



# The Fairview Town Crier

AUGUST 2021 VOL. 25, No. 8

FAIRVIEW, NC

fairviewtowncrier.com



## INSIDE

Remembering William Hamilton p8–9 // Keyhole Bed Garden p16–17 // Fairview's Trailblazing Nurse p21

## Back to **BACK TO SCHOOL!**

The COVID-19 rules and plans for the new school year are still being finalized, but we do know that *students will be returning to full-time, in-person instruction on August 23*. Check the county schools' website, [buncombeschools.org](http://buncombeschools.org), for the latest updates. And see page 23 to refresh your knowledge of the rules of the road when it comes to school buses.

**FAIRVIEW ELEMENTARY SCHOOL**1355 Charlotte Highway, Fairview  
628-2732

See page 18 for school year information.

**CANE CREEK MIDDLE SCHOOL**570 Lower Brush Creek Road, Fletcher  
628-0824**A.C. REYNOLDS MIDDLE SCHOOL**

2 Rocket Drive, Asheville • 298-7484

For a list of required and optional student supplies for both middle schools, go to [tinyurl.com/ue3v6nkj](http://tinyurl.com/ue3v6nkj) or call the school.**A.C. REYNOLDS HIGH SCHOOL**

1 Rocket Drive, Asheville • 298-2500

**Parent night, August 19, 6 pm**

Get information regarding what to expect for your incoming student at ACRHS.

**Student orientation, August 20, 9:30–11 am**

Orientation for all rising 9th graders and any students transferring to ACRHS.

Students can meet administration, staff and the student council and find their classrooms.

## End of Summer Family Bucket List



Collin and Bennett Furniss playing at Mint to Bee. (see below)

Before the backpacks are filled with pencils and folders, here are a few must-do's with the kids both in and around Fairview.

☐ **Take a Final Dip in the Cane Creek Pool**

For \$3 per person, enjoy a soak in the community pool before the season ends on August 8. The pool is open Monday–Friday from 11:30 am–5 pm, Saturday from 11 am–6 pm, and Sunday from 1–6 pm.

590 Lower Brush Creek Road near Cane Creek Middle School.

☐ **Pick-Your-Own Bouquet of Flowers**

Watch butterflies swoop from bud to bud as you take your provided bucket and scissors out to the fields to build your own unique arrangement.

*Flying Cloud Farm, 1860 Charlotte Highway and Cane Creek Valley Farm, 1448 Cane Creek Road, Fletcher.*

☐ **Pick Your Own Berries**

Four varieties of Rabbit Eye blueberries are ready to pick, and specific pick days are set for August 2, 4, 7, 9, 11, and 14 (call for additional dates).

*Cloud 9 Farm, 137 Bob Barnwell Road, Fletcher.*

☐ **Ride the Ziplines and Enjoy Other Outdoor Games**

Kids can play for hours at this outdoor site. Grab a scoop of ice cream in a fresh-made waffle cone and head outside for kid's ziplining, sandbox play, climbing on the "bear climb," corn hole, bocce ball, and horseshoes. *Mint To Bee (at Cane Creek Valley Farm), 912 Cane Creek Road, Fletcher.*

☐ **Family Fun on the Farm**

The Hickory Nut Gap Farm grounds are once again open for outdoor play. Slide the culvert slides, pay a visit to the animals on-site, and play in the creek. Wednesday–Sunday, 12–5 pm. *57 Sugar Hollow Road, Fairview.*

continued on page 2

## About the Geese...



by Clark Aycock

We try to keep things as positive as possible in the *Crier*. It is our editorial policy to not criticize or praise any one person, group or business. We're a community paper, and every reader could be someone else's spouse, friend, relative or coworker. And we just don't have the staff or resources to properly research delicate issues beyond the who, what, where or when—and so we don't.

An issue with local geese last month tested these principles. If we report on how TE Connectivity removed geese from their property, some could read that as a criticism of the company's decision, and that wouldn't be right without knowing why management felt like they needed to do it. If we interviewed members of the local Facebook group that tried to protect the geese, we would be presenting only one side of this sad situation. We could have chosen to not address this at all, but we thought it was important that Fairview residents understand the different perspectives.

John Boyle, a Fairview resident and feature reporter with the *Citizen-Times*, wrote a long article about this incident. I chose some relevant parts from that article to

highlight here, but I encourage you to read the entire story (originally published on June 18) online or find a print copy.

The TE Connectivity plant on Charlotte Highway had dealt for years with issues concerning the Canada geese that live near its pond, including aggressive attacks on employees and—to put it gently—lots of poop. (A Canada goose can produce up to a pound of poop a day.) After other control methods didn't work, TE requested that the US Department of Agriculture remove the geese, and the USDA rounded up 58 geese and, following state regulations, humanely euthanized and buried them. Although the USDA was in charge, the state doesn't allow Canada geese to be relocated—and it likely wouldn't work anyway, according to state officials, as the geese would fly back.

Local animal lovers and members of the For the Love of Fairview Geese group on Facebook, which has taken on efforts to communicate with the plant and posted signs to alert drivers of geese crossings, were naturally very upset about what happened.

This issue may not be settled. What will be done if more geese come to the pond? What if geese become an issue somewhere else in Fairview?

## Morgan Hill Road Cleanup

Natalie Furniss, who started the Keep Fairview Clean group, got some great news as we were going to press. On September 11, Asheville Greenworks will coordinate the cleanup of an illegal dump that's plagued residents near Morgan Hill Road in Fairview. The site is just past Beatrice Lane and about 1.6 miles from Garren

Creek Road. The terrain is very steep, and lots of help is needed, from parking space, water brigades, trash collectors and maybe even tractor/backhoe use. Look for updates on the *Crier's* Facebook page and in the September issue, but if you're interested in helping in any way, email [nataliefurniss@gmail.com](mailto:nataliefurniss@gmail.com) soon to let her know.

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

NON-PROFIT  
U.S. Postage Paid  
Permit #100  
Fairview, NC 28730

Postal Patron  
Fairview, NC 28730

COMMUNITY EVENTS & UPDATES

AUGUST 3 (TUESDAY)

**Prostate Cancer Support Group**  
7 pm. Medical professional speaker when available. Free, via Zoom. [wncprostate@gmail.com](mailto:wncprostate@gmail.com) or 419-4565.

AUGUST 14 (SATURDAY)

**Fairview Arts and Crafts Show**  
9 am –3 pm. Local artists and craftspeople. See the Signs for Hope ad on page 12 or classified ad on page 31 for more information. 379 Old Charlotte Highway.

UPDATES

**Council on Aging Virtual Medicare Classes**  
The Council on Aging of Buncombe County will hold free Medicare information classes via Zoom. August 12, 2–3:30 pm, and August 25, 5:30–7 pm. To register, visit [coabc.org](http://coabc.org) or call 277-8288.

**The Place Fellowship Church Yard Sales**  
The Place Fellowship Church will hold two yard sales this month: August 7 and 21, from 8 am–1 pm. \$10 per table. Biscuits and drinks will be available to purchase. All proceeds will benefit the church's building fund. For more information, call DeeDee at 778-0535 or Wanda at 691-6700. 2 Laura Jackson Dr., Fairview. See the ad on page 19.

End of Summer Family Bucket List continued from page 1

☐ **Take a Hike and Scenic Picnic**  
Two favorite local trailheads with amazing Fairview overlooks are Ferguson Peak Trail and Bearwallow Mountain Trail. Both are good for younger hikers and the views are breathtaking. US 74A (Charlotte Highway) driving toward Gerton.

☐ **Homemade Ice Cream and Mini-Golf**  
There are up to 30 rotating, homemade flavors to choose from, including sugar-free and vegan options, at Hilltop Ice Cream. Grab a scoop and then head next door so the sugar-charged kids can let off some steam (pun intended) at Whistle Hop Brewery. Enjoy a round of on-site mini golf, tunnel slides and other fun games. 520 Old Highway 74A and 1288 Charlotte Highway (both near Angelo's Restaurant).

☐ **Outdoor Playground Playdate**  
Fairview's most treasured community park is free to enjoy and a great place to play in the creek, shoot some hoops, ride bikes, walk the track, and climb on the recently renovated playground. Bring a picnic and grab a table under the pavilion. Please clean up after yourselves, as this is all volunteer-managed.

Spring Mountain Community Center, 807 Old Fort Road, Fairview.

☐ **Enjoy a Nature Walk through Local Gardens**  
Explore seven acres of gardens, meadows, woodlands, streams, ponds and sculptures by artist and author Lee James Pantas. There is a butterfly garden, turtle pond, koi pond, and plenty of places to stop and admire the surrounding nature. This is Pantas' private property and reservations are absolutely required; donations are requested. Go to [leepantas.com](http://leepantas.com) for more information. The Pond Retreat Center, 18 Garren Mountain Lane, Fairview.

☐ **Beer, Music, Food Trucks and Creek Play**  
Grab a pint of your favorite Turgua brew and head to the creek out back. Kids can splash and play while adults unwind on the sandy shore. Frequent music performances and daily food truck rotations allow the whole family to make a day of it. 3131 Cane Creek Road, Fletcher.

List compiled by Natalie Furniss

Fairview contains so many hidden gems for family fun and play. Have another suggestion? Send your "bucket list" idea to [editor@fairviewtowncrier.com](mailto:editor@fairviewtowncrier.com).

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (c) (3) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,900+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina.

The Fairview Town Crier is located at 1185H Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit [fairviewtowncrier.com](http://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](mailto:editor@fairviewtowncrier.com). For staff directory, contacts and additional information, please visit [fairviewtowncrier.com](http://fairviewtowncrier.com) or see page 31.

Are you a public school, state or local employee planning your next chapter?

Let us help you prepare. To learn more, call my office today.



**Stephen M Herbert, AAMS®**  
Financial Advisor  
1185 Charlotte Highway Suite I  
Fairview, NC 28730  
828-628-1546

**edwardjones.com**  
Member SIPC

**Edward Jones®**  
MAKING SENSE OF INVESTING

PRT-4873E-A



UPDATES

Tails & Tales: Library Summer Learning Program

There's just one month left of our summer reading program. Here's how it works: Pick up a Summer Activity Sheet at the library. Follow the directions to complete the activities. When you're finished, turn in your sheet. In exchange, a librarian will give you a small seed and dirt kit so you can grow your own flowers at home.

Need help completing your activity sheet? Throughout the month of August, we will have stations set up around the library to assist you in completing some of the activities.

Friends of the Library Meeting

The Friends of the Library will be meeting August 10 at 7 pm in the library's community room. All dues-paying members are welcome to attend.

Book Sale

The Friends of the Library used book sale

is back. Come check out their awesome selection of gently used books for great prices anytime the library is open.

Donations

Fairview Public Library and the Friends of Fairview Public Library are accepting book donations again.

- One box per person
- Nothing moldy, mildewy, or musty
- No textbooks
- No outdated nonfiction
- No *Reader's Digest* or magazines

All donations can be brought to the library circulation desk during open hours. Please do not leave boxes of donations outside the library or in our exterior book drop.

PROGRAMS

Evening Book Club Is Back!

August 17 at 7 pm  
On Zoom, we'll be reading and discussing *Let the Great World Spin* by Colum McCann.

The story begins on August 7, 1974, when New Yorkers are stopped in their tracks by the sight of a man walking between the towers of the World Trade Center.

*In McCann's wise and elegiac novel of origins and consequences, each of his finely drawn, unexpectedly connected characters balances above an abyss, evincing great courage with every step. ~BookList*

Pickin' and Picnic

A Late Summer Gathering Featuring Stepsons of the Pioneers



● Saturday, August 14  
6 pm (rain date August 28)

Come enjoy some old-time, country and western and cowboy music with us. You won't want to miss this event featuring nonagenarian EJ Mathis and his sons Ed and Kevin, aka The Stepsons of the Pioneers. Everyone is invited to bring lawn chairs, pack a picnic and enjoy the music that will be coming to you live from the front porch of Fairview Christian Fellowship.

This celebratory gathering is sponsored by the Friends of Fairview Library.

Image via Facebook, Ardenwoods Retirement Community

The Book Club meets the third Tuesday of each month at 7 pm. Email jaime.mcdowell@buncombcounty.org for more information.

Future Book Club Titles

September—*Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk  
October—*Chronicles of a Radical Hag* (with Recipes!) by Lorna Landvik

November—*The Great Pretender: The Undercover Mission That Changed Our Understanding of Madness* by Susannah Cahalan  
December—*The Secret Diary of Hendrik Groen, 83 1/4 Years Old* by Hendrik Groen

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

Connect with Your Library!

 @fairviewpubliclibrary

 @fairview.library

 fairview.library@buncombcounty.org



**ALLEN HELMICK**  
FAIRVIEW REALTOR FOR 35 YEARS

**SOLD** hundreds of homes  
**SOLD** thousands of acres  
**SOLD** numerous commercial



**COOL MOUNTAIN**  
REALTY & CONSTRUCTION

Call Allen! 828-329-8400



**NEW CONSTRUCTION** in The Crossing at Cane Creek with park, picnic gazebos, playground, state stocked Cane Creek, total quality, 4BR, 3B home nearly finished on 1.6 acres, **\$700,000**, MLS# 3724532



**PRIVATE LOG LODGE** with 2 car garage & apartment, rustic quality throughout, in Cane Creek Valley, 10 acres rolling pasture and woods, beautiful creek, currently used as vacation rental, **\$1,250,000**, MLS# 3673798



**ATTENTION BUILDERS!** 10 acres w/ spectacular views, short-term rentals ok, corner Hwy 74A, Cedar Mtn Rd & Atherton, H2O, sewer, gas, elec, cable on lot, 10 homes allowed (more w/ zoning variance) **\$600,000** MLS# 3637875.



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



*Our  
Hometown  
Guarantee*  
a portion of our closings will go to  
the local Fairview charity of your choice



*Buy • Sell • Build*

771 CHARLOTTE HWY, FAIRVIEW  
www.coolmountainrealty.com  
828.628.3088

## Your Local Hometown Realtor



Shannon Balcom



Jenny Brunet



Karen Cernek



Jen Duke



Omar Fakhuri



Allen Helmick



Susan Lytle



Devon Satchell



Justin Schmidt



Wanda Treadway



Sophia Underwood



Renee Whitmore

### NEW LISTING



**10 ACRES END OF THE ROAD**, top of Chestnut Mtn! Views, trails, boulders, cliffs, creeks, reflection pools, rhododendron, wildflowers, huge trees and abundant wildlife. Underground elec. Approved 4 bdrm septic. Call 828-628-3088 **\$400K**

### NEW LISTING



**SPACIOUS HOME IN GLEN ARDEN AREA** on 1.2 ac. French doors, lg windows. Private w/mtn views from huge deck. 3BR/2BA, dining, living, kitch, laundry rm on main. Finished walkout bsmt - lg family rm w/fp, lg bd & bth + bonus. Call 828-628-3088.

### UNRESTRICTED ACREAGE



**CANDLER 3/2 2018 MODULAR**. Well kept. Gorgeous country setting with rolling grassy fenced pasture in front of house. Possible 2nd build site. **\$325K** call Devon Satchell 828.747.2694

### UNDER CONTRACT



**RARE SALE** 1BR condo in elegant Battery Park bldg. Priced below tax value. Spacious, bonus rm/office/2nd BR. Climate controlled storage unit, secure bsmt pkg. Rooftop terrace, views, fitness rm, club rm++ **\$650K** Call Omar (828)230-3647

### PROPOSED BUILD



**LAND/HOME PKG** 3BD/2BTH 2564 sq ft modern farmhouse. 2 acre lot. Formal entry & dining rm open into open living area w/ raised ceilings. Lg kitch w/ views to rear porch, island/bar, pantry. Lg walk-in closets. Upstairs bonus room. **\$750K** (828)628-3082

### NEW LISTING



**3 GENTLY SLOPING ACRES**. Gap Creek flows btw 2 pastures, perf for lg garden or livestock. 2BR/1BA, lg bonus rm. Wood fp. Full bsmt. Landscaped, fenced yard. 2 carports w/elec + shed. Gated w/sec sys. Poss 2nd build site. **\$375K**. Call Sophia 828-691-0311

### NEW LISTING



**3BR/1BA ON 0.38 ACRE**. 2 tracts combo. Potential for second bldg lot. Flat & open. Shade trees in front. Lg 2 car gar w/ hi ceiling. Conv loc, access to I40, mins to Biltmore Vill & DT AVL. Public trans avail. **\$500K**. Call Devon 828-747-2694.

### UNDER CONTRACT IN 1 DAY



**PRIVATE CABIN RETREAT** Enjoy solitude on amazing decks! Fab winter views w/ potential for yr round. Open floor plan, vaulted ceiling in great rm. Wood FP, fin basement. Much more - MUST SEE! Call Jenny 828-779-4473. **\$425K**

### UNDER CONTRACT



**3/2 FULLY RENOVATED KITCHEN & BATHS**. Granite counters, new paint & carpet/flooring on acre lot. One level, handicap accessible. Gas log fireplace, carport with utility rm. **\$329.9K** Call Susan (828)301-1410.

### PROPOSED BUILD



**3/2.5, 2-STORY W/CATHEDRAL CEILINGS**. Open floor plan w/huge great room, dining area & kitch w/bfast bar. Master on main, walk-in closets. New agrihood subdivision in heart of Fairview. Many plans available. **\$480,000**

### NEW LISTING



**1.05 ACRES IN HIGHLY DESIREABLE WATERFORD LAKES** Community of Fletcher. Year round mtn views! Gated, ponds, & mature trees make for stunning surroundings. City water in place. Close to everything! **\$125K**. Call 828-628-3088.

### UNDER CONTRACT IN 1 DAY



**HISTORIC CABIN** Unique home w/ Hope Diamond legend! Huge rock FP, entertaining area. End of road privacy. Mins to DT AVL, RAD, greenway! NOT in city limits, parcel lg enough for 2nd build site. Call Karen 828-216-3998.

### MOUNTAIN ESTATE



**PRIVATE LOG LODGE ESTATE** in Cane Creek Valley. Wraparound coved porch on 3 sides w/ open deck in rear, overlooks pastoral setting, creek w/falls. 2 car gar w/ apt above & private deck. Call Allen (828) 329-8400. **\$1.25M**

### PROPOSED BUILD



**ARTS & CRAFTS STYLE HOME** with open floor plan, 3BR/2BA on one level. Vaulted ceiling in living area, covered back porch. Master suite w/lg tub & sep shower. Real wood floors. 1565 sq ft - **\$534K**. Call 828-628-3088.

### PROPOSED BUILD



**LAND/HOME PKG W/ CURB APPEAL!** Modern farmhouse, 3 BRs w/ lg walk-in closets. Formal entry & dining rm, lg open living area, lg kitch w/ views to rear porch & island w/ bar, lg pantry. Bonus room/guest suite. **\$750K** Call 828-628-3082.

### LAND FOR SALE

To see all our land listings visit  
coolmountainrealty.com

**TOP OF THE WORLD VIEWS** 10 Ac in The Summit of Asheville. New dev, gated & convenient to Asheville & Waynesville. Comm Garden, Horseback & Hiking trails, Mtn Creeks/Cascades + Wildlife. Perfect private equestrian estate, 2nd home, or family compound. Call Justin 828-450-9578. **\$229K**

**OUTSTANDING, BEAUTIFUL, LARGE 2+ ACRE LOTS** in Fairview. Running creek through the subdivision. Lots of amenities like underground power, city water and each lot has already been metered. Will be paved by seller. Call for more info 828.628.3088 **\$150K**

**PRIVATE, WOODED CUL-DE-SAC LOT** in Candler, the Cumbres subdivision is a peaceful neighborhood w/ plenty of buffer space between neighbors. Close to the Blue Ridge Pkwy & Mt.Pisgah.; 25 min to DT AVL. Call Devon 828.747.2694. **\$40K**

**READY TO BUILD LOT** in Fairview Forest. Driveway & home site in place, house plans available. Borders green space, walking trails & bold creek. Nice trail on prop. Community hiking trails, creek & clubhouse w/ full kitchen. Call Jenny 828-779-4473. **\$59K**

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

**3 PARCELS! 14 AC IN RAINBOW ESTATES, BLACK MOUNTAIN**. Great views, several build sites, creek, view of neighboring pond, private yet convenient. Call Jenny at (828)628-3088. **\$79,900**

**PRIVATE CAROLINA MOUNTAIN LOCATION IN HAWKS LANDING**. Well spaced homes. End of the road - no thru traffic. Beautiful homes & just a short drive to Asheville. Call Karen (828)216-3998 **\$70K**

**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, AVL and beyond! Sunny home-site connected to hiking trails through pristine 89 acres of wilderness, hardwoods, rhododendron, rock, boulders, cliffs, spring fed reflection pools. **\$120K** Call for more info (828) 329-8400

**LOCATION! 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

**5+ ACRES W/ NEW SURVEY**. Several possible build sites. Sloping wooded lot, potential for great views. Perk & Soil test complete. Convenient to Asheville yet private. Call Jenny 828-779-4473. **\$400K**

**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

**AMENITIES** Spectacular view, privacy buffer w/ paved access w/ all amenities of High Vista. Golf, tennis, pool and lovely country club on site. 3 lots sold together or separately (828)628-3088 **\$75K**

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

**EASY TO BUILD ON SHUMONT LAKEFRONT** home site, frontage on private inlet adjoining only 1 neighbor. Inc rights to Rumbling Bald resort & access to Lake Lure. Boat slips can be rented from the town. Call Karen (828)216-3998 **\$125K**

**SPECTACULAR VIEWS, PRIVACY & ELEVATION**. 2 possible home sites make ideal for another family member or friend. Paved access, gentle grade to building site & long range view potential! Call Karen (828)216-3998 **\$150K**

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

**LAKEFRONT GATED BEAR CLIFF SUBDIVISION!** Lake James Water-front Community - Affordable 1.41 acres and all the Amenities of Lakeside Living at it's Best!! Hiking Trails, Black Bear Marina close by! Access to the Lake! Call Susan (828)301-1410 **\$34.9K**

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

**HISTORIC WAREHOUSE** busy Hwy 74A. Rough-sawn wood & metal roof. New bthm, septic drainfield, pump system installed, shared septic w neighboring prop. No water on property. **\$100K** Call Allen 828.329.3400

**LONG RANGE VIEWS** 6.5 ac cleared & level knoll w driveway installed ideal home site. Very private wooded tract (not steep slope zone) can inc 3.42 ac (exp 4 BR Perk) **\$375K** Call Karen 828.216.3998

### MAJESTIC OAKS

|   |             |          |
|---|-------------|----------|
|   | LOT 6 0.51  | \$64,500 |
|   | LOT 9 0.521 | \$63,000 |
| <b>+ ALMOST 1/2 ACRE OF GREEN SPACE!</b>  |             |          |
| <b>VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8</b> |             |          |



## A Bloody Night in Downtown Asheville, Part Two

Captain John R. Page was in charge of the city police station that night. Two patrolman, James W. Bailey and Charles R. Blackstock, were also there when Tony Johnson, Pearl Maxwell's boyfriend, ran into the station. Johnson said, "I am Tony Johnson. There is a man trying to kill me!" Captain Page tried to calm Johnson down in order to question him. Slowly, they got him to tell them what was going on. He told them that a man who called himself Will Harris had just threatened to shoot him with a rifle in Pearl Maxwell's basement apartment. Page told Blackstock to come with him and told Bailey to stay in the office.

Page and Blackstock walked toward Maxwell's apartment. They knew the way because they had been called there several times before. They could hear angry voices coming from the apartment before they got there. They had heard of Will Harris, so Page told Blackstock to go to the front door while he watched the back door to keep Harris from escaping out the back. Blackstock turned on his flashlight and stepped on the front porch.

Harris saw the flashlight through the window. He grabbed his rifle and shot point blank through the center of the door. Blackstock had just raised his fist to knock on the door when the bullet hit him in the chest. He fell backward off the porch

and died. Page heard the shot and saw Blackstock fall off the porch. He grabbed his pistol and jumped onto the porch. Harris saw him and shot through the door again. He hit Page in the upper right arm. Harris bolted through the door and ran toward Eagle Street. Page fired his gun with his left hand three times but missed.

Page saw that Blackstock was dead. He managed to get to his feet and run to the police station, holding his gun in his left hand, as his right arm was dangling. Bailey thought he had heard gun shots but wasn't sure, and then Page ran in. He told him Blackstock had died. "There is a crazy man shooting up Eagle Street," he said. "Get as many officers as you can and cordon off South Main. Keep him from getting to Pack Square." Bailey ignored his bloody arm, reloaded his gun, and headed back out on the street.

Harris ran up Eagle Street toward South Main Street. Benjamin Addison, who ran a store at 53 Eagle Street, came out of his store, and Harris shot him in the right eye and killed him. Walter "Jakko" Corpening, a young man heading home from work, stepped out onto Eagle Street. Harris shot him in the stomach, and Corpening ran but fell over in an alley and died.

Tom Neil was walking down Market Street toward Eagle. Harris shot at him. The bullet went in Neil's right pants

pocket, hit a silver quarter, and then passed upward through his body. Neil stumbled backward and fell in a doorway. Harris screamed, "Nobody cares who I am! I am from hell and don't care who sends me back!"

George W. Jackson, a bartender at the Laurel Valley Saloon, heard the shooting and went out to investigate. Harris drove

**Harris screamed, "Nobody cares who I am! I am from hell and don't care who sends me back!"**

him back into the saloon with a shot between Jackson's legs. The bullet went through Jackson's pants and underwear but did not hit him. Jackson didn't give Harris a chance for a second shot. He leaped inside the saloon and laid on the floor. Harris shot at another man and missed. He tried to shoot at another person, but his gun was empty. He then reloaded.

The attendant at the British American Club on South Main heard the shooting and went to see what was going on. After peeking out, he ran upstairs, where G. Spears Reynolds (brother of NC Senator Robert Reynolds) was talking with two Northern businessmen. He told Reynolds there was a man shooting up the town.

Reynolds drew his gun and went downstairs and out onto the street. He shot at Harris and missed. Harris shot at Reynolds and hit the bricks a short distance above Reynolds' head. Reynolds ducked back into the building. Captain Page then started firing (left-handed) at Harris from Pack Square, but he was too far away.

Patrolman Bailey heard the shooting and ran into Shirriff's Café at the corner of Patton Avenue and Lexington to deputize four men. He sent one to ring the fire bell to wake people up and let them know there was emergency. Bailey then ran back to Pack Square and saw Captain Page go back to the police station for more ammunition.

Bailey started shooting at Harris from behind a telegraph pole. Harris dropped to his knee and shot back. Harris's bullet went through the telegraph pole, into Bailey's mouth and out the back of his head. It continued on and hit the Vance Monument and ricocheted through a window into the Brown Building across the street, piercing a box of cigars and a tin of tobacco before hitting the back wall of the store.

*Part 3 will be in next month's Crier.*

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

### At Unified Therapies, our focus is on **you**.



PHYSICAL  
THERAPY

OCCUPATIONAL  
THERAPY

SPEECH  
LANGUAGE  
PATHOLOGY

MENTAL  
HEALTH  
SERVICES

Our team works together to identify the obstacles our clients face. We customize treatment plans to increase resilience and independence, providing new hope and a greater quality of life.

**NO REFERRAL NEEDED!**

Contact us today to learn how we can help you!



Allison Fender



Kimberly Sasdelli



145 Charlotte Highway, Suite 40, Asheville  
(828) 414-2368 [unifiedtherapies.com](http://unifiedtherapies.com)

### Discover a variety of **VINTAGE** and **ANTIQUE** finds!



1484 Charlotte Hwy.  
Fairview  
828.777.8922

**NEW HOURS:**  
Tuesday-Saturday  
11am-5pm



# VACATION RENTAL PROPERTIES!

## ANNIE’S CABIN



2BR | 2 BA

Pet-Friendly Cabin Rental in Fairview with Hot Tub, Deck, Grill, and Mountain Views!

## LARSON’S LOOKOUT



3BR | 3.5 BA

Pet-Friendly Cabin Rental in Fairview with Hot Tub, Grill, Game Room, and Mountain Views!

## RUSTLING RIDGE



4BR | 3BA

Pet-Friendly Rental in Fairview with Hot Tub, Terraced Yard with 2 Fire Pits, Game Room, and Mountain Views!

SEE MORE RENTALS AT [GREYBEARDRENTALS.COM](http://GREYBEARDRENTALS.COM)

## Local agents. Local knowledge.



Greybeard’s real estate experts



Greybeard’s Property Management division



# Getting Clear on What Causes Fog

So far this summer, it has been fairly tranquil with some warm but not extreme summer heat and precipitation that's ample but not abnormally wet or dry. We also had a few cool fronts pass through the area in June and July that gave us some comfortably cool nights down into the 50s.

We are in the midst of hurricane season as well, so the tropics bear watching for the next two months to see what comes our way. The number of hurricanes is not very important. The story really is location, location, location. Where are they going to strike? All it takes is one Category 3 hurricane to strike a populated area along the Gulf Coast or Eastern Seaboard and we would have a multibillion-dollar disaster on our hands. Since a broad swath of US coastlines are a favored path of these storms each year, it is only a matter of time before a major hurricane will strike the coast again. We are entering prime time for these storms.

Another late summer concern is early morning fog, which occurs when the air close to the ground cools overnight and becomes saturated. The air's relative humidity reaches 100 percent, meaning that the water vapor in the air condenses and creates tiny suspended water droplets—aka, a cloud on the ground. The number of foggy mornings on average is



## QUESTION of the MONTH

Which cyclone helped spark a civil war in Asia?

greater in August than any other month, an average of 12. This fog usually burns off by 10 am or so on most occasions.

The fog is usually more prevalent along river valleys and streams and tends to be the densest in the Asheville area in the French Broad River basin. In August, we lose about two minutes of daylight each day, with sunrise happening later and sunset coming earlier. This simple change allows the air close to the ground to cool a bit more in late summer and become saturated, creating our foggy mornings.

For those of you who like to look at long-range forecasts and outlooks, NOAA issued a La Niña Watch, which means conditions are favorable for the development of La Niña conditions within the next six months. I'll have more on that next month.



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

## WEATHER WONDER

### What is the definition of a muggy day?

According to the Internet, "muggy" probably derives from the Middle English *mugen* (to drizzle) and the Old Norse *mugga* (a drizzle). Muggy now means a combination of humidity and heat that makes you sweaty and uncomfortable. You might have cursed the cold and the snow, but mark my words: come August and the muggy dog days of summer, you'll be nostalgic for the cold. Also, if you think the mid-summer days are muggy here, spend a week or two in the midlands of the Carolinas or Georgia.

And what are "dog days"? It is the period from July 3 through August 11. The phrase is actually a reference to the fact that, during this time, the sun occupies the same region of the sky as Sirius, which is the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the sun. On July 23, it is in conjunction with the sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as *diēs caniculārēs*, or "dog days." While this period is usually the hottest stretch of summer, the heat is not due to any added radiation from Sirius, regardless of its brightness. The heat of summer is a direct result of the Earth's tilt. During summer in the Northern Hemisphere, the tilt causes the sun's rays to hit at a more direct angle and for a longer period of time throughout the day. This means longer, hotter days.

Give us a call and let us review your insurance needs.



As an Independent Agency, B&M Insurance Group is free to choose the best company for your needs. We work with some of the top-rated national and regional firms in the insurance industry. And since we are not bound to one carrier, we can provide you with **competitive prices, coverage options and peace of mind.** Give us a call. We'll make sure you are properly covered and likely save you money, too.

**AUTO, HOME, BUSINESS  
& LIFE INSURANCE**



Agents: Tim Wilson  
Angie LaRowe  
Brian Davis

131 Charlotte Highway • Reynolds • 828.571.0700  
Mon-Fri 8:30-5:30pm • Sat 9:30-1pm • [bminsurancegrp.com](http://bminsurancegrp.com)



# William Richard McClure Hamilton



William Richard McClure Hamilton was born January 29, 1976, in London, England to Susie and Dr. Will Hamilton. After a long and debilitating illness, he passed away on June 26, 2021.

William lived in Fairview for the majority of his life. He graduated from A.C. Reynolds High School and Warren Wilson College and then got his master's in forestry from NC State. William worked tirelessly to conserve land in WNC and worked as an advocate for small family farms and the soil and water on which they depend. Through his work at the Southern Appalachian Highlands Conservancy, NC State University, and with the Buncombe County Soil and Water District, William served the community and place that he loved.

A devoted father to four children, he coached many sports teams, supported his children's musical abilities, and took his children fishing, camping and horseback riding. William was a social person who loved hosting and made everyone around him feel at ease. He will be remembered for his charming personality and generous spirit. He is survived by his loving wife of 20 years Molly Nixon Hamilton and their children Anne, Evva, Hythe, and Steven Hamilton, his father Dr. Will Hamilton, sisters Annie Louise (Isaiah), Elizabeth (Fred), and Elspeth (Gabe) and brother David (Hayley), and many aunts, uncles, nephews, nieces and cousins.

There has been an education fund set up for his and Molly's children if you feel moved to help. You can donate at [everloved.com/life-of/william-hamilton](https://everloved.com/life-of/william-hamilton).

# Unnamed Poem by William Hamilton

The following poem, which was read at the funeral service, is shared with permission from the family.

I'm tired I tell you, of my self doubt  
One can't live like this for long  
It helps a bit, to let it out

I think for those of us in this position  
We must first recognize our condition  
And make plenty of space and time  
To take care of our warped and damaged minds.

Healing can and will occur  
If we give ourselves a break  
To focus on our mental health;  
It's vital, don't wait!

Be with others, don't isolate.  
Reach out for help.  
Find others that can relate.  
For this disease is dangerous  
It tells you, you're alone in the dust.

To all those out there in the world  
Who are afflicted with mental illness  
I can relate to you,  
For in my mind I have no stillness

Every minute I'm awake  
There never seems to be a break  
The hammers and whips inside my brain  
They crush me; it's a relentless strain

Those demons, they do slash and burn  
They point out all that's wrong with me  
It takes big effort to spurn,  
those voices: Let me be!

Where did they come from?  
When did they start?  
If I identify the source  
Will that allow me to open up my heart?



Walk-ins now welcome!

**LET'S GET VACCINATED**

As case numbers rise with the Delta variant, let's do our part to protect ourselves and our neighbors.

Fully vaccinated people may resume pre-pandemic activities.

NO APPOINTMENT NECESSARY!

Johnson & Johnson (one-shot) and Moderna (two-shot) vaccines available Monday – Friday from 9am – 5pm

Questions? Call **828 628-3121** or email [info@americarepharmacy.net](mailto:info@americarepharmacy.net)

Fairview's Hometown, Locally Owned & Operated Pharmacy

**Americare Pharmacy**

Fairview Business Park  
1185 Charlotte Highway  
Fairview, NC 28730

Phone: (828) 628-3121  
Hours: Mon-Fri 8am - 6pm  
[americarepharmacy.net](https://americarepharmacy.net)

**PHD WEIGHT LOSS**

CHRIS IS DOWN **80** LBS IN 26 WEEKS!

Reverse Type 2 Diabetes, Sleep Apnea, and High Blood Pressure

Empowering you with long-term nutrition and behavioral support

IN-OFFICE or VIRTUAL AT-HOME SESSIONS!

**CALL TODAY 828-552-3333**

**PHD WEIGHT LOSS** YOUR TEAM LIFE CHANGE

Locally owned and operated by Dr. Ashley Lucas, doctorate in nutrition, registered dietitian

SERVING ASHEVILLE & GREENVILLE | [MYPHDWEIGHTLOSS.COM](https://myphdweightloss.com)



# William Hamilton: A Legacy in Farmland Conservation

As Southern Appalachian Highlands Conservancy's (SAHC) Farmland Program Director, William Hamilton led farmland conservation efforts from 2005 to 2017. His conservation legacy has been counted in acres of farmland protected and dollars of funding raised for farmland conservation or grants awarded for projects. But the farmers, partners and team members who worked directly with William remember him more in words and snippets of stories. He helped shape a lasting legacy of protected farmland, from the fertile Fairview bottomlands to stunning Rogers Cove in Haywood County. I think he was particularly proud of the growing network of conserved farms nestled among the quiet coves and hollers of the Sandy Mush community. Many in Fairview remember William in the community, but his work and legacy for farmland conservation spread widely across the mountains of WNC.

He had a quiet way—a solid way, a human way—of connecting with farmers, and in an early era of farmland conservation, when the idea of conservation easements was relatively new and suspicion was high among folks skeptical of outsider interference, William's love for the land spoke volumes. He built a solid working relationship with farmer Bill Duckett in the Sandy Mush community, and the Ducketts' positive experiences in farmland conservation opened the doors for future preservation projects. Word of mouth spread that conservation was good for the farmers, good for the land and good for the community.

## "A Trustworthy Person"

"William and my dad became fairly close working on the conservation easement on the farm," Kevin Duckett remembered. "I would attribute what William did as being key to getting the land conserved in Sandy Mush. People trusted him, and rightly so. He was a trustworthy person and could really relate to people. For example, he came out and helped work with me a couple of days, just to get to know the family and why we wanted to conserve the land. A few years later, we worked for about a year on a conservation project. He taught me how to fell a tree and do some sawmill work. He was a really good guy and will be missed. He was great at working with folks, someone you could call if you needed something and know that he was in your corner."

Having an introduction with William was a great way to get people to open up and share the stories of lifetimes and generations spent in farming. I recall sitting around the kitchen table with William, Mark Rogers and Mark's father Edwin Rogers, going over documents in the early stages of conservation easement projects in Rogers Cove. The Rogers family had been in the Crabtree area of Haywood County for generations, going back to just after the Revolutionary War. The first



All photos this spread courtesy of SAHC.

set of conservation easement projects in Rogers Cove closed in 2018, and SAHC recently completed an additional farmland conservation with Mark and Laura Rogers, bringing the total protected acreage in Rogers Cove to over 620 acres. In a historic home at Doggett Gap near the Sandy Mush area, I remember sitting around the living room with William and Betty Reeves and her daughter Robin Singleton, sifting through family stories and memories, talking about the history of the Reeves home place. The property (including 318 conserved acres) was part of a US land grant that once encompassed a much larger area. As the sixth generation of the Reeves family to farm the land, Betty Reeves wanted to protect it with an agricultural conservation easement so that it would be a resource for future farmers.

"People are always going to need healthy food to eat, and if we use all the land for development, we won't have anywhere to farm," she said.

William worked with the Reeves and other families particularly to protect fertile farm areas that may be attractive to developers for ease of access and gentle topography but that also contain the most important agricultural soils in the region.

## Caring for Future Generations

"William was passionate about farmland preservation, especially prime soils; somehow the topic of prime soils made its way into many of our conversations," said Terri Wells, the director of community and agricultural programs at WNC Communities, a county commissioner, and a ninth-generation farmer in Sandy Mush. "It was my pleasure to work with William over the course of many years, starting with conserving our family's farm in Big Sandy Mush and, most recently, on significantly increasing the county's investment in conservation. William grasped the importance



William Hamilton loved the land in WNC and the people who worked it.

of this work for our future generations; he cared deeply. I believe William would want us to think big and keep the urgency of this work at the forefront."

I remember William once cutting an apple during an SAHC board meeting to illustrate a point about prime soils. He talked about the various types of land and farmland in the region, finally holding up a thin slice of apple that represented the agriculturally important prime soils

in the mountains that he and others were working so hard to protect. To me, that mental image sums up William's conservation legacy—the critically important work of protecting farmland anchored by the tangible fruit of that labor.

Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253-0095 ext. 200 or [sahc@appalachian.org](mailto:sahc@appalachian.org). Visit [Appalachian.org](http://Appalachian.org).

**WELCOMING NEW PATIENTS!**

*Committed to the Community*

All profits from new patient exams are donated directly to local charities.

**OFFERING**

- Implants • Dentures
- Family & Cosmetic Dentistry
- Emergency Treatment
- Same Day Appointments
- Insurance Claim Assistance

**COMPLIMENTARY IMPLANT & COSMETIC CONSULTATION**

Get a personalized treatment plan that works with **YOUR** goals and **YOUR** budget!

**MODERN DENTISTRY WITH A GENTLE APPROACH**

Call Now! **828.628.3504**

12 Old Fort Road in Fairview  
(Just off 74A)

[www.FairviewNCDental.com](http://www.FairviewNCDental.com)



# SUFFERING FROM FOOT PAIN?

- ✓ Plantar Fasciitis ✓ Chronic Ankle Sprains ✓ Heel Spurs
- ✓ Metatarsalgia ✓ Ankle Arthritis ✓ Morton's Neuroma
- ✓ Slow Healing Wounds ✓ Achilles Tendonitis ✓ Neuropathy



## HELPING WITH REGENERATIVE THERAPY PROTOCOLS

HIGHLY EFFECTIVE TREATMENT NOT FOUND ANYWHERE ELSE! PRO SPORTS TREATMENTS!

### REGENERATIVE THERAPIES THAT HEAL!



**Laser Tissue Repair Therapy-Class 4 Laser**



**Scar Tissue Repair-Graston**



**Shockwave Repair Therapy**



**Neuromuscular Rehab (Trigenics)**



**Magnetic Tissue Repair Therapy PEMF**



**Movement Therapy Manipulation**

### OUR PATIENTS SAY...

"My brother is a patient of Dr. Reilly's and suggested I give him a try when I started having trouble with Achilles tendonitis and bone spurs. I had already gone to one of the best orthopedic doctors in town and all he had to offer me in the way of treatment was foot surgery, which would leave me incapacitated for months. I decided to take my brother's advice — I am so glad I did! After getting Graston, Trigenics, and laser therapy, I feel great. I can now say NO! to debilitating foot surgery." —*Nancy F.*

"I'd been to several doctors and massage therapists, none of whom could give me answers. A friend who was a patient of Dr. Reilly's recommended I give him a try. Dr. Reilly diagnosed me with plantar fasciitis and heel spurs and recommended Graston Therapy and Class 4 laser treatment. After only a week or so, I began to feel better. Great news, especially since I'd been seeking relief for nearly two years!" —*Mark H.*

"I had severe pain in my heels and the bottom of my feet. I'd been dealing with it for years with no end in sight. Dr. Reilly diagnosed me with heel spurs, Morton's neuroma, and plantar fasciitis. After only a month of Graston and laser therapies, I am much better, much improved. The staff is great! You cannot go wrong by coming here!" —*Greg S.*

"I came in two years ago with foot pain. I had gone to a podiatrist who put me in a boot. It was awful! I heard about Dr. Reilly and decided to give him a try. He diagnosed me with plantar fasciitis and a bone spur. After about a dozen treatments, the pain was gone! When I was diagnosed this year with plantar fasciitis in my other foot, I knew just where to go! I am pain-free after only a few sessions. Come to Dr. Reilly for foot pain relief!" —*Joe P.*

**Call for your FREE Helping Foot Pain consultation!**



**2 Fairview Hills Drive, Fairview 828-628-7800 fairviewdc.com**

*If you decide to purchase additional treatment, you have three days to change your mind and receive a refund.*



**Edward Reilly, DC**



# Five Ergonomic Tips for Working Remotely

**E**rgonomics, simply defined as “the study of work,” has to do with how people interact with work environments and tasks and how this impacts our health, likelihood of injury and work performance. Working remotely is not always easy, as many of us discovered during the pandemic. To make the best of less-than-ideal conditions, I have seen many makeshift offices in garages, closets and even backyard tents, not to mention the ironing boards, kitchen counters, and cat trees that transformed into standing desks.

We have learned some lessons about remote work now that the dust is settling. Businesses are discovering they can save costs through a more flexible or hybrid work schedule. And some people are enjoying the autonomy of working from home.

For those continuing to work remotely here in Fairview, here are five tips to stay healthy and productive outside the traditional office.

## 1 Have a primary workspace with a flexible working plan.

Pre-pandemic advice usually included a “designated workspace” for home-based workers. It took a pandemic for me to throw out that advice because unpredictability necessitates more flexibility. It is not a bad thing to be able to shift location and position during the day; in fact, many modern offices have recognized the value

of flexible workspaces and are moving toward this model in design. It is most ideal to work in a space that starts with a desk (or table) and chair, away from busy areas of the home. However, when you experience distraction, discomfort or mental fatigue, you might benefit from moving to another space in the home. Wherever you work, make sure you have supportive seating and adequate lighting. Avoid the bed when you can and limit the flexible work areas to short intervals.

## 2 Limit laptop use without an external mouse and keyboard.

If you are working without external monitors, your mobile working kit should include a laptop stand—or a shoebox or stack of books to raise the screen—mouse and keyboard. Neck and back pain are the leading discomforts from working from home, and a significant contributor to this is laptop use. Purchase a portable mouse and keyboard that go where you go.

## 3 Be cautious of ergo trends and fads.

Ergonomic mouse, ergonomic footrest, ergonomic keyboard—it’s all “ergonomic.” But is it really? The answer is no, not necessarily for you, and sometimes not for most people. There are a lot of trends and fads around ergonomics. Because we are all unique and have different needs,

nothing can be ergonomic for everyone, and adjustability is the key component of anything that is “ergonomic” for most people. With a deeper dive into ergonomics, you might even discover effective solutions that do not involve a purchase.

## 4 Take movement breaks every 30-45 minutes.

Even though our ancestors did plenty of repetitive, forceful or awkward posture-inducing work, they managed to escape the discomfort we have today. The reason why is that there was plenty of movement and variation in the lifestyle that preceded us. It is not only the risk factors of computer work, but it is the sedentary nature of our lifestyles. When we get up and move, even for one minute, we are quickly turning on muscles that release molecules in the body that reduce inflammation and deliver oxygenated blood to stressed areas of the body. If we aim to do this every 30 to 45 minutes, even just for a minute or two, we can significantly decrease discomfort and boost productivity. In addition to the benefits to the body, we are also combatting eye strain by taking breaks that involve looking away from the screen.

## 5 Define healthy work-life boundaries.

When we work from home, there is always an opportunity or temptation to

work. Following simple, self-directed routines and rituals around work is the way to promote better work-life balance in a situation where the boundary is blurred. For example, follow a simple self-care routine before opening the gates to work and find a consistent time to turn it off at the end of the day. Remember that getting ready for work and your morning commute was a valuable time of transition; a routine where we could decompress before the workday ahead. If we can replace that time with a home-based routine, we can ease into the workday in a more mindful and balanced way.

Working from home or remote environments is never perfect. We can strategize through forming better personal habits around our work and ensuring our environment promotes postures that reduce our likelihood of developing work-related discomfort or, worse, a musculoskeletal disorder. With little oversight and vague compliance standards, especially in the work-from-home space, it is up to us to work in a way that is healthy, both mentally and physically.



Dr. Nikki Weiner, OTD, OTR/L, AOEAS, CEAS II, is president and lead ergonomic specialist at The Rising Workplace in Fairview. For more information, call 214-7827 or visit [risingworkplace.com](http://risingworkplace.com).

## OPEN AND SERVING OUR CUSTOMERS



PLUMBING • HEATING • BOILERS • WATER HEATERS

Bolton Services is a family business dedicated to serving our WNC neighbors.

**Give us a call today!** **828-253-3621**  
Monday-Friday, 8 am-5 pm

EMERGENCY AFTER-HOURS  
SERVICE AVAILABLE

[boltonservicewnc.com](http://boltonservicewnc.com)



Quick and friendly service! Very professional and I would recommend to others.  
—Trevor G., February 2021



Repairs were made by courteous, knowledgeable people with decades of experience. Also, Bolton was very cost competitive.  
—Gary G., September 2020



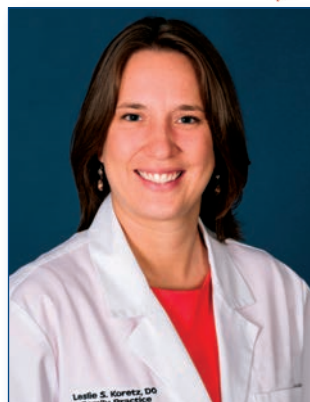
We understand not everyone has insurance, or your deductible may be so high that it’s difficult to afford primary medical care. That’s why we do things a little differently here. We don’t accept insurance. Instead, we charge a flat fee for membership in our practice. That means we’re not rushing through your visits and you’ll not have the worry of a high, unexpected bill.



KORETZ FAMILY HEALTH PLLC

## BENEFITS OF DIRECT PRIMARY CARE

- 24/7 access to your physician
- Extended time with your doctor
- See the same doctor most every visit
- Complete yearly physical exam
- Same-day and next-day appointment priority
- Virtual video and phone visits
- Text and email correspondence
- In-home visits for homebound members
- Reduced lab fees for uninsured/cash-payers
- A doctor who takes time to care and listen



Leslie Koretz, D.O.



**KORETZ FAMILY HEALTH PLLC**

135 Charlotte Highway  
Suite E, Asheville

**828-220-0125**

[koretzfamilyhealth.com](http://koretzfamilyhealth.com)



# How Low-Sodium Diets May Increase Health Risks

The value of salt changed after the Industrial Revolution, but it still plays an important role in our individual health. Salt was once used as currency. Roads and cities were formed because of salt; wars have been fought over it. And not only that, but our very lives depend on salt. It is needed for the transmission of nerve impulses. It is essential for digestion. It helps reduce our stress responses. Without adequate salt intake, we have an increased risk for heart attack, stroke and sleep disorders.

### Blood Pressure Relationship

You may have been taught that salt isn't good for you, but the research supporting this conclusion is unsubstantial and faulty. While research indicates that blood pressure can be lowered by a few points following a drastic reduction in sodium intake, the relationship between sodium and blood pressure is complicated. For example, our blood pressure is more significantly impacted by the amount of potassium we eat. In a group of hypertensive individuals (those with high blood pressure), consuming the upper levels of recommended potassium was associated with a drop in systolic blood pressure by seven points and a drop in diastolic blood pressure by two points.

### Weight Loss Perspective

When looking at salt from a weight loss perspective, a lower-than-optimal salt intake actually creates a unique phenomenon. A deficiency in salt causes our body to increase insulin levels because insulin helps the kidneys retain more sodium. Higher insulin levels suppress the enzyme that allows us to release fat from our stores to use as energy. Without being able to tap into the fat stores, our bodies need more carbohydrates to use

Scientific research suggests that the optimal range for sodium intake is between 1 1/3 and 2 2/3 teaspoons daily.

for energy. Then, we start craving sugar, because the more refined carbs we eat, the more we crave. Eventually, we become trapped in a cycle where our bodies can't burn fat and are addicted to carbs and sugar. This leads to insulin resistance, weight gain and, for some of us, potentially Type 2 diabetes. All this time we thought the bad guy in our struggles was sugar, when in fact, the lack of salt in our diet may be the culprit.

Lower-carb diets (not necessarily keto, but simply a reduced carb lifestyle) can



correct the insulin response and increase our ability to burn fat for energy instead of glucose. But it is also important to understand that this way of eating increases our need for salt because it allows our kidneys to work efficiently (great news!) and release sodium from the body rather than hang on to it. This

is why we see high blood pressure resolve so quickly when we change our diet in this way.

Scientific research suggests that the optimal range for sodium intake is between 1 1/3 and 2 2/3 teaspoons daily. Your needs would likely be higher if you sweat excessively. This recommendation is even for people who have hypertension. According to Dr. James DiNicolantonio, author of *The Salt Fix*, 55% of people with high blood pressure will not experience a decrease in blood pressure even if salt intake is reduced. Despite this alarming fact, please check with your doctor before altering your salt intake.

Now that you know more about salt, which kind should you choose? The best choice is a good mixture of sea salt and table salt. Table salt provides iodine, an essential mineral, so mix, shake and enjoy!



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.

## Global Marketplace

Signs for Hope coordinates the adoption of Deaf orphans around the world and partners with families and communities in the lifelong journey of adoption.

**379 Old Charlotte Hwy**  
**Fairview, NC, 28730**

**Hours:**  
Tues-Thurs 10a-4:30p  
Fri-Sat 9a-4:30p  
Sun-Mon: CLOSED  
AND come on in whenever the  
Welcome Flag is flying!

**UPCOMING EVENTS:**  
**Arts & Crafts Show**  
August 14th, 9a - 3p: 15% off  
(excluding local vendors and books)

**August Promo:**  
Bring School Supplies  
Donations, get 15% off  
your purchase!  
(excluding local vendors and books)

@signsforhope  
 @sfhmarketplace

Signs for Hope  
Signs for Hope Marketplace

## The yard you've always wanted

starts with experienced, trusted specialists

**MULCH**  
**DRIVEWAY WORK**  
**PARKING PADS**  
**BACKFILLING**  
**SEPTIC TANKS**  
**DRAIN CULVERTS**  
**STORM DRAINS**  
**GRADING**  
**BRUSH CLEARING**  
**HORSE ARENAS**  
**RETAINING WALLS**  
**AND MORE!**

**fairviewlandscaping.com**  
**828 628-4080**  
Fully insured and licensed.  
We show up on time — every time.



## Does Exercise Impact Diabetes?

**D**iabetes is a disease in which the body doesn't make enough insulin, doesn't properly use insulin, or both. Without insulin, the body is unable to move the sugar found in blood (called glucose) into cells. Glucose is one of the main energy sources for your body, and a lack of insulin causes it to build up in the blood.

There are two main types of diabetes: Type 1 is an autoimmune condition in which the immune system attacks the cells inside the pancreas that produce insulin. Individuals with Type 2 diabetes cannot use insulin efficiently. This stimulates the pancreas to continue to produce insulin until it can no longer keep up with the demand. Insulin production decreases, which leads to high blood glucose levels.

Exercise directly impacts blood glucose levels by lowering them. This is because exercise acts like insulin in your body. Physical activity can lower your blood sugar level for up to 24 hours by making your body more sensitive to insulin. The best way to figure out how your body reacts to a particular exercise is to check your blood sugar level before and after working out, especially if you take insulin or are on a medication that causes your pancreas to produce insulin.

Most people think of exercise as running and walking (aerobic exercise), but strength training (such as lifting weights or using a

resistance band) plays an equally important role in lowering the amount of sugar in the blood. When you exercise, you're teaching your body how to store glucose in your muscles rather than in your bloodstream. The more you exercise, the more your body will effectively use glucose. Aim for two to three strength-training sessions per week, on nonconsecutive days. If possible, combine them with aerobic exercise to make greater improvements.

People with diabetes should perform aerobic exercise regularly, for at least 10 minutes, with a goal of 30 minutes or more per day. People with Type 2 diabetes should aim to do this every day.

Dividing aerobic exercise throughout the day can also help maintain blood sugar levels. Daily exercise—or at least not allowing more than two days to elapse between exercise sessions—is recommended to decrease insulin resistance, regardless of diabetes type. Over time, activities should progress in intensity, frequency and/or duration to at least 150 minutes per week of moderate-intensity exercise.

To prevent hypoglycemia (low blood sugar) during exercise lasting longer than 30 minutes, additional carbohydrate intake is typically required. People with diabetes should always check their blood sugar level prior to exercising. Individuals should use general guidelines

for pre-exercise blood sugar levels: lower than 100 mg/dL may be too low to exercise safely and may require a snack of 15 to 30 grams of carbohydrates to increase your blood sugar level. If your level is between 100–250 mg/dL, it is fine to exercise; and above 250 mg/dL may be too high. If you exercise when your blood sugar level is too high, you increase your risk of ketoacidosis, which is a life-threatening condition.

Flexibility and balance exercises are important for older adults with diabetes. Limited joint mobility is frequently present, and while stretching increases flexibility and the range of motion around joints, it does not affect glycemic control. Balance training can reduce the risk of falls by improving balance and gait, even when peripheral neuropathy is present, and can improve muscle strength prior to the potential onset of peripheral neuropathy.

Group exercise classes (resistance and balance training, tai chi and yoga) may help reduce falls and provide a support circle. People with peripheral neuropathy need proper foot care when performing physical activity in order to prevent and detect problems to avoid ulceration and amputation. You should inspect the bottoms of your feet before and after you exercise to assure nothing has caused a wound.

Physical activity increases your core temperature, leading to increased skin blood flow and sweating. If you have diabetes and are dealing with increasing age, poor blood glucose control and neuropathy, your skin

blood flow and sweating may be impaired, increasing your risk of heat-related illness. Chronic hyperglycemia (high blood sugar) also increases this risk through dehydration. Older adults with diabetes or anyone with autonomic neuropathy, cardiovascular complications or pulmonary disease should avoid exercising outdoors on very hot and/or humid days.

Physical activity and exercise are recommended for all individuals with Type 1 or Type 2 diabetes in the management of blood glucose control and overall health. Specific recommendations and precautions will vary by the type of diabetes, age, activity type and presence of diabetes-related health complications, such as peripheral neuropathy, and should meet the specific needs of each individual. In addition to engaging in regular physical activity, all adults should be encouraged to decrease the total amount of daily sedentary time and to break up sitting time with frequent bouts of activity. Finally, get in the habit of monitoring your blood sugar levels throughout the day—it may one day save your life!



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](http://unifiedtherapies.com) or call 414-2368.

**EXPRESSIONS**  
CABINETS • COUNTERTOPS • APPLIANCES

ExpressionsCabinetry.com  
828-278-7999  
Fairview Owned & Operated

Before After

## Bringing Worn Asphalt Back To Life.

Prolong the life of your home's asphalt areas!  
Professional sealing enhances curb appeal, protects your drive from deterioration and avoids costly future repairs.

- Seal Coating Driveways and Parking Lots
- Asphalt Patching and Pot Hole Repair
- Crack Filling
- Residential & Commercial
- Call for FREE estimate

SealProSolutions.com  
828-768-7325

**Fairview Owned and Proudly Serving WNC**



# Is Windows Trusted Platform Module (TPM) Update Needed?

Windows 11 is coming. Are you ready? Or does it even matter? There has been a flurry of excitement and agony around the system requirements for Windows 11. Microsoft is insisting on a fairly recent version of a security hardware component called Trusted Platform Module (TPM), which can protect against potential malware and ransomware attacks and securely store encryption keys and passwords locally. Most Windows machines made in the past two years have 2.0 capable TPM, but older machines may not.

There are ways to find out whether your computer is Windows 11 ready, but you should know that Windows 10 will be supported by Microsoft through mid-October 2025. And if Windows 7 is any indication, Microsoft might add another year to that life. So, look at the age of what you have and don't worry—you will probably be buying a new computer, with Windows 11 on it, by the time you need to have TPM 2.0. (If you want to check whether your PC will support Windows 11, there is a readiness checker called WhyNotWin11, which is more informative than Microsoft's PC Health Check app.)

**Stuck Phone**

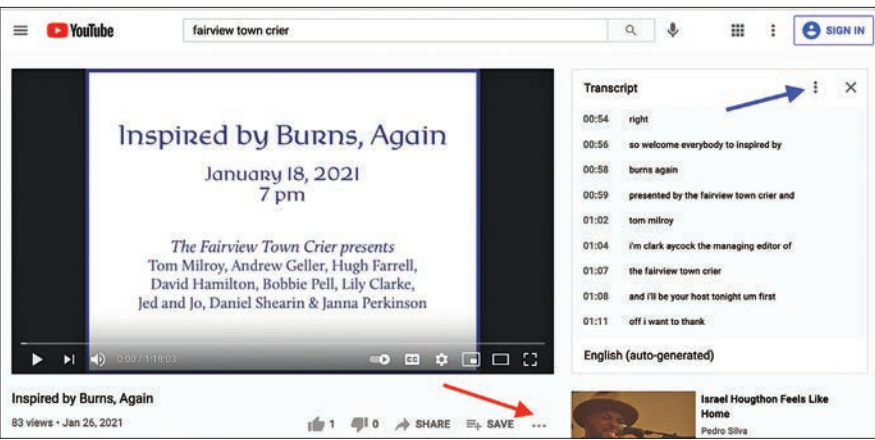
If your iPhone is stuck and not responding to any screen touch, Apple has ways for you to force a restart. As the directions vary by the type of iPhone you have, a good resource can be found at [fairview-towncrier.com/links](https://fairview-towncrier.com/links). These tips can also be used for iPads.

**Transcript for Video Subtitles**

If you have used subtitles for YouTube videos before, you can also download the transcript, which can be especially useful to avoid taking notes when viewing instructional videos. Open the YouTube video and click the three-dotted Menu button below the title, then choose the "Open transcript" option. Toggle off the timestamps with the triple-dot menu button in the upper right corner of the transcript window, then select and copy all the text in this new window into something like Word to save a copy. Unfortunately, the text will need to be cleaned up a bit for easier reading. But, at least you have a transcript.

**Bad Network**

Here is a WiFi warning for iPhones and iPads. Don't join a network called %p%s%s%s%n. There is a bug in iOS that will break your WiFi connectivity. You can fix that WiFi problem by resetting your network settings in the Settings app. I am hoping this will be fixed by Apple soon. There may be other network names with weird characters that may create similar problems.




To download a transcript of a YouTube video's subtitles, click the three-dot icon near the video's title (red arrow) and then click the three-dot icon in the window that pops up (blue arrow). Toggle off the timestamps and then copy and paste. Your YouTube window may look different than this.

**Windows 11 Features**

Some of the features that will be coming in Windows 11 include the ability to run Android apps directly; estimated time for update installs; a simplified Start menu centered at the bottom of the screen; and—thank goodness—no more Internet Explorer.

**Back Up, Don't Pay Up**

Paying ransomware demands does not guarantee successful data recovery, according to Sophos, a British security software and hardware company. They find that half of those who paid the ransom to get their decryption key could not decrypt one-third or more of their computers, and one out of 25 could not decrypt anything. So, it might be better to keep backups and store them off your network.



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



**Family Health Center  
at Cane Creek**



**Adult medicine,  
pediatrics,  
and preventive  
healthcare**


1542 Cane Creek Road  
Fletcher, NC


**628-8250**

Wellness and preventive exams • Diabetes care  
Chronic disease management • Lab procedures and more

**Get better faster —  
safely**

AVORA is **open** and following  
all COVID-19 prevention measures.





post-op • injury • dizziness/vertigo • concussion • orthopedic  
injury prevention • balance • sports performance • pain • headaches

**avorahealth.com**

226 Charlotte Highway 828-298-0492  
additional locations in Asheville and Black Mountain



Back to “Normal”

On July 5, the pantry went back to functioning how it did before the pandemic. Previously, clients were able to shop inside the pantry instead of receiving boxes prepared by volunteers. The only caveat now is that volunteers and clients are required to wear masks inside. Some of the clients who have signed up since the start of the pandemic had never shopped inside the pantry before.

Food for Fairview is one of only a few of the MANNA agency pantries that allows clients to shop. It takes a greater variety of selections, larger display area, and more help from volunteers. The problem is the pantry’s size—at just over 20 feet wide and about 35 feet deep, and with four to eight clients and four volunteers with four shopping carts inside at once—it can get a little crowded.

Most people have taken advantage of being able to shop the pantry. All of the larger households of four or more people shopped, as well as a few of the smaller households. The smaller households can also take home boxes prepared by the volunteers.

With school currently out, the pantry has gone back to being open from 3 to 6 pm on Monday afternoons. It takes about 20 minutes to shop the pantry, so clients should be in line before 5:40 pm. Some volunteers arrive at the pantry before 1 pm, and every volunteer is there by 2 pm. The pantry is still looking for someone



with some computer skills who would be interested in being the pantry’s assistant manager. The assistant manager’s job description calls for 10 to 15 hours per week. If you are interested in volunteering at a not-for-profit food pantry that services the food-deficient residents of Fairview, it would be best to contact the pantry on Monday afternoons to speak to the pantry manager. You can also contact the pantry by email at food4fairview@gmail.com or leave a message at 628-4322.

The pantry has two collection sites on 74A (Charlotte Highway) for nonperishables: Americare Pharmacy at 1185 Charlotte Highway, (Monday–Friday), and First Bank at 5 Olde Eastwood Village Blvd, Asheville.

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

LOCAL CRITTERS  
LEE PANTAS

WOODLAND  
JUMPING  
MOUSE



//////////////////// FUN FACTS //////////////////////

- They shelter in burrows they dig, and are normally active during the night, but can also be seen on cloudy or rainy days. When they are in their burrows, they typically cover the entrances with leaves or other vegetation. Their burrows are lined with grass, reeds, and leaves.
- They can swim underwater and on the surface for short distances.
- Their lifespan, up to four years, is among the longest for small rodents and mammals. This is partly due to their ability to hibernate. They hibernate at least six months of the year, from fall until spring.
- Normally, they walk using all four legs, but when speed is needed, they resort to a hopping motion. When they are frightened, these hops can be almost nine feet long horizontally and as high as two feet in the air. Long hind legs with elongated ankle bones, long toe bones, and long tails make it possible for them to be such extraordinary leapers.

Lee Pantas is an author and artist who’s lived in Fairview for more than 30 years. From time to time, we will share the illustrations and animal facts from his book Wild & Furry Animals of the Southern Appalachian Mountains (available on Amazon).



For your many  
sides, there’s  
Nationwide.®

AUTO | HOME | BUSINESS | LIFE



Chad McKinney  
McKinney Insurance Services  
(828) 684-5020  
mckinncl@nationwide.com  
nationwide.com/mckinneyinsurance

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, OH 43215. Subject to underwriting guidelines, review, and approval. Availability varies. Nationwide, Nationwide Is On Your Side, and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. ©2017 Nationwide CPO-0836A (08/16) 5600390

GET  
MO<sub>2</sub>RE

Hyperbaric  
Oxygen Therapy



Learn more about HBOT  
and its far-reaching benefits  
for human health, healing,  
and performance!

CALL US TODAY at  
828.708.5274 to set up  
a free consultation  
with one of our doctors!

Apex Brain Centers 2 Walden Ridge Dr., Suite 90, Asheville  
ApexBrainCenters.com





# Finding the Key to Gardening

MAKING TIME, GOING SMALL AND INSPIRING OTHERS | BY TOM MILROY

During my first visit to Root Cause Farm (RCF; formerly The Lord's Acre), Susan Sides, who was then the executive director and garden manager, showed me the keyhole bed garden. I had never seen one before, and Susan explained that the initial concept had been developed in southern Africa, where I have worked for years, and that RCF's bed had been built by Warren Wilson interns. She was sad that nobody had taken on the management of the bed and hoped that one day a committed volunteer might look after it.

Several years later, I decided to work on The Keyhole Bed for an average of just one hour a week. By limiting my commitment, I hoped to be able to grow some of my own food but also demonstrate the potential of a keyhole bed for creating food security in neighborhoods where incomes are small and residents are unable to put in large amounts of time. Keyhole beds are also ideal for use in situations where soil quality is bad.

By working on Monday evenings, when nobody else is likely to be around, I've been happily able to fulfill my tiny commitment of time and energy, even during the COVID lockdown. In addition to providing me with a variety of nutritious



Tom Milroy

food, it also stimulated my own creativity in all sorts of satisfying ways.

## Lessons Learned During Year One

- Natural waterflow into the bed can be increased by digging small "swales" that will channel rainwater that falls uphill down into the bed or by channeling water

from adjacent sources such as gutters or water-storage barrels.

- Avoid planting vegetables that take up a lot of space because these will crowd out other plants that can thrive in, or adjacent to, the same space. For example, I planted tomatillos and they spread out far beyond the spaces that I had assigned to them. As a result, melons, squash and some cucumbers failed to thrive.
- Pinch the suckers of tomatoes in order to prevent them from spreading too widely and to facilitate ripening by allowing more sunshine to penetrate to the center of the plant.
- Careful observation is absolutely crucial to management. Micro-climates are being created and modified daily as plants grow or are removed, and the gardener must be ready to respond to these changes.

## Possible Next Steps

- Provision of garden space for those who wish to develop their own keyhole beds at RCF.
- Outreach from RCF to neighborhoods where the residents lack access to land and/or the time and resources to develop standard vegetable gardens.

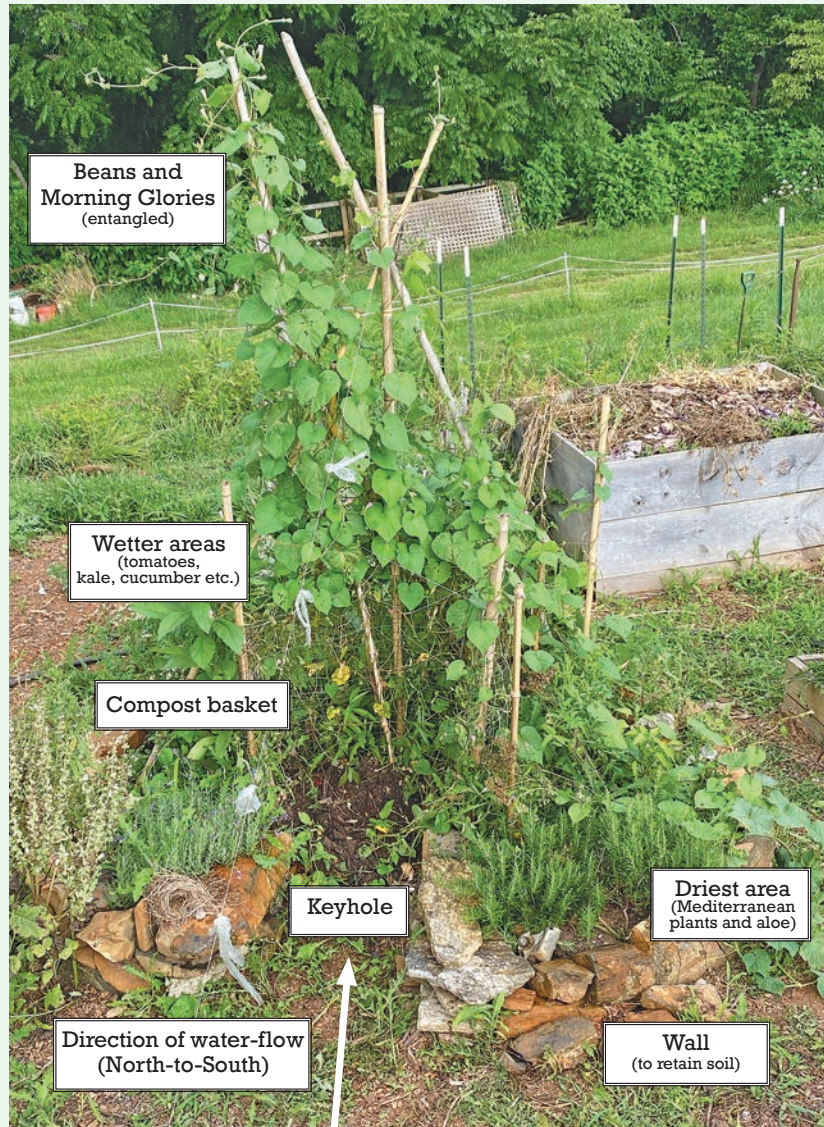
- Further development of the existing bed as a demonstration bed.
- Donation of vegetables grown to the Thursday market at RCF.

## Next Steps Requiring Additional Staffing and/or Funding

- Purchase of building materials by RCF—to be made available for the construction of personal keyhole beds either at RCF or at people's homes.
- Production of two or three short videos about keyhole beds.
- Workshops at RCF or local neighborhoods on how to build a keyhole bed.
- The building of demonstration keyhole beds in these same local neighborhoods.
- The payment of small "stipends" to local residents in return for management of the bed.
- Evaluation of the impact of local keyhole beds on individuals, families and neighborhoods.

## The Keyhole Bed from a Personal Perspective

Working on The Keyhole Bed has been very exciting and satisfying for me, especially since the bed is so small that,



## DESIGN FEATURES OF A KEYHOLE BED

- In the northern hemisphere, keyhole beds are always located on a gentle north-south slope.
- A wire "basket" is located in the center of the bed. Vegetable waste is placed in this central basket, where it is transformed into compost—and also attracts the worms that play such a key role in aerating soil.
- An unraised "keyhole" extends from the north side of the bed to the center. This keyhole guides water downstream toward the compost basket, from where, bearing nutrients, it flows on down into the southern portion of the bed.
- Water is channeled into the compost basket via the keyhole and then, bearing ample plant nutrients, it proceeds downslope and into the southerly portion of the bed.
- Plantings are multilayered, especially in the wetter and more fertile southerly portion (downslope) of the bed. For example, the downslope contains (in ascending order of height) cucurbits, kale, chard, peppers, tomatoes and runner beans.
- The drier northerly part of the bed is ideal for growing Mediterranean plants as well as aloes.

## Advantages of a Keyhole Bed

- The circular "footprint" of the bed can be as small as 12 feet in diameter. This makes it ideal for gardening in a very small space.
- The bed can easily be raised (sometimes as much as two feet) so as to increase soil depth, especially in places where there is little underlying soil.
- A wide variety of locally available building materials can be used for the construction of the bed. The one at RCF uses local rocks that are dry-stacked. Concrete blocks are also commonly used.
- There is room for creativity in the construction of the bed, and even in the distribution of soil types within the bed.
- A wide variety of "micro-climates" can be created, then plants can be located accordingly. For example, Mediterranean herbs and spices are grown in the northeastern corner of the bed at RCF. It is here that the soil is driest and lightest.
- The bed can be made larger or smaller based on the availability of gardeners, food production requirements, and the availability of materials.



even as an elder with limited energy, I am still being productive and gaining the enormous satisfaction of growing some of my own food. Also, my sense of guilt about not making good use of my food waste has been eliminated because all of my vegetable waste is now routinely incorporated into the compost basket.

It has been exciting for me to notice that the soil in the bed is becoming increasingly fertile, even while the bed is producing more crops. It has sometimes astounded me that, upon returning to the bed after a two-week hiatus, the bed has developed in almost magical ways without any input of labor.

I have learned, yet again, that Robert Burns was right when he wrote "The best laid plans gang aft agley"! (For those who don't speak Scots, this translates to "The best laid plans often go wrong.") For example, some plants have completely failed to thrive, while others have dramatically exceeded expectations. Notable among the successes is cilantro; the leaves are extremely useful in a variety of dishes and seeds can be harvested and ground to make a delicate spice—or used for re-seeding next year. Mother Nature is in charge, and it is best to work with her rather than against her. Thus, no artificial fertilizers or pesticides are used on the bed.

I have learned that something that is desirable and beautiful in one location may become a "weed" in another setting. This most definitely applies to



Far left: Another view of The Keyhole Bed shows the surrounding plots and shed at Root Cause Farm.

Left: Tom Milroy brings his vegetable compost to the bed once a week to dump it into the basket at the center. He then chops it up and mixes it in.

**ALL PHOTOS BY DANA IRWIN**

The Crier thanks Dana Irwin for volunteering to meet us at RCF, take photos and scale a stepladder to get better views.

the glorious morning glory flowers that thrive in the northeastern portion of the bed but then tend to entangle themselves with, and perhaps eventually throttle, the green beans that are growing so well. (Might this same principle also apply to human relationships?)

Finally, it has been satisfying to play a

part in providing RCF with a teaching tool that will enable staff and interns to demonstrate the principles of permaculture for low cost on a small scale.

#### You Can Help

Would you like to help with The Keyhole Bed or other parts of Root Cause Farm? There are a thousand and one

uncompleted tasks (some of them urgent and important) that have accumulated during the COVID-19 lockdown and a thousand and one volunteer hours are needed to complete these tasks. If you would like to help by donating your time or money, go to [rootcausefarm.org](http://rootcausefarm.org) or stop by 26 Joe Jenkins Road in Fairview.

## FOR SALE

**32 Joe Jenkins Rd. Fairview, NC 28730**

Established Airbnb, Short Term & Long Term Rental Property  
Newly Renovated/Constructed  
4 Cottage Style Rental Units  
Fully Furnished  
Sitting Pretty on 3 Level Acres

Offered at \$1,500,000  
MLS: 3754170

## UNDER CONTRACT

Accepting backup offers

**Great LifeRE exp REALTY**

Luann 'Lulu' Labeledz  
Realtor, eXp Realty  
828.273.6764  
[lulu@greatlifere.com](mailto:lulu@greatlifere.com)  
[lululoveshomes.com](http://lululoveshomes.com)

## LOCALLY OWNED AND OPERATED!

### WELCOMING

Dr. Maggie Parker, PT, DPT  
Primary Provider

### Specializing In:

- Shoulder Pain
- Low Back Pain
- Balance
- Pre/Post Op Care
- Return to Sport

## BETTER MOVEMENT FOR BETTER LIFE

Serving Fairview, Fletcher, Gerton and Reynolds

All Referrals and Insurances Accepted

WALK-INS WELCOME!

**Southeastern Physical Therapy**

1356 Charlotte Highway  
(next to post office and Food Lion)

828.338.0707  
[www.southeastpt.com](http://www.southeastpt.com)

## THE PLACE FELLOWSHIP CHURCH

# COMMUNITY YARD SALE

**2 SATURDAYS! AUGUST 7 & AUGUST 21, 8am-1pm**

**\$10 PER TABLE!** Be a part of the fun! Sell your stuff and support the building fund!  
*Biscuits & drinks available for sale. All proceeds benefit the building fund.*

For more information, contact DeeDee 828-778-0535 or Wanda 828-691-6700

**THE PLACE FELLOWSHIP CHURCH 2** Laura Jackson Drive, Fairview *beside Food Lion*



# Back to School Reminders for Fairview Elementary

by Kenya Hoffart

**F**airview Elementary will welcome students back on Monday, August 23. Student safety is of utmost importance at FES, so here are a few reminders to help keep everyone safe as well as a few pointers to help make the school year successful.

**Car Riders' Line.** The new car riders' line will be ready for use on the first day of school. All cars will both enter and exit at the stop light. Please be patient as everyone learns the new route. Cars will travel up Oak Hill Drive, continue on past the bus drop-off area, and then circle around the school building. They will continue on behind the community center and then turn left to travel the perimeter of the parking lot to enter the front drop-off/pick-up area. All students will need to exit and enter cars on the passenger side. After students are dropped off or picked up, cars will then turn right past the drop-off/pick-up area and follow the same route circling the school building back to Oak Hill Drive to exit at the stop light.

Anyone picking up a student in the car riders' line in the afternoons must have a school-issued sign with their student's name clearly displayed in their car's front window. Anyone without a sign will be asked to park and enter the building to pick up their student after showing proper identification.

**School Times.** The school day at Fairview Elementary will begin promptly at 7:55 am. This is when all students should be at their desk prepared to start their day.

Students dropped off at or after 7:30 am will be permitted to go straight to class. Students who arrive prior to 7:30 am will be held in the cafeteria or other common area until the bell rings. No student can be dropped off before 7:15 am. School dismisses at 2:30 pm. All students must be picked up from campus by 3 pm. On scheduled early dismissal days, school will dismiss at 12:30 pm and all students must be picked up by 1 pm.

**Late Drop-Off.** Any student who is dropped off late must be walked into the building and checked in at the front office by an adult. Students will be issued a tardy slip and then sent to class. If a student is late due to a medical appointment and an excuse note is given to someone at the front office, that tardy will be excused.

**Early Pick-Up.** Any student who needs to be picked up early will need to be checked out by an adult at the front office. That adult must be on a list that parents/guardians complete at the beginning of the school year that indicates who may pick up that student. The adult picking up the student will be required to show a state-issued ID before the student is dismissed. Students who leave school early for a medical appointment should bring an excuse note when they return to school so that their time away from school is excused. Any student who needs to be picked up early should be picked up by 2 pm to help avoid confusion during the dismissal process.

Unexcused absences, tardies, and early dismissals. It is very important for students to be in school during school

hours. If a student has an excess number of absences, tardies, or early dismissals, their family will be contacted by a school social worker to help determine what can be done to make sure that student is in school.

**Bus Riders.** All bus riders must be met by a responsible party at the bus stop unless there is a note on file at the front office stating that the student may be let off without supervision.

**Transportation Changes.** No transportation changes may be made over the phone, by fax or by email. If a student needs to go home some way other than their usual procedure, a dated and signed note indicating the change should be sent in with the student for their teacher. The only other option for changing transportation is for the parent/guardian to come to school and write a note. An ID is required to make transportation changes at the front office.

**After-School Care.** The YMCA offers an after-school program at FES until 6 pm. For more information, please contact the YMCA business center at 210-2273 or check the YMCA website at [ymcawnc.org/childcare](http://ymcawnc.org/childcare).

**School Celebrations.** No flower deliveries or balloons are allowed at



school. Only store-bought treats are allowed; nothing homemade can be shared with classmates. If someone wishes to send in treats for a class, it is best to check with the classroom teacher to make sure no other treats or special scheduling is planned for that day.

**Classroom Supplies.** Lists of necessary school supplies for each grade level are available on the school's website. Some teachers may request additional items throughout the school year.

**Daily Needs.** It is very important that students remember their backpacks, lunches, snacks, and water bottles every day. It can be difficult to get these items to students once school starts, so it is ideal they come prepared.

**Communication.** Calls containing important information will be made on Sunday afternoons. Information from these calls will also be sent to parents by email and posted on the school's Facebook page. Important information will also be sent home by teachers each Friday, or as needed. If you feel you are not receiving this information, please call the school at 628-2732. Be sure to check the school's website at [fes.buncombeschools.org](http://fes.buncombeschools.org) and the school's Facebook page at [facebook.com/FairviewElementary](https://facebook.com/FairviewElementary).

**Volunteers.** There are many opportunities for parents to volunteer in the school building throughout the year. All volunteers must complete a Buncombe County Schools Volunteer Application online at [appgarden6.app-garden.com/VolTrackNC110.nsf](http://appgarden6.app-garden.com/VolTrackNC110.nsf).

If there are any questions about these or other school policies, a copy of the school's parent/student handbook can be found on the school's website under the parents tab. Questions can also be directed to any of the front office staff at 628-2732.

The staff at Fairview Elementary eagerly awaits their students' return and is looking forward to a safe and happy school year. Go Cardinals!

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

## Trying to Put Kindness into the World

**A** few months ago at work, a kid walked in wearing a Harry Potter t-shirt. I told him that I liked it and asked what his Hogwarts house was. His face brightened instantly, and his mom told him to tell me which book they were on. Not only did the kid not stop smiling the entire time he was in the store, but it made my shift better too. Why did I do this? This world can be overwhelming and cruel, and I've

items, water bottles and non-perishable food items—and students came in after school to put the bags together. We made enough so that everybody could take

**Being kind doesn't cost anything, and often it will make you smile too.**

a few home. It took about five minutes to set it all up, and it's something that could really help somebody in need. As teenagers, with minimal control over anything that happens in our lives, this is one of the only things we can do to make a positive change in the world. Baby steps are still steps.

My mom organizes a food drive every year for which all the proceeds go to MANNA food bank. When COVID hit, MANNA was overwhelmed; with more people than ever needing support, they were having trouble getting what they needed. When my mom's stimulus check came, she donated it all to MANNA. She said something that day that I've tried to keep in mind since then. "If we have

enough," she said, "and there are other people who need it more, why wouldn't I? It won't hurt us, and it could help somebody else."

If you don't have money or don't want to give money, there are other ways to do good. As I discovered with the kid in the Harry Potter shirt, a kind word can brighten someone's day. Whenever I'm in public, I look for people I can give compliments to. If I see someone my age, I tell them I love the color they dyed their hair. People love to talk about things they're interested in. Being kind doesn't cost anything, and often it will make you smile too.

So the world is a cruel place. But every day, we can do our best to put kindness into the world and make it better. No matter how big or small your gesture is, there is somebody who will appreciate it. What we put into the world will come back to us, so do good wherever you can, be kind and helpful, and love recklessly.

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



*Avery Love*  
**TEEN PERSPECTIVE**

been trying my best lately to do my part to put kindness back into the world wherever I can.

In Key Club last year at A.C. Reynolds, we made bags full of supplies that we would give to homeless people on the side of the road we saw from our car. The club used the membership fees to buy the supplies—things like socks, hygiene





MAGIC WITH GREG

# A WORD IN YOUR MIND

This is a great trick to do when you have a group of people in a room, like at a party or family get-together. You have to make sure to plan it ahead of time and get it ready before the party.

## What you need

Two books that are exactly the same. If you just have one, you may be able to find a duplicate at the library, from a friend, or at a local used book store. Or you can just buy two identical books.

## Preparation

Put one of your duplicate books in the room with the guests before they arrive. A book case or a table with books on it is best so it looks natural. Hide the other identical book outside the room where you will be able to get it easily.

## Performance

Tell everyone in the room that you can read their minds. To prove it,

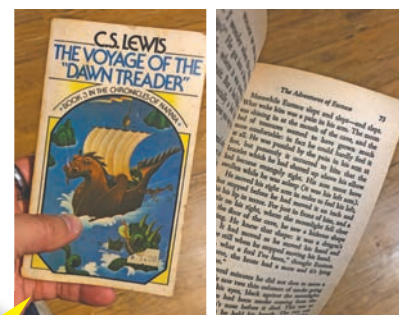
go to the book case or to a pile of books and pretend to pick out just any book. What you really do is pick out your special identical book.

Hand the book to a spectator and ask the audience and the spectator to agree on a page number. Make sure the audience is sure the number is really random. Then, tell the spectator you will step out of the room and that while you are out of listening range, they are to read the first couple of sentences on the page they all selected.

Leave the room and loudly close the door so they know you can't hear them. Quickly find where you have hidden the duplicate book and read the first couple of sentences on the

audiences selected page. You must commit it to memory!

Go back into the room. Ask everyone to concentrate very hard on the sentence and the words in the sentence and the letters in the words. Pretend to think very hard, then slowly say the words from the sentence.



magic!



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

## COMPOST

Make a Difference  
— compostAVL.com —

### As easy as 1, 2, 3!

1. Receive your bin.
2. Fill it with food waste.
3. We'll pick it up & drop it off.
- Oh and... 4. Make a difference.\*

\* A portion of membership fees will be donated to the local school of your choice.

### FOOD WASTE TO COMPOST INSTANTLY

Learn More and Become a Member at [CompostAVL.com](http://CompostAVL.com)

## U-pick flowers!

...and fresh organic heirloom tomatoes at our farmstand!

Visit our **Mint to Bee** cafe for delicious **ice cream!**

**Cane Creek Valley Farm**  
~ ORGANICS ~

828-338-0188  
1448 Cane Creek Rd just before Concord Rd  
Follow us for announcements and updates!  
[f CaneCreekValleyFarm](https://www.facebook.com/CaneCreekValleyFarm) [i mint.to.bee.ccuf](https://www.instagram.com/mint.to.bee.ccuf)

Open Weds-Sun, 12-7 pm

## HAPPY SUMMER

## ELENA THE GROOMER

Professional Groomer

Open by appointment  
Thursday to Monday  
Closed Tuesday & Wednesday

**New Clients...  
Free Tooth Brushing  
and Coat Conditioner  
on first visit!**

828-628-4375  
1185E Charlotte Hwy • Fairview

Locally Owned

## Serenity Tree Service LLC

James Sparks 828-702-2142

Fully Insured



# Summertime Fun with Your Dog

In the summer, I always look forward to the longer days, warmer weather and water activities. These are all made better by incorporating your dogs. Here are some ways to enjoy this time with your pup.

Trail hikes are always a great go-to dog activity, especially if you can get out in the morning before the day begins to heat up. Particularly post-COVID, with the influx of tourists to WNC, it is important to be aware of and adhere to trail rules and etiquette. Trails can be a fun place to take your dog off-leash, but not at the risk of your dog running away from you, getting in another dog's face, or jumping/charging into another hiker. It doesn't matter how friendly you think your loose dog is, there is always a risk it will approach another dog who may not appreciate the attention. Just ask around and you'll see just how many "nice dogs" have caused a scuffle with other dogs on trails. For hikes, do lots of loose leash and heeling walks to practice not allowing your dog to pull you on the leash. Practice a recall command, such as Front, Here or Come, with a variety of distractions that have meaning to your dog, to prepare for trail behaviors.

Vacation adventures can become an even more memorable experience if you get to incorporate your dog into the travel adventure with you and your family. It takes a lot of advance planning to make sure all parts of your adventure are



Tracy Peabody and friend Brooke paddleboarding with their dogs Sophie and Casey.

dog-friendly. Even something as simple as going into the grocery store can become a bit of a challenge if there are high temperatures and your dog has to wait in the car. Temperatures increase rapidly in the summer heat and your need to keep your pup safe. Many hotels have flexed their pet dog rules since COVID, so make sure to plan ahead on their accommodations. We are lucky in the Asheville area to have so many dog-friendly events and businesses, but in other areas it can be much harder to take your dog with you to parks, businesses, restaurants, etc.

Paddleboarding is one of my summertime

favorites with my dog, Sophie. Getting on the water and taking in the beauty of nature from the perspective of a paddleboard is a lot easier than most people realize. It takes some practice to build up your balance, but good boards are wide and stable. Train your pup to have a really strong Down and Place command to be able to hold a solid position on the board while you paddle, but also teach them the Leave It command, so they won't go after wildlife, passing boats, or others on the water.

Boating is also a great source of summertime fun for you and your dog. Dogs can be a little nervous and unsure at first, but

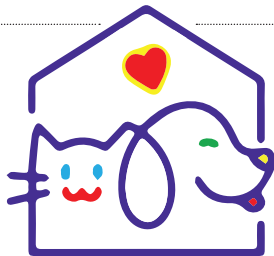
conditioning them to the forward and sideways motions of wakes and waves will help them gain confidence and get their "sea legs." There is always a risk of a dog falling into the water, so train them to swim by using a lifejacket to help prevent panic so they feel safe and confident floating calmly, rather than freaking out in the water.

With just about any activity that we do with our dog, whether going to a restaurant or taking a two-week cross-country vacation, strong Heel, Walk, Down, Place, Wait and Leave It commands will build confidence in your dog. They will also help you feel more prepared for the task of managing your dog's behavior in public.

Remember to always check the temperature of the surfaces you are walking your dog on to ensure they won't burn their paws, or train them to wear dog boots. In addition to dog-specific treats and meals, pack doggie electrolytes if the pups will be working hard in the sun and heat. And keep your pup well hydrated while you are out making the most of the summertime with your dog.



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



**ADOPT A PET!**



^ **A** **Leon** is a nine-week-old, domestic short hair kitten with an amazing personality. He is full of energy and loves all his toys, especially the laser light. He is also very curious and will pop up wherever he think something is going on. *Animal Haven*



^ **B** **Sassafras** is a very sweet, high-energy girl waiting for her new home. She is about 1 year old and currently weighs about 45 pounds. She would do well in a home that will exercise her both mentally and physically. Experience owning a German shepherd preferred. *Charlie's Angels*



^ **C** **Otis** might be one of the biggest pigs we care for, but he is also one of the sweetest. He's got a friendly disposition with humans and pigs alike. He was brought to us when his previous owner passed away. He's about 4 years old, is neutered and weighs about 350 pounds. Otis is ready to find his forever home where he will have the opportunity to sunbathe, play with other pigs, and make beds in fresh hay. *Humane Society*

< **D** **Sassy** is a timid kitty, but when she settles in, she's a love bug. Sassy is current on all shots and testing, and she is spayed and microchipped. *Charlie's Angels*

## FIND YOUR FUR-EVER FRIEND!

**Animal Haven** 299-1635  
[www.animalhavenofasheville.org](http://www.animalhavenofasheville.org)

**Charlie's Angels** 885-3647  
[www.charliesangelsanimalrescue.com](http://www.charliesangelsanimalrescue.com)

**Humane Society** 761-2001  
[www.ashevillehumane.org](http://www.ashevillehumane.org)



# Trailblazing Fairview Nurse Never Stops Helping Others

**K**athey Avery, a nurse from Fairview, has always blazed her own trail. From treating stroke and oncology patients and working to provide affordable health care to rural residents and communities of color to advocating for the rights of those with dementia and going door to door during COVID, she has made serving others her purpose.

When the *Crier* learned that this Fairview resident, who lives off Cane Creek Road near Turgua Brewing, had been awarded the Carol McLimans Trailblazer Award from the Land of Sky Regional Council's Area Agency on Aging, we wanted to know a lot more about her.

## WNC Native

Avery grew up in Bat Cave on a small farm. Her mother is from Lake Lure, and her father is from Morganton. "My great-grandmother, Easter, lived in Bat Cave and owned over 700 acres," she said. The farm she grew up on "had an apple orchard, and some of the trees are still there." And her parents grew vegetables and flowers too.

She's always been a helper. "I was the child at home who helped my parents who could not read and write well get their mail read and send out letters they



I can make their quality of life the best I can."

In addition to her work at Mission, she also worked with stroke patients as a registered nurse at Thoms Rehab and provided hospice services at Four Seasons in Flat Rock.

From 2008 to 2019, Avery served at Asheville-Buncombe Institute of Parity Achievement, a non-profit dedicated to improving the health and well-being of minority and other underserved populations through community health screenings and educational events held at churches, public housing and local organizations. In 2019, she started Avery Health Education and Consulting to address healthcare equity and the social determinants of health through education, wellness promotion and consulting.

## The Institute for Preventive Healthcare and Advocacy

In 2020, Avery founded the Institute for Preventive Healthcare and Advocacy, with the following mission: to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

These two roles allowed her to do community nursing, which she loves. "I have more freedom in planning and implementing the care of the communities I serve," she said. "I can work with individuals as long as it takes without being as concerned about Medicare and Medicaid or insurance since my organizations don't take them."

Her focus on equity in healthcare—that everyone should have access to quality care—drives her to do this work. "I have seen while doing community nursing how marginalized, low-wealth people really live," she said. "Senior citizens that I serve are usually on fixed incomes. People who have primary care many times aren't



Kathey Avery's commitment to serving the WNC community was evident in this CBS This Morning piece that highlighted her door-to-door education about COVID-19 to lower-income people.

following the recommendations of their doctors without having someone willing to continue to educate, encourage and get people the resources they need."

## Pivoting to Education

She was doing all this when COVID-19 hit, and that threw her a challenge. But she adapted, of course—because that's what nurses do. "I pivoted to also educating people about the virus," she said. "I put PPE [personal protective equipment] in the healthy food bags that we deliver. As the community nurse, I also used telehealth with some clients to have conversations with their physicians."

As if all that wasn't enough, she served Building Bridges of Asheville as co-chair and facilitator for many years. She was a founding member of Mission Hospital's Diversity Committee. She is a board member of the Racial Justice Coalition, a group of organizations in Asheville and Buncombe County dedicated to racial justice. She is also a member of the WNC Health Equity Coalition, a rural-urban collaboration that works for quality healthcare across the region, addressing gaps created by the closure of many rural health clinics and hospitals. And she volunteers for many organizations, including Dementia Friendly WNC, Housing Options for Aging in Place, WNC Cancer Consortium, and Buncombe County's CHIP advisory (Community Health Improvement Plan).

## Volunteering and Family

Avery volunteers for many organizations, including Dementia Friendly Western NC, Housing Options for Aging in Place, WNC Cancer Consortium, and Buncombe County's CHIP advisory (Community Health Improvement Plan).

And guess what, she was raising two kids through all of this! Her daughters, LaShea and Keena, both went to Fairview Elementary School and A.C. Reynolds High School.

## 'On the Hill'

When I asked Avery why she chose to live in Fairview, she gave me a great answer. "It was halfway between my work at Mission and my momma and daddy's place in Bat Cave," she said. "My momma would know where I was and she knew how to drive to Fairview to find me if she needed to!"

And like everyone else we feature in the paper, she loves the country and small-town feel of Fairview. "It is quiet, beautiful and mountainous," she said. "The area I live in 'on the hill' has the old community, neighborhood feel. I have lived on this 'hill' the second longest amount of time among my neighbors, and everyone for the most part knows who I am."

After learning about everything she does, I think more people should know who she is. And I think she's a worthy recipient of the Carol McLimans Trailblazer Award, which is given to a professional in Buncombe, Henderson, Madison or Transylvania County who is a pioneer and innovator in the field of aging and adult services.

To learn more about Avery, visit [averyhec.com](http://averyhec.com).



Clark Aycock is the managing editor of the Fairview Town Crier. He can be reached via phone/text at 828-771-6983 or email editor@fairviewtowncrier.com.

“

I can't decide who lives or dies, but I can make their quality of life the best I can.

—Kathey Avery

”

needed done," she said. After working as a nursing assistant at Mission Hospital, her head nurse encouraged her to go to nursing school. "I have always taken care of people and knew in my 20s that was my purpose."

After attending UNC-Asheville and WCU and graduating with a BS in Nursing, she began her lifelong pursuit of ensuring that everyone gets access to quality healthcare.

## Special People

All nurses are special people, taking care of us when we're at our most vulnerable. But some nurses feel the call to take on the most challenging assignments. "I always ended up working on the most difficult units in the hospital that other nurses always said they couldn't work on," Avery said. "I always felt these were the people that needed the most care and patience even though they were the most challenging to care for. I was asked how I could work on the oncology unit, and I said, 'I can't decide who lives or dies, but

## ► KNOW A NEIGHBOR WE SHOULD MEET?

Call or text the *Crier* at 828-771-6983 or email [editor@fairviewtowncrier.com](mailto:editor@fairviewtowncrier.com). Thank you!



## CC FLOORING

Home of the Floor Doktor!

Hardwood • Tile • Carpet • Laminate • Vinyl  
Sanding • Refinishing



828.255.3532

www.CCFlooring.net

246 Old Airport Road, Fletcher



828 651-9998  
PO Box 987  
Skyland, NC 28776  
www.allseasonsnc.com



Morgan Pelly  
828 776-1728 cell  
morgan@allseasonsnc.com

## Asheville Tree Ninja



Tree Trimming & Removal  
Storm Clean-up • Views Cleared  
Tree Safety/Damage Assessment  
Cabling, Bracing & Crane Removal  
Stump Grinding • Fully Insured

MATT SIEBERT

828.582.4815 • AshevilleTreeNinja.com

treeninja.avl@gmail.com

TPH

T.P. HOWARD'S  
PLUMBING

Whether it's a drip or a  
flood, day or night,  
we've got you covered.

- 24/7 Emergency service
- In business since 1983
- Quality work at fair prices
- Free consultation

Voted "Best in WNC"  
2017, 2018, 2019, 2020

828-628-1369 • tphowardsplumbing.com

90 Number Nine Road in Fairview



## GALLOWAY MASONRY



- BRICK
- BLOCK
- STUCCO
- FOOTINGS
- CULTURED STONE

828-776-4307



## Joe's Floor Covering



30 YEARS OF  
EXPERIENCE  
IN ALL TYPES  
OF FLOORING

MASTER  
CERTIFIED  
FLOORING  
INSTALLER

FREE ESTIMATES

sueshamulus@gmail.com 828-551-2053 or 828-222-2336

WE'RE RIGHT HERE IN FAIRVIEW!

Besides installing wood, carpet, LVP and  
sheet vinyl, we do bath remodels, splash  
guards, tile repair and more. Get in touch  
and we can talk over your needs.



GET IT DONE  
RIGHT!



## Moose Ridge DESIGN & CONSTRUCTION



Bob Lund in Fairview

828 777-6466

"Anything short of a house!"



## SPECIALIZED —FITNESS & NUTRITION—

335-0196  
17 Kristie Scott Lane in Fairview  
SPECIALIZEDFITNESSNUTRITION.COM

Personalized Training  
& Nutrition Programs

8+ Years Experience

Specializing in Women's  
Unique Needs

One-on-one Sessions

Groups up to 4 or 5

Nutrition Coaching

"Let me help you become the best  
version of you, no matter where  
you are on your fitness journey!"  
Fairview group, Crystal White

## MIKE SURRETT Lawncare & Handyman

Free Estimates • Insured

Tree Cutting/Removal • Firewood • Mowing  
Drywall Patching • Interior Painting • Carpentry  
Pressure Washing • Moving • Trash Removal

828.628.2918 • cell 828.230.8494

surrettm@bellsouth.net



### SERVICE SCHEDULE

Sunday School 9:45 am  
Worship 11:00 am  
Sunday Evening 5:30 pm  
Wednesday 7:00 pm

REYNOLDS BAPTIST CHURCH  
520 Rose Hill Rd, Asheville, NC  
ReynoldsBaptistChurch.org  
828.779.9783



## Great Wall CHINESE RESTAURANT

### TAKE OUT ONLY

4 Olde Eastwood Village Blvd.  
Hwy 74A, Across from Ingles

828.298.1887 or 828.298.1870

fax: 298.1859

Open Sun-Thurs: 11 am-10 pm

Fri-Sat: 11 am- 10:30 am



NEW!

Dieter's Menu!

Sauces on the side.

No oil. No salt. No fried.



32 Church Rd  
PO Box 1339  
Fairview, NC  
28730  
828 628-2908  
www.fbc1806.org  
contact us  
@fbc1806.org

### SUNDAYS

Morning Life Groups 9:45 am &  
Sunday Worship 11 am  
Evening Life Groups & SPK Kids 6 pm

### WEDNESDAYS

Family Night Supper 5:45 pm  
A.M.P. Ministry 6:15 pm  
Team Kids - X180 - High School - Adults  
Wednesday Night Worship 7 pm

ENTER TO WORSHIP...  
DEPART TO SERVE

### Pleasant Grove Baptist Church

455 Hollywood Rd., Fairview

Phone: 628-2032

We invite you to come worship with us.

"A mission-minded community-based church."



Sunday School 9:45  
Worship 10:45  
Evening Worship 6:00  
Wednesday Evening 7:00

## Fairview Christian Fellowship

Affiliated with the Presbyterian Church in America



Worship 10 am

Pastor Rusty Harper

(828) 628-1044

Fairview Preschool

Mon., Weds., Fri.

September-May

Ages 2-5

(828) 338-2073

Located on Old U.S. 74  
the log church on the hill  
next to Fairview Library



## Trinity of Fairview

Rev. Stacey Harris, Senior Pastor

**SUNDAY MORNING WORSHIP & SMALL GROUPS**  
Two Sessions: 9:15 to 10:30 a.m. & 10:45 a.m. to Noon

**WEDNESDAY NIGHT ACTIVITIES** 6:00 p.m. to 8:00 p.m.

**AWANA CLUBS** | Food & Activities for Children

**THE MIDWEEK** | Food, Worship, & Activities for Students

**PRAYER & BIBLE STUDY** | Service for Adults

646 Concord Road, Fletcher, NC 28732 • (828) 628-1188  
www.TrinityofFairview.com

## CEDAR MOUNTAIN BAPTIST CHURCH



### SERVICES

Sunday School 9:45 am  
Sunday Preaching 11 am  
Sunday Night 6 pm  
Wednesday Night 7 pm

27 REEDS CREEK ROAD, FAIRVIEW, NC 28730



## Spring Mountain Baptist Church

Pastor Charles Rogers

### Service Times:

Sunday School 9:45am  
Sunday Morning 11am  
Sunday Night 6pm  
Wednesday Night 7pm

11 Spring Mountain Rd  
Fairview, NC 28730



828-581-0588

Pastor Mike Anderson

2 LAURA JACKSON ROAD, FAIRVIEW



## Letter to the Editor

**G**reat news, racing fans: Did you know you don't need to go to Charlotte, Winston-Salem or beyond to witness the exciting spectacle of a great race? You can experience spectacular, death-defying driving skills on Old Fort Road right here in Fairview. Share with the cows and wild turkeys the thrill and excitement as vehicles in all shapes and sizes maneuver Old Fort Road's tight turns. Behold the pulse-pounding drama as dare-devils of all ages careen through Fairview's tranquil forested farmland at speeds dared by only the bravest.

I'm making light of this issue, but it's actually a serious topic. I may be new to Fairview, but I'm certain schools teach the same basics no matter where you're from. It seems, however, that there are some individuals who confuse 35 miles per hour with 60, 70 or more. I know this problem is not exclusive to Fairview, but I see it every day here. In the short time I've lived just off Old Fort Road, I've lost count of the times I've seen and heard vehicles maneuvering what I consider a country backroad at speeds far in excess of the posted limits. Just this morning, before 5, a motorcycle rocketed by at a speed I'm sure would qualify at any track, and I hope the furry and feathered critters I enjoy seeing nearby weren't on the road while this biker decided to take his or her life—and possibly others'—into their own hands.

If you identify yourself as one of the above-mentioned drivers, please consider the lives of others. If you feel the need to continue with this dangerous behavior and risk your life, I don't suppose one person's opinion is going to make you stop and think. Just don't endanger the lives of innocent people or animals in the process.

Brian Corbett  
Fairview

## Smokey and Stylist Now Open in Fairview

By Sandie Rhodes

■ I stopped by **Smokey's Sandwiches & Smoothies** on their very soft opening day (no one was supposed to know). Becky Brewer and a helper were busy setting things up, which included figuring out how to use the



new, super duper French fry cooker. The menu is very limited until things get in full swing: biscuits and gravy for breakfast (you get two!), and several meat-and-three lunches. (I had a hotdog with coleslaw and the first batch of fries). The compostable containers are on hold as another casualty of the pandemic—no suppliers can deliver yet. Smoothies will be coming later in the year when Becky's niece moves here and starts the blender whirring. For now, you can stop by for a hearty, grab-and-go meal.

Open Monday–Friday, 7 am–2 pm (lunch starts at 10 am). In the back of Kounty Line Station in Reynolds, 195 Charlotte Highway, Asheville.



Cody Singh and a camera-shy client getting a new 'do.

■ I poked my head into the newly remodeled **Rocket Beauty Shop** (formerly Fairview Barber). It's a lovely environment for pampering. Cody Singh, the owner and master hair stylist, left the barber pole in the center as a nod to former owner Randy Wood. Besides doing hair (cut, color, style, etc.), Cody offers makeup, brow and other applications, and products.

Appointments Tuesday–Friday, 10

am–4 pm and Saturday by appointment only. Website at [rocketbeautyshop.com](http://rocketbeautyshop.com) is coming soon or call 222-2015. 821 Charlotte Highway, Fairview.

**Heard a rumor? Email me at [sandie@fairviewtowncrier.com](mailto:sandie@fairviewtowncrier.com) and I'll get to the truth if I can.**

Sandie Rhodes is the publisher of the Fairview Town Crier.

### North Carolina SCHOOL BUS STOP LAW

**Two-lane roadway:** When school bus stops for passengers, all traffic from both directions must stop.

**Two-lane roadway with a center turning lane:** When school bus stops for passengers, all traffic from both directions must stop.

**Four-lane roadway without a median separation:** When school bus stops for passengers, all traffic from both directions must stop.

**Divided highway of four lanes or more with a median separation:** When school bus stops for passengers, only traffic following the bus must stop.

**Roadway of four lanes or more with a center turning lane:** When school bus stops for passengers, only traffic following the bus must stop.

**N.C. Division of Motor Vehicles  
School Bus & Traffic Safety**  
3140 Mail Service Center  
Raleigh, NC 27699-3140  
Phone: (919) 861-3109  
Fax: (919) 715-3306  
[www.ncdot.gov/dmv](http://www.ncdot.gov/dmv)



## Keeping Your Mail Safe

After a months-long investigation by Buncombe County Sheriff's detectives, two suspects are facing multiple charges related to stolen mail and fraudulent credit card use. The suspects—who have primarily been responsible for stealing mail in the Old Fort Road area of Fairview—were taking credit cards or checks from stolen mail and using them at local stores.

This was a big issue on Old Fort Road and other parts of Fairview. Even though these two people have been caught, it's not time to let your guard down. Empty your mailbox daily and, whenever possible, try to avoid putting outgoing mail in your mailbox and instead drop it at the post office. Better safe than sorry!



# Can You Lower Your “Reliance Rate” During Retirement?

If you have decades to go until you retire, you don’t need to panic over volatile financial markets—you have plenty of time to regain lost ground and potentially achieve more growth in your investment portfolio. But what if you are nearing retirement or already retired? After all, you will probably need to draw on your investments to pay for some of the costs associated with housing, food and the many other expenses you incur in daily life. So, is a down market cause for alarm?

It shouldn’t be. And you can help reduce your stress level by understanding your “reliance rate.” As its name suggests, your reliance rate tells you how much you rely on your portfolio—rather than other sources, such as Social Security or a pension—to meet your income needs during retirement. So, for example, if you need \$60,000 each year, and \$40,000 comes from your portfolio, your reliance rate is 66 percent.

Your reliance rate can influence your emotions and investment behavior. A higher reliance rate may tempt you to make emotional decisions during a market decline, since your portfolio is supplying more of your needs. However, if you respond to a steep market drop by making dramatic changes to your portfolio, you may actually increase the likelihood that

your money may not last. This is especially true if you move a large portion of your portfolio to cash, as cash does not typically provide growth potential to help keep up with inflation.

There is no “recommended” reliance rate for everyone. But, as a general rule, the higher your reliance rate, the more sensitive your portfolio may be to fluctuations in investment prices. What can you do, then, to either lower this rate or, at least, moderate the risk level attached to it? Here are some suggestions:

- **Adjust your expenses.** During retirement, some of your expenses, such as commuting and other costs associated with work, will go down, but others—particularly health care—will go up. You can’t control all these expenses, but the more you can keep them under control, the less pressure there will be on your investment portfolio to provide you with income.
- **Review your plans for Social Security.** You can file for Social Security benefits as early as 62, but your monthly checks will then be reduced by about 30 percent from what you’d receive if you waited until your full retirement age, which is likely between 66 and 67. You can receive even more if you wait until 70, at which point your benefits will “max out.” So, if you can afford to push back the date at which you start taking Social Security,

you could lower your reliance rate.

- **Keep cash and short-term investments in your portfolio.** Try to keep about one year’s worth of living expenses in cash or cash equivalents, and about three to five years’ worth of expenses in certificates of deposit and other short-term income-producing vehicles. Having these assets available can help you avoid liquidating long-term investments when their prices are down.

Your investment portfolio will certainly be a key source of your retirement income.

And by understanding how reliant you are on your portfolio, and the options you have for reducing this reliance, the better prepared you’ll be to withstand the inevitable market downturns.



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](mailto:stephen.herbert@edwardjones.com).

## June 2021 Fairview Real Estate Statistics

|              |    | Max \$    | Lowest \$ | Average \$ |
|--------------|----|-----------|-----------|------------|
| Homes Listed | 14 | 1,500,000 | 175,000   | 837,500    |
| Homes Sold   | 17 | 1,810,000 | 202,500   | 1,006,250  |
| Land Listed  | 9  | 649,111   | 35,000    | 342,056    |
| Land Sold    | 9  | 385,000   | 35,000    | 210,050    |

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.



**Cane Creek**  
Animal Clinic & Equine

TED WRIGHT, DVM  
LEIGH ANN HAMON, DVM

1548 CANE CREEK ROAD  
FLETCHER, NC 28732

OFFICE  
(828) 628-9908

**AA DIAMOND TILE**

**RONNIE YOUNT**  
Over 40 years experience!

**LICENSED NC GENERAL CONTRACTOR**



**SHOWER LEAKS REPAIRS**  
**TUB-TO-SHOWER CONVERSIONS**  
**KITCHEN/BATH REMODELS**  
**HANDICAP ACCESSIBLE APPLICATIONS**



**Call Ron!**  
**450-3900**

visit us today at [aadiamondtile.com](http://aadiamondtile.com)



Red-breasted Nuthatch

Celebrating  
*you!*

**20% Off**  
Any One Item\*

\*With coupon. One coupon per visit. Offer not valid on previous purchases, optics, gift cards, DSC memberships, sale items or other WBU offers. Offer valid in-store only at the participating locations listed through 8/31/21.



Wild Birds Unlimited  
Nature Shop

10 Crispin Ct  
(Publix Center), Asheville

946 Merrimon Ave  
(Fresh Market Center), Asheville

BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS



# Energy and Money

**T**he fiscal year for North Carolina began on July 1, and as I write, we are running our state once again without a current budget. Two years ago, no budget was ever passed. Without legislative action, North Carolina reverts to the previous budget, and much has changed since 2017. However, I feel confident that the governor, the House and the Senate will hammer out a spending road map in the next few weeks.

As it stands, the Senate passed a budget and the House is going through its appropriations process to lay out its priorities for the next two years. Negotiations between the House and the Senate will include the governor, as he has the power to veto. The good news is that North Carolina is enjoying a revenue surplus despite all the economic turmoil.

Assuming that a budget will eventually be passed, the General Assembly will adjourn and await the final census data. That data will be used to draw new political boundaries throughout North Carolina. This will occur in the fall in time for candidates to file for office for the 2022 elections. As you can imagine, drawing districts is full of political intrigue. It even has its own lingo: double bunking, cracking and packing, to name a few.

I had hoped that in 2021, the General Assembly would end gerrymandering and

cede this power from the politicians so that our voters could have fair districts. Urban parts of the state are booming, especially Raleigh and Charlotte. But we can see evidence of growth in Buncombe County as well. Most rural counties are losing citizens. Needless to say, political boundaries should change to reflect the new population realities.

The energy needs of North Carolina will increase along with the population growth. In order to plan for the future, it is important that there be legislative leadership. How are we going to generate electricity over the next decade? There has been already been a shift away from coal to natural gas at our plant in Asheville, as well as across the state. The expense of managing the mountains of coal ash has exacerbated the cost of coal. Moreover, coal-fired electrical generation is a major reason for the carbon buildup in the atmosphere and the warming of the planet.

House Bill (HB) 951 emerged from secrecy in mid-June. Duke Energy was able to dominate the policymaking that included few stakeholders and only a few friendly lawmakers. It was made clear that anyone leaking information from these negotiations would be expelled. Duke spent millions of dollars in 2020 hoping to elect friendly House and Senate members.

Duke Energy is a "regulated monopoly"

in North Carolina. While it is a national company, its corporate offices are in Charlotte, and the state benefits from its presence here. A regulated monopoly has exclusive rights to provide electricity over its service area, which is most of NC. Regulations to protect consumer interests are managed by the Utilities Commission, a state-appointed board that sets the rates Duke can charge.

HB 951 is perhaps the most consequential bill of this session. It expressly moves our state away from coal, which is a laudable goal but one that has been determined by market forces already. Just a few years ago, Duke built a "state of the art" coal plant at the Cliffside complex in Rutherford County, but it will now be decommissioned. Those costs will be paid for by all of us ratepayers. Duke was warned at the time not to build a new coal plant, and now that plant will become what is called a stranded asset.

HB 951 shifts NC from coal to natural gas. Natural gas comes from the fracking process and is generally transported by pipelines. Building those pipelines has created problems, and the most prominent effort, the Atlantic Coast Pipeline, has been abandoned after many millions of dollars were sunk into the project. This bill locks in the use of natural gas, thus trading one fossil fuel for another (albeit a much cleaner-burning fuel). I question whether these natural gas generators will become more stranded assets in 10 years,

paid off with higher electric rates. Rather than mandating natural gas, I believe the Utilities Commission should create a procurement process that includes all available technologies, including renewables and possibly nuclear.

The bill also limits much of the new energy development to the current Duke Energy sites, which could drive up costs and create a roadblock for large-scale solar and wind projects. The bill would free Duke from much of its oversight by the NC Utilities Commission, allowing for multi-year rate agreements. It would also cause the state to fail to meet its 2030 goal of a 70% reduction in carbon emissions. HB 951 is a complex bill of 48 pages, and one that bears close attention.

The bill came before the House on July 14. It was going to be a close vote. Would it pass? And, if so, could a veto be sustained? The bill passed the second reading 58 to 50, with five GOP and 45 Democrats voting against it. The third vote, taken hours later, just after midnight, was 57 to 49. It was a dramatic night, with the bill moving to the Senate and facing a possible veto by the governor.



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

Bring in any container (or we sell them, as well) and refill by the ounce with locally and nationally sourced eco-friendly products including...

- hand soap... sanitizer... dryer balls... lip balm... hand lotion... body lotion... bath bombs... cosmetics... shampoos... facial moisturizer... bath soaks... salves... dish soap... dish scrubbers... household cleaners... floor cleaners... aromatherapy... pet products... and even Dr. Bronner's, too!

It's a simple concept, even more powerful than recycling. Bring in your own containers (new or from brands you currently use) and refill them with our natural, quality, eco-friendly products. **Reuse. Not recycle.** You can make a difference!

674-3438 • 145 Charlotte Hwy in Reynolds • [tothebrimrefill.com](http://tothebrimrefill.com)

**Now offering whole house junk removal & clean-up services!**

**Our crew will deep clean then haul away discarded materials!**

**Call today for a free quote!**  
**828-776-5517**

**All-In Dumpster Rentals and Hauling**

**Additional Services Available:**  
Mulch and top-soil delivery • Recycling of electronics, appliances, etc.

**You Call, We Haul**  
**828-776-5517 • Patrick McCall**  
[allinservicesnc.com](http://allinservicesnc.com) • [f AllinDumpsterRentalsandHauling](https://www.facebook.com/AllinDumpsterRentalsandHauling)

**Firepit Season Is Here!**

**Asheville Stone and Grading**

*Give us a call today!* **828.628.ROCK**  
1003 Charlotte Hwy beside the Garden Spot

**Ready to Buy or Sell a property?**

**We'll do the HOMEwork for you!**

**Weichert REALTORS Unlimited**

**Bruce and Laura Hutchinson, Brokers**  
Former teachers, AC Reynolds HS **GO ROCKETS!**  
**Bruce** 828-337-9447 | [bruce@weichertunlimited.com](mailto:bruce@weichertunlimited.com)  
**Laura** 828-337-9448 | [laura@weichertunlimited.com](mailto:laura@weichertunlimited.com)



# Green is Trending: Earth-Friendly Options in Fairview

Our community is no stranger to “green” practices. Well-established businesses such as Hickory Nut Gap Farm, Cane Creek Valley Farm, the Local Joint, and Trout Lily have embraced compostable-to-go containers, recyclable plastics and organic products for quite some time. But what about the average home? According to the Environmental Protection Agency (EPA), in 2018, it is estimated that the average person produced 4.9 pounds of solid waste per day; that is a lot of garbage. Seeing the strain being placed on both landfills and the environment, two Fairview residents decided to make “green living” options available to residential homes.

## CompostAVL

It may have Asheville in the name, but make no mistake, CompostAVL is 100% Fairview local. Meet the Hegges: husband Hans, wife Jessica, daughter Avery, and sons Ivan and Hendrik.

Up until COVID-19 struck, the Hegges enjoyed curbside compost pick-up through a service provider whose business, unfortunately, did not survive the pandemic. After plenty of phone calls with no one willing to service the Fairview community, the resourceful couple opted to not only make arrangements for their own composting needs, but offer



The Hegges

to do all of the heavy lifting for those in our area willing to try a commitment-free monthly membership.

“We really wanted to reduce our weekly garbage and do what we can to reduce the strain on our landfills,” said Jessica “We are down to one bag of garbage per week. The rest is either composted or recycled, and that’s a great feeling.”

Starting a traditional compost bin comes with its share of challenges; properly building the enclosure, finding space in the yard, keeping critters away, and consistently rotating the soil. But composting can reduce landfill waste by almost 22% (the amount of food waste, as determined by the EPA) and also churn out “brown gold,” in the form of nutrient-rich dirt. A study conducted by Waste360 concluded that 67% of

Americans would be willing to compost if it was easier and more convenient.

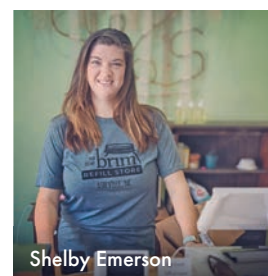
Seeing the need, the Hegges went one step further. Not only will they provide members with critter-proof bins, swap them out twice a month, and handle all of the composting off-site, but there are two options for the resulting compost: have the “brown gold” delivered back for personal use or have it donated to a local farm and have a portion of the monthly membership fee donated to a school PTA of choice.

To learn more, go to [CompostAVL.com](http://CompostAVL.com), follow them on Facebook at [@compostavl](https://www.facebook.com/compostavl), email [compostavl@gmail.com](mailto:compostavl@gmail.com) or call Jessica at 202-7403.

## To the Brim

To the Brim is a refill store that carries over 80 products designed to eliminate single-use plastics. This is not such an easy task. Think of the typical toothpaste container, those bottles of shampoo or plastic grocery bags. In fact, the US generated over 35.7 million tons of plastic and 27 million tons went straight to the landfill (according to the EPA).

After regularly cleaning a car dealership, Shelby Emerson noticed her empty plastic cleaning bottles were piling up. Wishing she could just refill the empty bottles and reuse them, she discovered that there wasn’t a refill option in all of Asheville.



Shelby Emerson

she created one. “Trying to be more sustainable has gotten harder instead of easier, even with the internet

(or maybe because of the internet),” said Emerson. “We shouldn’t have to be seeking out places like this to be able to use less plastic or buy natural products. They should be everywhere. I want this store to be a place where people in the community can come and feel good about the choices they are making.”

Her store carries a variety of bath and body products including facial care, cosmetics, hair care, lotions, oils, scrubs and dental care. Home care products include dish detergents, home cleaning products and laundry soaps. Bring whatever container you have at home or purchase refillable containers at the store. Ingredients lists are readily available, and products are made as naturally as possible.

To learn more, go to [tothebrimrefill.com](http://tothebrimrefill.com), follow Shelby on Instagram ([@tothebrimrefill](https://www.instagram.com/tothebrimrefill)), email [tothebrimrefill@gmail.com](mailto:tothebrimrefill@gmail.com) or call 674-3438. 145 Charlotte Highway, Suite 60, Asheville.

**PRACTICAL, FAMILY DOG TRAINING**

*Training Dogs. Coaching Owners. Achieving Goals.*

1451 Charlotte Highway  
(828) 222-2222  
[www.woofinthewoods.com](http://www.woofinthewoods.com)

Board & Trains, Private Lessons, Group Classes

Margaret Moncure, DVM  
Sarah Hargrove, DVM  
Susan Wagner, DVM

**Full service  
small animal hospital**

Monday–Friday: 8 am–5 pm  
Saturday: 9 am–12 pm

184 Charlotte Highway  
*directly across from AC Reynolds High School*

828 575-2430 | [cedarridgevet.com](http://cedarridgevet.com)

925:—AN EXCITING RACE. SPEED BOATS ON A MOUNTAIN LAKE.

**New Moon Marketplace**

Antiques, Vintage  
and Hand-Picked Items

NOW ACCEPTING NEW VENDORS!

1508 Charlotte Hwy 828.222.2289  
[NewMoonMarketplace.com](http://NewMoonMarketplace.com) [contact@newmoonmarketplace.com](mailto:contact@newmoonmarketplace.com) follow us! f o newmoonmarketplace

Deli from  
**THE Local Joint**  
FAIRVIEW NORTH CAROLINA

Kerosene Pump  
open late every night!  
6am – 11pm

**KEROSENE**

**CAR WASH**

Get a car wash with  
a gas purchase and  
save 20 cents per gallon

**EBLEN  
SHORT STOP**

828 628-9888  
1185 Charlotte Highway in Fairview



# Serene and Productive

by Shelby Emerson

As soon as I stepped out of my car at The Pond Retreat Center just off Garren Creek, I knew it was a great spot for July's FBA meeting. There's a sense of natural calm that seems to envelope the whole property. This makes sense, because that's the vibe artist and A.C. Reynolds track and field coach Lee Pantas and his late wife Elizabeth have been creating here for the past 30 years. After a serene but productive meeting, Lee gave us a quick history of The Pond and how he'd like it to operate. It's available for self-guided religious, spiritual or yoga retreats, small group workshops, and peaceful family get-togethers. Just register for the time you need and be sure to donate while you're there, as the whole system is donation-based.

Then came the moment we were all waiting for: a late evening tour of the property. The seven acres include great views, a gentle section of Garren Creek, and a spacious cabin built by Lee and his family. It's been decorated over the years with Pantas' art. He built a basketball court for the youth of Fairview some years ago and has since retired it and turned it into a funky sitting area and Swallow Garden, complete with colorful metal flowers where the basketball hoops used to hang. When the mimosa tree that he had planted for his wife died, he turned its stump into a

## Welcome, **NEW** MEMBERS!

- Barn Door Ciderworks
- High County Truck & Van (new management)
- Kimmel HR Solutions
- Wilderness

mixed-media sculpture called "Mimosa Reborn." We were also lucky enough to meet Cleopatra, the white rescue dog that accompanied us across the grounds and jumped around in the creek beside our tour-ending spot, the tranquil Bamboo Grove. See photos of the property as well as Lee's artwork at [leepantas.com](http://leepantas.com).

Next month's meeting will be replaced by the annual FBA picnic at Janet Peterson's Cloud 9 Farm on August 20 at 5:30 pm. We'll be having BBQ and mac & cheese from Smokey & the Pig, plenty of corn on the cob, and some beverages. We ask that members bring a covered dish to supplement, whether it's a side or dessert.

Be sure to check out the FBA website, [fairviewbusiness.com](http://fairviewbusiness.com), to find your next favorite local business!

*Shelby Emerson is the owner of To The Brim: Refill Store and the secretary of the Fairview Business Association.*

## Keep it Local!

SUPPORT THESE MEMBERS OF THE FAIRVIEW BUSINESS ASSOCIATION

### ACCOUNTANT

Bob Williamson, CPA 338-0314

### ARCHITECTURE & DESIGN

Rueger Riley 407-0437

### ANTIQUES

Tyrconnell House 774-3662

### ART

M. Moore Woodturning 365-8787

### AUTO SERVICE/TRUCK SALES

A&R Specialists—Car Detailing 708-3718  
High Country Truck & Van 222-2308

### BUILDING & MAINTENANCE

AA Diamond Tile 450-3900  
All Season Heating & AC 651-9998  
Cane Creek Concrete 230-3022  
Daylight Asheville 778-0279  
Expressions Cabinetry 278-7999  
Headwaters Plumbing 423-2766  
T.P. Howard's Plumbing Co. 628-1369

### BREWERIES/DISTILLERIES

Cultivated Cocktails 338-9779  
Turgua Brewery 338-0218  
Whistle Hop Brewery 338-9447

### BUSINESS SERVICES

Dream Roper 338-9506  
gk, Inc. 222-4567  
Rising Workplace 214-7827

### CLEANING SERVICES

Steam Master Carpet & Upholstery 628-9495

### COMPUTER SERVICES

macWorks 777-8639  
Scobie.net 628-2354

### CONTRACTORS/BUILDERS

Grace Homes 222-4567

### DUMPSTER RENTALS & HAULING

All-In Dumpster Rental & Hauling 776-5517

### EDUCATION/INSTRUCTION

Advanced Education Tutor 628-2232  
Fairview Preschool 338-2073  
Mighty Oaks Montessori 338-0264

### EQUIPMENT RENTALS/REPAIR

Carolina Equipment Rental 628-3004  
Ed's Small Engine Repair 778-0496

### EVENT VENUES

Peaceful Hollow Wedding Venue 777-7094  
The Poplars at Bearwallow Mtn 712-2651

### FINANCIAL SERVICES/ BANKING

Edward Jones—Stephen Herbert 628-1546  
Edward Jones—Katherine Morosani 628-1546  
First Bank—Heather Ward 298-8711  
United Federal Credit Union 774-9425

### FLOORING

CC Flooring 712-1671

### FURNITURE DESIGN/ REUPHOLSTERY

Re.Imagine 773-680-4981  
The Dusty Hutch 333-2038

### HEALTHCARE FACILITIES

Flesher's Fairview Health Care 628-2800

### HOUSE RENTALS/SHORT TERM/ VACATION RENTALS

Cloud 9 Relaxation Home 628-1758  
Sabél Apartments 280-2381  
Sunset Hollow 768-0120  
The Cove at Fairview 628-4967

### INSURANCE

Butch Greene Hemlock 338-9125

Kimmel HR Solutions 222-0105  
Prime Time Solutions 628-3889  
Stovall Financial Group 275-3608  
Tammy Murphy Agency 299-4522

### LANDSCAPING/EXCAVATING/ TREE REMOVAL

Fairview Landscaping 628-4080

### MARKETING/PROMOTION/ PRINTING

828 Printing & Graphics 216-0955  
Ben S. Johnson Creative 850-544-9339  
Ink 222-4567  
Outside the Box Interactive 848-4072  
Serengeti Studio 280-8270

### MARKETS/FARM STORES/CSAs

Cane Creek Asparagus 628-1601  
Grace Farms 222-4567  
Sweet Farm on Cane Creek 242-4425  
Trout Lily 628-0402

### MEDICAL SERVICES

Apex Brain Center 681-0350  
AVORA Health 505-2664  
Be Well Physical Therapy 490-7371  
Carolina Mobile Optician 779-2891  
Fairview Chiropractic Center 628-7800  
Higher Ground Pediatric 551-5602  
Koretz Family Health 220-0125  
Southeastern Physical Therapy 338-0707  
Unified Therapies 414-2368

### MORTGAGES

Mutual of Omaha—Tom Schunk 707-3493

### NEWSPAPER

Fairview Town Crier 628-2211

### NON-PROFITS

Food for Fairview 628-4322  
The Pond Retreat Center 779-1569  
Root Cause Farm 276-1156  
Signs for Hope 691-2581

### ORGANIZING

Grand Solutions LLC 516 238-6979

### PET SERVICES & SUPPLIES

Barn & Home Pet Sitting 280-0056  
Fairview Boarding 628-1997  
Living Harmony Pet Sitting 582-3363  
Woof In the Woods 222-2222

### PHARMACY

Americare Pharmacy 628-3121

### PICTURE FRAMING SERVICES

Frame It Asheville 808-0923

### PLANT NURSERIES

Wilderness 338-0160

### REAL ESTATE SALES

Beverly Hanks—Carol Holcombe 779-8748  
Cool Mountain Realty—Jenny B. 628-3088  
Greybeard Realty—Rosie Johnson 778-2630  
Keller Williams—Jim Buff 771-2310  
Sandy Blair Real Estate 768-4585

### RESTAURANTS

Barn Door Ciderworks 484-1586  
Subway 299-8451  
The Local Joint 338-0469

### RETAIL

Clothes Mentor—Women's Resale 274-4901  
New Moon Marketplace 222-2289  
To the Brim: Refill Store 674-3438

### SAW MILLS

Sunrise Sawmill 277-0120

### VETERINARIANS

Fairview Animal Hospital 628-3557

### WELLNESS/HEALING

Stacy Beard Reiki 516-902-6107

For more information, visit [www.FairviewBusiness.com](http://www.FairviewBusiness.com)

The summer housing market is here and homes are selling **fast.**

## CALL US!

THE SANDY-PATTI TEAM



Sandy Blair Patti Turbyfill

23+ years of expert real estate business transactions!

Sandy Blair 828 768-4585  
[sandy.blair@coldwellbanker.com](mailto:sandy.blair@coldwellbanker.com)

Patti Turbyfill 828 691-8053  
[patti.turbyfill@coldwellbanker.com](mailto:patti.turbyfill@coldwellbanker.com)



## Tech Support with a Smile



Mac / PC  
Individual - Small Business  
(828) 628-2354  
[bill@scobie.net](mailto:bill@scobie.net)

Bill Scobie has been helping folks get along with their computers for 35 years



## Too Many Veggies? Not a Problem!

**A**t Root Cause Farm, we're growing many rows of three summer favorites: cucumbers, peppers and tomatoes. These plants are really soaking up the late-summer heat and just about growing faster than we can keep up with. Perhaps you've got a couple of these plants growing in your garden or you've picked some up from our weekly Share Market and you aren't sure what to do with them all. To beat the heat and humidity, try the following recipe for a refreshing gazpacho, which is a cold Spanish soup that uses a surprising combination of fresh vegetables and stale bread to create a delicious, easy dish. After spending many hot hours weeding thistles in our Demonstration Garden to make room to grow all this food, us folks down at the farm sure could use some!

Gazpacho varies a lot depending on the region your recipe is from. This is a great base recipe for a simple, traditional gazpacho, but try adding other ingredients to make it truly your own. Some ideas for variations include blending other vegetables in your fridge, adding chilis or hot sauce for some spice, topping with chopped veggies or croutons, or even tossing in some fruit for a touch of sweetness. You could also try adding a dollop of yogurt or sour cream, avocado or some cheese.

This recipe comes from one of our board members, who spent a summer in Madrid.



They learned this traditional recipe from their homestay mother, along with the history of gazpacho. According to this host, Spanish soldiers were sent out with a supply of gazpacho: a mix of bread to fill their bellies, vegetables to nourish them, and wine to keep them happy. Hopefully, this will make you just as happy.

*Olivea Kapadia is a summer intern at Root Cause Farm, which is located at 26 Joe Jenkins Road, Fairview. rootcausefarm.org*



### Ingredients:

3 tomatoes  
1 cucumber, peeled  
1 onion  
1 large carrot  
1 stalk celery  
1 bell pepper  
1 clove of garlic  
Handful of fresh parsley  
1 slice of bread (stale, traditionally)  
¼ C olive oil  
½ C red wine or red wine vinegar  
1 T Worcestershire sauce  
½ C tomato juice or V8  
1 lemon, juiced, or 1 T lemon juice  
1 t salt  
Fresh ground pepper to taste  
½ Cup ice cubes

**Directions:** Finely chop cucumber, onion, carrot, celery, and pepper and set aside. In a large blender, blend the rest of the roughly chopped vegetables and other ingredients until smooth. Serve cold with whatever toppings you like.

There is no right or wrong for this recipe; add or take out any ingredients. This is a "must-go" soup, meaning that everything in your fridge must go. Got beets? Add them. Hate celery? No problem. Substitute cilantro for parsley if you like, and any color of bell pepper will do. Serve in small bowls or in Mason jars with a straw, if you like.



**Pick your own flowers at Flying Cloud Farm!**  
August through fall frost. \$10/cup or \$25/bucket



828.768.3348 1860 Charlotte Hwy.  
flyingcloudfarm.net FlyingCloudFarm flyingcloudfarmfairviewnc

*Let us watch your dog!*

High-quality care at an affordable price.

**Fairview Boarding**  
828-628-1997




**www.FairviewBoarding.com**  
1923 Charlotte Hwy



**Cane Creek Concrete INC**  
Stamped, Colored & Custom Concrete

Insured  
Free Estimates

Driveways - Walkways  
Patios - Pool Decks - Slabs  
Steps - Curbs  
and MUCH more...  
Removal & Replacement  
828-230-3022  
www.canecreekconcrete.com



**\*\* Accredited Better Business Bureau member \*\***

Get **Social**  
with the **Town Crier!**



facebook.com/fairviewtc  
instagram.com/fairviewtowncrier

...and visit us online at **FairviewTownCrier.com**



## Abundant Harvests

Summer is in full throttle, and everything in these mountains is lush and verdant. All of our gardens have been exploding with color and abundant harvests, and the same is true with the forests. Nature is pouring out so much energy in both the plant and mushroom world, and it is a time to take delight in being alive. So, what's on the menu for August? Lots!

Chanterelle mushrooms have been abundant, as have summer boletes, with an especially good harvest of bi-color boletes. Although friends have found plentiful chicken of the woods mushrooms, I have yet to see any this year. But the season is long and they produce well into the fall. I dehydrated a few pounds of reishi mushrooms in June and sent them off to friends dealing with post-cancer treatments who are trying to boost their immune systems.

I have had several calls recently asking for help identifying "unusual, orange mushrooms" that have popped up. They were not chanterelles, but instead jack-o-lantern mushrooms, which are beautiful, unusual and often prolific in these parts—and also highly poisonous. Jack-o-lantern mushrooms are responsible for more mushroom poisonings in WNC than any other mushroom. Unlike chanterelles, they grow in clusters and can get quite large, and they always grow on wood, although sometimes they appear to be

growing directly on top of woodland soil (but there is always some source of wood underneath). One other key identifying feature is that if you cut them open, they are orange-yellow all the way through, whereas chanterelles are yellow-orange outside but white-to cream when cut open. Two other key differentials between these two mushrooms are that jack-o-lanterns have true gills, and they will phosphoresce (glow in the dark) if you harvest them fresh, put them in a plastic bag and take them into a dark room.

Another poisonous mushroom to be conscious of in late summer, as they are abundant, are members of the Amanita family, which contain the deadliest mushrooms in the world. They are beautiful, but the snow-white "destroying angel" is so common here. Half a mushroom can kill an adult—learn to identify them and enjoy their beauty.

I finished drying and grinding my sassafras leaves, which are an unusual addition to our spice cabinet, but they are central in making a good gumbo and a nice addition to squash soups and stir-fries.

Sassafras is so abundant here in the mountains. When I walk through the woods, I love to pluck a newly emerging leaf and chew on it, as it has such a pleasing, mildly sweet, distinct flavor and dissolves under the tongue (with a slight mucilaginous quality).



Dried sassafras leaves

Every so often, I pull out a seedling and dry the root in the car, as it inundates the whole interior with its potent root beer essence. You can gather sassafras leaves all summer, but its best to pick the newer, young emerging leaves for grinding. I dehydrate the leaves, put them in a coffee grinder and then store them in an airtight glass container kept out of sunlight.

I am a big fan of adding wild edible flowers to our salads, as they are beautiful to look at and add bursts of color and flavor. One of my favorite summer flowers is bee balm or wild bergamot; it is a joy to pluck off a handful of scarlet-red flower bracts and add them to a salad or simply eat them as a trail nibble like honeysuckle. I also love bee balm for herbal tea mixtures, as it dries bright-red and makes for a colorful dried tea mixture. There are many varieties of bergamot growing in our

mountains, ranging from red to lavender and pink, with the latter being a bit spicier and similar to oregano in flavor.

Hosta flowers are in abundance and are fun to add to salads or simply have as a nibble when walking around our landscape. Another cultivar to enjoy is the deep reddish-orange begonia blossoms, as they are tart and tangy, reminiscent of lemons.

Another abundant wild edible flower I enjoy is evening primrose, which has a brilliant yellow flower and thrives in our meadows and fields. It's a favorite of goldfinches, and the oil can be used medicinally. It is one magical flower, as every evening at dusk, the old flowers close up and new ones emerge. Grab yourself a chair, sit down in front of a patch and just wait; as the light recedes, new flowers will burst open right before your eyes. My dad taught me this summer ritual, as he always kept part of his hillside in the backyard just for these flowers, and we never tired of watching the beauty unfold before our eyes. The first time I saw them, it felt like I was watching a slow-motion flower dance from Disney.

My hope is that you enjoy the gifts of summer, with its long, warm days and abundant harvests.



Contact Roger at  
rogerklinger@charter.net.



**Thomas Dental Care**  
Cosmetic and Family Dentistry

**D. Scott Thomas, DDS, PA**  
Eastwood Village, Suite 102  
(Hwy 74, Across from Ingles)

New Patients Welcome!

Phone: 828.299.8960 • Fax: 828.299.8961  
www.ThomasDentalCare.net

Call now for spring  
appointments

**WINDOW CLEANING**  
and screens, too!

Your Fairview  
Neighbor  
Chad Pressley

Commercial  
& Residential  
Licensed &  
Insured



828.279.7507 • chadpressley@19clean.net

Find us on  
Facebook

**McCRARY STONE**

BIG GRAY  
ROCK EATERS

Residential &  
Commercial

Local  
family business  
since 1968!

**Crushed Stone & Gravel**  
828 649-2008



SERVING FAIRVIEW SINCE 1984!

Open Monday–Friday  
8 am – noon  
1 pm – 5:30 pm

Saturday  
9 am – noon

828 628.3557

Laser therapy available!

Emergency service provided by  
MedVet 828 665-4399

867-A CHARLOTTE HIGHWAY IN FAIRVIEW



# Opening Up Nature to More People

When Alexla Perez-Sanchez was a child, she and her mother couldn't do much hiking. One time, they went to a hiking area, but they couldn't read the signs in English. They didn't know where to go, so just they sat in the car. Now, as a summer intern at Conserving Carolina, Perez-Sanchez is helping to make the outdoors more inviting and accessible to more people.

This summer, she will lead a series of bilingual walks, translate materials into Spanish, create youth-oriented social media content, and produce videos that engage people with conservation and wildlife.

**"Being a part of a community comes with many benefits, but it also comes with challenges. We all hold the same amount of responsibility in making sure that our mountains, rivers, wildlife and community members are thriving."**

Perez-Sanchez is a rising senior at UNC-Asheville and a two-time alumna of Conserving Carolina's Summer of Service, which is a local AmeriCorps program for young people between the ages of 17 and 19. She says that her experience in

Summer of Service was life-changing, even "soul changing." For the first time, she was able to discover her deep connection to the natural world—and give back.

Last year, she also made a trip to her native Mexico, where she traveled with her cousins to see the monarch butterfly sanctuaries in the mountains. That journey helped her connect to her homeland as she followed the route of the butterflies.

Perez-Sanchez is a graduate of Henderson County Early College. She is a political science major at UNC-Asheville. And next year, she is headed to England to earn a Masters in International Human Rights Law at the University of Essex. She is interning with Conserving Carolina for 19 weeks between late May and September, before leaving to study abroad.

"I recognize that this internship is an opportunity that will help many people in the community feel included and represented," she said. "Being a part of a community comes with many benefits, but it also comes with challenges. We all hold the same amount of responsibility in making sure that our mountains, rivers, wildlife, and community members are thriving."

She will be guiding a series of four bilingual walks, which will take place at DuPont State Recreational Forest, the Park at Flat Rock, Vaughn Creek Greenway, and the Brevard Greenway. The walks all take



ALEXLA PEREZ-SANCHEZ. PHOTO: ROSE LANE

place on public lands that Conserving Carolina has helped to create and will feature waterfalls, birdwatching, and a non-native invasive species scavenger hunt.

Alexla is also translating into Spanish materials at Conserving Carolina's trailheads, as well as parts of the nonprofit's website. She will be producing a series of short social media videos intended to engage young people. And she will produce a series of videos that will help educate people about wildlife and conservation. Topics may include gardening for butterflies, the NC

Bird Atlas, community partnerships, and the role of conservation in climate solutions.

*For more information on the guided walks and to read the full version of this article, go to Conserving Carolina's website.*

*Conserving Carolina is a nonprofit that aims to protect land and water, restore our natural world, and inspire people to care for nature. It maintains multiple properties and hiking trails in the greater Fairview area. For more information, go to [conservingcarolina.org](http://conservingcarolina.org) or call 697-5777.*

## Have fun now...



let us worry about the mess later!



### STEAM MASTER

CARPET & UPHOLSTERY CLEANING

828-628-9495 | 3082 Cane Creek Rd  
[www.steammasterwnc.com](http://www.steammasterwnc.com)



Health & Retirement Center

828 628.2800

3016 Cane Creek Rd., Fairview

[Fleshers.net](http://Fleshers.net)

- Medical Care
- Nursing/Rehabilitative Care
- Variety of accommodations
- Assisted Living
- On-site pharmacy

*A family caring for families since 1954*



## Advertise in the Crier!

Did you know the Crier is mailed free to more than **9,000** area homes, with several hundred additional copies available at local businesses?

**Take advantage of our competitive rates today! Contact Elizabeth Trufant:**  
828-628-2211 | [office@fairviewtowncrier.com](mailto:office@fairviewtowncrier.com)

For more information, visit [fairviewtowncrier.com](http://fairviewtowncrier.com)



## Size Is the Key

A common scenario I encounter is Medicare-eligible people who are working past age 65. The initial question is whether to enroll in Part B, which has a premium. For most people, there is no concern with Part A, which is automatic and doesn't have a premium. The size of the employer group health plan (GHP) is the key to the Part B question. There are laws that determine what an employer can or can't do with Medicare employee group health benefits.

The rules for what plan employers may offer to their Medicare-eligible employee and whether Medicare or the group health plan pays as primary depend on several factors:

- Whether the coverage is offered by a large GHP that has 20+ employees or a small GHP with fewer than 20 employees.
- Whether the individual has coverage under the individual's or their spouse's current employment.

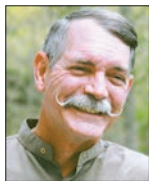
### Large Group Health Plans

Medicare is the primary payor with large GHPs. Medicare law prohibits large GHPs from considering that an individual or their spouse covered under the GHP by current employment status is entitled to Medicare benefits. It also requires them to provide any employee or spouse aged 65 and older the same benefits as those under age 65 given the same conditions. It is illegal for a large GHP to encourage

a Medicare-eligible employee to decline the employer GHP and obtain Medicare instead or offer them a different coverage than that offered to individuals who are not Medicare eligible. This includes offering them Medicare Advantage or MedSup plans. Individuals with large GHP coverage under their or a spouse's current employment may choose not to enroll in Part B when they first become eligible. If they maintain GHP coverage, they will not have the pay the late penalty if they enroll later.

### Small Group Health Plans

Medicare is the primary payor for small GHPs. Also, the employer does not have to offer a Medicare-eligible employee GHP coverage like large GHPs do. In addition, small GHPs are not subject to the requirement to offer their aged 65 and over employees or spouses the same benefits as those under age 65. Such employers, however, can purchase a Medicare Advantage or Medigap plan for their employees. Employees in small GHPs should generally enroll in Medicare Part B when they are first eligible for Medicare.



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

## CLASSIFIED

### FOR SALE

#### RARE OPPORTUNITY – PRICED TO SELL!

Saturday, August 7th, 8-1pm. Film Studio Equipment: Green Screen, projector screen, lighting equipment, office equipment, projectors, several shelving units, wall organizers, printers, desks, monitors. Exhibit booth set-up, podiums, lighting etc. Dining table & chairs, Wrought Iron queen canopy bed frame (Beautiful) and more. 594 Old US Hwy. 74 – White Building in parking lot adjoining Fairview Library parking lot. Look for RED Balloons — Rain or Shine!

#### ASH FIREWOOD FOR SALE!!

\$260 for ¾ cord delivered to your home! Call/Text: (336) 314-1842 Email: troycolon44@gmail.com

### HELP WANTED

#### FAIRVIEW FAMILY SEEKS PART-TIME CARE GIVER

for adult with special needs hoping to establish longer-term relationship. Eli is a sweet and funny young man with Down syndrome who will be a senior at Reynolds High school. We are seeking a caring and active one-on-one to help Eli achieve his goals. Offering some full-days in July and August, and after-school hours 5 days a week beginning August 23. Must be hired through Employer of Record process – we pay training and onboarding time! We live in Fairview – 2 miles from Reynolds High School. Must be a high-school graduate. Please contact Cynthia at claurareese@gmail.com with references and experience.

#### SEAMSTRESS/SEWERS NEEDED

for local medical scrubs company. Must be experienced in sewing mens's/women's clothing and have your own serger and regular sewing machine. This is a work from home, part time position. For questions email – info@largesizescrubs.com.

#### BEAUTIFUL FARM NEEDS SEMI/EXPERIENCED, PART/FULLTIME HELP.

Will be working with horses and helping with the grounds on the farm. Call 843-415-2416

### SERVICES

#### ACCOUNTING/TAXES

#### BOB WILLIAMSON, CPA

has served Fairview and surrounding areas for over 12 years. His office is at 1349 Charlotte Highway in Fairview. Bob is looking forward to helping the community with tax and accounting needs. Phone 828.338.0314

#### CONSTRUCTION/HANDYMAN

#### HOME IMPROVEMENT

Does your house need a face lift or just a nip and tuck? 30 years of exp. in home improvement. Reliable and insured. Call Charlie at 989-4477.

#### CONSTRUCTION/HANDYMAN

#### ALL CONSTRUCTION SERVICES

Customized building, turn-key homes, remodeling, decks, and light dump truck work. 75 Years of quality customer service. Free estimates. Call David Frizsell at 828.458.2223.



#### HOME MAINTENANCE



**HAPPY CLEAN PRESSURE WASHING**  
In our 5th Summer serving the Fairview Community! Call for a free estimate today. Christopher 828-793-1710.

#### HOUSECLEANING

#### TRADITIONAL OR GREEN CLEANING

Experienced, references available. Flexible days and hours. Call Ana: 582-1252

#### INSURANCE

#### MEDICARE HEALTHCARE INSURANCE PLANS

Offering Medicare Rx, Advantage and supplement plans. Mike Richard, local Fairview independent agent since 1998. 828-628-3889.

#### LAWN CARE

#### COMPLETE LAWN MAINTENANCE

General clean-up: mowing, pruning, mulching, clearing overgrowth, tree removal. Call 628-1777 or 242-4444.

#### ORGANIZING

#### OVERWHELMED BY CLUTTER?



Let a professional organizer remove chaos and clutter from your home/office. Call for a free one-hour consultation. www.grand-

solutions.net, Member of NAPO. 516-238-6979

### NOTICES

#### ARTS & CRAFTS SHOW

379 Old Charlotte Hwy. 8/14, 9/11, 10/9. 9 am to 3 pm. Interested in becoming a vendor? Contact Phillip plongwell@bellsouth.net



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 Witle** ads@fairviewtowncrier.com

Office Manager **Elizabeth Trufant** office@fairviewtowncrier.com

Publisher **Sandie Rhodes** sandie@fairviewtowncrier.com

fairviewtowncrier.com | 628-2211

Office open Monday, Wednesday, Friday 12:30–4:30 PM

BIG BLUE DROPBOX AVAILABLE 24/7

1185-H Charlotte Highway

Mailing address: P.O. Box 1862, Fairview, NC 28730

**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.

**EDITORIAL POLICY** The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our non-profit community newspaper. Information provided has been submitted and a best effort has been made to verify legitimacy. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier, PO Box 1862, Fairview, NC 28730; copy@fairviewtowncrier.com.

**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.





# Jim Buff<sup>CRS</sup>

## 828.771.2310

86 Asheland Avenue, Asheville, NC

**Fairview resident since 1992!**

**kw** PROFESSIONALS  
KELLERWILLIAMS. REALTY

[www.jimbuff.com](http://www.jimbuff.com)

### FEATURED LISTINGS



**WEAVERVILLE!** Classic Farmhouse on 5.66 acres, 5 BR, 2.5 baths, wrap around deck, minutes to Downtown Weaverville, just off new I-26, **MLS#3749047, \$699,000!**



**ARDEN!** 2.44 acres in convenient Arden location, 3 BR, 2 bath home, city water & sewer, close to shopping, restaurants & entertainment, zoned R-2, **MLS#3743392, \$485,000!**



**FAIRVIEW!** 3 BR, 2.5 Bath home, updated kitchen, HOME WARRANTY, huge master suite w/nice walk-in closet & jetted tub, attached 2-car-gar, fenced yard, **MLS#3756504, \$450,000!**



**WEST!** 3BR/2BA on fantastic .84 acre lot with well maintained landscaping, mature trees, carport, HOME WARRANTY, covered patio-great for entertaining, quiet location, **MLS#3654981, \$299,900!**



**FAIRVIEW!** Two Tiny Homes on 1.08 acres, includes cozy A-Frame w/loft and woodsy cottage, ideal for vacation rental, **MLS# 3744358, \$219,000!**



**CANDLER!** Cute as a button one level home, two bedrooms, covered front porch, newer heat pump, fresh paint, **MLS#3754925, \$185,000!**



**SOUTHEAST BUNCOMBE!** Beautiful sloping, .78 acre lot, Reynolds district, minutes to downtown Asheville, nice area of homes, **MLS#3744891 \$69,900**



**FAIRVIEW!** Wooded .96 acre lot, this perfectly private lot would be good for year round living or vacation home, convenient location close to stores & restaurants, **MLS#3431165, \$20,000!**

### PUT SUCCESS ON YOUR SIDE

Call the Jim Buff Team



Jim Buff  
Sales



Dawn McDade  
Sales



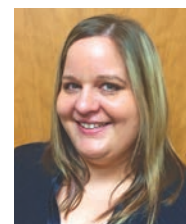
Grace Ksel  
Sales



Rose O'Connor  
Sales



Kat Todd  
Closing  
Coordinator



Ashley Nelson  
Office/Listing  
Manager



Rebecca Guy  
Office  
Assistant

### RESULTS

|                           |                    |                         |                   |
|---------------------------|--------------------|-------------------------|-------------------|
| 38 Folsom Dr.....         | Pending in 4 days  | 93 Stafford Court.....  | Pending in 4 days |
| 994 Riceville Rd.....     | Pending in 7 days  | 2 First Street.....     | Pending in 1 day  |
| 234 Brickton Village .... | Pending in 1 day   | 39 Tampa Ave.....       | Pending in 1 day  |
| 310 Foxhall Rd .....      | Pending in 13 days | 131 Vinewood Circle.... | Pending in 7 days |
| 37 Beechwood Rd .....     | Pending in 2 days  | 4 Cub Rd .....          | Pending in 4 days |
| 87 Huntington Drive.....  | Pending in 10 days | 51 Florian Lane.....    | Pending in 6 days |
| 1445 Newstock Rd .....    | Pending in 2 days  | 44 Pharis Place.....    | Pending in 8 days |
| 103 Cimarron Drive .....  | Pending in 4 days  | 61 & 63 Salem Ave.....  | Pending in 1 day  |

[www.jimbuff.com](http://www.jimbuff.com)



## Get surprisingly great Home & Auto rates.

**Tammy Murphy Ins Agcy Inc**  
Tammy Murphy CLU, Agent  
135 Charlotte Highway  
Asheville, NC 28803  
Bus: 828-299-4522

Here's the deal, our Home and Auto rates are already great. But when you combine with State Farm®, you can save even more. Call me to discover your surprisingly great rates on Home and Auto today.

Like a good neighbor,  
State Farm is there.®

Individual premiums will vary by customer. All applicants subject to State Farm underwriting requirements.



State Farm Mutual Automobile Insurance Company  
State Farm Indemnity Company  
State Farm Fire and Casualty Company  
State Farm General Insurance Company  
Bloomington, IL

State Farm County Mutual Insurance Company  
of Texas  
State Farm Lloyds  
Richardson, TX

State Farm Florida Insurance Company  
Winter Haven, FL

2001866