. All tend to believe his parents or grandparents were from Germany. Michael and Caleb may have been brothers. I descend from Billy Wolf, and my DNA says I descend from Michael, too. A woman who also descends from Billy says her DNA descends from Caleb. My guess is that they were brothers. Which one is the father of Billy Wolf is up for debate. Both Michael and Caleb appear to have moved to Barren County, Kentucky.

Billy Wolf married Jane Hayes around 1814. Jane was born in Tennessee on December 14, 1794. She was the daughter of Revolutionary War veteran John Hayes (1760-1839) and Mary Randall (1764-1850). Jane was most likely a large woman. Her brother, James Hayes (1803-1856), was said to be the biggest man in Buncombe County when he died. James' daughter, also named Jane Hayes (1829-1898), weighed around 300 pounds, according to my grandfather Henry H. Ingle (1884-1973). James Madison "Matt" Hayes (1831-1900), Jane Hayes Ingle's brother, was a very large man, as well.

Billy and Jane Wolf's home was located near the present site of the Grove Park Country Club's clubhouse. Jane Wolf was granted the right by the state to sell "spirituous liquors" in 1823. This may indicate that the Wolfs owned an inn or tavern.

Billy began to acquire a lot of land. Around the time of his marriage to Jane, he bought 242 acres on Glen's Creek from John McLatchy. He bought 210 acres on Beaverdam Creek from Joseph Killian on July 5, 1826. On December 20, 1838, he bought 100 acres on Beaverdam Creek from the state. On May 7, 1839, he bought 67 acres on the French Broad River from Reuben Deaver, On September 10, 1838, he bought three tracks of land from George Hise (Hice): 100 acres on Dick's Creek, 95 acres on Newfound Creek, and another 12 acres on Dick's

Creek. On September 8, 1845, William bought 100 acres from William Hill.

Besides being a farmer and selling liquor, I believe Billy Wolf had another occupation; he was a counterfeiter. I do not know if it was coin or paper. I am certain he was not in on it by himself. He was very likely Buncombe County's first counterfeiter.

Billy was walking from his house near what is now the Grove Park Inn to his daughter Mary Wolf Rice's house on Rice Branch Road in Beaverdam on February 6, 1847. The law took in after Billy Wolf before he reached his daughter's house. They supposedly chased him up on top of Sunset Mountain, where his coat got caught on a fence. He supposedly could not free his coat, so he pulled out his knife and stabbed himself 13 to 15 times in the chest and died.

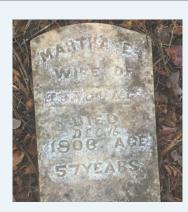
Mysterious Death

June Long and I use to have lunch together at the Beaver Lake Country Club. She belonged to the Daughters of the American Revolution, and I belonged to the Sons of the American Revolution. The two organizations would meet together every other month and listen to a speaker and then have lunch. I descend from Billy Wolf's daughter Elizabeth Caroline, who married Benjamin Franklin "Frank" Foster. June descended from Billy Wolf's daughter Jane Eliza Wolfe, who married William Thomas Wilson. June's husband was Buncombe County Sheriff Charles H. Long, who would have lunch with us on occasion. One thing all of us agreed on was that Billy Wolf did not stab himself to death.

Sheriff Long said he had run across a few people who have stabbed themselves to death, but it only took one stab to the heart. They did not stab themselves all over their chest. I think Billy Wolf was murdered, and likely by a person (or people) who was in with him on the counterfeiting. It was likely one of several prominent people in Asheville or the county, if not both. It was also likely someone who held elected office.

Jane Wolf outlived her husband by 26 years. She died on May 10, 1873. Both are





From a "Days Gone By" Reader

Robert Huffman sent in these photos of the tombstones for TJ and Martha Young he chalked in the old graveyard across from Cane Creek Middle School's ball field. He noted that the dates didn't match up with the 1860 census information Bruce noted over the previous three issues. Thanks, Robert!

likely buried in Asbury Memorial Methodist Church Cemetery (in Asheville) in unmarked graves.

William and Jane Hayes Wolf had 12 children, all of whom were born in Buncombe County, NC.

- 1. John Jackson Wolfe was born on March 15, 1815. He died in Henderson County, NC, on January 20, 1881. He is buried in Patty's Chapel Cemetery. He married Eliza Herron (March 28, 1819-January 25, 1859). She is buried in Asbury Memorial Cemetery. His second wife was Martha Taylor (April 18, 1834-August 10, 1915).
- 2. Mary Elvira Wolfe (February 21, 1818-October 11, 1870) married James Overly Rice (1819–1863).
- 3. Sarah Eveline Wolfe (December 2, 1819-September 6, 1884) married Pleasant "Ples" Israel (March 16, 1816-February 26, 1901).
- 4. Jane Eliza Wolfe married William Thoma Wilson (1813-after 1880). He was the son of John Wilson and Elizabeth Forester.
- 5. Elizabeth Caroline Wolfe (1824-December 3, 1861) married Benjamin Franklin Foster Sr. (January 10, 1817-August 1893). He was the son of Capt. Thomas "Tommy" Foster (1774-1858) and Ora Sams (1779-1857).

- 6. Solomon Wolfe (1825-?) married Nancy Murdock, and they moved to Tennessee.
- 7. William Wesley Wolfe was born on December 11, 1827. He married Margaret McMinn (ca 1828-1869). She died in Union County, Arkansas. His second wife was Lugenia Buchanan. He died on July 6, 1878 in McLennan County, Texas.
- 8. Francis Marion Wolfe got divorced and moved to Texas in the 1860s. He second wife was Ruth Stradley (November 11, 1835-July 10, 1905).
- 9. James P. Wolfe was born on June 10, 1832. He died in Candler, Buncombe County, NC, on December 29, 1904. He married Elizabeth S. Curtis.
- 10. Harriet C. Wolfe (March 16, 1835-February 18, 1892) married Thomas Stradley Jr. (September 15, 1827-January 29, 1905). Both died in Lower Hominy Township, Buncombe County, NC.
- 11. Clarrisa M. Wolfe (1837–after 1880) married Elias Stone (1804-after 1880).
- 12. Mira Ann Wolfe was born in 1840. She married John Smathers and died of tuberculosis after 1900.

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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lots total in this cul de sac neighborhood. Minutes from Asheville, AC Reynolds HS and BRP. **\$130K**. Call (828)628-3088.



REDUCEDI PRIVATE, WOODED CUL-DE-SAC LOT in Candler, the Cumbres subdivision is a peaceful neighborhood w/ plenty of buffer space between neigh-bors. Close to the Blue Ridge Pkwy & Mt.Pisgah; 25 min to DT AVL. Call Devon 828.747.2994, \$36.5K

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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

VIEWS! 2 ACRES ABOVE-THE-ROAD SETTING WITH VIEWS of Cedar Cliff, AVI. 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

UNDER CONTRACT 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 & waterfa 828.628.3088 \$99.5K

VIEWSI 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

CONTRACT PRIVATE, LEVEL RIDGE HOME-SITE off paved road, 10acre 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 Mtnl Unsurpassed views of Fairview, Cedar Cliffs, Reynolds, AVL & beyond! Pristine 10 acres of wilderness beauty, hiking trails, rocks, cliffs, creeks, rhododendron, wildflowers, trees, wildflie, \$400K Call for info 828.329-8400

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



cvred 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



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.



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

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**



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/ sau-

na & office. Lg eat-in kitch opens to fml dining rm. Creek w/

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. Great place to raise a family! (828) 628-3088.



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vacy from bordering props (inc land conservancy). Mult sites for

priv res. fam compound, short-term rentals, event venue. End

 $3\,\mathrm{BR}$ modern farmhouse plan. Incredible view from lot in heart



2.86 acres ready to build – home site cleared. YEAR ROUND MOUNTAIN VIEWS! Hiking trail thru property & community of Fairview Forest. Tons of amenities, convenient to every thing. Priced to move at \$59K - Call (828)628-3088



Brand NEW! Arts & Crafts plan. Open concept w/ main level living inc master suite. Daylight bsmnt - 2 bd/ ba. Wood floors, tile in the baths. New agrihood subdivision in the heart of Fairview. Many Plans available. \$459K



office/homeschool room on .68 acres, full walkout basement. Community park w/ picnic shelter, grill, trail, playground &



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



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

MAJESTIC OAKS



VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8

Snowflakes and Shadows

he shape of a snowflake is influenced by the temperature and humidity of the atmosphere. Snowflakes form in the atmosphere when cold water droplets freeze onto dust particles, creating an ice crystal. As the ice crystal falls to the ground, water vapor freezes onto the primary crystal, building new crystals, which form the six arms of a snowflake.

What Will the Groundhog See?

Groundhog Day is a traditional holiday celebrated on February 2. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then the spring season will arrive early, sometime before the vernal equinox; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its den, and winter weather will persist for six more weeks.

I think we will continue to see a fair amount of changeable weather for the rest of the winter through March. The weather pattern for much of the winter has seen competing air masses coming at us: from the Pacific, when we have a west to southwest flow; and from the polar regions, when we have a northerly flow. Fortunately, for those who don't like the bone-chilling cold to hang around for a long period, our cold waves have been brief due to the flip-flopping of these two different air masses.

So far, winter temperatures have been quite seasonable. And we are starting to see more daylight—as well as an



QUESTION of the MONTH

What is a snow roller?

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increase in the amount of solar radiation received—each day in February. The sunrise and sunset times for February 1 are 7:30 am and 5:57 pm, and by month's end, they will be 7:01 am and 6:24 pm. That's an increase of almost an hour of additional sunshine. The average high and low temperatures for the beginning of the month are 49 and 28 and will rise about four to five degrees by month's end.

Bodies of water and the ground have a certain heat capacity, which is the amount of energy it takes to change the temperature of an object by a given amount. In fact, water takes much longer to heat up than land. Since our planet is around 71 percent water, temperatures on land are highly dependent on the temperatures of the bodies of water near them. Water also tends to absorb and release heat at a slower rate than the land and causes the seasonal lag we see in our temperature record. This is the main reason why the "coldest" and "warmest" days lag behind the winter and summer equinoxes in mid-December and

Even though we are getting a bit more sunshine, don't let that fool you; we will still have bouts of cold and some snow at times for the next several months.



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

WEATHER WONDER

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

How much value does one dripping faucet have? It can be a lot if it keeps your home's water pipes from bursting during frigid weather. Burst pipes are one of the most common causes of property damage during freezing temperatures, with homeowner claims averaging more than \$10,000, according to the Insurance Information Institute.

But can one dripping faucet really save the day? It can, if it's the right one. The dripping faucet should be as far away from the water source as possible so that the water will flow through the entire length of the system. If you aren't sure where the incoming water source is located, setting any faucet to drip will help. A common misconception is that the drip prevents water from freezing because it stays in motion when it's running through the pipes. Although this helps, the truth is that at extreme temperatures, water can freeze even while it is flowing. The real reason a dripping faucet can help prevent pipes from bursting is that the constant drip relieves the pressure that can build up in the pipes between the ice blockage and the faucet, which helps to prevent the pipes from bursting when they begin to thaw.



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Long Time, No See

he staff at the Fairview Volunteer Fire Department certainly misses getting out into the community like they did in the past. But they are still hard at work. Emergencies did not stop, and the staff didn't slow down in responding to the needs of the community. You can see this for yourself in the graphs to the right.

Grant funds were obtained to help buy personal protective equipment (PPE), hand sanitizer stations, and monitors for staff entering the buildings. The department continues to do a great job of keeping up with and administering the constantly changing procedural directives from our government.

COVID-19 Update

The COVID-19 vaccine is becoming available, and the staff certainly has the option to take it. Chief Jones has led the way and has had both shots, as have all of the EMS staff. Even so, stations remain. closed to the public, unless, of course, you are doing business with the fire department.

The department must ensure that its personnel are protected and follow the proper policy and procedures to maintain and prevent the spread of COVID-19 within its facilities.

The goal of this plan is to protect our

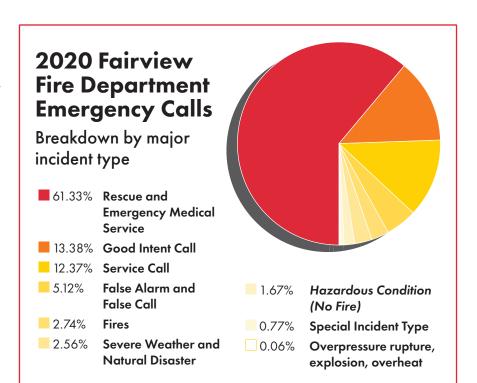
members and to ensure their health and safety, as well as the health and safety of their families. All safety measures possible are being taken to ensure the safety of our personnel and the continuity of operations.

Fire department staff must take strict preventative measures because if just one person is exposed to this virus, it has the potential to affect an entire shift. If an entire shift were to be exposed, they would need to be quarantined for 14 days. The station cannot afford to have 12 or more personnel quarantined for 14 days. That would drastically affect response procedures.

If you have an emergency and will be driving to one of our stations, call 911 on the way and you'll be met outside the station. If you call 911 for other emergency needs, let the dispatcher know if you or anyone in your household has COVID-19 symptoms.

About the Station

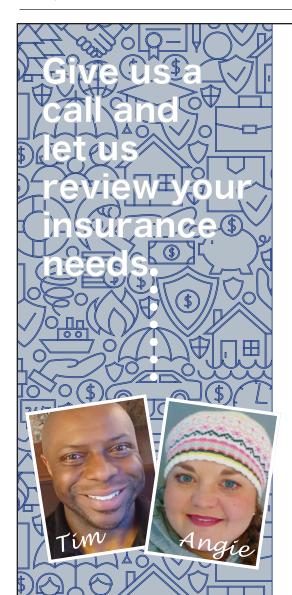
The Fairview station is staffed by career personnel and volunteers 24 hours a day, 365 days a year. Career personnel are a mixture of certified level two firefighters, rescue technicians, hazardous materials operations specialists, and emergency medical technicians. In addition, some of the volunteer and part-time personnel



have these certifications as well.

There are many new members on the staff that we haven't been able to introduce to the public in our usual ways. I will try to profile them for you in future issues of the Town Crier in the coming months, so stav tuned.

Robin Ramsey is the vice president and treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. For more information and updates, go to fairviewfire. com and Facebook—search for "Fairview VFD (Buncombe County)."



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Gone Phishing

ustGetMyData.com is a site where you can easily find out how to get a copy of your data from many of the more popular websites. The site uses a stoplight coloring system to give you a quick idea of how easy it is to get data from each site, with directions on how to proceed. Their related site, JustDeleteMe. xyz, will help you get taken off many of those sites, but remember get a copy of your data before leaving.

Phishing is the act of sending an email that falsely claims to be from a legitimate organization. These emails are crafted to pull on your heartstrings, stoke your curiosity or scare you in order to get you to reply and reveal confidential information. (For example: "Your account has been hacked. Click the link below to reset your password.") To see how these emails are created—which can help you avoid falling prey to them—check out a video tutorial from Sophos. (Go to fairviewtowncrier.com/links to find the link to the video.) And spend a little more time going back and forth through their related posts (use the "Next" and "Previous" links under the title image).

And it's not just email. More people are seeing SMS phishing—or smishing—which are texts trying to get you to reveal logins and other information. Anytime you have even a fleeting doubt, such as "Why would they be asking or doing that this way," pause

and check it out through some other source or try to explain it to a friend, which will often make you realize it's fake.

WhatsApp is updating their privacy policy on May 15 (previously February 8) to let you know that WhatsApp data will be increasingly shared and integrated with Facebook, their parent company. If you wish to continue using WhatsApp, your only course of action is to accept those terms. WhatsApp has clarified their policy to state, "We want to be clear that the policy update does not affect the privacy of your messages with friends or family in any way. Instead, this update includes changes related to messaging a business on WhatsApp, which is optional, and provides further transparency about how we collect and use data."

In areas where 5G is not truly available, many iPhone 12 users are finding that turning it off will vastly increase their phone's battery life. To do this, go to Settings, then "Cellular Data Options," and then "Voice and Data." Select "LTE" to turn off 5G, but remember to turn it back on if you are somewhere with true 5G.



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

4,000 Pounds of Assistance

he pantry can receive more than 4,000 pounds of items from The Emergency Food Assistance Program (TEFAP) in one shipment. These items need to be stored separately from the pantry's supplies, and any surplus at the end of the month must be inventoried. The items have to be boxed (Tuesday mornings) and be distributed over a two-week period. Although the program is free to the pantry, it is a government program.

Our staff is all volunteers, and we're always looking for new helpers, specifically those available 2-6 pm on Mondays and (usually) alternating Tuesdays,

November Numbers

In November, the pantry was open five Monday afternoons. The Monday before Thanksgiving, the pantry distributed 83 holiday meals to clients who had signed up in the previous three weeks, as well as 96 boxes to clients from the government's TEFAP. The other four weeks, the pantry provided 234 boxes to clients along with TEFAP items — that's over 58 pantry-prepared boxes per week. These client households totaled over 1,050 people. The previous summer, the pantry provided approximately 40 boxes per week. Over 60 new clients signed up since March 2020.

8:30-11 am. People with pickup trucks that can haul over 4,000 pounds are always welcome. We still seek someone to assist the Pantry Manager. The position requires less than 15 hours per week and some computer skills.

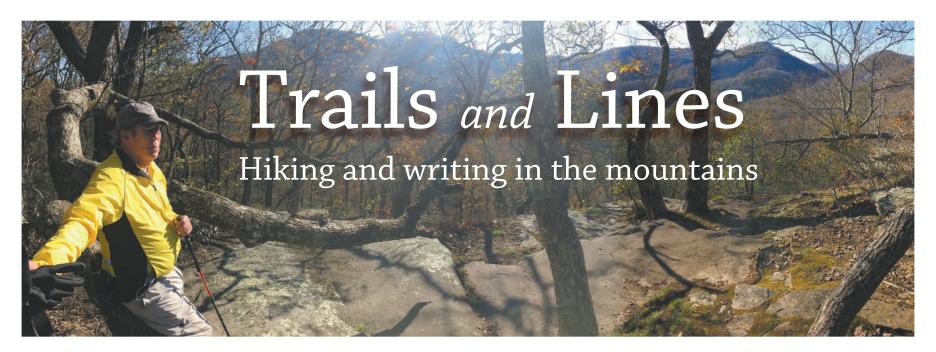
Our two collection locations are First Bank, 5 Olde Eastwood Blvd., Asheville: and Americare Pharmacy, 1185 Charlotte Highway, Fairview. The First Bank site may soon close, as the agreement expired at the end of December. Our site at the library may reopen, once the county is comfortable collecting donations. Another business off Old Fort Road—Spivey Lake Drive—may become available. The business there is not yet open and would not be open every day. If your business is interested in becoming a donation collection spot, please contact us.

In addition to food, the pantry could always use baby food, pet food, disposable diapers of any size and personal care items.

Remember that if schools are closed due to weather, the pantry will be closed too, as our volunteers and clients mostly drive the same roads. However, if schools are closed due to a holiday, the pantry will be open.

Jeff Cole is the executive director of Food For Fairview, which is a tax-exempt 501©(3) corporation. For more information, call 628-4322 or go to foodforfairview.org.





by Clark Aycock

im Carillon and his wife Aline moved to WNC in 1999 from Richmond, VA, to open a bed and breakfast located between Ridgecrest and Old Fort. They ran it for eight years, then sold it and moved to Fairview in the same year.

A contractor who helped them with renovations at their inn was finishing a home in Fairview. "Near the top of a ridge, the view that early spring from the front porch of Bearwallow Mountain and surrounding hills was stunning," Jim said. "To this day, Aline has breakfast on this porch most mornings."

They love many things about living in Fairview, especially the ability to get outside. "We love the opportunity to hike many different nearby trails," Jim said, "and it is a great place to ride a bicycle." And then there are the people. Perhaps most of all, "we have enjoyed the friends we have made in this wonderful community."

Since moving to Fairview, Jim and Aline have found ways to get involved. Jim joined a local hiking group that calls themselves the Fairview Foragers. "We usually meet at Will Hamilton's house

at 8 am every Tuesday, and then hike for about three hours from there up to various hills and overlooks," said Jim. "One of my favorite trails is the Tater Knob hike, which runs along Ashworth Creek for quite a ways, then follows a ridge to a stunning overlook looking northward over our beautiful mountains." (In the photo above, Jim is standing in a spot he calls "Rattlesnake Rock" in the Florence Nature Preserve.)

for our neighbors," he said. "It is so lovely and peaceful there, even though the chance to work with others has been somewhat reduced due to COVID restrictions. A lot of our neighbors really need this wonderful food, especially during these challenging times."

Iim has also connected with the community through submissions to the Town Crier. He shared a travelogue of his and Aline's trip to Italy's Cinque

my feelings, both joys and concerns. Sharing these feelings with others seems like a good way to express myself and reach for more universal connections with others.

"Especially during this COVID-crisis year," he added, "I hope it begins to create exchanges with others, at least in thought if not in person. It's not the same as a hug, gardening together or talking together over a meal perhaps, but it's a way for me to search for universal truths and share experiences."

Many of his latest poems have been about becoming a foster parent. After Aline became a guardian ad litem (a court-appointed volunteer who represents vulnerable children) for Buncombe County, she saw that there was a need to help children and families in crisis situations. She and Jim decided that becoming foster parents could be a very personal way to give back to the community and, specifically, help a child during a critical time.

Jim and Aline went through extensive training and background checks and eventually decided that an infant would work best for them. In June 2019, an opportunity to help a newborn was offered to them, and they met the infant at the



I hope [my poetry] begins to create exchanges with others, at least in thought if not in person. It's not the same as a hug, gardening together or talking together over a meal perhaps, but it's a way for me to search for universal truths and share experiences.

He also donates his time to Root Cause Farm. He began by helping out with fundraising to help purchase the land, was invited to join the board, and has been a regular volunteer working with others in the garden. "This wonderful place grows community as well as organic vegetables

Terre in 2018 and has submitted a few of his poems, including one in May 2020 about spending the quarantine with his foster child.

When I asked him why he writes poetry, he said, "It is a seemingly natural way for me to get in touch and describe







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hospital. After spending a few days and nights with him there, they brought him home, complete with an oxygen tank, as he needed constant oxygen to help him breathe, with still-forming lungs.

"We fell madly in love with him," said Jim, "and it has been a wonderful and rewarding journey ever since. The impact he made in our lives was huge. And it was naturally a fertile ground for poetry." In Jim's new book, This Virgin Page, he

devoted a whole chapter of poems to his journey with the baby.



To purchase a copy of The Virgin Page, vou can call Jim at 335-5441 or search for the book on Amazon.

Foster Parenting

Go my little turtle, go Down this sandy beach From your warm nest To the crashing sea.

I will stand guard Against unseen predators, Protect you as you crawl This first difficult path.

Once in the waves I can no longer join you, Save you from other dangers That still lie ahead.

But I can give you a Good start and safe passage During this crucial portion of Your hopefully long journey.

God speed, little one.

Jim Carillon October 3, 2019



Questions about COVID-19 vaccine scheduling? Wondering where your next meal will come from? Do you need help heating your home? Are you a caregiver? Are you seeking a grab bar?

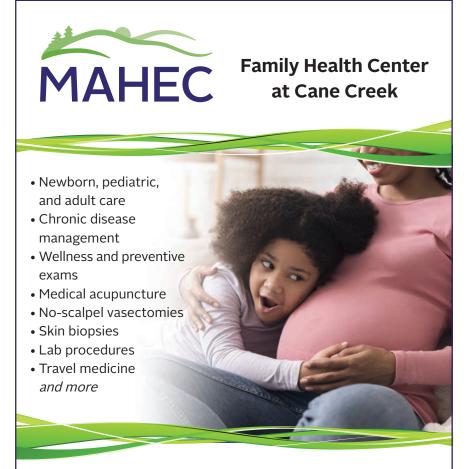




helping people is what I do! As Service Navigator, I connect people with invaluable resources to navigate life as an aging individual or family. I'm here to serve the Fairview Community and Buncombe County as a whole.

MEET CORY at the Spring Mountain Center, lower level meeting room: 807 Old Fort Rd, 9am-12pm & 1-4pm Tuesdays, Wednesdays, & Fridays





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Step Up Your Diet in the New Year

've entered into a new year filled with new beginnings, and it's time to reflect on your own health and vision for what you want to achieve. You might establish new resolutions or choose some lofty goals that will help you move in the direction you desire.

As you work to get everything in order and lay out a plan of action, I suggest you consider how you are going to fuel your body to support these dreams. "You can't outexercise a poor diet" is a phrase you've likely heard before. How you fuel your body extends far beyond your weight; it impacts your total being, and thus influences everything you do no matter who you are. Are you a business owner or computer wizard who thrives with a sharp mind? A teacher who requires calm and patience? A stay-at-home parent who needs...well, everything? Athlete? Builder? Skier? Doctor? No matter what you tell yourself, your nutrition matters, and if you want to step up your game in life this year, you need to step up your diet.

So here we go, with a focus on just the first half of the day. Breakfast has been touted as the most important meal of the day, but research shows this isn't actually true. This was actually a marketing claim created by Kellogg in the 1800s to sell their cereals. My best advice for breakfast is to listen to your body. We are each so different; while your

friend might require breakfast to function, you might find you feel sharper and better all-around without it. There is no right way. Just make sure a smaller meal (or no meal) in the morning doesn't equate to overeating later in the day. If you do choose to eat, focus on dietary fat and protein while downplaying the carbohydrate portion. If you eat a highcarb breakfast, you are likely to experience a blood sugar high with a compensatory low that follows, which will result in fatigue, brain fog, and more carb/sugar cravings later in the day. You'll be on a roller coaster of sugar highs and lows.

Options for a real "breakfast of champions" are listed below.

- An egg omelet. Add some non-starchy vegetables, cheese if tolerated, or maybe even a little uncured bacon.
- If you're in a hurry, a few sautéed or scrambled eggs topped with salsa, or some extra virgin olive oil and salt.
- Some full-fat plain Greek yogurt with a sprinkling of berries and maybe some nuts and seeds.
- A protein shake that has some kind of dietary fat in it such as cream, coconut milk, MCT oil or avocado oil. Consider adding a little frozen spinach, a few berries, and/or ice prior to blending. You should avoid the following foods.
- French toast, pancakes, bagels or waffles topped with fruit.

- Raisin bran (or any hot/cold cereal) with skim milk and a banana.
- Fruit-flavored yogurt topped with granola and fruit.

These breakfasts to avoid have very little protein and dietary fat and are laden with sugar, probably around 20 teaspoons worth in each option.

As for beverages, stick with water, tea or coffee with real cream. If you're a juice drinker, consider letting it go this year. Juice is really just another source of sugar. You can get the vitamins and minerals you need from real, whole foods instead.

Lunches can sometimes be difficult. Maybe you go out to lunch for business meetings, or maybe your morning is too hectic to prep a healthy lunch. If your breakfast is small or non-existent, then lunch is going to be an important part of your schedule to ensure that you don't overeat at dinner. If you know your mornings are busy, try to prep your lunch the evening before.

Options for a good lunch include:

- Leftovers from dinner, such as grilled steak, chicken, fish or tofu that can be put on top of greens with some full-fat dressing, cheese and nuts. Add a variety of cut-up veggies if you have time.
- Chicken, firm tofu or tuna salad. Use an avocado oil-based version, which is helpful for decreasing inflammation.

- Add jicama or turmeric to the mix. Use romaine lettuce leaves instead of bread.
- When going out (or taking out), opt for a burger without the bun and a side salad. You'll find restaurants are pretty accommodating when you ask to substitute veggies in place of the grain.

You should avoid heavy, greasy carbs. These are hard to digest and will leave you feeling too full and lethargic. Hamburgers with fries; bowls heavy with rice, corn, and beans; and sandwiches with potato chips, an apple, soda, and a cookie will cause a blood glucose spike with a low to follow, making the 3–5 pm slump a huge struggle.

I challenge you to experiment with these suggestions and to ultimately create your own dietary guidelines that will support you in achieving your goals. In the meantime, cheers to you and your commitment to being a positive force for good in your own life as you continue to push forward into the new beginnings of 2021.



Ashley Lucas, who lives in Fletcher, has a Ph.D. in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville

Road, Suite 170, Asheville. 552-3333 or myphdweightloss.com.





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hen the topic of boxing is brought up at the dinner table, most people would think of Muhammed Ali or Floyd Mayweather. In the health care field, boxing can be correlated with Parkinson's disease. Parkinson's is a neurological disorder that progressively impairs motor function due to the loss of brain cells that produce a chemical messenger in the brain called dopamine. According to the National Institutes of Health, approximately 60,000 individuals per year are diagnosed with Parkinson's in the US. The disease is characterized by tremors, a shuffling walk, loss of balance, slowed movements, a softened voice and cognitive changes, along with, at times, depression and anxiety. Individuals have a hard time maneuvering around obstacles, changing directions, or even walking through doorways. There is not a cure for Parkinson's, but vigorous exercise may have a protective effect on the brain and slow the progression.

Could boxing help?

When boxers train, they perform exercises that emphasize agility, speed, endurance, accuracy, hand-eye coordination, footwork and strength. These are all characteristics that individuals with Parkinson's lose as the disease progresses.

Prior to joining a boxing program, a

trainer assesses the Parkinson's patient's mobility, balance and gait speed. This allows the patient to see how boxing has improved their mobility at the end of their training duration. Every workout is customized. Trainers take many things into consideration when designing a program, including if the individual is a low or high

EVERLAST

fall risk or is currently falling and what deficits they need to overcome. Each session should challenge the individual with strengthening, aerobic and balance exercises. The program is also tailored to the current stage of the patient's disease.

What are the exercises like?

Hitting heavy bags produces power and strength. Punching speed bags improves hand-eye coordination and posture. Footwork drills (stepping in different directions) improve balance and coordination. Boxing is tied to the ability to control your center of gravity to decrease the risk of falling. To improve cognition, a trainer holds focus mitts and calls out numbers for individuals to hit. Individuals shout out exercises or numbers to improve voice production, or the trainer shouts out numbers that correlate to a specific punch

for the boxer to perform. For example, the trainer calls out "1" and the patient performs

Success Story

Kate (name changed for privacy) is a 65-year-old woman from Fairview. She was diagnosed with Parkinson's at age 45. She lives with her husband. and her main goals were to

not be a burden to him and not have to make the choice to go to a nursing facility. After an initial assessment, it was noted she lost her balance easily, especially when changing directions, required a walker, and had increased difficulty standing up from a chair. She had difficulty walking across parking lots to go to doctors' appointments. She refused to go out to eat with her husband because she was ashamed of how poor her functional mobility was, and she was afraid of falling in public.

Kate was eager to start her training sessions and take back her life. She trained twice a week for 30 to 45 minutes, because her weakness and shortness of breath did not allow for longer sessions. At her sessions, she would punch the bag and yell "knockout Parkinson's" and "This is

my life!" After four weeks, her sessions increased to 75 to 90 minutes. She began walking with a cane and said her fear of falling had stopped keeping her from enjoying her life. She told her husband, with a big smile, "Let's go out for lunch!" At one session, she told her therapist she had a new goal: hiking to the top of Bearwallow Mountain. (Kate has recently moved from Fairview to be closer to family.)

Slow the Decline

Anyone with Parkinson's disease feels like they are fighting on a daily or hourly basis to keep their mobility and independence. Boxing doesn't eliminate Parkinson's, but it does help treat the symptoms. In fact, according to the Parkinson's Foundation, research shows that getting in at least two and a half hours of exercise per week is enough to slow the decline of functional mobility.



Allison Fender is the co-owner of Unified Therapies, located at 145 Charlotte Highway, Suite 40, Asheville. She has a Doctorate of Science in Physical Therapy with a

concentration in Neurology. For more information, go to unifiedtherapies.com or call 414-2368.





Fairview Dirt Is Different

hen we were moving to Fairview more than 20 years ago, I visited with Walter's extended family to get to know them, since we were moving back to the old homeplace and would be living in the middle of all of Walter's relations on his mother's side.

We had stopped by to visit Aunt Floye and Uncle Johnny as we were finishing up working on the house site prep. We had done some catching up about family and friends and were preparing to leave, so we were standing by the back door putting our shoes on (they were muddy from digging part of that 750-foot water line I mentioned in previous columns). Aunt Floye told me, with a little squeeze



of a hug, that she appreciated us taking our boots off because dirt in Fairview was forever trying to get inside. I thought she was joking about me being a city girl, as I had grown up in a small neighborhood in a small town but definitely not an area like Fairview. I laughed and told her I was familiar with dirt and getting on better terms with it every day.

It wasn't until we had lived here about a year that Aunt Floye's words came back to me as I was sweeping the kitchen floor for a second time that day. I began to understand what she meant. The dirt in Fairview really seems to be a living entity that wants in my house. It waits for any crack in the door or opening of a window, and then it considers itself invited and welcomed. No matter how hard I try, my house always needs sweeping and dusting. I admit that I'm not an enthusiastic housekeeper now, but I used to be. When we first moved into our house, I was a little fanatical about keeping things neat and tidy. Over the years, the dirt has worn me down.

I have lived in multiple places. I grew up in Shelby. I went to college in Raleigh. We lived briefly in Winston-Salem and Statesville when we were newlyweds. Just before moving to the farm, we lived in West Asheville. In all those places, there was dirt of various kinds. Shelby had red

clay mud that clung to your shoes. (Anyone remember the song "Red Clay Halo" by Gillian Welch? I recommend checking it out.) Raleigh had the grit of car exhaust, especially during the heat of August. When I lived there, Winston-Salem was at the tail end of the reign of King Tobacco, and the smell of the dust still hung in the air. Statesville had the suburb dirt of Charlotte brought home each night by the commuters. And in the mid-90's, West Asheville was the smut dirt of strip clubs and dive bars. All of it was dirty, but in no way like the dirt of Fairview. Fairview dirt is organic.

When I say Fairview dirt is organic, I mean that in multiple ways. I see it as "dirt" dirt. Dirt from composting vegetation. Dirt from the forested areas. Dirt from the animals raised by local farms. It's dirt as it's supposed to be—from truly organic material. However, I have also come to see it as an organic being, a living entity that wants to be in my house. Like the mice that move in over winter, the spiders in fall or the ants in spring, Fairview dirt seems to need to be in my home.

And like those critters, it seems to be a never-ending fight to keep it out. No matter how hard I try, it still shows up. But it's not always the same dirt. Some years it's been mud, clumps of which drop continuously from boot treads. Some



years it's been frozen rabbit barn muck, which thaws into an interesting smear once it's in the house. Some years it's been the dust pulled in by the fan system we use in place of air conditioning. Every year, it's the bark bits and ash from our woodstove. This year has been leaf bits that stick to damp shoe bottoms and spread through the house with every step. It's almost as if the dirt is running experiments to find the most effective way to get itself inside. In my opinion, they all seem to be very effective!

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





Sherrill's Inn Surroundings

f you've driven from Fairview to Bat Cave, you're familiar with the historic Sherrill's Inn sitting sentry on an open knoll near the crest of the Eastern Continental Divide. Now, this iconic denizen of days gone by enjoys new protection for its surroundings.

In December, the Southern Appalachian Highlands Conservancy (SAHC) protected 26 acres wrapping uphill toward the south and west around the historic inn. This new Hickory Nut Gap Forest conservation easement adds to conserved land surrounding the Drovers Road Scenic Byway (74A).

"Although this new conservation easement is small in acreage, it adds to hundreds of acres at Hickory Nut Gap Forest, which SAHC began protecting in 2008," explains SAHC Land Protection Director Michelle Pugliese. "When I look at this conservation easement, I think about preserving the historic setting of places like the Sherrill's Inn; protecting the natural land close to what it was like back when the inn was originally built and used as a stop-over for people traveling across the mountains...this is a great example of how a smaller conservation easement can make a big impact."

This recently conserved land includes a heritage apple orchard, an open area and a forest partially surrounding Sherrill's Inn, which is a designated Historic American

Building. Permanent conservation of the land will help preserve views from the Drovers Road Scenic Byway, as well as some aspects of agricultural use.

"We were so pleased to be able to work with SAHC on this final series of conservation easements we have granted on the farm and forest land property in the Fairview section of Buncombe County that our grandparents, James and Elizabeth McClure, acquired in 1916 and my sisters and brothers and I inherited from our parents, Jamie and Elspie Clarke," said

SAHC Member Support, Gifts, Grants and Donations

Conservation of the land was made possible by support from SAHC members, generous seed gifts from the Stanback family, a grant from Buncombe County, and a donation of part of the conservation easement value by the James McClure Clarke and Elspeth McClure Clarke Family Limited Partnership.

These 26 acres join a network of about 1,500 acres of conserved land that SAHC has protected surrounding Hickory Nut Gap, including land that SAHC protected as part of the Drovers Road Scenic Byways projects in 2012-2013, conservation easements at Little Pisgah Mountain (2011-2012) and Drovers Road Preserve



(2003), and protected agricultural land actively farmed by Hickory Nut Gap Farm and Flying Cloud Farm (2008-2015).

"The Fairview valley is, to me, one of the most beautiful places just outside Asheville," added Pugliese. "I love driving or riding my bike up 74A and knowing that SAHC has protected these scenic views on both sides of this historic route."

The path that is now the Drovers Road Scenic Byway was first a Cherokee trail. In the 18th century, settlers followed this trail in covered wagons to the Hickory Nut Gorge. Early settlements gradually expanded as a means to support a growing agricultural commerce. Farm products had to be

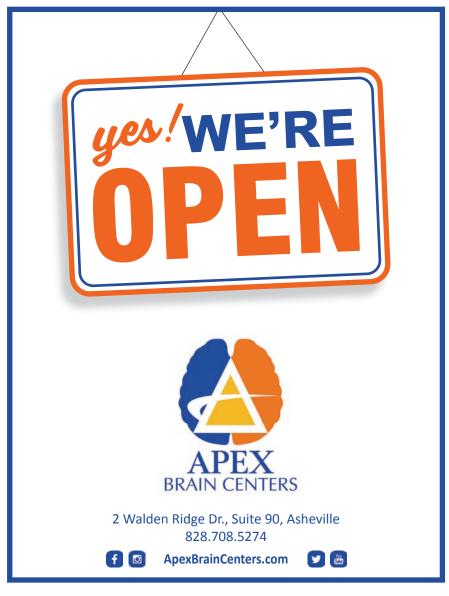
transported from WNC, Tennessee and Kentucky to the markets in South Carolina and Georgia. During the fall months, farmers followed this route with their livestock, driving hogs, cattle, horses, mules, turkeys or ducks on the long trip to market. The men who led these herds were called drovers, and this route through WNC eventually became known as Drovers Road.

In the early 19th century, Dr. John Harris, a doctor and entrepreneur, was particularly interested in creating an improved road from Asheville to Rutherfordton. Largely in response to his efforts, the NC General Assembly authorized funds in 1823 to improve

the road through Hickory Nut Gorge, In 1841, Dr. Harris, his son-in-law Bedford Sherrill (builder and owner of Sherrill's Inn), and four other men from Buncombe and Rutherford counties were appointed as commissioners for the purpose of "keeping" the turnpike road. An original structure on the Sherrill's Inn property dates to 1806, while the larger structure was added later and used as an inn/stage coach stop and tavern from around 1834 to 1909.

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.





Preserving Fairview's Past

Petty Cunningham is a true Fairview native. She was born on Merrill Road in Fairview in 1930 to Crawford and Gertrude Merrill. She attended Fairview High School and graduated in 1948. She worked at Tyco Electronic and has been a longtime member of Emma's Grove Baptist Church.

To highlight the memories contained in the Fairview Oral History Project, we thought we'd share some photos and memories from her interview. We thank Betty for allowing us to share, and also thank her daughter, Linda Williams, for helping us get the details right.

Follow the link shared at fairviewtowncrier.com/links and you'll find more photos and the full transcript, which also includes many memories from Linda of her time growing up in Fairview.



THE ORAL HISTORY **PROJECT**

The Fairview Oral History Project is part of the Buncombe County Special Collections (formerly the North Carolina Room) at Pack Memorial Library. The project's mission is to collect, preserve and provide access to the history of Fairview through recorded oral histories, as well as the collection of photos, postcards, manuscripts and maps. The interviews are transcribed and preserved for anyone interested in local history, as well as for future generations.

Additional histories are being added all the time, and you can find all of the scanned images and transcribed histories online. Go to fairviewtowncrier. com/links to find a direct link to the Fairview histories.

For more information on the project, email packnc@buncombecounty.org or call 250-4709.



Betty's ancestors were some of the first white settlers in WNC. Before moving to the Cane Creek area, her family lived in a house owned by her grandfather, W.D. Galion, on Biltmore Avenue, across from what is now Mission Hospital.



Young Betty rode the bus to school in Fairview. When she and her brothers were waiting for the bus to arrive in cold weather, they'd build a fire near the bus stop to keep warm.



Betty's senior portrait from Fairview High School, 1948.



"We had a little place on the garage where we lived down there and it had a lard bucket," said Betty. "We had just a rubber ball and my brothers both were older than I was, but they'd get down there and play, too. In the ninth or tenth grade. I made the (basketball) team." A lefthander, she got her nickname "Lefty" while playing ball, and some of her oldest friends still call her that. In this photo, she is sitting to the right of the coach.



Betty was part of the Yearbook Club at Fairview High. In this photo, she's in the front row, fourth from the left (a classmate is standing above her and pointing at something on the desk).

Betty was an inspector at Tyco Electronic for 53 years.







Betty's photo with her mother was included in Emma Grove Road Baptist Church's "100 Years of Service" publication from 1999.



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



Alyson Neel started an activewear company in Fairview when she couldn't find running gear she liked.

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.



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Local Teachers of the Year









We think all of our teachers should get awards for their efforts during the pandemic. However, only one teacher from each county school can be selected as 2021-2022 Teacher of the Year. Congratulations to the winners from our local schools: Jessica Henry, Cane Creek Middle; Maggie Harvin, Fairview Elementary; Sara Anne Kahn, A.C. Reynolds Middle; and Katie Roman, A.C. Reynolds High.

Do You Remember?

t doesn't seem real that we're already a month into 2021. As time marches steadily on, sometimes we don't notice the days that we'll remember the most in the future. At the time, they pass us by, just another day in the loop. But when we look back, there are days that we remember more than others. And sometimes, the days we thought we'd remember forever are nothing but dust.



All the way up to seventh grade, I lived in the Enka district. Halfway through that year, my parents decided to build a house in Fairview. We moved out of our old house, and in the months between that and when our new house was ready, we lived in a 600-square-foot house in the middle of nowhere in Swannanoa. My sister and I shared a room that only had enough space for two twin mattresses laid on the floor next to each other and the Wi-Fi router. You'd think I'd remember the day we moved in or the day that we packed up and got ready to move out again, but I don't. I do remember the night that I laid out on the picnic table in the front yard. The neighbor to our left came over, and we just sat in the dark together, watching the stars swirl by. I remember a different night, too. I was lying in bed with my iPod nano hidden under my pillow and letting music surround me as I stared out the window. I don't recall thinking about anything in particular, just that my mind was blissfully blank.

I don't remember anything about my first day of middle school or my freshman year. Everybody hypes them up and imagines that they'll to be like something out of a movie, but to me, it was just another day. Even though I love writing this column, and I've been doing it for a little over two years now, I don't remember the day I had

my first article published. It sort of just feels like I've been doing this forever. There are a lot of firsts I don't remember, a lot of

Sometimes I wish I could go back and live all the days I don't remember over and over again.

big days where I remember the outline but the details are fuzzy, if they're there at all.

One day that's been bugging me lately is March 13 of last year. It was the last day of in-person school before we left for the pandemic. I remember someone in my AP World History class jokingly telling the teacher, "See you next year!" I remember being excited about the two-week "coronacation" that we were going to have out of school. I don't remember anything else about that day. If I'd known what was to come, I would have paid more attention to everything else.

Sometimes I wish I could go back and live all the days I don't remember over and over again. Soak in every last detail and save it away in my memory. Time feels like it's slipping away faster, and that's really scary, especially during the pandemic. This year was supposed to be my first prom, my first year as a section leader in the marching band, my first year of college tours. I just got my drivers license in December, and I have a paying job. This is the time I should be driving around and going on adventures with my friends, spending too much money and having sleepovers. But that's not really an option.

So, here's what I've been trying to do lately. I've tried to stop caring about what other people think, to stop caring about the "grand gesture." Sometimes the little things matter more in the end, anyway. I try to live while I can and make the most out of what I have.

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

Friendly New Faces at Fairview Elementary

by Kenya Hoffart

Fairview Elementary recently

welcomed two new faces to their staff: Brittney Earley as the new cafeteria manager and Eddie Nugent as the new head custodian.

Earley has worked for the Buncombe County Schools nutrition department for nine years and has experience at several local schools, most recently at A.C. Reynolds High School. She has a daughter at Fairview Elementary, so she was very excited when she earned a chance to move to her home school. Earley loves children and can't wait to see smiling faces fill the cafeteria soon. For now, she and her crew prepare meals to be delivered to classrooms so that students can be socially distanced or for families to pick up on all-virtual days. They also prepare weekly meal kits to help support families during this unprecedented time.

Inspiring Leadership

Earley's biggest motivations are her husband and their daughter. She believes in treating others the way she wishes to be treated, and she practices that mantra with students, staff and everyone she meets. As cafeteria manager, Earley has found there is a lot of paperwork required in her new



position, but she's taken on each new task

with a positive attitude. Jennifer Craig,

a FES cafeteria worker, said, "Brittany is

very kind and helpful. Her leadership is

"Clean, Stocked, and Accessible"

Nugent also comes to FES from A.C.

Reynolds High School, but he started

working for Buncombe County Schools

as a custodian at Bell Elementary 20 years

ago. He has learned that, with a school as

each day. He and the rest of the custodial

clean environment for students in which

large as Fairview Elementary, there are

a lot of requests and needs throughout

staff work hard to provide a safe and

Brittany Earley

Eddie Nugent

Confronting Challenges

Nugent is the proud father of a 10-year-old boy, and family is very important to him. He believes in life—if you take no chance, you receive no reward. So, moving into a leadership position was an easy decision for him. He is always willing to help in every situation and looks forward to the challenges of each new day. In addition to his full-time position as head custodian, Nugent is also a real estate broker with Weichert Realtors.

to learn. He said, "Being a custodian

in a school with a

staff and student

body this big, and

is definitely chal-

during a pandemic,

lenging." He added,

"The custodial staff

works hard to make

sure each classroom.

bathroom, and

commons area is

clean, stocked and

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

ACRHS STUDENT OF THE MONTH

Jackson Wright



The A.C. Reynolds Student of the Month is Jackson Wright. His math teacher

and nominator, Ivy Briggs, explained that "Jackson is one of the most thoughtful and hardworking students at Reynolds." In addition to being near the top of his graduating class, Jackson is also a soccer player, an active member of the school's Key Club, Student Government, and Philosophy Club, and works a part-time job. While his achievements are many, his kindness and respectful demeanor are often among the first things people in the school and community appreciate about him. Congratulations, Jackson!

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





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

Hand out several empty soda cans to your audience. Have them try to balance the cans on their edges.

After everyone has had an opportunity to try, take your own can and begin to balance it on its edge. Hold the can on its edge for a few seconds to build the suspense.

When you move your hand away, the can will stay balanced on its edge. It can even be gently tapped so it rocks back and forth.

magic!

To Prepare

- Oather a few empty cans.
- Fill one can about 1/3 full of water. (Don't let your audience see this.) You will need to find the exact amount of water (the sweet spot) before this will work, so practice it first.
- Keep your can out of sight until you are ready to perform.





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Make your own

Cheeseburger Charm!

As the use of a razor blade or X-Acto knife is required, this fun project is suitable for kids with adult assistance, teenagers and adults. Attempt at your own risk.

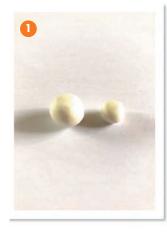
We'll feature another project from Casey in an upcoming issue, so hang on to your leftover supplies!



Supplies

available at most craft stores

- Polymer clay: white, yellow, orange, brown and translucent (not pictured).
- Chalk pastels: yellow, orange and brown
- Razor blade or X-Acto knife
- Small rolling pin
- Soft paint brush
- Firm paint brush or toothbrush
- Small jump ring
- Small eyepin
- Lobster clasp charm
- Small jewelry pliers





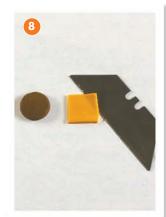






















Fairview-based Casey Johnson has been making polymer clay food jewelry since 2013. Her work has since been featured on BuzzFeed, iFunny, and

many blogs. You can find her on Instagram (@yumliejewelry) and Etsy ("Yumlie")



Instructions

- Roll two small balls of white polymer clay. One should be about 3/4 larger than the other.
- 2 Gently press each ball down and lightly press around the edges to create a bun shape. Ask an adult to use the razor blade or X-acto knife to scrape off a small amount of chalk pastel, in equal amounts of yellow, orange and brown, and mix using a soft paint brush.
- 3 Use a soft paint brush to brush the chalk pastel powder onto each cheeseburger bun half. Try to avoid the outer edge of each bun in order to give each side a "toasted" look.

- 4 Roll a small ball of brown clay, about the same size as the bottom half of the cheeseburger bun. Press to flatten, then texture with a firm paint brush or toothbrush.
- 5 Take equal parts translucent, yellow and orange clay and roll them into a ball.
- 6 Flatten the orange clay mixture using a small rolling pin or your fingers.
- Place the brown clay "hamburger patty" textured side down on the flattened orange clay. Ask an adult to use the razor blade to cut a square around the patty and remove the excess clay.
- 8 Ask an adult to use the razor blade to lift the orange square/"cheese slice."

- Place the cheese slice on the burger patty and lightly press the corners around the patty. Place the cheese slice and patty onto the bottom half of the bun. Place the top half of the bun onto the cheese slice and patty and press gently to bond the clay.
- Insert eyepin into the center of the cheeseburger. If it's too long, use jewelry pliers to trim. Bake your clay cheeseburger according to clay packaging instructions.
- Use jewelry pliers to slightly open the jump ring and connect the lobster clasp charm to cheeseburger eyepin.
- 🔁 Enjoy your finished Cheeseburger Charm!



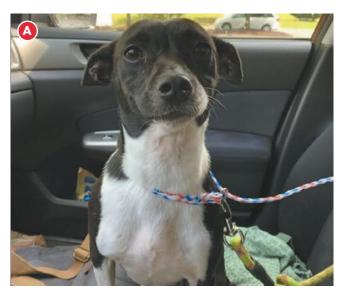
A Lickety Split, a sweet 22-pounder, is about 5 years old and loves just about everyone she meets. She can be a bit selective with other dogs and would prefer to be the only dog in the home. She has completed

B Kerfuffle is an 8-month old kitten waiting for his new family. He loves lounging around but will chase a laser pointer any day. Charlie's Angels

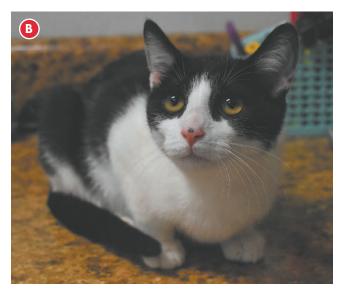
heartworm treatment. Charlie's Angels

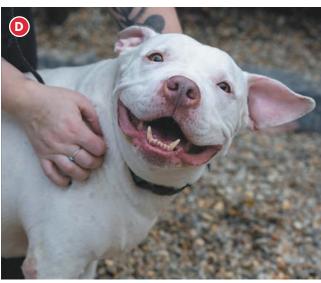
Snoopy is a friendly, happy-golucky dog that loves to spend time with his people. He's playful but does have some skin allergies, so he will need to stay on his special diet and medication to help keep him comfy. Brother Wolf

D Rex is a handsome marshmallow looking for a home where he can be your one and only. He would prefer a home without small animals or cats and would need to meet any potential dog roommates before moving in. He's 10 years old and has never met a stranger. Humane Society







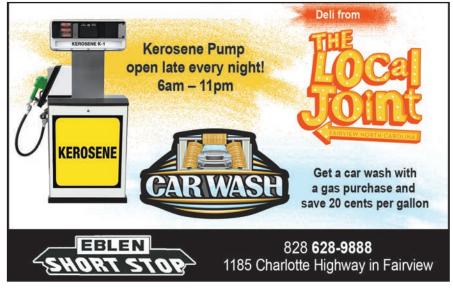


Brother Wolf 505-3440 bwar.org | Charlie's Angels 885-3647 charliesangelsanimalrescue.com | Humane Society 761-2001 ashevillehumane.org









How to Keep Active with Your Dog When It's Cold Outside

inter can be a tough time on our pets, especially if you live in an area that frequently gets cold temperatures and snow. With the cold, shorter days, it can be hard to keep our dogs moving and exercising.

Luckily, with a little creativity, you can stay inside where it is warmer and meet those goals for getting steps in for both you and your dog.

Below are five of the most common enrichment and exercise activities we recommend to our clients. All but one of these activities are indoor activities.

Outdoor Activity

If you are a lover of the outdoors, you know that going for a hike can be a great release when you are stressed and frustrated. After all, isn't that why so many people are moving to the mountains of North Carolina?

Hikes give you the opportunity to break free from the daily doldrums and enjoy our scenic mountains, while giving your pup the opportunity to experience and socialize among new sights, sounds and smells. You can safely meet up with a group of friends or a dog training group to make your outing even more fun and enriching for both you and your dog.

Treadmill Training

If you are less inclined to spend time in the cold or have physical limitations, treadmill training your dog is a great way to get them both mental and physical exercise. There are always used treadmills on the market at affordable prices. Start off by acclimating your dog to the texture and noises of the treadmill, rewarding them for being calm and following your lead, and take it slow when introducing them to the movement. It will probably be a little odd for your dog when you start moving as a group, but it will engage their brain, burn off mental energy and provide the obvious benefits of movement. Just make sure the treadmill deck is long enough, so your dog can make full movement strides without stepping off the back. And set the pace to match their cadence for a natural pace and gait. It is fun to watch a dog that enjoys a good walk on their treadmill. We had a friend with three Chihuahuas who would jump up on the treadmill and walk 90 minutes just about every day—what a sight to see!

Fetch

Maybe you have a dog that loves to play fetch with a ball or favorite toy? Scale down the game to be able to play in a long, narrow hallway on a rainy or cold day. You can even put your dog on a long leash to guide them to move away and then back toward you if you don't have the benefit of a hallway to keep them focused. Layer obedience skills, such as sit, wait, get it and drop, over the play as another way to engage your dog's brain. Step up the enrichment even more by keeping their focus on you and the game while other distractions are going on



around them. Studies show a little play incorporated into training reinforces the training session.

Scent Work

The fourth activity is an enrichment one that one of my personal dogs loves to do. A dog's sense of smell is much more sensitive than a human's. With most dogs, incorporating "scent work" opens up their brains and works their most innate skill. Instead of the daily monotonous task of feeding your dog out of their dog bowl, save up small yogurt cups, divide their meal among a few of them and hide the cups. Then send your dog out to look for them and train them to alert you when they make a "find." You will see the joy in your dog when they "get" the point of the game. There are also various feeder toys and puzzles on the market to make the most of mealtime in other ways, too.

Opposite Skills

Lastly, most owners are looking for the best ways to exercise their dogs. The problem is that exercise is not always the "cure" for a highly active, energetic dog. You may be creating more of an athlete that will be able to run circles around you.

Training "opposite" skills is a common approach. Instead of continuing to endurance train your dog, teach them calming skills as a complementary skill. Place command, down-stays and calm-on-queue are all ways to help your dog learn how to calm down and deal with their energy when you need them to take a calmer approach to life. It is all a part of helping your dog understand the need for an on-off switch.

Hopefully, you can find enrichment for your relationship with your dog in some of these activities. At a minimum, they should encourage you to be creative with more ways to exercise your dog, both mentally and physically, to help them be an even better companion for you and your family.



Tracy Peabody is the owner and head trainer of Woof in the Woods and Specialized K9 training services. For info on lessons, classes, and products, call 222-2222. 1451 Charlotte Highway,

Fairview, woofinthewoods.com



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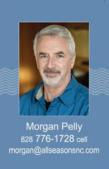


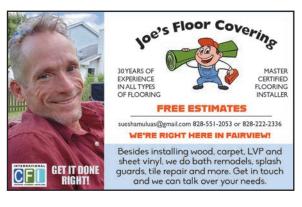
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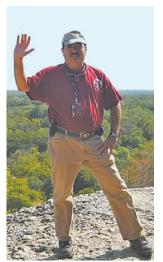






IN MEMORIAM

Joseph DiModica II



Joseph P. DiModica II. 63, of Pullman, WA, suddenly passed away at home in December 2020. He was born in Bradenton, FL, on February 16, 1957 to the late Joseph P. DiModica I and Mary C. DiModica.

Joe was a graduate of A.C. Reynolds

High School and obtained his forestry degree from NC State. He was very proud of his lifelong profession.

Joe had recently retired to Pullman, WA, and kept in close contact with his forestry peers. He loved the outdoors, hiking and animals. He was a devout Catholic, a gentle spirit and loving brother and uncle. He will be greatly missed.

In addition to his parents, he is preceded in death by his brothers, Philip and John DiModica. Surviving is his sister, Rosemary D. Rice (Bobby), Fairview, NC. Joseph is lovingly remembered by his nephews: Matthew Fabian, Marcus Fabian (Ambry) and Philip DiModica (Kat).

Memorials may be made to your favorite outdoor charity.

Sonny Freeman, the Gerton Mountain Man

Samuel Filmore Freeman died on January 24 at his home in Gerton. Folks knew him as Sonny, the name he preferred. His rustic cabin sits right next to 74A (Gerton Highway). Passersby waved and he waved back. In more recent times, with the addition of a large sign inviting people to "Stop & Meet Sam, the Original Hillbilly," many people pulled over to chat. Sonny was quite the conversationalist, and his stories were famous. He was interviewed by blogger Jacob, the Carpetbagger, back in 2015 and explained that he had been a contractor for many years. Afterw orking all day, he wouldn't make it home until 7 pm most nights and had no time for his family, so he decided to find a way to earn a living from home. And that living ended up being "whittling and hillbillyism." (To see the full interview, visit the carpetbagger.org and click on "Hillbilly Hall of Fame.")

Sonny was smart and knew that thousands of tourists passed by every year, and he found a way to capitalize off of his location. He made sure his cabin was a memorable stop for picture-taking and began marketing himself as a photo opportunity and tourist stop.

Years ago, he started making walking sticks. He said, "If I see a stick I like, I cut it." He used poplar, oak, hickory and all local wood. He remembered one tourist who came by for a stick who had been sent up the hill from a Chimney Rock store after balking at the \$30-\$40 walking sticks sold there. After selling the tourist a hand-carved



stick for \$10, he told him, "If you get a stick from Sam, it's not made in China; it's from this here mountain."

Over the years, Sonny chatted with visitors from Bulgaria, South Africa, France, Germany and other faraway places. He enjoyed talking and hunting. When people asked about the Confederate flag he flew, he said, "I tell people 'If you don't like it, don't look at it.""

Sonny is survived by his sister Carolyn Harris, daughter Sarah, and son Danny, along with nieces, nephews and other extended family. He is buried next to his wife, Ellen Massey Gilkey Freeman, who passed away in 2018, in Bearwallow Cemetery in Gerton. Our community has lost an icon.

Local Teen Designs Magnet for Charity



Isaak Starr, a Fairview teen, recently designed a magnet (shown at right) to raise money for charity as part of a high school service project. You can purchase one for \$3 at Trout Lily Market (1297

Charlotte Highway, Fairview), and all the proceeds will be going to a charity (which will be named later).

IMPORTANT LOCAL NUMBERS

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GARREN CREEK FIRE DEPT 669-0024

GERTON FIRE & RESCUE 625-2779

SCHOOLS

CANE CREEK MIDDLE 628-0824

FAIRVIEW ELEMENTARY 628-2732

A.C. REYNOLDS MIDDLE 298-7484

A.C. REYNOLDS HIGH 298-2500

COMMUNITY CENTERS

CANE CREEK CC 768-2218

FAIRVIEW CC 338-9005

SPRING MOUNTAIN CC 545-9092

> **UPPER HICKORY NUT GORGE CC** 625-0264

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FAIRVIEW POST OFFICE 628-7838 **FLETCHER POST OFFICE**

GERTON POST OFFICE 625-4080

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MISCELLANEOUS

FAIRVIEW BUSINESS ASSN 585-7414

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Managing Your Retirement Plan Under a New Employer

our 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:

- 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.
- 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.

• 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.



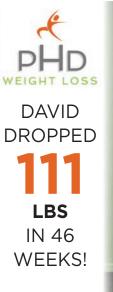
This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert. Contact 628-1546 or stephen.herbert@edwardjones.com.

December 2020 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
Homes Listed	1	295,000	295,000	295,000
Homes Sold	18	1,350,000	179,000	519,600
Land Listed	1	185,000	185,000	185,000
Land Sold	6	449,000	80,000	255,500

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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The General Assembly Is Back in Session

fter a worrisome transfer of power in Washington, DC, the North Carolina General Assembly has embarked on its 2021-2022 legislative biennium. House and Senate members were sworn in on January 13 in subdued ceremonies, as the pandemic continued to rage across the state. The elections changed little in the political balance of power. The Democrats gained a seat in the Senate and lost four in the house. Phil Berger will continue to lead the Senate and Tim Moore the House. Governor Cooper, having won a second (and final) term, retained the ability to sustain his vetoes in both bodies.

The big question hanging over the state government will be the fiscal impact on revenues from the pandemic. The dire predictions of a \$5 to \$6 billion shortfall have been scaled back. The delayed tax filing, covering pre-COVID 2019, is in the past. The other big source of revenue, sales tax, is taking a hit. I will be interested to find out if the state was able to collect sales taxes efficiently from online purchases. North Carolina had saved up a considerable "rainy day fund" for just such an economic disruption. And I believe it is possible that states (and local governments) will receive financial relief from the Biden administration.

Vaccine rollout complaints have dominated my email life since Christmas, replacing unemployment concerns. The

coordination between the federal planning, state management and local implementation has created a lot of frustration among those eager to be immunized. We can start off being thankful that we have two effective vaccines that were developed in record time, and that fact gives us hope that we can possibly see the end of the pandemic in 2021.

I believe that the lack of a detailed federal program and overpromising numbers has hampered getting the doses to the states in a steady and reliable manner, which has led to failures in moving them to counties. Hospital CEOs have been frustrated in trying to administer injection sites when promised doses have not materialized. Add to that the failure of websites and call-in numbers and it has been anything but a smooth rollout. One other factor has been the lack of funding for public health in North Carolina over the past 10 years; approximately a 21% decline. Hopefully, by the time you are reading this, vaccination levels will be improving. I am in the over-65 age group, and I worry about going down to Raleigh to do my job in an environment where masks are optional.

One of the most important tasks of this session will be to redraw all of the political boundaries for the next 10 years. The constitutional purpose of the US Census is to determine population numbers for

this redistricting process. Carrying out the census at the same time as the pandemic, and with a fair amount of political involvement, has delayed the final numbers.

Hanging over the process is a decade of litigation over the gerrymander of 2011 $\,$ and several court orders to redraw lines for racial and partisan preferences. My district, 115, had to be redrawn for the 2020 election, causing some confusion for voters. It is my view that one of the most important policies we need to enact is to remove the power to draw districts from the politicians, as other states have done.

North Carolina cities, especially Raleigh and Charlotte, have been on a growth spurt the last 10 years. It is certainly expected that our state will pick up another US Congress seat. And state districts will need to be added in these urban and suburban areas.

My own legislative interest for 2021 includes finding ways to support young farmers willing to raise their families in our rural areas. The aging of farmers, the "get big or get out" mentality, and the difficulty in transferring farm land make the decision to pursue agriculture a daunting one. But farm life has many rewards, and it is a great way to raise children and develop a work ethic in them.

Renewable energy for the generation of electricity has matured to the point

where it is more competitive for pricing than older coal and gas plants. And solar doesn't carry the environmental risks, such as the buildup of coal ash pits. North Carolina has excellent wind energy potential off shore, and new, giant windmills are proving to be highly cost-effective. Creating an industry to build these plants on our coast would provide many great jobs for our future.

I am enthusiastic about funding our several trust funds to preserve our mountain land, which would allow the plants and animals to survive the warming climate. We need to protect all types of outdoor recreation opportunities, which have been especially important as people have needed to get outdoors in the relative safety of our public lands. Three of my grandsons have just graduated from hunting license school, which should bring a variation to their papaw's dinner time.

Thank you again for allowing me to represent you in Raleigh. Please don't hesitate to contact my office with any problems you might be having with state matters.



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

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Paying Tribute to Current and Historical Black Food Leaders

he year 2020 collectively called us to more deeply see many truths experienced by folks in our country. While food insecurity, hunger and racism in the food system are not new truths, many are awakening to their interconnected and marginalized impacts to communities of color. This Black History Month we honor and uplift Black leaders and organizations working to celebrate and honor their many cultures and to stand for racial justice in the food system. We hope they might inspire and energize you, especially white and non-Black readers, to show up for racial justice as well or deepen the ways you already are—and not just for Black History Month but for every opportunity. Please note that these are only a few of many amazing Black leaders and organizations in the food system.

DeWayne Barton and Safi Mahaba

Asheville's Burton Street Peace Garden was co-founded by DeWayne Barton and Safi Mahaba "in 2003 as a peaceful response to the war in Iraq and the war on drugs in the States and is a labor of love in the heart of

This Black History Month we honor and uplift Black leaders and organizations working to celebrate and honor their many cultures and to stand for racial justice in the food system.

the Burton Street Community," according to hoodhugger.org. Formerly an abandoned and overgrown lot, the land was transformed into a garden and ever-changing sculpture park using art, expression and the repurposing of materials to learn, grow and heal. It is a beacon for Black history and celebration. Located in West Asheville, it is open to the public during daylight hours.

Leah Penniman

Leah Penniman is the co-director of Soul Fire Farm, which is "a BIPOC-centered community farm committed to ending racism and injustice in the food system"



Asheville's Burton Street Peace Garden was co-founded by DeWayne Barton (above) and Safi Mahaba "in 2003 as a peaceful response to the war in Iraq and the war on drugs in the States and is a labor of love in the heart of the Burton Street Community." (CREDIT: @peacegardener)

founded in 2010. (BIPOC stands for black, indigenous, and people of color.) Soul Fire Farm says it "raise[s] and distribute[s] life-giving food as a means to end food apartheid." Penniman is a science teacher, soil steward, food sovereignty activist and author of the book Farming While Black. She leads BIPOC youth to explore and reclaim their relationship with the land.

Karen Washington

Karen Washington is an urban grower, organizer, activist, story teller and owner of Rise & Root Farm. During her many years living in the Bronx, NY, she has helped convert abandoned lots into community gardens, protecting growing spaces from development and gentrification while getting fresh produce to her neighbors. Additionally, she co-founded BUGS (Black Urban Growers), which is "an organization

committed to building networks and community support for growers in both urban and rural settings. Through education and advocacy around food and farm issues, we nurture collective Black leadership to ensure we have a seat at the table."

Fannie Lou Hamer

Fannie Lou Hamer (1917–1977) lived her days in Sunflower County of the Mississippi Delta and was dedicated to bringing economic opportunities to Black communities. She was a powerful and trailblazing civil rights leader, Black voter registration organizer and food system innovator. In 1969, she founded the Freedom Farm Cooperative and purchased 40 acres of land to support cooperative farming access, improving nutrition in her community, affordable housing needs and entrepreneurship opportunities.



In 1969, Fannie Lou Hamer (1917–1977) founded the Freedom Farm Cooperative and purchased 40 acres of land to support cooperative farming access.

Dara Cooper and the National Black Food & Justice Alliance

Co-founded by Dara Cooper, a James Beard Foundation Leadership Award recipient, the National Black Food & Justice Alliance focuses on black food sovereignty, self-determining food economies and land. According to their website, they are a "coalition of Black-led organizations aimed at developing Black leadership, supporting Black communities, organizing Black self-determination, and building institutions for Black food sovereignty and liberation...by engaging in broad-based coalition organizing for Black food and land, increasing visibility of Black-led narratives and work, advancing Black-led visions for just and sustainable communities, and building capacity for self-determination within our local, national, and international food systems and land rights work."

To find out more about the farms, places and organizations, go to fairviewtowncrier. com/links for links to their websites.



Janice Brewer is the garden manager at Root Cause Farm. 26 Joe Jenkins Road, Fairview. For more information, call 276-1156 or go to rootcausefarm.org.





Chestnuts, Part 2

he new year is fully upon us, and right now, fierce, arctic winds are howling down the ridge top from Flat Top Mountain into our valley. It is cold outside but it's warm and cozy in our cabin, as I toss a huge oak log onto the fire.

On our counter, sitting in a small bowl, are the remaining pile of sweet chestnuts, left over from the ones that we roasted during the holidays. We couldn't find our roaster pan with holes in it, so we used a big iron skillet. We scored the hard chestnuts with an "X" and roasted them slowly over the fire until they were steaming hot. In Japan, chestnuts are always served as part of the New Year's menu, as they are said to represent both success and hard times—mastery and strength in life. Those are two good qualities we can certainly all use and take into our lives during these wild and woolly times.

Chestnut trees were essential in the building of America. Chestnut wood was used for many kinds of furniture, including interior paneling, charcoal, and telegraph and then telephone poles. At the turn of the century in Asheville, over 70 million board feet of lumber were produced and another 100,000 cords of chestnut fueled five tanneries in our region alone. Chestnut bark is high in tannins and was prized for softening the hides of bear, deer and other skins and leathers.

People all over this country used chestnut wood to make things, ranging from cradles to coffins, tables, barns and fences. Thousands of barns and homes were constructed from chestnut timber, given its resilience and capacity for resisting bugs and decay. Prior to the blight, most barns east of the Mississippi were constructed primarily out of chestnut timber.

You could wear leather gloves or mittens cured with the tannins from chestnut bark. You could eat rich and nutritious chestnut bread and chestnut stuffing for wild game,

At the turn of the century, over 70 million board feet of lumber were produced and another 100,000 cords of chestnut fueled five tanneries in our region alone.

sausages, candies and other treats, while sitting in a rocking chair made from chestnut wood. After the blight, those times were long gone, but fortunately, we still have access to delicious chestnuts from the other species that survived and thrive.

Even in death, the tree proved useful. Much of the stacked, zigzagging "worm" fencing along the Blue Ridge Parkway is constructed of chestnut logs, and the rustic-looking "wormy chestnut" highly



We scored sweet chestnuts with an "X" and roasted them slowly over the fire until they were

prized in architectural restoration and salvage shops comes from blight-felled trees that were infested with wood-boring insects. When I worked for the National Park Service at a 17th century tenant farm re-creation. we were able to locate stacks of beautiful, silver-hued chestnut fence posts that were nearly indestructible. The wood was perfectly preserved, even though the posts were all old, and still completely functional.

Chestnuts were one of the most important sources of food for people and wildlife. They were a staple for aboriginal people in this country long before the colonists arrived, and in many parts of the world, these rich and nutritious nutmeats literally sustained whole villages for months during hard times.

Chestnuts are loaded with vitamins, minerals and nutrients but contain less protein than many nuts. They have a nutritional carbohydrate content similar to wheat. Chestnuts have twice the starch of potatoes and are higher in sugars than other nuts. Chestnuts are the only nut to my knowledge that are high in Vitamin C, and compared to nuts like walnuts and almonds, they are lower in calories, have no cholesterol, and seem to have an ideal consistency for mixing with flours for making bread and cakes. In France, marron glacé is a prized delicacy of candied chestnuts that is always served at Christmas and New Year's. In Modena, Italy,

chestnuts are soaked in wine before roasting and serving. In Portugal's archipelago of Madeira, chestnut liquor is a traditional beverage, and it is gaining popularity among tourists from around the world.

When I lived in the Shenandoah valley of Virginia's Blue Ridge Mountains, I inherited four American chestnut trees that had made it to 10 feet in height. My neighbor had a few large, fruiting Chinese chestnuts that were always a gift for me, as my neighbor hated the spiny fruits, like having a carpet of spiny, porcupine-quill snowballs all over their front yard. They were loaded with chestnuts every other year, so I had a free supply to roast in the wood stovebut the key was getting them before the worms found them.

The varieties of chestnut trees that are hardy and resistant to blight are easy to grow organically and many are well suited to our region in WNC. Perhaps someday we will see a resurgence of the American chestnut as an integral part of the forests we love.



Contact Roger at rogerklinger@charter.net.



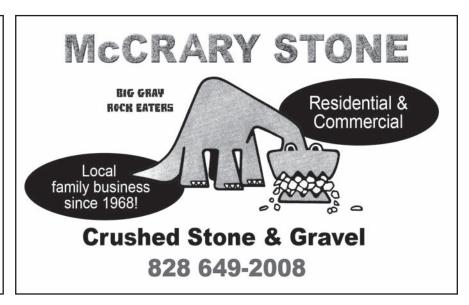


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Welcome to 2021

lthough 2020 proved to be a challenge and, at times, felt like it would never end, we made it through. As we embark on our new year, we look forward to getting to know the many new members who joined in the last year. In spite of the tough challenges faced by our business community, the Fairview Business Association retains a great asset—each other.

To kick off the new year, incoming president Katherine Morosani of Edward Jones shared what she likes best about the FBA. "What I love about the FBA is the people I have gotten to know, the meetings which highlight different members' businesses, and that business gets done with each other."

Please join us in February for our first meeting of 2021. Details can also be found on our website, fairviewbusiness.com

FBA Meeting

Our next meeting will be held on February 8 from 6–7:30 pm at Apex Brain Center, 2 Walden Ridge Drive, Suite 90, Asheville. And our host will be Dr. Diana Tyler.

How would you like to find out exactly what is going on with your brain? You'd want to know this especially after a brain injury, recovery from addiction, or if you are fearful of cognitive decline or want to fine-tune your peak performance. Apex can help with state-of-the-art brain mapping and neurological testing.

Welcome. **NEW MEMBERS!**

- Ben S. Johnson Creative T.P. Howard's Plumbing Co.

Dr. Michael Trayford, who lives in Fairview and is a chiropractic neurologist. is the founder of Apex, and Dr. Tyler is his chiropractic associate. Her personal mission is to not only help patients but also educate them on the skills necessary to take health into their own hands. She will do just that at our meeting.

If you feel comfortable getting out with mask wearing, join us to learn more and to network with your business community.

Membership

Visit fairviewbuisness.com to join with your credit card. Be sure the email used to set up your profile is one that will reach the correct person for association communications. If you prefer, mail a \$60 check, payable to Fairview Business Association, to PO Box 2251, Fairview, NC 28730. You can also drop it at the Town Crier's office at 1185-H Charlotte Highway on Monday, Wednesday or Friday from 12:30-4:30 pm or drop an envelope marked "FBA" with your check and business information in the blue drop box outside the Crier office.

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For more information, visit www.FairviewBusiness.com

MAO Enrollment Period

ne of America's most revered philosophers, Yogi Berra, said, "It ain't over til it's over." The same could be said of the ongoing Medicare Advantage Open Enrollment Period (MA OEP). It's different than the Annual Enrollment Period (AEP) from October 15 to December 7. The MA OEP is from January 1 to March 31 every year and has different rules.

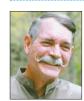
The Rules

- Who can use the MA OEP? Unlike the AEP, which is available for all fully eligible Medicare beneficiaries, only people already enrolled in a Medicare Advantage plan can use the MA OEP.
- What changes can be made? People already enrolled in an Advantage Plan with prescription drug coverage (MAPD) can switch to a different MAPD, an Advantage Plan without prescriptions (MA-only) or Original Medicare with or without a Prescription Drug Plan (PDP). Folks enrolled in an MA-only plan can switch to a different MA-only plan, an MAPD plan or Original Medicare with or without a PDP.
- What changes cannot be made? People enrolled in Original Medicare cannot use the OEP to join an MA or MAPD plan, add a PDP or change their PDP. In addition, the OEP is not available to those enrolled in Medicare Savings Accounts or

other Medicare health plan types, such as cost plans or PACE.

- When would the MA OEP changes take *effect?* The first of the month following receipt of the enrollment request. Only one plan election can be made during the
- Why would someone want to utilize the MA OEP? You're usually "locked in" to the Advantage Plan you enrolled in during the AEP for the following year. If you are experiencing buyer's remorse over your decision and don't want to wait a full year to change, the MA OEP is your way out. But beware that if you had a supplement and canceled it, the supplement company isn't obliged to take you back, and health issues may preclude getting another policy to replace it. If you terminate your Advantage plan and don't enroll in another, you will automatically return to Original Medicare Parts A and B.

On a final note, for those who have a Medsup, you can change it any time you wish. Your plan is not subject to the AEP, but your stand-alone PDP is.



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

YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

Managing Editor Clark Aycock editor@fairviewtowncrier.com phone/text 828-771-6983

Art Director Lisa Witler ads@fairviewtowncrier.com

Office Manager Elizabeth Trufant office@fairviewtowncrier.com

Publisher Sandie Rhodes sandie@fairviewtowncrier.com

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SUBMISSIONS Announcements, community news, upcoming events, etc. will be published free as space allows. Send a SASE if you would like your photo returned. Articles submitted must have content and tone consistent with the Crier's editorial policy. All submissions will be edited for clarity, style, and length. Materials must be received by the 10th of the month preceding publication. Include name and phone number. Unsolicited manuscripts/photos are welcomed, and will be returned if a SASE is included. Anonymous submissions will not be published. The Crier reserves the right to reject editorial or advertising it deems unfit for publication.

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LETTERS of 400 words or less may be submitted, may be edited, and will print as space allows. No letters will be published anonymously. We will not print letters that endorse or condemn a specific business or individual, contain profanity, or are clearly fraudulent. Views expressed do not represent those of The Fairview Town Crier. Include name, address, and phone. Email editor@fairviewtowncrier.com or mail Fairview Town Crier, PO Box 1862, Fairview, NC 28730.

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The Town Crier is mailed free to more than 9,000 households in Fairview, Gerton, Reynolds and east Fletcher. Copies are available at the Crier office, Fairview Library and local retailers. A PDF version including all ads is posted on our website for online viewing. Free ad design is available.

COLOR DISPLAY ADVERTISING RATES			
	12X/YEAR	6X/YEAR	1X/YEAR
Full page	\$347	\$376	\$404
Half Page	\$225	\$248	\$266
Quarter page	\$139	\$155	\$168
Eighth page	\$99	\$116	\$128
Business card	\$65	\$ <i>7</i> 5	\$80

BLACK AND WHITE DISPLAY ADVERTISING RATES			
	12X/YEAR	6X/YEAR	1X/YEAR
Full page	\$31 <i>7</i>	\$347	\$376
Half Page	\$ 191	\$214	\$231
Quarter page	\$109	\$128	\$139
Eighth page	\$ <i>7</i> 5	\$85	\$95
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see complete listings at jimbuff.com



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