

**Treasured Trees** p8 // Learn the Bear Necessities p10-11 // History and Romance in Fairview p16-17



INSIDE

# **Play Ball!**

From February to June each year, the fields behind Fairview Elementary School are usually abuzz with activity. In 2020, the youth baseball and softball leagues abruptly ended after only a handful of practices due to COVID-19 concerns, and area ballplayers had to anxiously await the resurgence of their beloved sport the following year. It was wonderful news to parents and children alike when the 2021 season was announced and practice resumed. The Fairview Athletic Association is run 100% by volunteers,

and among the most dedicated are husband and wife Travis and McKayla Spivey (pictured above), who graciously donated six to seven days per week to ensure our area youth could return to sports.

> Turn to page 30 to learn more about the FAA power couple.

# Pick Up a Program and Support the Rockets

Now is the time to support our kids as they venture back into a much-changed school year. Athletic programs are more important than ever before. You can help support the sports teams by purchasing an ACRHS Fall Sports Program. It's much more than a program, though: it has schedules, rosters and photos of the football, soccer, volleyball, cheer, cross country, tennis and golf teams, as well as the marching band. You're guaranteed to know



some of these kids. It was printed right here in Fairview by Ron Bradley of 828 Printing & Graphics, and a lot of the photos are by Dana Irwin and Laurie Farber Johnson. It's one of the most important 72-page "books" you'll purchase this year. The price is only \$5. They can be picked up at the *Crier* office and at home football and soccer games, or email sandie@ fairviewtowncrier.com. If you want to pay online, you can do so through the *Crier*'s website at fairviewtowncrier.com—*but be sure to specify it is for the Sports Program.* While you're there, you might consider making a donation to the paper, as well. (Reminder, this newspaper is a nonprofit and needs your support). Go Rockets! It's another tough year, but we know all the players (and coaches and teachers, too) have the spirit and strength to succeed.

# **Not Getting Your Paper?**

We occasionally hear about Fairviewarea residents who are not getting their *Crier* delivered to them regularly.

As much as we would like to fix those problems for our readers, it's out of our hands. We pay to have more than 9,000 papers delivered to four area post offices, and it's up to those offices and carriers to deliver them to your houses.



We love our local post office workers, from the postmasters to the sorters to the carriers. But all the local offices deliver a lot of mail, there are staffing shortages, and no system is perfect.

If you're having problems, talk to your carrier or contact your post office, listed below, to let them know. If that doesn't solve the problem, get in touch with us (editor@fairviewtowncrier.com or text/call 828-771-6983).

 Fairview Post Office
 628-7838

 Fletcher Post Office
 684-6376

 Gerton Post Office
 625-4080

 Reynolds Post Office
 271-6449

# Crier Scavenger Hunt

Solve the clues, accomplish the tasks and submit your answers and photos to contest@fairviewtowncrier.com. *The highest score wins a \$25 gift card* and exceptional bragging rights—and maybe your picture in the next issue. (A drawing will be held in case of a tie.) Deadline to enter is September 16.

- Name the state bird of North Carolina (5 points). Grab a photo of you and the state bird in the same shot and earn 20 bonus points.
- 2 This little piggie went to market, this little piggie stayed home...and this little piggie went flying. Find the sky-high swine and send a photo of yourself standing below, pointing in the same direction as the arrow (20 points).
- 3 Name the oldest known building in Buncombe County that still stands today (5 points). Earn 20 bonus points for sending in a photo of the historic structure (no trespassing, please).
- 4 Frankie knows how far to go, but don't interrupt his mantra. Take a picture next to the metallic mutt showing us your best zen pose (25 points).
- **5** Your final challenge is to be your community's biggest fan (Fairview, Gerton, Reynolds or Fletcher). Take a photo of yourself surrounded by as many items as you can showing your community's name (5 points for each item pictured).

### Help Clean Up Morgan Hill Road

Brent Hayner, Chief of Broad River Volunteer Fire and Rescue, has been familiar with the illegal dump site off of Morgan Hill Road for years. "It's been an ongoing issue since I was about 4 years old. Wow, long time ago," said Hayner. So when Eric Bradford of Asheville Green-Works contacted him last month about assisting with cleanup efforts, he gladly offered to help.

Bradford has been working tirelessly to organize a massive cleanup event of this site for months. He has been able to secure support from Keep Fairview Clean, Buncombe County Solid Waste, Climbmax (a local climbing gym), and of course, the Broad River Fire Department. "The biggest challenge with this site is its location; the highway is narrow, the bank is steep, and the section of road is remote with no easy parking," said Bradford. Due to the constraints of the dump location,

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



Cleanup day is Saturday, September 11. Volunteers of all skill levels are needed.

skilled climbers will need to rappel down to the garbage and rope the trash for hauling up the bank; then the bags will be loaded into a pickup truck on the roadside. Once the truck bed is full, the load will then be transported to the Broad River Fire Station to be transferred into a solid waste dumpster.

"We need as much community support Continued on page 2

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#### **COMMUNITY EVENTS & UPDATES**

#### SEPTEMBER 7 (TUESDAY)

**Prostate Cancer Support Group** 7 pm. Medical professional speaker this month. Free, via Zoom. wncprostate@gmail.com or 419-4565.

SEPTEMBER 11 (SATURDAY)

#### Fairview Arts and Crafts Show

9 am–3 pm. Local artists and craftspeople. See the ad on page 9 or classified ad on page 31. 379 Old Charlotte Highway.

#### The Place Fellowship Yard Sale

8 am–1pm. \$10 per table. Lunch baskets 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 26.

#### SEPTEMBER 18 (SATURDAY)

#### **Bluegrass and Gospel Concert**

4 pm. Benefit concert for The Place Fellowship Church. BBQ available to purchase. Bring your own chair. 2 Laura Jackson Dr., Fairview. See the ad on page 7.

#### SEPTEMBER 25 (SATURDAY)

**Concealed Carry Class at SMCC** 8 am–4 pm. The cost is \$85 and will include lunch and snacks. Checks should be made to "Spring Mountain Community Center" and mailed to the same at PO Box 73, Fairview, NC 28730. Masks must be worn. Bring your own hand sanitizer, gun and 30 rounds of ammunition. Limited ammo will be available for sale if needed. Contact Gary or Elaine Watkins at 628-1334. 807 Old Fort Rd.

#### **UPDATES**

#### **County COVID-19 Incentive Cards**

People who are 18 and over and are receiving their first dose of the vaccine will receive \$100, and those providing a ride to anyone getting a first dose will receive \$25. Cards are available at the BCHHS vaccine clinic at 40 Coxe Ave., Asheville and at BCHHS outreach events.

#### **Keep Fairview Clean**

Join volunteers every Wednesday from 10 am–12 pm to remove roadside litter. Locations vary weekly. Vests, trash grabbers, bags, gloves and great conversation are provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations or contact Natalie at keepfairviewclean@gmail.com or 209-8809.

#### Rod Sphere at Joint Next Door

Playing classic rock every Tuesday at 6 pm. 1185 Charlotte Highway. See ad on page 13.

#### Virtual Medicare Classes

The Council on Aging of Buncombe County will hold free Medicare information classes via Zoom. September 9 and 22, from 2–3:30 pm. To register, visit coabc.org or call 277-8288.

### **Morgan Hill Road Cleanup Event**

Continued from front page

as possible," said Bradford. "This will be the first of many cleanup attempts in the coming months, but the more support we receive, the faster we can progress." Once the site is restored, Bradford will work with the Department of Transportation to install guardrails and concealed cameras so that future offenders can be held accountable.

Event organizers are calling on all able-bodied volunteers, age 14 and over, to help with the upcoming clean-up on Saturday, September 11. Asheville GreenWorks will provide refreshments, t-shirts, food, music, encouragement and safety equipment. Volunteers are asked to meet at the Broad River Volunteer Fire Department at 44 Broad River VFD Road in Black Mountain at 10 am. There is very limited parking, so carpooling is encouraged.

#### Three Types of Volunteers Needed

#### <u>Climbers</u>

**Duties:** Rappel into the ravine and bag/tie off trash

### Skill Level: High

**Abilities:** Able to withstand strenuous activity, able to lift 50–70 pounds, climbing experience, must be over 18 years of age

#### Ground Crew

**Duties:** Assist fire department with directing traffic, haul roped trash to roadside and load in pickup, transport trash to fire station, unload pickup into dumpster **Skill Level:** Moderate

**Abilities:** Able to lift 50–70 pounds, must be over 16 years of age

#### Volunteer Support

**Duties:** Deliver food and drinks to crews, transport volunteers from parking area to collection site, supply runner **Skill Level:** Low

Asheville GreenWorks is also seeking day-of donations of the following supplies or equipment:

- Food, snacks and drinks for volunteersPassenger van and driver to transport
- volunteers throughout the day
- Additional flatbed pickup trucks and drivers to move trash from the site to the fire department

All volunteers are asked to sign up at ashevillegreenworks.org. Click on "Upcoming Events" and register for the "Flat Creek Ravine Cleanup." Or, you can contact Natalie with Keep Fairview Clean at keepfairviewclean@gmail.com or 209-8809.

# CAN REGENERATIVE THERAPIES HELP WITH:FOOT PAIN?SCIATICA?KNEE PAIN?



TOLD NOTHING CAN HELP?
 CAN SURGERY BE AVOIDED?

STOP MISSING OUT ON LIFE!

CALL FOR A \$49 CAN WE HELP EVALUATION X-RAYS INCLUDED IF NECESSARY



#### UPDATES



#### **A Sunny Forecast**

Have you looked up at the library lately? The Buncombe County Board of Commissioners approved a \$10.1 million solar energy project last summer to put a total of 39 solar installations on county facilities. Fairview Public Library was honored to be the first to go solar.

The project is being installed by Buncombe County-based company MB Haynes Corporation and supervised by the Buncombe County Sustainability Office. Once they are operating, solar installations will supply about 70% of our annual energy consumption.

The entire countywide project is predicted to save the county between \$14 million and \$17 million in energy costs over the next 30 years.

#### **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! September 21 at 7 pm On Zoom, we'll be reading and discussing Drive Your Plow Over the Bones of the Dead by

Olga Tokarczuk.

Tokarczuk's novel succeeds as both a suspenseful murder mystery and a powerful and profound meditation on human existence and how a life fits into the world around it. Novels this thrilling don't come along very often."

~Publishers Weekly

The Book Club meets the third Tuesday of each month at 7 pm.

Email jaime.mcdowell@buncombecounty. org for more information.

#### **Friendship Bracelets**



of September, children and teens are invited to pick up a friendship bracelet make-&take kit from the library.

During the month

Friendship bracelets are all about connecting with other people. Whether you're cementing your camp friendships or reconnecting with school pals, this nostalgic craft is for you. Each kit comes with bracelet design instructions, thread and book recommendations.

This kit is offered on a first come first serve basis and will only be available while supplies last.

#### **Future Book Club Titles**

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, 831/4 Years Old by Hendrik Groen

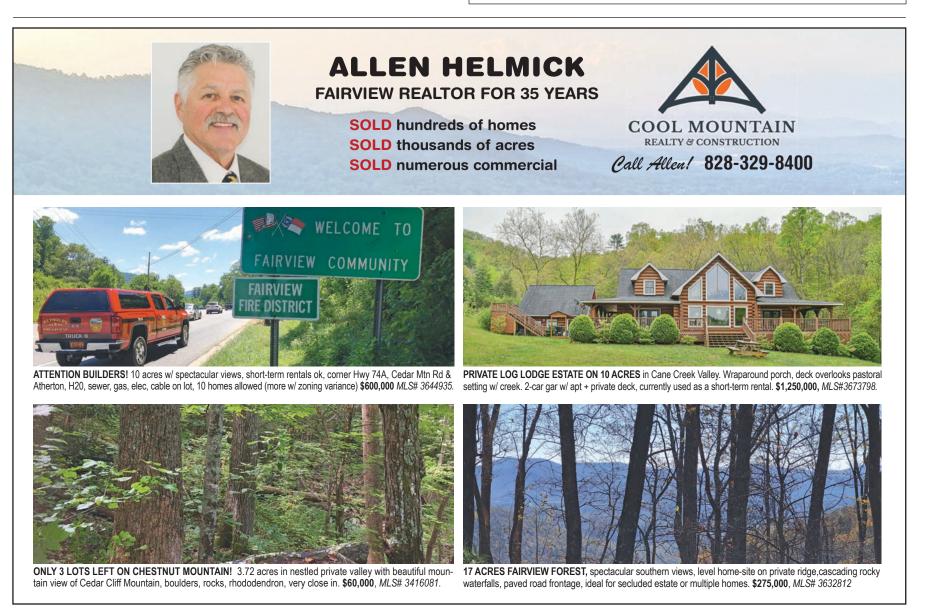
Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at Jaime.McDowell@buncombecounty.org.

#### **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.

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Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email editor@fairviewtowncrier.com. For staff directory, contacts and additional information, please visit fairviewtowncrier.com or see page 30.





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# A Bloody Night in Downtown Asheville, Part Three

aptain James Bailey fell to the sidewalk just as the fire bell at Asheville City Hall began to ring. He breathed for a minute as the men he had just deputized reached his side. He then died. Will Harris ran down South Main Street firing at everyone he saw. He shot into Pelham Drug Store and the Buffalo Saloon. A man staying at the Swannanoa Hotel raised his window to look out and see what was going on. Harris shot at him, chipping the windowsill and sending him to duck for cover.

A man from Haywood County, William Coyle, who was also spending the night at the Swannanoa Hotel, had taken a late-night walk around downtown. He was returning to the hotel when he met Harris in the street. Coyle broke into a run and Harris turned and fired at him twice. Lucky, he missed, firing in haste. Coyle was so frightened that he fell on the sidewalk. The bellboy at the Swannanoa Hotel ran out, grabbed Coyle by the legs, and dragged him to safety inside the hotel.

Harris reached the bend in South Main just before Hillard Street and turned to the left. At the time, this area was wooded, and Harris was able to escape in the darkness. He left behind four dead men and another dying in the doorway. The fire bell rang loudly, calling the town to arms.

Police Chief Si Bernard picked up his phone at home. "Chief," the caller shouted.

#### Chief Bernard resolved on the spot to spare no effort to capture the man who had killed two police officers and three other men.

"This is Allison! A man just shot and killed Blackstock and Bailey and wounded Captain Page! All hell has broke loose up here!" Bernard hung up and ran out into the night. He ran three-quarters of a mile back to the police station.

He found a crowd gathering on the Square, responding to the alarm bells. People were frightened and angry. He entered the police station and demanded to be filled in on what had happened. He sent officers to Pearl Maxwell's apartment to bring her in for questioning. He told them to take Blackstock's body to Hare's funeral home.

Bernard went back out on the Square, where Bailey's body lay on the sidewalk. Over a hundred men had already gathered. Chief Bernard resolved on the spot to spare no effort to capture the man who had killed two police officers and three other men.

The officers returned from Pearl Maxwell's apartment. They said the woman had fled but they found a half-empty quart bottle of whiskey on a table. Chief Bernard asked his lifelong friend, Dr. Owen Smith, to go tell the dead officer's wives what had happened. Dr. Smith refused. "You ought to get someone closer to them," he said. Chief Bernard said, "No, I want a medical man. They might need help." Dr. Smith reluctantly agreed. He left with a uniformed officer to perform the terrible task. Chief Bernard knew there would be no sleep that night. The crowd of restless men on the Square was growing by the minute. Chief Bernard said, "Dammit! I won't rest till we've caught that man!"

Bernard went out on the Square to organize a posse. The chief had forgotten to call Sheriff Henry Reed, who was home asleep. The crimes had occurred in the city where he was to uphold the law. Bernard wanted the job of running down the man who dared to commit them in his town.

Many of the men that had gathered on the Square were unarmed. They had responded to the bell not knowing what happened. One man said, "We can't go after a mad man barehanded." Harry Finkelstein stepped forward. "I have arms," he said. "I have arms in my store yonder!" He led the crowd the short distance to his store. In the next 10 minutes, he handed out 50 firearms: rifles, shotguns and handguns. He also passed out boxes of ammunition.

The crowd wanted more guns. Someone mentioned Asheville Hardware on the

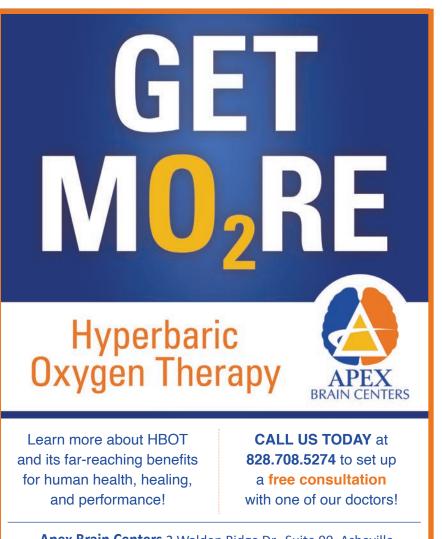
corner of the Square where Bailey had died. Chief Bernard authorized the confiscation of the guns. Several men forced open the lock on the store. Just then, Claybrook James, the store's manager, arrived. He turned over 25 guns and ammunition to the police chief, who passed them out.

Chief Bernard had 75 men armed to the teeth. He did not want them to run all over the countryside shooting everything that moved. He said, "First thing, men, we've got to seal off the town. I want armed men on every bridge, at every road leading out of town. I want patrols combing those areas where he might slip through between guarded points. I want this town sealed off so tight a rat can't get out."

The chief gathered the armed men together. He gave each man his assignment. He sent two men to stop and check all traffic crossing the bridges. He sent men to block the road over Beaucatcher Mountain. He sent others to patrol the banks of the French Broad River. Men were sent to guard the railroad tracks where they crossed the river. The chief sent men to the north and others to south.

Part four 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 or 828-771-6983 (call/text).



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CANE CREEK VALLEY 1.55 acres flat prop. High ceilings, orig wood floors. Roof, HVAC, water htr replaced in last 5 yrs. Septic permit perked for 3 BD. Fin bsmt w/ 1bd/1ba, kitchenette. Shortterm rentals ok! Huge outbldg. \$800K.Call Jen 828-55-8276



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PRIME FAIRVIEW/FETCHER AREA! Close to AVL Arpt. All-IvI prop. House clean w/ fresh paint inside. New windows, well water filtration, pump, piping & wiring. Wraparound deck, priv fenced yd. Fin bsmt w/ half bth, patio, 2-car gar. Call Allen 828-329-8400. \$300K.



3/2 SPLIT FLOOR PLAN on IvI prop. Gorgeous entry & natural light. New paint, lux vinyl plank floors, granite counters, SS app & island. Stone FP, French doors to huge deck Great landscaping. 1.34 ac w/ creek out bk. Call Jenny 828-779-4473. \$285K

6 | THE FAIRVIEW TOWN CRIER September 2021

3 GENTLY SLOPING ACRES. Gap Creek flows btw 2 pastures

perf for Ig garden or livestock. 2BR/1BA, Ig bonus rm. Wood fp. Full

bsmt. Landscaped, fenced vard, 2 carports w/elec + shed, Gated

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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



in the Cane Creek area. Potential mountain views. Driveway installed, homesite cleared. No HOA, short term rentals OK. Will divide \$375,000. Call Karen 828-216-3998



BREATHTAKING VIEW totally priv lvl knoll. Year round creek in valley ideal for deep pond. Lg fenced pasture, neighbors have house for sale w/horse barns, outbldgs, guest house etc. Priv rd w/steel train bridge. Call Allen 828-329-8400. \$350K



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



1.05 ACRES IN HIGHY 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.



SUPER CLEAN HOME in Haw Creek area. New paint, gar door. Cathedral ceiling in LR & sky window. Parquet foyer. Wood burning FP. Great rm overlooks fenced bk vd. Newe heat pump & roof. Make offer! \$375K. Call Allen 828-329-8400.



PRIVATE LOG LODGE ESTATE in Cane Creek Valley. Wraparound cvred 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



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 on 1/2 acre. \$534K. Call 828-628-3088.



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



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3.72 AC VIEW OF CEDAR CLIFF MOUNTAIN. Over a mile of hiking trails thru 88 acres of wilderness, Ig hardwoods, flora, boulders, cliffs, spring fed streams w/ reflection pools. Site evaluation for a 4 BR home. Call Allen 828streams w/ refle 329-8400. \$60K

REDUCED BY \$25K 3.26 ACRES ON TOP OF THE WORLD! Spectacular views, overlooking Reynolds, E Asheville! Close up views of Cedar Cliff Moun-tain. Site Evaluation for 4 BR home. Call Allen 828-329-8400. \$150K

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

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

VIEWS12 ACRES ABOVE-THE-ROAD SETTING WITH VIEWS of Cedar Cliff, AVL and beyondl 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

17 AC SOUTH VIEWI Total privacy, cascading vateralis, 1200 ac of restricted wilderness like community: hiking trails along rushing mtn stream. Comm clubhouse, greenspace. Property is all wooded w/ lvl home-site on ridge. Call Alien 828-339-8400. \$250K

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 gor-geous 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

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5.2 ACRES IN FAIRVIEW w/ spectacular views, high elevation & end of rd privacy. These are 2 properties surrounded by large wooded lots. Call Karen 828-216-3998, \$150K.

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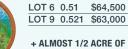
3995 3123N SPECTACULAR VIEWS, PRIVACY & ELEVATION. 2 possible home sites make ideal for another family member or friend. Paved access, gentle grade to building site & long range view potential! Call Karen (828)216-3998 \$150K INVESTMENT OPPORTUNITY! CASH INVESTOR WANTED FOR JOINT VENTURE. Ideal for 3 Ig multi-family units w/ lower & upper parking areas Public water, sewer, gas, elec, cable & phone available on prime corner, 1800 ft rd frontage. Call Allen 828-329-8400,\$600K.

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10 ACRES OF ABSOLITE WILDERNESS PRIVACY in established community of new homes on Ig acreage. 4 miles to schools, stores, PO, bank, etc, all heavily wooded with Ig trees, boulders and cliffs. Call Allen (828) 329-8400 \$50K HISTORIC WAREHOUSE busy Hwy 74A. Rough-sawn wood & metal roof. New bithm, septic drainfield, pump system installed, shared septic w neighboring prop. No water on property. **\$100K** Call Allen 828.329.3400

INCREDIBLE VIEWS 11Ac-3 parcels, ready to build amazing private mtn estate or compound. Comm has dubhouse, hiking trails, forests & creek. Call Jenny 828-779-4473. \$289K.





**GREEN SPACE!** 

VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8





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Wanda Treadway Sophia Underwood Renee Whitmire Devon Satchell Justin Schmidt

Your Local Hometown Dealtor

Jen Duke

# Fred Brings Floods to Fairview

ugust started off a bit on the dry side, but thunderstorm activity increased by mid-month. Then, additional rain from decaying tropical storm Fred caused power outages and flooding, mainly in low-lying areas across Fairview. (See photo of flooding near my house.) The two-day rainfall totals from Fred varied from about six inches west of US 74 to nearly 10 inches of rain along the Blue Ridge escarpment in east Fairview.

I have previously written about hurricane frequency, formation and seasonality. These next two months (September and October) are the ones with the greatest frequency of hurricanes in the Atlantic basin. I want to offer two great resources for hurricane information and forecasts.

The first site is Tropical Tidbits (tropicaltidbits.com). The website's primary purpose is to be a home for the Atlantic tropical forecast discussions offered by Levi Cohan and various projects he has developed related to tropical meteorology. His forecasts do not represent the prognostications of any government office. Levi has been tracking tropical cyclones closely since 2002 and has a Ph.D. in



QUESTION of the MONTH Has is it ever snowed in Fairview in October?



Flooding at the intersection of Old Fort Road and Dodson Road near Echo Lake IMAGE: TOM ROSS

meteorology from Florida State University. I think the best part of his website is his actual daily forecast and discussion videos on current hurricanes. The videos include satellite images, graphics, and an explanation by a meteorologist about his take on the current tropical storm or hurricane. The actual video discussion is great and a cut above what you get from most news and weather outlets. During hurricane season, this is one of my go-to pages.

Cohan also asks that users visit NOAA's National Hurricane Center (nhc.noaa.gov) for official information, some of which can be found on Tropical Tidbit's current storm information page. Rainfall from hurricane and/or tropical decaying storms can be hit or miss depending on the track. In September 2004, the remnants of Hurricanes Frances and Ivan, arriving nine days apart, delivered a one-two punch to the mountains in the form of flooding and landslides. One hundred and forty homes were destroyed, and another

16,234 were damaged. More than \$200 million in total damages was recorded, including \$87 million in lost tourism.

While the tropics are heating up in terms of hurricane frequency, across WNC, the average temperatures in September will start to drop. Actually, meteorological summer is defined by the three warmest months of the

year: June, July and August. That means, meteorologically speaking, summer has already ended. The amount of solar radiation, hence the length of a day, starts out at 12 hours 54 minutes on the first of the

#### - WEATHER WONDER

month and is down to 11 hours 50 minutes by month's end, which is a decrease of an hour or so of daylight. The temperatures show a marked decrease as well and follow the trend of decreased heating. Normal temperatures start at a high of 80 and a low of 60 and drop almost 10 degrees on average to a high of 72 and a low of 50 by month's end. The thunderstorm frequency also decreases in September to about three per month on average, down from about eight per month during June through August.



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

### Which cyclone helped spark a civil war in Asia?

The devastating Bhola cyclone in November 1970 is credited with triggering the political events that led to the division of Pakistan and the creation of Bangladesh in 1971. A callous response to the disaster by the Pakistani regime resulted in a landslide electoral victory for Bengali nationalists, followed by a bitter and bloody civil war. The Bhola cyclone struck East Pakistan (present-day Bangladesh) and India's West Bengal on November 11, 1970. It remains the deadliest tropical cyclone ever recorded and one of the world's deadliest natural disasters. At least 500,000 people lost their lives in the storm, primarily as a result of the storm surge that flooded much of the low-lying islands of the Ganges Delta.



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sk anyone for an adjective to describe a tree and you'll come up with as many words as people you ask. The list would probably include terms like majestic, tall, green, old, favorite and beautiful.

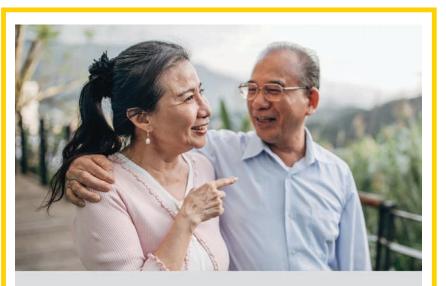
Trees hold a special place in our hearts for many reasons; maybe it's the tree with that tire swing from our youth or the one with the branches that were spaced just right for climbing. Maybe it is the shade tree in the front yard that keeps the house cool from the summer heat or the oak with the spreading branches where the robins nest each year. Or maybe it is simply a tree that makes you feel calm just by looking at it.

#### protections in place

Driving to Fairview from Asheville through the lush, green mountains, it's easy to think our trees are doing just fine. Outside the city limits, however, no county ordinances are in place to protect trees save for a steep-slope ordinance designed to provide guidelines for development, including tree preservation, on lands with grades greater than 36%. The development underway in Fairview is inevitable; the unchecked loss of tree coverage in the process is not. Until a county tree ordinance is on the books, a more grassroots, community-level effort is needed to spread the word about the needs of our trees. With this in mind, the Asheville Urban

Forestry Commission, in conjunction with the local environmental nonprofit Asheville Greenworks, offers a program to designate trees throughout the county as "Treasured Trees," complete with a plaque and certificate. The program is designed to promote an awareness of the innate value of our trees but comes with no legal protections.

Homeowners can nominate any tree on their property within the county; the basic requirement being that they treasure it. Often, the tree offers historic,



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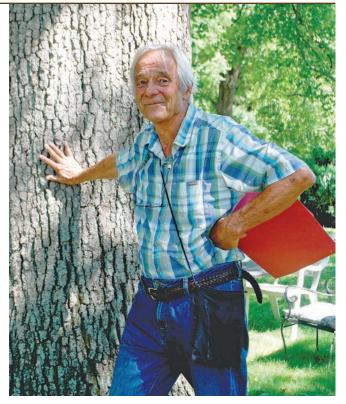


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Edward Jones

MAKING SENSE OF INVESTING



environmental or significant value, but there are no limitations. Each application is reviewed by the Treasured Tree committee, whose representatives will come to your tree to measure it and estimate its age. They will then install a plaque using arborist-approved hardware and present you with a certificate. Businesses, schools, parks and other organizations may also nominate trees on their property. The program is free for applicants.

According to Pat Strang, a committee volunteer, there is one Treasured Tree in Fairview. (The address is undisclosed per the preference of the homeowner.) This number is a far cry from the more than 60 designated trees within the Asheville city limits, and while this author isn't suggesting a competition, there is no doubt that Fairview, with our wealth of gorgeous trees, could have that many and more.

### chance encounter

Last spring, during a stop for spring vegetables at Flying Cloud Farm, Strang visited with Will Hamilton and was amazed at the large, mature trees arrayed around the front of the home. Hamilton showed her the map of the original layout, drawn in fading ink on age-yellowed paper

### **Unseen Services**

Trees are valuable for reasons beyond the human emotional connection. Their roots stabilize the ground, preventing soil runoff and landslides during excessive rains. They can combat a warming climate by storing carbon dioxide in their roots, trunks and stems. Trees improve the overall air quality by removing airborne pollutants, decreasing the risk to those with asthma and other chronic conditions. Trees offer these ecosystem services (the services trees provide to humans) for free, yet the demands placed on them from development and land use changes make the arrangement a little lopsided in favor of people.

Above left: Fixing the plaque to the Treasure Tree. Above right: Will Hamilton with his tree. Below: Will's tree

by Chauncey Beadle, who was the assistant of noted Biltmore Estate landscape architect Frederick Law Olmstead. The garden was planted in the 1930s, and while some elements no longer exist, many of the trees remain as testament to the original design.

Realizing these trees had historic and significant value both to Hamilton and the community, Strang approached him with the idea of designating some of his trees as "treasured." After pondering the idea, he agreed. The team visited his yard to collect the required measurements and returned on August 13 to install the plaques and present the certificates.

#### nominale a lree

Fairview now officially has seven Treasured Trees. If you have a tree that you treasure, consider submitting it to the Treasured Tree program. Applications are completed online at ashevillegreenworks. org/treasured-trees.html or you can call Asheville Greenworks at 254-1776.

If you receive a plaque for your tree in Fairview, send a photo of the tree to editor@fairviewtowncrier.com.



# Organizing in the Time of COVID

moved to Fairview three years ago, but I still provide organizing services to seven clients in New York. I was finally able to see all of these people in July after almost two years. When I lived in New York, I worked with most clients one to four times a month. Once I relocated, I had been returning to New York to work with clients for two days each every four to five months.

I knew last month's visit would be different and difficult since it had been so long since we last worked together. The amount of internet shopping had increased two-fold. Letting go of anything had ceased while I was away. The amount of paper that accumulated over 20 months was overwhelming. And it felt like all of my clients had waited for my return to start organizing.

#### **New York Stories**

- One client purged old financial records and shredded 158 pounds of paper!
- Another client had purchased five sets of sheets in 18 months. A total count of 11 sets of sheets for one bed took up a lot of room in the apartment linen closet. This did not include the three additional bedspreads that were purchased on top of the four that she already owned. I reminded her of the one in-one out rule of organizing (for every item that comes in, one item



Books were piled on the floor in every home.

must go out). After much discussion, we agreed to let go of several sets.

- Among them, my seven clients purchased over 100 books. They all thought that since they were home there would be plenty of time to catch up on reading. Books were piled up on the floors in every home.
- The housewife who loved to bake cakes purchased several more cake pans, fondants, cake decorations and related items. Her kitchen cupboards were now overflowing.
- The president of a company tossed every

piece of incoming mail and paper that came across his desk into a box (actually several boxes!) that I sorted, purged and filed when I arrived. He wanted his desk to remain clear. Gathering tax documents to send to his accountant was a priority since he had filed extensions, so I had my work cut out for me.

#### Paper Chase

The most common item the clients had gathered and not reviewed for over a year was paper. Whether it was junk mail, newspapers, tax documents, bills, financial statements, everyday papers or magazines, I ended up reviewing and removing hundreds of pounds of paper.

#### **The Great Purge**

I'm not sure whether it was the fear of COVID-19 or that I might not return for another long period of time that motivated many of these clients to want to clear out their garages and attics, their clothes closets, and other items they had refused to get rid of in previous years, but no client had ever put so much energy into purging. They all felt a tremendous sense of relief when I said goodbye.

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

### **COVID** Lessons

Here's what I learned from the sessions with my New York clients. I believe the following tips are universal:

- Don't let too much time go by before you review and purge your papers.
- Only buy what you can store easily in your home (think before you buy).
- Internet shopping and TV shopping is extremely impulsive and can be very expensive, especially during a pandemic.
- Organizing your home is an invaluable solution to stress and anxiety. The benefits of organizing your environment go beyond just a cleaner home; you will create a new freedom and regain control of your life. And we all want to do that now.



# LOCAL BEAR GALLERY



Off Taylor Road (Renee Wilkie)



Near Flat Top Mountain (Kevin Luther)



Near the Spring Mountain Community Center (Tara James)



Hollywood Road (Sandie Rhodes)



At the top of Mine Hole Gap (Evan Fisher)



Near Morgan Hill Road and Johnny Marlowe Road (J. Caccavale)



Off Garren Creek Road (Christine Saunders)



Fairview (Lina Evans)



Bishop Ridge Road (Pat Williams)

# The Bear Necessities in Fairview by Sandie Rhodes

Since we ran the following article about bears in 2018, the local population of bears has only grown. We thought it was a good idea to educate the community again.

re you wise about bears? I thought I was, but I was wrong. Like most in our community, I have felt the escalating presence of bears over the 18 years I have lived in Fairview, but this year it seems to be out of control. While having coffee with a friend on my back deck late one recent morning, I sensed something large in my peripheral vision. I had just put my bird feeder out because we all know not to leave them outside overnight. Much to my surprise (and that's putting it mildly!), there was an extremely large black bear artfully emptying the contents of my bird feeder into his gaping mouth. It paid no attention as we sipped coffee and chatted away. After making a great deal of noise as I retreated into my house, it just sauntered off.

Okey dokey, then. I thought bears only rummaged at night. This was definitely something new—in broad daylight!

Soon after, I attended a presentation by Mike Carraway, a biologist, researcher and Mountain Region Supervisor with the NC Wildlife Resources Commission. Mike has been directly involved with a research program designed to learn more about the bear population in these parts. By locating bear dens and tranquilizing adult bears and outfitting them with tracking collars, the program has been able to gather a wealth of data on when and where the bears went, what they ate, etc. I soon learned why this study was important.

The forests of WNC had been a perfect habitat for black bears and they thrived here until the late 1800s. The inhospitality of our mountains to humans meant development was sparse, and food, such as chestnuts, acorns and wild berries, was plentiful. This began to change as human-bear interactions increased. The direct cause of this was 1) extensive logging of vast tracts of wooded land to create croplands, 2) the blight of WNC's chestnut trees (virtually all mature chestnut trees were dead by the early 1950s), and 3) intensive and unregulated killing of bears for both sport and the perceived threat to livestock and humans. By the early 1900s, the black bear in WNC was on the road to extinction.

The first step in protecting the bear population in the Southern Appalachian mountains came in 1936 with the formation of the Great Smoky Mountains National Park. This marked the first bear sanctuary in the state, with more than 300,000 acres protected from hunting, logging, settlement and development. While hunting was still allowed in national forests, large areas were safeguarded and the forests that had been decimated began to recover.

In 1971, North Carolina led the way and created a bear sanctuary system designating 28 areas with over 800,000 acres as "hunting free" bear habitats. These sanctuaries ensured female bears would reproduce in safety, natural food sources would be available, and bear populations would increase and gradually expand into surrounding areas. This sanctuary system was the first and most successful program of bear management in North America. But as they say, be careful what you ask for.

As the ever-adaptive black bear began to thrive, bear habitats moved further into heavily populated areas. As a result of knowledge gained from tracking bears, it is known that there are black bear dens in downtown Asheville—and they aren't eating at any of our myriad local restaurants, but rather from trash cans, bird feeders, and backyards. It is estimated that there are probably more bears in North Carolina today than there have been at any time in the last 100 years. And this is why bear management programs are now critical.

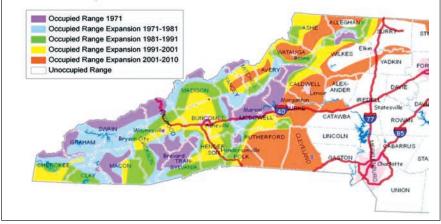
Mike utilized several slides to illustrate the increase in bear habitat in Buncombe County. As they say, a picture is worth a thousand words. Bear habitats were indicated by pink overlays of a map of our area. In the first slide, there were a few pink areas northeast and west of Asheville. In the second slide, pink blobs covered just about all of Asheville, Fairview, and surrounding areas in Buncombe and beyond. As more people call the Wildlife Resources Commission with concerns over bear activity near or around their yards, it has become obvious that something needs to be done.

Even if it were possible to track, tranquilize, lift and relocate all of the 150- to 500-pound bears that have become a "nuisance," just where could they be taken to that wouldn't be "intruding" on other folks' homesteads? Undeveloped forestland is scarce in our mountains and there aren't sufficient resources to make relocating feasible. Additionally, bears can travel far distances in search of food and would likely make their way back. And that is where the BearWise program comes in.

The program is dedicated to helping people live responsibly with black bears. There are an estimated 6,500-7,500 black bears in our mountains, and they need food, water and a safe environment in which to den. And when unwitting residents provide a food source, bears will come a-visitin'. It's not just bird feeders that attract bears—and not just at night—but literally any food source, or recent food source.

Black bears have incredibly powerful olfactory senses—as much as seven times more sensitive than bloodhounds. They can detect food from minute particles

### **Bear Population Growth since 1971**



in the air, and they go on high alert to find it. In the spring, bears will forage for grasses, insects, larvae and roots. In summer, it's berries, acorns and other tree nuts, dogwood, serviceberry, blueberries, wild grapes, chokeberry and sassafras. When these healthy foods are not readily available, bears will subsidize their diets with less beneficial alternatives like grease left on a grill, food scraps left in trashcans, or dog or cat food left outside. Bears are hungry carnivores and will eat dead animals, small mammals, reptiles, frogs, toads and other amphibians.

It is pretty astounding how much food a bear needs. In the fall, they must put on enough weight in the form of fat reserves to last through the winter denning/hibernation period. This often requires up to 20 hours of foraging a day, leading to a weight gain of up to 100 pounds in a few weeks. In the fall months, bears need about 20,000 calories a day, compared to 5,000 a day in spring and summer.

As more natural habitat is removed to make way for housing, it becomes increasingly difficult for bears to find enough natural food to sustain them. Add to this the inevitable side effects of weather changes that affect the hard mast crops (acorns, hickory nuts, etc.), and it's easy to understand why these black beauties are snorting down birdseed and rummaging through our trash for food scraps.

Sandie Rhodes is the publisher of the Fairview Town Crier.

Information culled from presentation, bearwise.org, and the Black Bear Management Plan by North Carolina Wildlife Resources Commission.

### **Becoming BearWise**

#### Never Feed or Approach Bears

Feeding bears (intentionally or unintentionally) trains them to approach homes and people for more food. Bears will defend themselves if a person gets too close, so don't risk your safety or theirs.



#### Secure Food, Garbage and Recycling

Food and food odors attract bears, so don't reward them with easily available food or garbage.

#### **Remove Bird Feeders When Bears Are Active**

Birdseed and other grains have a high-calorie content, making them very attractive to bears. The best way to avoid conflicts with bears is to remove feeders—not just during the daytime, but for the months when bears are active.

#### **Never Leave Pet Food Out**

Feed outdoor pets portion sizes that will be completely eaten during each meal and then remove leftover food and food bowls. Securely store pet food so nothing is available to bears.

#### **Clean and Store Grills**

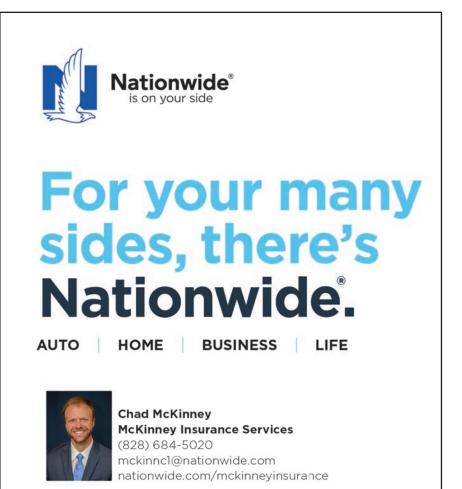
After you use an outdoor grill, clean it thoroughly and make sure that all grease and fat is removed. Store cleaned grills and smokers in a secure area that keeps bears out.

#### Let Neighbors Know

Share news with your friends and neighbors about recent bear activity and how to avoid bear conflicts. Bears have adapted to living near people. Are you willing to adapt to living near bears?

For more information, visit bearwise.org.





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# **Align Yourself Correctly**

he human body has characteristics of an automobile frame. There is a best alignment for your car and a best alignment for your body. This article focuses on the front end of the body, or the neck and head.

The simple exercises described here can decrease neck pain, increase range of motion, decrease headaches, and improve posture. In addition, they will help with immobilization degeneration of the spine, which is a type of arthritis that develops due to a lack of spinal joint movement.

The neck is the second most common problem area treated in a chiropractic office. Front-end alignment, namely head and neck posture, are critical to a healthy cervical spine and its supporting anatomy. Ideally, the head (weighing about 13 pounds, similar to a bowling ball) should be centered over the shoulders for optimum health. Loss of normal head positioning or front-end alignment causes numerous documented problems.

With aging and an industrialized lifestyle, we begin to develop a "forward head posture," which starts a series of postural and biomechanical changes. These changes often lead to neck pain, muscle soreness, visually poor posture, and disc, joint, and nerve problems. These changes lead to reduced mobility in the neck, which also can lead to balance,



coordination, and vertigo problems. The neck is loaded with movement and balance (proprioception) nerves that require normal head-neck movements to work properly. The exercises below are for those of who have trouble looking over your shoulder when changing lanes while driving or have neck pain or headaches.

These exercises increase the range of movement in the neck. As with any exercise, stop if you experience pain or dizziness.

#### **Range of Motion Exercises**

Exercise 1 (above) Tilt head forward and backward as far as possible.
Exercise 2 Tilt head toward shoulder while keeping shoulder stationary.
Exercise 3 Turn head from side to side as far as possible.



Do each exercise 10 times in each direction, with gentle stretching. They should not cause pain. Gradually increase all head and neck movements. Do the movements 3 to 5 times per day or more.

#### **Other Front-end Tips**

If you awake with neck pain on a regular basis, change pillows. The best ones are called contour pillows. They support the normal neck structures. In addition, increase your water intake to 60–80 ounces per day, make sure you use good computer desk ergonomics, and remember to stand up straight—our mothers were right!

Recent studies indicate that sitting can affect much more than posture. An article last year titled *Sitting Is the New Smoking* strongly recommended taking regular breaks



from sitting and doing very similar exercises as described above. You should also make sure your work station is arranged properly. Use a headset if you are on the phone more than two hours per day. Make sure your computer is right in front of you, with the top of the computer level with your eyes. A height-adjustable chair with armrests is best.

For a proper desk ergonomics handout, call or stop by my office.



Dr. Reilly, DC, is past president of the NC Chiropractic Association and team chiropractor for ACRHS since 1999. Call 628-7800 for your always-free consultation.

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EMERGENCY AFTER-HOURS SERVICE AVAILABLE boltonservicewnc.com Repairs were made by courteous, knowledgeable people with decades of experience. Also, Bolton was very cost competitive. —*Gary G., September 2020* 

# **Practice Biofeedback to Help Control Your Stress**

iofeedback uses information from the body to gain control over functions such as heart rate, blood pressure, breathing and more.

This is a critically important skill for those suffering with anxiety, panic, phobias, brain injury, PTSD, ADHD, OCD, addiction or pain or those who simply need to relax. Many are unaware they have control over body systems or functions that are thought to be involuntary (like those mentioned above).

When people are stressed, their hands start to get cold as part of the sympathetic "fight or flight" response, a process called thermoregulation. This happens because your body brings blood to more central/vital areas and you lose peripheral circulation in the areas furthest away from your core, making your hands, toes and even parts of your face feel cold.

Hand-warming biofeedback is one of the simplest and most effective biofeedback exercises you can do yourself with just a little practice and very little cost.

As its name implies, the goal is to warm the hands, which is a direct reflection of your body's relaxation response. This is not done by holding them over a fire or running them under water. Instead, follow the steps below.

The exercise requires a small thermometer. You can find one at some gardening or Stress Test COLD HANDS ARE TENSE WARM HANDS ARE RELAXED

hardware stores. Otherwise, you can search online using terms like "stress thermometer" or "hand warming biofeedback." The digital thermometer usually comes in a gray plastic case with a little wire that serves as a temperature probe. Before buying a particular unit, make sure it is capable of taking measurements to tenths of a degree (for example, 95.1). This is very important to demonstrate progress with the exercise.

Make certain to practice this technique in a quiet area free from distraction and allow five to 10 minutes away from family, work, pets, etc.

When you're ready to start the exercise, tape the wire probe to the tip of a finger (not on the fingernail). Although some choose to hold the wire between fingers as they get better at it, if you press too firmly you will naturally push blood from the fingers and they will not get as warm. Give it a couple of moments to register the starting temperature of your finger. Then start to do a simple exercise: breathe in through the nose for four to five seconds and out through the mouth for eight to 10 seconds. The key is breathing out twice as long as you breathe in.

You should start seeing a change in the temperature of your hands (hopefully increasing). Sometimes it can happen quite quickly. Continue breathing and watching the temperature of your hands as it continues to elevate, until the temperature increase stops for a minute or so. At that point, you can end the exercise. Do this several times throughout the course of a day, depending on your levels of stress, anxiety, etc. The more you have, the more you should do this exercise.

You will see very quickly that you have the absolute ability to effectively regulate your stress responses. As you continue practicing this biofeedback, you'll actually feel the fingers getting warmer. This is an indication that you're increasing the peripheral circulation by stimulating your relaxation response. Then your brain will know, through repeated conditioning, that it has made a big change in your own physiology.

It gives anyone, regardless of circumstances, the power to control their body systems and response to stress. This is brain training. We've seen countless people use this and similar exercises to get past anxiety, panic, and more, because it puts them in control.



Michael Trayford, DC, DACNB is a functional neurologist, published journal author, international speaker, and advisor for the Dementia Society of America. He can be

reached at ApexBrainCenters.com or 708-5274.





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# iPhone Tips, Wi-Fi Help, and Security Updates

Phone and iPad performance on the web can be improved by clearing your device's web browser cache. The only warning is that clearing the cache will log you out of sites and clear website personalizations. Each browser has its own technique but you can Google something like "iOS chrome clear cache" to get the procedure. This is also worth doing on Android devices.

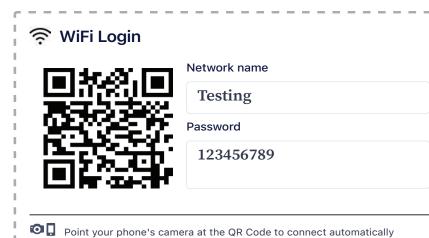
#### iPhone Screenshot Help

iPhone screenshots can be challenging when you want to get more than what is on the screen. You may have learned to save webpages as a PDF, but if you want to capture a long message thread you will have to either use an app, such as Tailor, to stitch together screenshots or add Screen Recording to your Control Center, which can be found in Settings. Screen Recording can also be useful for creating a showand-tell to teach a new feature to someone who needs a little help; it will be saved as a video in Photos.

While you are in the Control Center, consider adding other functions, such as Apple TV remote, Code Scanner, Music Recognition, Notes, Voice Memos or the Magnifier.

#### **QR Wi-Fi Password**

Print out a QR code containing your Wi-Fi network name and password



So you or your guests don't have to remember long or complicated Wi-Fi network names and passwords, print out a page with a QR code, as shown above, for easy scanning.

to make it easier for people with smartphones to easily join your home network. Visit wificard.io and enter the relevant information to get a printable QR code for others to use.

#### Pegasus Update

If you are worried about whether the Pegasus spyware might be on your iPhone, iMazing now includes a free spyware detection utility in its flagship application (imazing.com). The latest iOS update, 14.7.1, likely includes a fix for Pegasus, but Apple has not officially confirmed this.

#### **Complex Passwords**

The National Cyber Security Centre in Great Britain advocates using three random, unrelated words to make passwords harder to guess. The "complexity" of brute force guessing three random words, especially if using long words, is likely to be more than settling for eight random characters. And it is far easier to type in words instead of random letters and numbers. Just don't use the same words again on different sites. You still need to use different passwords. Finally, there's another use for the dictionary.

#### **Global Google Searches**

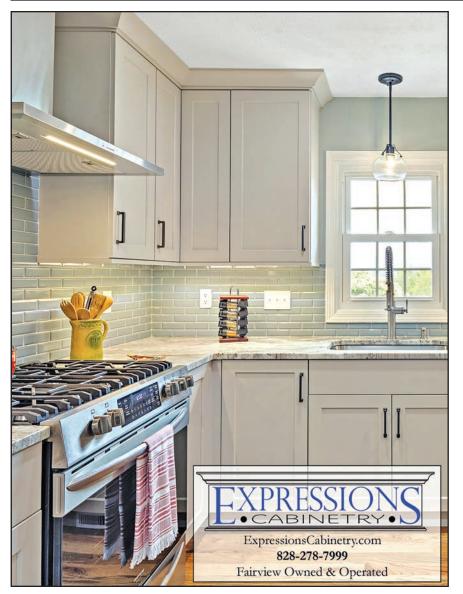
You can now see how Google search results vary around the world, thanks to Search Atlas. You can read about the research into this at searchatlas.org. If you sign up for updates, you can make use of this tool, which is currently in private beta.

#### Kindle Wi-Fi

Older Kindles with 3G and Wi-Fi connectivity will soon be stuck with Wi-Fi–only capabilities for downloading eBooks from Amazon. Those with 1st and 2nd generation Kindles or the Kindle DX (2nd generation) that don't have Wi-Fi will lose the ability to access new content wirelessly in December. You can use the micro-USB charging cable to transfer downloaded books to your old Kindle.



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## **Environmental Intersectionality**

aKyla Hodges is a senior at Warren Wilson College, where she is studying Environmental Education. She worked with Southern Appalachian Highlands Conservancy (SAHC) as a communications intern this summer, focusing on implementing and supporting the organization's equity, diversity and inclusion goals. LaKyla has a wide variety of experience working in the environmental education field. She has held positions as an intern with the DC Chapter of the Sierra Club, a senior camp aid at the Smithsonian National Zoo, a camp facilitator at the WNC Nature Center, and as a communications and advocacy intern at MountainTrue. As a Bonner Leader at Warren Wilson, she has also worked with several youth organizations in traditionally Black communities of Asheville.

Since her childhood, inspired by shows like "The Crocodile Hunter" and "The Jeff Corwin Experience," LaKyla has loved wildlife. Today, she is passionate about intersections among environmental issues and under-represented communities. She hopes to raise awareness about the disproportionate impacts of environmental challenges on minority communities and also to help engage youth in these communities in environmental advocacy.

"Intersectional environmentalism is one of the best ways we can ensure that our environmental practices are sustainable and



effective" she said. "Incorporating values such as equity, diversity, and inclusion can give you a strong start to becoming a more socially conscious organization or environmentalist, but the follow through is the most important part."

This summer, LaKyla helped facilitate youth education programs and field excursions for Youth Transformed for Life and YMCA Horizons. She assisted in leading a special program in outdoor recreation, spent time writing about how salamander plots create habitat areas at the SAHC Community Farm, interviewed conservation leaders, and more. To read some of LaKyla's stories and find out more, visit SAHC's website.

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

# LOCAL CRITTERS LEE PANTAS

### FUN FACTS

 Elk were eliminated by 1810 in the Southern Appalachian Mountains of North Carolina, Tennessee, and Kentucky by over hunting and loss of habitat. In 1997, however, they were successfully reintroduced into Kentucky, and later in 2001 into North Carolina and Tennessee in the Cataloochee Valley. These areas now have thriving herds.

Leejames Pantas

- They live in herds that are defended and dominated by one bull.
- Only male elk have antlers, which are shed each winter. Antlers may reach four feet in length and in summer can grow more than an inch a day.
- Elk can outrun horses, with top speeds of 45 miles per hour.
- Bulls have a distinctive vocalization known as "bugling," which can be heard for miles. These calls are used mainly during mating season, and females are attracted to the males that bugle most often and loudest.
- They have an amazing vertical leap of 8 feet and easily jump over fences.

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).



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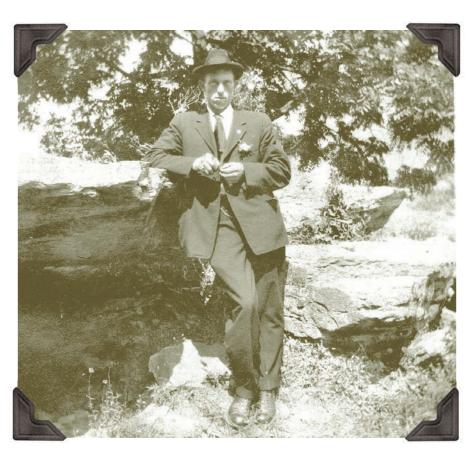
# A Bit of Fairview History and Komance

#### by Elaine Friebele

**N FAIRVIEW**, the land sloping down from Dyeleaf Mountain to the rich bottomland bordering Garren Creek near the Pleasant Grove Baptist Church is imprinted on my memory and my heart.

In 1891, my maternal grandmother, Levia Maybelle McBrayer, was born there in a log cabin. Like many Scots-Irish, her father, John Fletcher ("Fletch") McBrayer, loved land and through the years bought several sizeable parcels in the Fairview area. Mammy, as I called my grandmother, told me she milked eight cows every morning when she was 8 years old. She and her sister, Octavia, helped her mother make soap and candles, launder clothes and bedclothes in big tubs over an open fire, and spread the wash over bushes beside the house to dry. Their hands were never idle, knitting socks as they sat on the porch in the evening air. On Sundays, they prepared big dinners of fried chicken, ham, biscuits, potato salad, corn, greens, cornbread and cake for the many folks that Fletch invited to come by after church.

I remember visiting the farm in Fairview as a child. The front of the



clapboard farmhouse (located across the creek from the log cabin where she was born) faced the old road, while the back of the house looked out on what is now Garren Creek Road. Just off the back porch was the well, with a crank to raise buckets of cool water. A springhouse kept milk, butter and other perishable food cool; meat was preserved in the



**16** | **THE FAIRVIEW TOWN CRIER** September 2021

smokehouse. Just across a stream was the corn crib, and a bit farther stood the tin-roofed barn with a hayloft.

Fletch was the grandson of Samuel McBrayer Jr., (1771–1846) who in 1792 applied for a state land grant in Buncombe County. In 1794, Samuel was granted 300 acres on the North Fork of Cane Creek. Delaying construction of any kind of shelter, he lived under an overhanging rock on the side of the mountain for over a year, which gained him the nickname of "Samuel Rooter." A few years later, he persuaded his father, Samuel McBrayer Sr., to move to Buncombe County, and he entered a claim for a 100-acre parcel of land lying on the east side of the French Broad River that included a schoolhouse. This was the earliest mention of a schoolhouse in Fairview. (See Bruce Whitaker's column, "Samuel McBrayer, Jr.," in the Town Crier archives.)

Levia attended school at Fairview Collegiate Academy. One of her classmates was Ewald Carl Kirstein, a 12-year-old boy whose German immigrant parents spoke little English at home. Since his family lived in Flat Creek, he boarded away from home. "Tuition and board cost some money more than we had at that time—so I stayed with Joe Ashworth," said Ewald. "I worked there after school and Eight years after Ewald Kirstein (left) was in school with Levia McBrayer, he sent her a romantic postcard, and they were married five years later.

sometimes on Saturday for my room and board. I fed the cattle and horses out in the fields, milked six cows twice a day, dug potatoes and churned butter for them. I cut wood for the stove and fireplace. I had a fireplace in my room. When all work outside was done, I built a fire in my room and got my homework done. When it wasn't too bad and the work was up, they let me go home sometimes Friday after school."

Ewald left school after eighth grade, around 1903, to work at his father's sawmill. In 1906, at the age of 17, he found work in Asheville as a machinist's helper with the Southern Railroad. In 1911—eight years after they'd been in school together—he sent Levia a postcard picturing a romantic couple with the words "Guess Who?" printed beneath.

March 23, 1911

Hello Miss Levie

How are you? Guess you will be surprised to get this card from an old friend of yours. I was on Flat Creek Sunday the 19th and was told about you by a friend of mine.

I remain your old schoolmate,

Ewald Kirstein 432 Depot St., Asheville After a five-year courtship during which Ewald was often on the road as a fireman, they were married in 1916, at the family home in Fairview, by Rev. N.B. Phillips, "Minister of the Gospel." They made their home in Asheville on Ora Street, near the Asheville Depot, which was Ewald's point of departure as an engineer guiding trains throughout WNC.

When Fletch McBrayer died in 1947, each of his four children (Charles, Octavia, Levia and John) inherited land in Fairview. My grandmother's birthplace parcel, the valley cradling Garren Creek between two mountaintops, continued to be farmed by tenants living in the farmhouse and by Morgan Nesbit, who leased the bottomland to grow food for his dairy cattle. My grandparents visited the farm often and maintained a vegetable garden there. After my grandmother died in 1961, my brother and I rode with my grandad in his truck to go check on the crops.

My brother and I and our families are still stewards of this land. We have preserved a major portion of it in a



conservation easement with Conserving Carolina. It was my grandmother's wish that the land never be sold or developed because she loved it. Even though I live in Maryland, I come back as often as I can to visit the place that always feels like home.

You can read more about the lives of Ewald and Levia in Train Man, a

Memoir of Ewald Carl Kirstein, by Elaine Friebele, available at the Fairview Library or from the Buncombe County Genealogy Society.

Bottom left, opposite page: the tin-roofed barn with a hayloft on the McBrayer property. Above: the McBrayer clapboard farmhouse. Right: Levia McBrayer.





# What Matters Most? Kids in Schools

e're b-a-a-ack! Readers who don't have kids or grandkids in schools have probably noticed school buses on the roads. Pencils are sharpened, the marching band is warming up, and most teachers have already learned their students' names. The first day of school was August 23.

Unlike last year, everybody got to come back at once. No plan A, B or C with hybrid or remote learning. We have kids in classrooms! I, for one, am thrilled about that. And if you want to learn more about why we believe that bringing all kids back is safe, check out Duke University's in-depth research about COVID in schools at the ABC Science Collaborative (abcsciencecollaborative. org). Their research shows that "In districts that adhere to masking, clusters are infrequent."

Unfortunately, masks themselves have somehow become controversial since last school year. At our Buncombe County School Board meetings in May and June, groups of protesters tried to rush the building, interrupting our regularly scheduled public comment sessions at the beginning of the meetings. Following the May meeting, School Board members received affidavits (not lawsuits) from these protestors, accusing the Board of treason and demanding that we resign our seats within three days. Meanwhile, far

more people (parents, students and teachers) have filled our email inboxes with pleas for the protection of masks in schools.

At a special called meeting on

August 5, the board voted to require masks indoors at all schools, with an exception for those who could prove that they have been vaccinated. During the action agenda of the regular monthly meeting that evening, protestors came loudly to the front of the boardroom, the chair called a recess, and the protestors claimed to elect seven new board members to take our seats.





Students and teachers at Fairview Elementary's Kindergarten Camp.

Because COVID rates were continuing to spike, we held another special called board meeting on August 13, where we heard a report from the medical director of Buncombe County Health and Human

Services. Following her report on the Delta variant and the current spike in cases, the board voted unanimously to strengthen the mask requirement by removing the

exception for those who have been vaccinated. With this decision, we are now fully following the recommendations of the NC and Buncombe County Departments of Health and Human Services.

Do I love wearing a mask? Actually, I don't. But I'll do it, and I voted to support universal mask-wearing in schools simply because I want *all* children in school and





learning. Last year was miserable for everyone: parents, teachers and students alike. To maximize learning as well as mental health, kids need to be in classrooms. It levels the playing field between those who have more and those who have less. And I believe the way to keep kids in schools is to minimize outbreaks and quarantines by requiring masks. At this point, most of our students aren't even eligible for the vaccine. It's up to us to keep them safe and learning.

I'm hopeful that in this coming school year, we'll be able to make masks optional, as more people get vaccinated and children become eligible for the vaccine. I believe that the current, menacing COVID spike is eventually going to level off and recede. The Board of Education has also agreed upon COVID metrics that will trigger a discussion to ease the mask mandate when that time comes. I look forward to



seeing everyone's smiles once again.

In the meantime, you can help. I believe you should help our children understand why it's important to wear masks so that schools can continue in person. If you are not vaccinated, please consider doing so. If you got the vaccine and know others who haven't, please have the conversation with them. And when we have approval for younger kids to get vaccinated, please help them get this protection as soon as possible.

As I've said before, when COVID divides us, it wins. Let's work together to keep our kids healthy and in school. Go team!



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



...I voted to support universal

because I want all children in

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mask-wearing in schools simply

**18** | **THE FAIRVIEW TOWN CRIER** September 2021

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## **Fundamental Funding**

#### by Kenya Hoffart

Families of Fairview Elementary students have been asked to complete this year's free and reduced lunch application to help ensure Title 1 funding for next year. Title 1 is a federally funded program

that is committed to closing the achievement gap between low-income students and other students. Title 1 provides funding to schools who have at least 40 percent of students who qualify for free or reduced lunch. This funding is very valuable to Fairview Elementary (FES).

FES has used Title 1 funds to purchase such things as literacy materials for reading, writing, and phonics instruction; text sets for small group and whole class reading; and subscriptions to kid-friendly news sources. Title 1 funds have also been used to support planning days for teachers to improve classroom instruction, parent engagement events, and staff for small group reading instruction. This funding benefits every student, so it is very important that all families complete this year's lunch application.

A new application must be submitted each year, and even if families know they will not qualify, it is still beneficial for the form to be completed. Applications can be submitted



online at LunchApplication. com. No tax documents or any other paperwork is necessary to complete the application, and it only takes a few minutes. Applications are completely confidential and will not be shared with anyone, not even school staff. If a family is approved for free or reduced lunch, there is no

obligation to participate in the program. It was recently announced that all

students will receive free breakfast and lunch this school year, which is great news for many families. It is important to complete this year's free and reduced lunch application because next year's decisions are based on this year's numbers. Please help your local schools by completing this application. Families may complete one application per household, regardless of the number of students they have or which schools they attend. All indicated schools will benefit from completed applications.

The staff and students at Fairview Elementary appreciate the continued support of FES families. Any questions can be directed to the front office staff at 628-2732.

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

### Reynolds High School PTSO Announces 2021-2022 Officers

The Parent-Teacher Support Organization of A.C. Reynolds High School has named its 2021-2022 officers. The organization supports students and faculty through educational mini-grants, faculty appreciation events, a scholarship to A-B Tech, hosting the senior honors night reception, running the PTSO Facebook page, and much more. Families may join the group for as little as \$10 annually.

Officers and board members for the new school year are as follows:

President: Paige Henretta Vice President and Rocket Launch Chair: Shawna McCaden Treasurer and Social Media Assistant: Daisy Paltrow Secretary: Clair Shippey Hospitality Chair: Marsha van Rijssen Membership Chair: Amber Black Social Media Chair: Wendy Nevarez Fundraising Chair: open Mini-Grants Chair: Karen Wallace-Meigs Charles Furlow, Faculty Representative

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The PTSO fulfills critical needs each year, and all departments are touched by its financial and volunteer support. Reynolds HS principal Doris Sellers said, "I am grateful to our PTSO for the continued support given to our students, faculty and staff. Even through COVID, this dedicated group of parents works tirelessly to be sure that ACRHS has the parental support that contributes to our school's success. We have several new members joining our board this year. The first meeting of the board (via Zoom) demonstrated great enthusiasm for the start of school and our students returning to the classroom. I anticipate a great year ahead with the leadership and spirit of encouragement shown from these parents."

Paige Henretta, the group's new president, said, "Our PTSO board is looking forward to a great year at ACRHS. We welcome all parents to join our organization to further our main goal of providing support for teachers and students in the classroom." You can find a direct link to the application form at fairviewtowncrier.com/links.



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## What to Do with Your Pets in an Emergency

mergencies come in many forms these days: illness, car accidents, fire, floods and violent storms. If there is an emergency, do you know what to do to protect your pet? Leaving pets out of emergency plans can put your pets, yourself and first responders in danger. Even if you try to create a safe place for them, pets left behind are likely to be injured, lost or worse.

### Some tips to help you make a plan for your pets

- Make sure your pets wear collars with up-to-date contact information.
- Microchip your pet. This is one of the best ways to ensure that you and your pet can be reunited if you are separated. Be sure to register the microchip with the manufacturer and keep your contact information up to date with the microchip company.
- Always keep a leash and/or a carrier handy in case you need to leave quickly.
- Keep your pet's vaccinations up to date and have a copy of medical records, in case you must leave them at a boarding facility.
- Create an emergency kit for your pet.Buy carriers for each of your pets and
- Buy carriers for each of your pets and write your contact information on each.
- Purchase containers to pack enough food and water for two weeks.

#### Other items to have on hand

- Litterbox and litter for cats
- Waste pickup bags for dogs
- Two weeks' worth of your pet's medications

- Copies of medical records
- Microchip numbers
- Contact information for you and a close friend or relative

#### Prepare for everyday emergencies

There may be times you can't make it home to take care of your pets. Icy roads may force you to stay at work, an accident may send you to the hospital, etc. Make sure your pets get the care they need by making arrangements now.

Speak to a trusted neighbor, friend or family member and ask them if they would be willing to care for your pets in the event of an emergency. Make sure they're comfortable and familiar with your pets and your pets are comfortable with them.

Be sure your backup caretaker knows your pet's feeding schedule, where you store the food and how to administer any necessary medications.

If you use a pet-sitting service, ask in advance if they would be able to help in case of an emergency. If you're forced to leave your home because you've lost electricity, take your pets with you to a friend or family member's house or pet-friendly hotel. If it's summer, even just an hour or two in the sweltering heat can be dangerous for all of you. If you stay home during a summer power outage, check to see if your area has pet-friendly cooling centers. If it's winter, don't be fooled by your pets' fur coats; it isn't safe to leave them in an unheated house.

#### In the event of an evacuation

If it isn't safe for you, it isn't safe for your pet. If you leave your pet behind, they can be lost, injured or killed. And never leave your pet chained outdoors.

Evacuate early. Don't wait for a mandatory evacuation order. If you wait to be evacuated by emergency officials, you may be forced to leave your pets behind. Evacuating before conditions become severe will keep everyone safer and make the process less stressful. Remember to take your pet's emergency kit with you.

#### Sheltering in place

If you must wait out a storm or other disaster at home, locate a safe area of your home where you can all stay together. Close off or block unsafe nooks and

crannies where frightened pets may hide. Bring your pets indoors as soon as local

authorities say danger is near. Keep dogs on leashes and cats in carriers, and make sure they are wearing identification.

If you have a room you can designate as a "safe room," put your emergency supplies in that room in advance, including your pet's crate and emergency kit.

Follow local news outlets online or listen to the radio periodically, and don't come out until you know it's safe.

#### After an emergency

Your neighborhood and home may be very different after the emergency is over, and it may be hard for your pets to adjust. Keep pets on a leash or in a carrier. Familiar landmarks and smells might be gone, so your pet may become disoriented. Pets can easily get lost in such situations. There could also be debris, such as nails and broken glass, that could cause injuries.

When you return to your home, keep dogs on leashes and cats in carriers inside the house. Assess the damage to your home before releasing your pets.

Be patient with your pets after a disaster. Try to get them back into their normal routines as soon as possible. Be ready for behavioral problems caused by the stress of the situation. If these problems persist, or if your pet seems to be having any health problems, talk to your veterinarian.

#### Plan for all pets

Disaster plans aren't only essential for the safety of cats and dogs. If you're responsible for other kinds of animals, such as feral or outdoor cats, horses or other farm animals, a disaster plan can be a lifesaver for them as well.

The local humane organization, agricultural extension or emergency management agency may be able to provide additional information about farm disaster response plans.



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





^ **Ellie Mae** is sweet as pie! She is about 9 months old/40 pounds. Likely a lab/sharpei mix, she loves to play and give kisses. Good with other dogs but not livestock or small animals. Spayed and up to date on all shots! *Charlie's Angels* 



^ **Natasia** is an older, sassy, independent tabby with bright green eyes and pretty markings. She enjoys toys and watching the world around her. This domestic short hair mix is looking for a loving family to call her own. *Humane Society* 





^ **Marley** Sweet, senior Marley has great house manners and is crate trained & house trained. She knows sit, down and high-five. Favorite games are tug and fetch but she's good at self-play, too. She's great on car rides and enjoys long walks and short hikes. *Humane Society* 

< 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 thinks something is going on. Animal Haven

#### FIND YOUR FUR-EVER FRIEND!

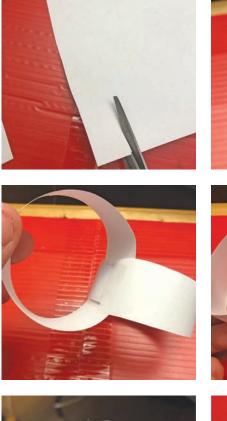
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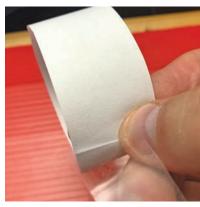
### MAGIC WITH GREG

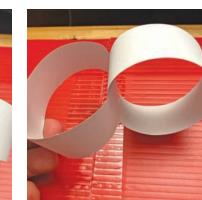
# TURN TWO RINGS

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### Preparation

Cut several strips of paper about an inch wide. Take two of the pieces and tape them into two intersecting loops. Be sure to secure them front and back, holding both loops tightly at the joint where they meet.

### Performance

The magician shows the two loops that are secured together. He or she then takes a pair of scissors and cuts the loops down the center. (See dots on loops.) When the loops are opened, they form a square.

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



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

Lee Pantas created a seven-acre, pay-as-you-wish retreat center for the community.





### Blaine Greenfield

started a radio/Facebook Live show to promote local theater and nonprofits.

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### Jenny Bunn

pivoted to mothering and marketing from home during the pandemic.

## Tom Milroy

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



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IN MEMORIAM

## **Shirley Pittillo**



Shirley Louise (Stepp) Pittillo, 74, of Fletcher, died Tuesday, August 10, 2021 in her residence with her family by her side.

Born in Haywood County, she was the wife of Danny Pittillo of Fletcher, and the daughter of the late Burgin and Blanche (Waldrop) Stepp. She was also preceded in death by one brother and three sisters.

She enjoyed being a homemaker and loved her family deeply. She will be missed by those whose lives she touched.

In addition to her husband of more than 50

years, she is survived by a son, Everett Pittillo of Black Mountain; a daughter, Becky Maxwell (John) of Asheville; six grandchildren: Sydney Louise Pittillo, Annabella Rose Pittillo, Daniel Joseph Pittillo, Dana Maxwell Paez, Leslie Maxwell and Aaron Maxwell; four great-grandchildren: Thomas, Eleanor, Rileigh, and Lilly; one brother, Gary Burgin Stepp; one sister, Cathey Mortier; and a special daughter-in-law, Michelle Nelson.

To place a condolence online, please visit grocefuneralhome.com.

### Fairview Artist Wins Grand Prize

In the July issue, we reported on a local beadwork artist, Sara Hall, who became a finalist in the Museum of Beadwork's "MOB Challenge" competition in Portland, Maine. We are pleased to report that, of the 47 finalists, Hall's beaded sculpture, titled "Petulara," won the grand prize. "I'm still in shock," said Hall. "When we delivered the sculpture

to the museum, I was able to view some of the other entries and



Congratulations Sara! You made Fairview proud!

With the success of the 2021 competition, the museum is looking to host the event annually and Hall cannot

they were amazing; I still can't believe that I won!"

wait to find out the theme for next year.



### New Agent at Cool Mountain

Cool Mountain Realty and Construction has added a new realtor. Andy Gilbert and his wife moved to the Asheville area in July 2021. Prior to the move, he researched and traveled throughout the area to become acquainted with what would be his new home. He used his real estate experience to purchase land for a new home in Fairview while selling his Rockville, Maryland, home for above listing price.



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# A Letter from the Former Fairview Postmaster

Born and raised in New York, I was blessed to have siblings. I spent my career in the US Postal Service, both in New York and later North Carolina, where I encountered people of all creeds and colors that served as a reminder of the importance of relationships and the grace of God. My life experiences have been bountiful, and I would not change a thing.

In my 30s, I was diagnosed with diabetes, which was a contributing factor to me losing both of my kidneys.

I am now at a critical stage where I need to have a kidney transplant. I am currently going through evaluation at Atrium Health Transplant Center in Charlotte, NC, but the wait time is typically between three to five years for a deceased donation. The most ideal situation would be to receive a living transplant, which would help me to avoid the complications of dialysis and increase the chance of a new kidney lasting longer.

I hardly ever imagined having to reach out to my friends and family to ask for help. I fully realize I am not asking to borrow money or a car, but a kidney. I am so grateful for all those who have already reached out to my family and me with words of support and kindness.

Just a few facts: My blood type is A, and therefore I am able to receive a kidney from blood type A and O. If you do not have this blood type, you can participate in the paired exchange program, where a person not compatible with me can swap with another pair who is. The donor evaluation, surgery, and follow-up care is all covered by my insurance, and donors could live anywhere, including US territories. The recovery after surgery is typically two to six weeks at home. If you have any immediate questions, you can contact me at any time. You may also contact Yvonne in the Living Donor Office at Atrium Health (704-355-3602 or Yvonne.Ellerbe@ AtriumHealth.org) with questions or to receive a donor packet.

I am at the point where I am willing to try anything to have the chance at spending more years with my family. If you would like to hear more about me and how I find myself in this stage of my life, please reach out to me (Noodles1954@ bellsouth.net or 765-2954). Even if you are unable to donate, I would welcome the chance to talk and share my story.

Thank you and God bless. — Paul Moreno

### DR. ASHLEY LUCAS Say Goodbye to Sugar Wrinkles

While we all know that sugar plays a significant role in weight gain and many diseases that significantly impact our health, such as weight gain and/or Type 2 diabetes, the influence it has on

our skin and aging processes isn't as well known. Sugar doesn't do the body good, no matter how you shake it. Here's the science behind how sugar makes us age faster and appear older than we really are.

Sugar molecules, in the form of glucose and fructose, link themselves to proteins in the collagen and elastin that support the dermis (our skin), producing advanced glycation end (AGE) products. Increased accumulation of AGEs in human tissue has been associated with end-stage renal disease, chronic obstructive pulmonary disease and, recently, skin aging. This crosslinking of the collagen with a sugar molecule causes the skin to become stiff and inflexible instead of soft and supple. When we eat high-glycemic, high-sugar carbohydrates it causes an immediate glycation of the protein in our tissues. This glycation process also discolors and toughens food in storage—think tanning leather or beef jerky.

The skin we can see is obviously not the only skin we have to worry about. These "sugar bonds" can occur throughout the body. The sugar molecule can attach itself to our arteries, veins, bones, and even our brains. This increases cellular inflammation, resulting in the breakdown of organ systems and deterioration of the body.

So, what to eat to age regress a decade in how you look and feel?

- Eggs instead of cereal
- Unsweetened almond milk (or even whole milk) instead of skim milk
- Full fat heavy cream or half & half instead of flavored creamers
- Fish or animal protein with veggies instead of pasta
- Strawberries and blueberries instead of tropical fruits like grapes and mango
- Cold-pressed extra virgin olive oil or avocado oil instead of canola and vegetable oil

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.

## **Prepare for Health Care Costs in Retirement**

t's unfortunate but true: As we age, we encounter more health-related issues-and they carry a price tag that can get pretty high in retirement. Will you be ready for these costs?

Perhaps your first step in preparing yourself is knowing what you may be facing. Consider this: 80% of Americans 65 and older have a chronic condition and 42% live with a disability, according to the National Coalition on Aging and the Centers for Disease Control and Prevention, as reported in a recent Edward Jones/Age Wave survey titled Four Pillars of the New Retirement: What a Difference a Year Makes. The study also found that retirees' greatest financial worry is the cost of health care and longterm care—concerns that have increased during the COVID-19 pandemic.

And health care is likely going to be one of the largest expenses in retirement—the average couple might spend \$10,000 to \$12,000 per year on health care costs. Nonetheless, you can boost your confidence about meeting these costs by making the right moves.

#### Here are a few suggestions:

• Take advantage of your health savings account. If you're still working, consider contributing to a health savings account (HSA) if it's offered by your employer.

This account allows you to save pretax dollars (and possibly earn employee matching contributions), which can potentially grow, and be withdrawn, taxfree to help you pay for qualified medical expenses in retirement.

• Incorporate health care expenses into your overall financial strategy. As you estimate your expenses in retirement, designate a certain percentage for health care, with the exact amount depending on your age, health status, income and other factors. You'll certainly want to include these costs as a significant part of your planned retirement budget.

• Learn what to expect from Medicare. You can enroll in Medicare three months before you turn 65. Before you sign up, you'll find it helpful to do some research on what Medicare covers, or perhaps even attend a seminar or webinar. On the most basic level, you'll need to choose either the original Medicare program, possibly supplemented with a Medigap policy, or Medicare Advantage, also known as Medicare Part C. Given all the variables involved-deductibles, copayments, coinsurance, areas of coverage and availability of your personal doctors—you'll want to choose your plan carefully.

• Protect yourself from long-term care costs. No matter which Medicare plan you choose, it won't cover much, if any,

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of the costs of long-term care, such as an extended stay in a nursing home. You may want to consult with a financial advisor, who can suggest options to protect you and your family from long-term care costs, which can be considerable.

And of course, do whatever you can to stay healthy, before and during your retirement. It's been shown that exercise and a balanced diet can help you feel better, maintain your weight and even reduce the likelihood of developing some serious illnesses.

By making the right financial moves and taking care of yourself, you can go a long way toward managing your health care costs in retirement-and enjoying many happy and rewarding years.



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.

### July 2021 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$	
Homes Listed	15	1,100,000	39,000	569,500	
Homes Sold	19	1,467,500	247,500	857,500	
Land Listed	6	150,000	39,000	94,500	
Land Sold	6	229,000	30,000	129,500	

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). When selecting a real estate company, remember to shop local. Cool Mountain Realty has been in Fairview for 13 years and our agents have been selling in our area for 33 years. Keep and multiply the dollars in your local community's economy.



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## In Praise of 911 Call Center Reps and First Responders

n any given day, our first responders and telecommunicators can face a variety of expected and unforeseen circumstances. On August 17, Buncombe County and the region at large experienced record rainfall as Tropical Storm Fred made its way through the mountains. Along with the precipitation came flooding, mudslides and other dangerous situations our highly skilled emergency responders calmly and deftly responded to. To further complicate this historic flooding, the surging COVID-19 Delta variant is increasing the number of respiratory-based calls for help. During a 24-hour period, our award-winning 911 Call Center handled 2,400 calls concerning flooding from Fred in tandem with a resurgent pandemic. On average, the call center manages about 1,000 calls per day.

Those on the ground battled blinding rain when responding to countless requests to help residents, businesses, motorists and others affected by the devastating downpour and swelling COVID cases. Meanwhile, Buncombe County's swift water rescue and local fire departments responded to more than 80 water rescues in Buncombe and Haywood counties. One of those rescues occurred on Smokey Park Highway. I recently met the business owner, and he recounted the horror of watching as the water rose so

quickly that he and his staff couldn't exit the front door. They reacted immediately and ran to the back door before the water reached the door, grabbed a ladder and pushed their way out. They each managed to climb the ladder to the roof to await the swift water rescue team. Because of the heroic work of our first responders, Alexis and his team and many others escaped dangerous conditions.

From calmly and efficiently routing services to those in need to being the helping hand that rescued people

and pets, the actions, dedication and calm presence of our first responders undoubtedly mitigated further disaster. I am grateful for their service and dedication during times of uncertainty and danger and their continued and reassuring presence during the past 18 months of this global pandemic. It was truly a collaborative and multi-agency response to help reduce the damage and harm from a catastrophic natural disaster.

If there's one thing that this historic flooding combined with a pandemic has taught us, it's to be ready. In times



of crisis and also in times of preparation and recovery, Buncombe County sends phone calls, emails and text messages to make sure you and your family are ready and have the support you need. Sign up for BC Alerts and you'll get emergency information sent directly to you in real time. Sign up by texting "bcalert" to 99411 or visit buncombecounty.org/codered to sign up for the new system. These alerts are also how we'll communicate about COVID-19 booster shots when it's time.

And speaking of COVID-19 vaccines, with the FDA's full authorization of

Commissioner Edwards talking with a business owner affected by last month's flooding.

Pfizer, there's no reason not to get the shot and slow the spread. Let's show our appreciation for first responders by helping to relieve the stress of this pandemic on their day-to-day jobs. Go to buncombeready.org to learn more about the vaccine.

I also hope that all of our educators and kids have had the best start to the new school year. While things are not quite back to normal, it is awesome to see

those Friday night lights back on and to see buses back on the roads. Stay safe in those school zones.

As always, Fairview, it is a pleasure to serve as your County Commissioner.



Amanda Edwards is one of the District 2 representatives, along with Jasmine Beach-Ferrara, on the Buncombe County Board of Commissioners. Reach her at amanda edwards@

buncombecounty.org or 484-6385.



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# A Bush What, You Say?

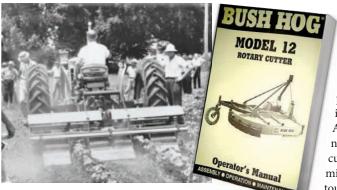
I came "home" to Fairview 20 years ago, and, really, I don't even think of myself as a Yankee any more. But I got to thinking recently about a few of the words that I heard in my early days that left me completely dumbfounded. I thought I may as well make fun of myself and perchance give one of you a chuckle.

So when I first heard the phrase "bush hogging," I couldn't imagine what that might be. I do love Fairview for its many small farms and immediately thought of a hog that might ferret around in the shrubs, but the context wasn't right. And I hadn't heard of a "bush hog," just "bush hogging." So, do farmers hunt hogs in the bushes? Couldn't be it. Even Fairview is a bit too urban to allow that, and we've got mostly private land here so it didn't make sense.

I never did ask anvone what it meant back then because I surely didn't want to be known as a Yankee! (Did I really think no one would notice?)

One of my favorite memories was meeting a soon-to-be new neighbor, Mrs. Elfreta Frady. She said a polite hello and then asked, "Where're you from?" Hmmm. I had to start off on the right foot and that meant to be truthful. Using the friendly vernacular I had heard in movies set in the South, I drawled:

"Well, you see, Mrs. Frady, it goes from bad to worse. I was born and raised in



New York City and then some years later I moved to Los Angeles. But I'm pleased as punch to be here in Fairview now, and can't see a thing I'd like to change."

We became friends, of course, and I miss her and her husband, Worth, every time I walk past their house.

So, in the helpful way of the local Fairview folks I've come to know. I'm offering a basic primer to any newly transplanted Yankees who might be reading our "little community paper." This month's lesson is about bush hogging. Now, listen up.

Back in 1951, the company that invented the first rotary cutter designed to clear overgrown pasture and crop leftovers, figured the best way to sell their new machine was to demonstrate it. They gathered a group of farmers who were

used to plows and horse-drawn devices in Selma, Alabama, and made their presentation. The pitch man wanted to impress, and he did. After watching this new tractor-pulled cutter making mincemeat of all the tough brush and crop waste left in the field

after harvest, one old-timer whistled and exclaimed, "Well, that thing eats bushes like a hog!" And the rest, as they say, is history: the Bush Hog was born.

The brand name came to describe this type of mower much like we use the term Xerox to mean making a photocopy or Googling to mean an Internet search.

Doing the research for this article led me to all kinds of fascinating facts about the history and success of the Bush Hog.

Bush Hog products are said to be builtto-last and field-tested. This was literally field-tested. In the early years, Bush Hog's R&D "department" was one employee who would take the equipment to his family farm and do his best to "tear it up" in an effort to find weak spots that needed improvement or reinforcement. He'd

bring the equipment back to the shop, the engineers would fix it up, and he'd take it back to the farm and try to bust it up again. Once the Bush Hog passed all field tests, it was ready for mass production. It's that heritage that has allowed the Bush Hog company to say their product has "reliability and performance customers can count on." In fact, many Bush Hog products in use today are more than 30 years old. And if you check out the company's website, you will learn that "Bush Hog products mow more than 30,000,000 acres per year!" That's a heck of an endorsement.

So there you have it, fellow Yankees. You can now share the history of bush hogging with newbies who have landed in our land of bliss...and brush...and no one will suspect you're not from here!

If you'd like to read more history on the bush hog, visit bushhog.com.

If you're in need of a field to be bush hogged, you might call Keith at K&M Grading & Landscaping. He gave me some background on bush hogging, so he knows his stuff. And he was willing to talk to a Yankee! Reach him at 712-7136 or email him at florence698@gmail.com.

Background and images courtesy of bushhog.com. Check it out.

Sandie Rhodes is the publisher of the Fairview Town Crier.





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### **FBA Summer Picnic**





FBA members celebrated at their annual summer picnic. The event was held at Cloud 9 Farm (137 Bob Barnwell Road, Fletcher) and catered by Smokey & The Pig, both long-time FBA members.

Note: Because the Fairview Business Association is regularly featured in the paper, some readers think that there is a connection between the FBA and the Crier. The FBA pays to publish updates and the member listing at right (and we thank them for their support!). The FBA and the Crier are not affiliated.



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Cane Creek Concrete         230-3022         Graze Farms         222-4667           Padwates Plumbing         222-4667         Trut Lijv         68-0350           REWERIES/DISTILLERIES         Apox Brain Center         68-0350           Outiwated Cocklais         338-9479         Apox Brain Center         68-0350           Uniqua Brewery         338-9479         Apox Brain Center         68-0350           Uniqua Brewery         338-9479         Carolina Mobile Optician         773-2891           BUSINESS SERVICES         Carolina Mobile Optician         773-2891         Fairview Chicopractic Center         628-7000           Pising Workplace         214-7827         Carolina Mobile Optician         779-2891         Southeastern Physical Therapy         338-0707           Morkplace         214-7827         Moreat Gane Physical Therapy         338-0707         Unified Therapies         414-2368           Morkplace         214-7827         Moreat Gane Physical Therapy         338-0707         Moreat Gane Physical Therapy         338-0707           Busines Painter Rentals & Hauling         776-5517         MORCAUGA Center         777-1493         NewSPAPER           Pool Retreat Conter         628-2345         Frontier         778-1656         Signs for Hope         691-236           Grade								
Expressions Cabinetry         278-7999         Trout Lily         628-0402           Headwaters Plumbing         628-1369         MEDICAL SERVICES         Apex Brain Center         681-0350           BREWERIES/DISTILLERIES         338-977         Trout Lily         Galance         Apex Brain Center         681-0350           Cultivated Cocktalis         338-977         Trout Lily         Carolina Mobile Optican         779-2891           BUSINESS SERVICES         Trover Pamily Health         505-2664         Work Health         505-2664           Dream Roper         338-9070         Trover Pamily Health         505-5602           Cleaning SERVICES         Statem Master Carpet & Upholstery         628-4949         Southeastem Physical Therapy         338-070           Computer Services         Computer Services         MORTGAGES         Southeastem Physical Therapy         338-070           Computer Services         Computer Services         MORTGAGES         Southeastem Physical Therapy         338-070           Computer Services         Computer Services         Southeastem Physical Therapy         338-070           Computer Services         Computer Services         Southeastem Physical Therapy         338-070           Dumpster Rental & Hauling         776-5517         Envivivivivivivivity         628-2020								
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For more information, visit www.FairviewBusiness.com

# **Homegrown Tomatoes: A Love Story**

y curmudgeonly but beloved father, owner of Malvern Hills Drug Store for almost 30 years, used to say this time of year: "Watch out-it's zucchini and tomato season in West Asheville. Everybody roll up your windows and lock your doors or somebody is going to leave them in your car!"

As a child of the '70's and early years of MTV, I ate a lot of casseroles and canned or frozen vegetables. Of course, mama made a tuna casserole, but she upped the game with her corned beef hash casserole, whose ingredients included two cans of corned beef hash, some yellow mustard, crushed potato chips, and melted American cheese (recipe available upon request. Don't inundate me with requests, please).

#### **Fresh and Sustainable**

It wasn't until I started working in the food and beverage industry in my late teens that I gained an interest in fresh and, later, sustainably grown food. I got to see salmon and asparagus outside of a can for the first time. I gained a taste and smell sensation and learned that the presentation of a dish can make a difference in how the food tastes to the consumer.

A chef that I worked with taught me the concept of "vine-ripe" tomatoes, which sounded so exotic to me, after I told him that I detested tomatoes. He looked



The photo is of the author's unkempt garden and volunteer cherry tomato plant that she neglected but has somehow been her most productive plant.

at me as if I had said that I didn't like butterflies or puppies, but took on the challenge by making me what may or may not have been my first tomato sandwich. Since it was such a spiritual experience, I remember every aspect of eating that sandwich-the soft bread, the mixture of juice and seeds, the mayonnaise (Duke's,

of course), the salt, the pepper. That sandwich led me to what I hope will be a lifetime love of tomatoes. which I learned are not only red. but yellow, purple (I'm

talking to you, Cherokee Purple), striped and polka-dotted.

 $( \bullet )$ 

In one of Guy Clark's song, he sang, "Only two things that money can't buy / And that's true love and homegrown tomatoes." Most of us, as lovers of the land, can agree, I believe.

As I write this, it is the height of tomato season, but by the time this is published, we will be picking green tomatoes for frying, drying seeds for next spring, and—for those who are more industrious than me—canning them to enjoy the whole year. I have learned that even the least attractive vegetable can be used in some other capacity, such as zucchini bread, marinara sauce or cucumber soup.

Thank you for letting this West Asheville girl be a part of your wonderful community. I didn't venture to this corner of the county much when I was younger, but was always impressed with how beautiful and vast it is, and now I know how

warm and supportive its community members are. Recently, as I reminisced on mv initiation into sustainable, fresh food, I was thinking

about how people like me, those who are drawn to the land and community, enjoy sharing space (safely), gardening tricks, life tips and food, including recipes. In pursuit of that connection, this past June I joined the board at Root Cause Farm, where we are always thinking about the need to rekindle community through food. Currently, Root Cause Farm is exploring how to get back to previous customs and how to incorporate new customs to be together at the farm. In the meantime, come out and see us as much as you feel comfortable. I want to hear about your first homegrown tomato when you come to volunteer. Or feel free to drop off your zucchini and tomatoes. We welcome you and your extra vegetables.

Michele Sisk Gregory is a West Asheville native and new board member at Root Cause Farm, which is located at 26 Joe Jenkins Road, Fairview. rootcausefarm.org.





# **Passion Fruit Vine**

he natural world is filled with a wide array of unusual delights and wonders, and one of the most amazing plants and fruits I have ever seen is the "passion flower." Passion flowers are like a world unto themselves, as their flowers look like something I would imagine growing on some far-off exotic planet in a distant galaxy. But, we are fortunate that they grow right here on earth. The first time I saw one of the flowers, it took my breath away with its beauty. I thought I was looking into the world of the famous illustrator, MC Escher, only this was in full color and real life, growing on a friend's fence post in the Shenandoah valley of Virginia. At the time, I had no idea this wild flowering vine also produced abundant fruits that are unique and delicious-that was an additional and wonderful surprise.

Passion flowers have many species, but those most commonly used in the culinary world are the purple and yellow varieties. Nine separate species of Passiflora are native to the United States, found from Ohio to the north, west to California and south to the Florida Keys. The vines have their own family, called the Passifloraceae, and they have a long and illustrious history as food and medicine around the world. Last fall, I was at a wild foods banquet and a friend brought a basket

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filled with passion flower fruits so that we could savor their flavors and save some seeds to grow on our land. I peeled one and popped it into my mouth and loved the tart juicy flavors bursting on my tongue. I have also thoroughly enjoyed finding beverages with passion flower extract woven into them, as the fruits have a deep, citrus sourness that is rich and complex.

Passion flower fruits are also highly nutritious. They are loaded with Vitamin C and carotenoids (Vitamin A), are an excellent source of fiber, and have high concentrations of antioxidants and polyphenols, which are helpful in treating cardiovascular disease. The purple passion fruit contains about 35% more juice than the larger yellow passion fruit and is also richer in flavor. The pulp and seeds are very nutritious and can be eaten directly from the fruit; they are often used in the process of making other foods and drinks, such as candy, ice cream, syrup, jelly and some alcoholic beverages.

My favorite dessert last fall was a sorbet made with passion fruits and raspberries—it was delicious and refreshing. We added viola pansies for decoration, and between the color of the flowers and the deep crimson sorbet it was fantastic, tart and yummy. I've never had passion fruit in regular ice cream but hope to make some with lemon and ginger. Stay tuned!

The purple passion fruit is believed to have originated in South America, whereas the vellow passion fruit is believed to have originated in Australia (and some think it may have been a mutated version of the purple variety). Passion fruit also goes by the names parch, Granadilla and Maracuya. The fruits are borne on trailing vines, and there is a story behind the name. When missionaries landed in South America in the 16th century and found passion flowers, they considered them to be an omen. The flower became a symbol of the death of Christ, the corona mirroring the crown of thorns and the five petals representing some of the disciples.

In addition to bearing a good, edible fruit, passion flowers have also been used medicinally for a variety of ailments. Years ago, during a period of insomnia, I was given an herbal tincture that had valerian root and passion flower extract in it, and it helped me return to a normal sleep cycle.



The fruits have also been used to treat hypertension, anxiety and osteoarthritis.

Passion fruits are without question one of the most magical looking flowers, and the fact that the fruits from this unusual vine are edible and good is a wonderful gift from this amazing universe that we all share together. May all our lives be infused with passion and joy, with an extra helping of wonder and magic.



Contact Roger at rogerklinger@charter.net.



828 **628-9888** 1185 Charlotte Highway in Fairview



# **Play Ball!**

#### Continued from front page

Q What do you do outside of the Fairview Athletic Association (FAA)? A Travis is an Army veteran and is the owner and operator of Summit Landscaping and Grading. I [McKayla] work at Mission Hospital as a Radiologic Technologist. We have three children, Payton (11), Gavin (9), and Olivia (5).

**Q** What is your involvement with the FAA?

A Travis is President and I [McKayla] am the Athletic Director of the association. [Last season, we] coached two teams, helped in the concession stand, worked gate duty, did field, lawn and facility maintenance, and managed game schedules and practice times throughout the season.

**Q** Why did you decide to volunteer your time?

A We have three kids who are involved in sports, and now want to help other kids develop and grow with a support system that allows them to do that in a healthy and encouraging environment.

**Q** What were some of your biggest challenges last season?

A Lack of volunteers was our biggest challenge. [We are always needing volunteer] coaches, umpires, concession stand

volunteers, people to help with field maintenance, scheduling, fundraisers. marketing, etc.

**Q** What can parents and players look forward to in the 2022 season?

A With a year under our belt, we can now be more efficient and better organized, having a better understanding of how to run and manage a league. During the off-season we are doing upgrades to the facilities.

**Q** Being volunteer-run and a nonprofit organization, are you looking for donations or sponsors for your field upgrades? A Yes! We are looking at putting in batting cages, new scoreboards, paint for the concession stand and storage containers, supplies for maintaining the fields and cleaning supplies, a speaker system for each field to announce and for the national anthem, and new catcher's gear. Our plans are ongoing and cost is extremely high, so prioritizing needs first and then working on having a company sponsor for each field is needed.



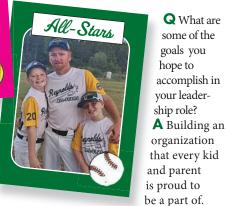
**Q** What were some of your biggest successes last season? A Being able to host both softball and baseball invitationals this year.

**Q** What are

some of the

goals you

hope to



Bringing travel ball players back to recreational ball for an even more competitive program. Hosting more tournaments to improve the facility and continue with our goals for the facility.

**Q** What else would you like readers to know about the FAA?

**A** There are other members of our board who donate their time and who have contributed greatly to our successes! We would like to thank Andy Bennett, baseball commissioner; Dustin Dobbs, softball commissioner; Lisa Morgan, our concession stand coordinator; Eric Manley, IT support/ coach/volunteer; Charles Mitchell, who



helped with field maintenance weekly: and all of our coaches, umpires and parent volunteers. We couldn't have got through our season without everyone's support and hope to grow that support next year. Thank you!

The Fairview and surrounding community thanks Travis and McKayla and all of the volunteers for a wonderful baseball/softball season. Be on the lookout in February 2022 for upcoming season announcements. Any student age 4-14, regardless of school affiliation, is welcome to join the Fairview Athletic Association baseball or softball league in the spring.

This fall, the FAA is also hoping to re-launch the basketball and cheerleading season in the Fairview Elementary School gymnasium. For more information on volunteering, sponsorships or donating to this local nonprofit, contact McKavla Spivey at mckaylaspivey@gmail.com (767-3601) or Travis Spivey at timothy.spivey1@ gmail.com (424-0685).

— Natalie Furniss



### YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997 The Fairview Town Crier Managing Editor Clark Aycock editor@fairviewtowncrier.com phone/text 828-771-6983 Art Director Lisa Witler ads@fairviewtowncrier.com Office Manager Elizabeth Trufant office@fairviewtowncrier.com Publisher Sandie Rhodes sandie@fairviewtowncrier.com fairviewtowncrier.com | 628-2211 f 🔟 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

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# Hear Ye, Hear Ye — ANOC Time Is Here Again

ep, it's that time of year again. The annual enrollment period (AEP) is just around the corner. For those with Medicare Advantage or Rx plans, the plan's annual notice of change (ANOC) is the opening shot across the bow. Look for yours to arrive around the end of September, just in time for the AEP (October 15–December 7).

I get on my high horse every year to remind folks to look for this intimidatingly long document, which is like a crystal ball look at your 2022 plan benefits. Glancing at the side-by-side comparison within the first few pages could save you some time and headaches and result in less damage control needed from an agent. If you are satisfied with next year's benefits, you needn't do anything. Most plans automatically roll over in January.

#### Why Is It Important?

Medigap policies, which have no ANOC, have relatively stable benefits, predictable premiums and guaranteed renewability if the premium is paid. The Advantage and Rx plans? Not so much. Changes could include the plan leaving your service area; premiums increasing dramatically; changes in benefits; prescriptions no being longer covered; doctors and/or hospitals no longer in network; involuntary migration to a different plan; or a company going bankrupt or leaving the Medicare Advantage Program. I've personally experienced each of these events over the years since the inception of the program.

One of the most recent examples involved a popular prescription drug plan (because of its low cost), which was cut

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#### Maintaining Medicare Advantage plans requires annual attention, quantified by how much time is spent reviewing and shopping them each year.

by the company and replaced by one of their more expensive plans. This resulted in an involuntary migration to another plan with much higher premiums unless another plan was chosen to replace it. After December 7, those making no change were stuck with the higher premium plan for the whole next year.

#### The Equalizer

There's more to choosing the right plan than premiums and benefits. Maintaining Medicare Advantage plans requires annual attention, quantified by how much time is spent reviewing and shopping them each year. Conversely, Medicare supplements, though they typically cost more, have far fewer moving parts and an added peace of mind with the stability they offer. Both do the job well; one is just more high maintenance than the other. The ANOC document is the equalizer. Make it a point to review it. You'll be glad you did.



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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.

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#### 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.

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**COURSE IN MIRACLES STUDY GROUP** beginning in Fairview in September. Informal meeting. For more information call 828-458-1633.





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310 Foxhall Rd	Pending in 13 days
37 Beechwood Rd	Pending in 2 days
87 Huntington Drive	Pending in 10 days
1445 Newstock Rd	Pending in 2 days
103 Cimarron Drive	Pending in 4 days

Kat Todd

Closing

Coordinator

93 Stafford Court	Pending in 4	4	days
2 First Street	Pending in	1	day
39 Tampa Ave	Pending in	1	day
131 Vinewood Circle	Pending in	7	days
4 Cub Rd	Pending in 4	4	days
51 Florian Lane	Pending in	6	days
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