



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

NOVEMBER 2021 VOL. 25, No. 11

FAIRVIEW, NC

fairviewtowncrier.com



INSIDE

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## Mark Your Calendars: JOY Is Coming!

On Saturday, December 11, from 4 to 6 pm, plan on gathering the family or coming solo to the parking lot of Fairview Community Center to meet up with your community for Joy Fest 2021. There will be singing, hot cider, goodie bags, cookies, candy canes and, hopefully, bonfires to toast marshmallows and keep you cozy warm.

The Fairview Business Association is donating goodie bags and will play an active part in the event, but we need other sponsors for cider, cookies, firewood and volunteers to help with on-site events. If you're of a mind to put on an elf suit or throw some joy around, email Sandie Rhodes at sandierhodeswnc@gmail.com or call 280-8270.

We'll be bringing our best to Joy Fest by showing how we are a giving com-



munity! We'll have representatives collecting for Food for Fairview, Asheville Humane Society, Charlie's Angels Pet Rescue, and Toys for Tots, and you can even bring edible ornaments to hang for our wildlife in the colder days. (See a list of suggested items in the December issue). We'll sing and dance with the elves until Santa arrives.

Look for final event details in the December issue.

## LOCAL HOLIDAY SHOPPING STARTS NOV. 13—NO SHIPPING DELAYS!

### ANNUAL FAIRVIEW CRAFT AND GIFT FAIR

Saturday, November 13, 9 am–2 pm

(Pre-sale: November 12, 12–6 pm)

Get started on your holiday shopping via 35 crafters of handmade items. A big used book sale by the Friends of Pack Library will be featured. Lunch and refreshments will be available. Free admission and free parking. For more information, leave a message at 338-9005 or email fairviewcommunitycenter@gmail.com. Fairview Community Center, 1357 Charlotte Highway, Fairview.

### FAIRVIEW BAPTIST CHRISTMAS BAZAAR AND FARMER'S MARKET

Saturday, November 13, 9 am–1 pm

Booths will include gifts for the kitchen, jewelry, decorations, desserts, teas, coffees, bath and beauty products, and canned items from local farmers. There will be a photo booth, and food and drinks will be available. For more information, call 628-2908 or see the ad on page 7. 32 Church Road, Fairview.

### HOLIDAY ARTS & CRAFTS SHOW

Saturday, November 13, 9 am–3 pm

Weather permitting, between Daymoon Coffee and Signs for Hope. See the ad on page 9. 379 Old Charlotte Highway, Fairview.

### FAIRVIEW HANDMADE MARKET

Sunday, December 5, 12–4 pm



Featuring 20 local craftspeople and a variety of mediums. Food truck, live music, food drive and raffle. More information at fairviewhandmademarket.com or see ad on page 29. Turgua Brewing Co., 3131 Cane Creek Rd., Fairview.

THE TOWN CRIER IS



Thankful



FOR OUR READERS!

Wishing a safe and happy holiday to all!

## Help Support the Crier! Consider a Year-End Contribution



If you're thinking of supporting your favorite non-profit at the end of the year, don't forget the Crier. Yep, we're a non-profit—and always have been.

Donations from our readers (public support) ensure that we keep our non-profit status, which allows us to mail at a reduced rate so you can get it in your mailbox for **free** every month.

We think 20 bucks is a good amount, but we appreciate whatever you can give, no matter how small—or large, if you can. It all helps.

Mail to Town Crier, PO Box 1862, Fairview, NC 28730, drop off at our office at 1185 Charlotte Highway (Tuesdays from 11:30 am–2:30 pm or use the blue dropbox anytime), or donate online at fairviewtowncrier.com.

We are a 501(3)c, and your donation is tax-deductible. Thank you!

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## UPDATES

**Holiday Giving Tree**

Help make the holidays bright this year for a child in Fairview. The Friends of Fairview Library Holiday Giving Tree program places books in the hands of local children in need. In November, visit the library and select a child to gift a book to. Purchase a new book (\$10 minimum retail value) and bring it to the library or donate \$10 and the Friends will shop for you. Please bring donated books unwrapped. For more information, call 250-6484.

**Make and Take Craft: Autumn Tree Collage**

In November, drop by the library and pick up a fall craft to make at home (while supplies last). The featured craft is an autumn tree collage. Easy, beautiful and long-lasting. For all ages, but excellent for 2-3 year olds.

**Scavenger Hunt**

How well do you know the Fairview Library? Throughout November, a scavenger hunt will challenge everything you think you know. The hunt is indoors and DIY. Ask for the clues at the circulation desk.

## PROGRAMS

**Mountain Landscape Art Classes**

Fairview artist and art teacher Nate Barton will lead a series of fall art classes. A

landscape of our mountains will be created in each class, but a different medium will be explored each time. No experience is necessary, as you will be guided through the whole process. Classes will be taught virtually via Zoom.

- November 13, 2 pm

*Watercolor Our World*

- December 11, 2 pm

*Oil Pastels: Crayons for Grown-ups*

Nate has made and sold art in Asheville for the past eight years and taught for 16. See his work at [natebartonworks.com](http://natebartonworks.com) or on Instagram @etannotrab.

**Registration is required, and class size is limited.** Call the library at 250-6484 or email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org) to register.

**Evening Book Club**

*November 16 at 7 pm*

On Zoom, we'll be reading and discussing *The Great Pretender: The Undercover Mission That Changed Our Understanding of Madness* by Susannah Cahalan.

The Book Club meets the third Tuesday of the month at 7 pm. Email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org) for more information.

## FRIENDS OF THE LIBRARY

**Collectible and Special Books Sale**

Book collectors will want to mark their calendars for the Friends of the Fairview Library Collectible and Special Books Sale. The one-day sale will be November 6 in

the Community Room at the Fairview Library from 10 am-3 pm, indoors with masking required and social distancing observed. There will be a wide variety in subjects and ages of the books plus some special CDs as well.

Proceeds from the sale will support the excellent children's and families' programming at the library.

**Honoring Lost Friends**

In January 2019, Fairview—and the world—lost a phenomenal friend in Nels Arnold. Through her life-long enthusiasm for teaching and the arts, Nels touched the lives of innumerable children and adults. Her gift for serving others continues even after her death. In her will, she made a bequest to the Friends of Fairview Library. She specified that the bequest be for the purchase of world religion educational materials for children. To that end, the staff of Fairview Public Library spent months planning and researching related materials. Over the course of the next couple of years, the materials will be purchased in small batches. The first batch already has been purchased. These items will be available for checkout as soon as possible.

Have you seen our new rocking chairs? This donation was given to the Friends of Fairview Library by Mr. Francis B. Doran in honor of Ms. Julie Jervey. Jervey was raised in the Fairview area and had a home on Old Fort Road. After moving, she would spend summers here. She loved

**Connect with Your Library!**

@fairviewpubliclibrary



@fairview.library



[fairview.library@buncombecounty.org](mailto:fairview.library@buncombecounty.org)


reading, and loved the library.

The Friends of Fairview Library would like to extend their gratitude to both Nels Arnold and Francis B. Doran for these incredible gifts.

**Board Game Donations Needed**

Friends of the Fairview Library are looking for game donations to jump start Fairview's Take & Play, which will consist of a wide variety of board, card and puzzle games for all ages. These games will range from classics like Uno to hidden gems like Literati. If you have any games that you or your kids have loved but outgrown, please donate them to the library and help your neighbors experience the same fun. Donations can be dropped off at the service desk inside the library. Spread joy this holiday season through your local library!

*Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at [Jaime.McDowell@buncombecounty.org](mailto:Jaime.McDowell@buncombecounty.org).*




## ALLEN HELMICK

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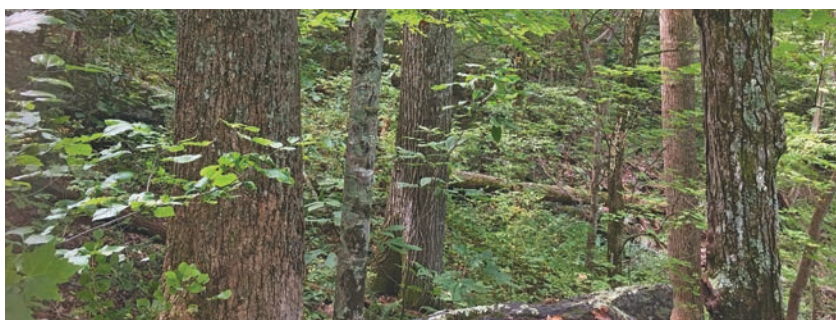
**COOL MOUNTAIN**

REALTY & CONSTRUCTION

*Call Allen!* **828-329-8400**



**ATTENTION BUILDERS!** 10 acres w spectacular views, short-term rentals ok, corner of Highway 74A, Cedar Mtn Rd & Ather-ton h20, sewer, gas, elec, cable, 3 mi to I-40. 10 homes or multi-fam complexes w zoning variance. **\$600,000** MLS# 3644935



**ONLY 3 LOTS LEFT ON CHESTNUT MOUNTAIN!** Spectacular long-range views, 2 to 3.76 acres, hiking trails thru boulders, rocks, rhododendron, springs, very close in. **\$60,000+** MLS# 3416081



**PRIVATE LOG LODGE ESTATE** on 10 acres in beautiful Cane Creek Valley currently short-term rental. 13" Montana logs, wooded/pastoral setting w/ babbling creek. Two car garage w apartment above. **\$1,250,000** MLS# 3673798

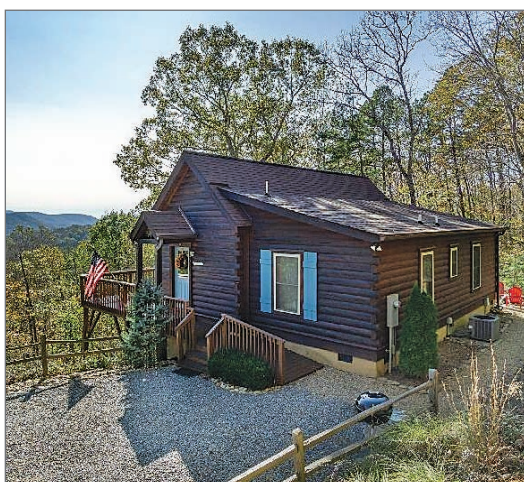


**HISTORIC COMMERCIAL BUILDING ON SCENIC HIGHWAY 74A SOUTHEAST**, metal roof, rough sawn lumber and block, new bath and septic, needs well, Make Offer, Seller Serious! **\$100,000** MLS# 3661594



# VACATION RENTAL PROPERTIES!

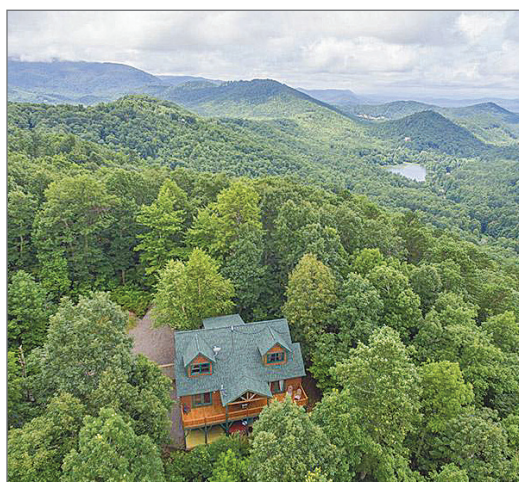
## ANNIE'S CABIN



**2BR | 2 BA**

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

## LARSON'S LOOKOUT



**3BR | 3.5 BA**

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

## RUSTLING RIDGE



**4BR | 3BA**

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## THE THRILLING CONCLUSION!

## A Bloody Night in Downtown Asheville, Part 5

Chief Bernard was receiving reports of Will Harris sightings from all over Buncombe County. Harris was seen near Fletcher. A man from Swannanoa saw him crossing a pasture there. Someone saw him coming out of a church in Alexander with a gun in his hand, and Dr. Clontz told Sheriff Reed that this eyewitness was reliable. Reed gathered up a posse and headed toward Alexander. Policeman Earl Hall was told to take another policeman and go to the Asheville side of the railroad track and watch for Harris, in case he came back south toward Asheville.

The entire county was up in arms. All roads in and out of Asheville were being watched by armed men. Bands of men were searching every valley and hill in the county armed to the teeth. The militia gathered in front of the Buncombe County courthouse awaiting orders. Bernard believed there were enough armed men roaming the county and was afraid they might open fire on each other. Bernard told the militia commander to hold his men in the Opera House in case they were needed to guard Harris if he was brought back alive. The militia commander was not pleased with his orders. He told Bernard there was a “fat chance” of that happening, but he reluctantly followed orders.

## Searching for an Outlaw

James H. Caine, the editor of the Asheville Citizen, heard that Judge O. H. Allen had declared Harris an “outlaw.” He called the judge to ask what exactly that meant. Caine quizzed Judge Allen for several minutes. He then sat at his typewriter and wrote a story about what the judge had told him. The article appeared on the front page of the paper the next morning (November 15, 1906).

Chief Bernard returned to his office after his meeting with the judge. He looked out the window as large snowflakes began to fall. The snow fell hard for an hour and was soon three inches deep on Pack Square. The chief knew the bloodhounds would not be able to follow the criminal’s trail in the snow.

Bernard had not slept in 30 hours and was almost asleep when John A. Roebling III came in. His grandfather, John Roebling, Sr., had designed the Brooklyn Bridge. Roebling and two men had been searching the Olivette section. Roebling told the chief that he was convinced Harris was in the Olivette section. He asked for some more men to help with the search.

Before the chief could respond, Will Penland came in with a young man. Penland said he caught the man, Dennis Wilson, going door to door on Montford Avenue wearing a fake police badge. Penland said he was telling all the women on the street not to come out of their house until 2 pm. Chief Bernard asked Wilson what he was doing that for. Wilson said he just did it. Bernard told Penland to put Wilson in jail. The chief was in no mood for any foolishness. Patrolman Ballenger and Dr. Smith came in. They said they



Two Asheville policemen in this photo were involved in the events of November 1906. Patrolman J.L. Ballenger, on the left, accompanied a bloodhound as it tried to track the fugitive. Captain John Page, in the middle, was shot by Harris but survived. (PHOTO: NORTH CAROLINA COLLECTION, PACK MEMORIAL PUBLIC LIBRARY)

wouldn’t be able to track Harris until it stopped snowing. Bernard told them to get some sleep and continue the search in the morning. He told Roebling to check back with him in the afternoon.

Harris had doubled back to Biltmore. He apparently stayed there instead of crossing the Swannanoa River to the Biltmore Estate. He was familiar with the Biltmore area and hid there until around midnight. Chief Bernard got a phone call around that time from the night watchman at the Biltmore Station, who said he just saw a man with a gun jump from an empty freight car and run toward the river.

Bernard called the night station of the Asheville Street Car Company and told them to send a streetcar to Pack Square. The chief put the bloodhound and its trainer in the streetcar, along with a load of armed men. The streetcar hurried to Biltmore, and the hound picked up the sent immediately but lost it at the river. The streetcar brought the men back to Pack Square, and the majority of the men returned home. A few went back to Biltmore in hopes of shooting Harris and getting the reward.

Around 5 am, Fred Jones and Bailes Gasperson came back to the police station. Bernard told them to go back to Biltmore to the place where the bloodhound lost

the sent. He hoped they could find Harris’s tracks in the snow. They searched along the river, and finally, Jones found footprints leaving the river going south. They followed the footprints.

Around that time at Buena Vista (near present-day Crowfields), George Frady went into Tom Stevens’s barn to milk the cows. He surprised Harris, who was sleeping in the hay. Harris pointed a rifle at Frady, who rapidly backed out of the barn, and fled. Jones and Gasperson arrived a short time later, and Frady told them they had just missed Harris. Jones called Chief Bernard and told him, “He’s here! He threatened this man with his rifle and ran into the woods heading south. You might alert the posses out that way.” Around noon, the two posses converged on an area bordering the Westfeldt estate in Fletcher near the Henderson County line. The posses put themselves under the command of Frank M. Jordan, a former chief of police in Asheville and at that time special agent for Southern Railway.

Jordan told the men to “keep cool.” There was no hurry. Among the posse members were Dr. Lloyd Russell, N.B. Baldwin, Harry M. Roberts and C.W. Gasperson, all from Fletcher. They first spotted Harris in a laurel thicket on the Robert Blake estate. They fired two shots

in the air and begin closing in. James Caine, editor of the Asheville Citizen, spotted Harris as he crossed the road. Standing on the porch of a house next to Cunningham’s Store, Caine pulled his revolver and fired at Harris three times as he ran for a laurel thicket on the Westfield Estate. Harris fired one shot at Caine but missed. He then plunged into the thicket. “All right!” Jordan yelled. “We’ve got him. Carefully now. Close the horsemen in. Dr.

**The entire posse opened fire on the thicket, more than 500 rounds. “Cease fire!” Jordan yelled.**

Russell, take your men around to the rear to close the backdoor. Quickly now. The rest of you—those on foot—form a V and follow me.”

Slowly, carefully, guarding against unnecessary exposure, the posse closed in. Harris fired at Jordan and missed. Jordan held his fire for fear of hitting one of his men circling behind Harris. Harris fired at Horace Wells and Jim Miller, who were riding toward him in a buggy. They jumped out of the buggy and returned fire. Harris emerged from the thicket on the back side, squarely into the guns of Dr. Russell’s men. The four men fired in haste and missed. Harris drove Gasperson behind a stump with a close shot. Dr. Russell fired at Harris with his shotgun and hit him in the side of the head with bird shot, knocking him down. Harris managed to get up and plunge into the thicket again. The entire posse opened fire on the thicket, more than 500 rounds. “Cease fire!” Jordan yelled.

They waited out of caution to make sure Harris was dead, then they closed in very carefully. And Harris was dead, sprawled on the ground with over 100 bullets in him. Jordan looked down at the bullet-riddled body. He said, “No cheering. He is dead.” He checked his watch. It was fifteen minutes past noon.

The phone rang at Chief Bernard’s office. Jordan told him, “The murderer is dead. He is lying on the floor of my office.”

“Thank you,” Bernard said. “Sheriff Reed and I will be there as soon as a horse can bring us.” Bernard stepped out onto the street. Seeing Sheriff Reed, he yelled, “They’ve got him, Henry. Let’s go bring him in.” Reed and Bernard got on their horses and headed for Fletcher. The nightmare was finally over.

My connection to these events is that I have several pieces of Frank Jordan’s furniture in my house.

To read the first four parts of this story, go to [fairviewtowncrier.com](http://fairviewtowncrier.com), click on “SECTIONS,” then “DAYS GONE BY.”

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



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Renee Whitmire

### PRICE REDUCTION!



**PRICE REDUCED** Prime Haw Creek loc, 5 min to DT. Main lvl lg BR w/en-suite & gran counters. Lg LR w/ corn stove. High-end finishes & cherry cabinets in kitch. Upper lvl 2 BRs/1 BTH. Partially fin bsmt, gar w/storage. **\$460K.** Call Sophia 828-691-0311

### NEW LISTING



**LOVELY 3 BD/2 BA RANCH** in The Village at Avery's Creek. New int/ext paint, prof landscaped, lg deck, 2-car gar w/ built-in shelves, new roof 2/21 (25 yr warranty). New kitch floors, granite counters, vaulted ceilings, skylights, fireplace. Call Andy Gilbert 240-893-7175

### GATED COMMUNITY



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

### LAND FOR SALE

To see all our land listings visit  
[coolmountainrealty.com](http://coolmountainrealty.com)

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

**WAYNESVILLE** 3.2-6.42 Acres - Top of the ridge homesite, end of the road privacy. Great views & potential for more w/ clearing. Call Karen 828-216-3668. Starting at **\$22.5K.** Will divide.

**MOUNTAIN LOT WITH STREAM & WATERFALL.** Paved access. Hard to find, easy access w/ topo for easier site prep. Perfect for mtn retreat. Lush wooded area of Fairview. Call Allen 828-329-8400. **\$50K**

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

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

**REDUCED BY \$25K 3.26 ACRES ON TOP OF THE WORLD!** Spectacular views, overlooking Reynolds, E Asheville! Close up views of Cedar Cliff Mountain. 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**

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

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

**17 AC SOUTH VIEW!** Total privacy, cascading waterfalls, 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 Allen 828-329-8400. **\$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 gorgeous long-range views, near end of priv rd. Driveway put in years ago, to area previous owner intended to build. **\$70K** Call for info 828-216-3998

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

**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.**

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

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

**INVESTMENT OPPORTUNITY! CASH INVESTOR WANTED FOR JOINT VENTURE.** Ideal for 3 lg 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.**

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

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

**HISTORIC WAREHOUSE** busy Hwy 74A. Rough-sawn wood & metal roof. New btm, 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 clubhouse, hiking trails, forests & creek. Call Jenny 828-779-4473. **\$289K.**

### MAJESTIC OAKS



LOT 6	0.51	\$64,500
LOT 9	0.521	\$63,000

+ ALMOST 1/2 ACRE OF  
GREEN SPACE!

VIRTUAL TOUR VIDEO: [bit.ly/2TFNMMy8](http://bit.ly/2TFNMMy8)

### PRICE REDUCTION!



**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. Short-term rentals ok! Huge outbdg. **\$750K.** Call Jen 828-575-8276

### PRICE REDUCTION!



**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. **\$450K.** Call Devon 828-747-2694.

### FANTASTIC LOCATION!



**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 yd. Newer heat pump & roof. Make offer! **\$375K.** Call Allen 828-329-8400.

### NEW LISTING



**FRESHLY DIVIDED & DEVELOPABLE** 7.91 acres w/ access rd in Candler. Clear trees for yr round views of Mt Pisgah! Easy access off 151, perf for priv estate, compound, or subdivision. Bk of prop in steep slope. **\$200K.** Call Justin 828-450-9578

### MOUNTAIN VIEWS



**PRIME, VERY PRIVATE HOMESITE** perched on a hill 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

### MOUNTAIN ESTATE



**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**

### NEW LISTING



**RENOVATED MANUFACTURED HOME** on perm foundation! Kitch w/ new cabinets, butcher block counters, SS range hood. New lam frs, updated baths, tile & marble vanities. Sep ent to 2nd living space, perf short-term rental or guest area. **\$169K.** Call Justin 828-450-9578

### HORSE LOVERS PARADISE



**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**

### PROPOSED BUILD



**ARTS & CRAFTS STYLE HOME** with open floor plan, 3BR/2BA on one level. Vaulted ceiling in living area, covered back porch. Master suite w/lg tub & sep shower. Real wood floors. 1565 sq ft on 1/2 acre. **\$534K.** Call 828-628-3088.

### NEW IN WAYNESVILLE



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### PROPOSED BUILD



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# Cold Snaps on the Way

**W**e've had very few early-season cold snaps to start the fall season, but I suspect there will be plenty to come over the next month or so. In terms of temperature averages, they continue to drop as we head through the month, with average highs about 63 at the start of November dropping to 53 by month's end. The lows drop from 40 at the start of the month to a frosty 32. The warmest day on record was 83 degrees on the first of the month in 1950; the coldest was 8 degrees on the 25th, also in 1950. In any given November, about an inch of snow falls across the area, so we do see some of the white stuff, most likely from the middle to the end of the month. I am reminded of the early November snowfall back in 2014, which brought three to five inches of wet snow to Fairview. Precipitation averages about four inches in any given November, and this calendar year has been quite wet. We are going to end up with another well-above-average year for precipitation, which is good for our groundwater supplies.

In terms of what to expect this winter, you have many prognosticators to pick from: the woolly worm, the Farmer's Almanac or NOAA's long-range winter forecast. Another good local source is Ray's Weather, which forecasts for the WNC region.

In general, during El Niño events,

**QUESTION of the MONTH**  
What are our chances for a white Christmas?



Will we see more rain or snow this winter?

winter and early spring temperatures are cooler than average, with above-average precipitation in the central and eastern parts of the state and drier weather in the western part. La Niña usually brings warmer-than-average temperatures with above-average precipitation in the western part of the state, while the central and coastal regions stay drier than average. We may tend to lean toward the Niña scenario this winter, with warmer-than-average temperatures and the coldest part of the winter typically from mid-January into mid-February, but time will tell.



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

## WEATHER WONDER

### What Is Saint Elmo's Fire?

Early observers of the phenomenon, mostly sailors on high seas during thunderstorms, seem to have understood they weren't looking at actual fire, because instead of abandoning ship they took comfort in the sudden glow atop the masts. Magellan, Caesar and Columbus experienced St. Elmo's Fire on their journeys. Pliny the Elder, who seems to have documented every natural phenomenon in the 1st century A.D., beat everyone else to the punch when he described blue flames appearing out of nowhere during thunderstorms.

Like lightning, St. Elmo's Fire is plasma, which is ionized air that emits a glow. But while lightning is the movement of electricity from a charged cloud to the ground, St. Elmo's Fire is simply sparking, something like a shot of electrons into the air. It's a corona discharge, and it occurs when there is a significant imbalance in electrical charge, causing molecules to tear apart, sometimes resulting in a slight hissing sound.

The phenomenon that causes St. Elmo's Fire is a dramatic difference in charge between the air and a charged object, like the mast of a ship, the tip of an airplane wing or the tall steeple of a church—things we often think of as potential lightning rods.

When the voltage gets high enough, usually around 30,000 volts per centimeter of space, the charged object will discharge its electrical energy. The reason why St. Elmo's Fire occurs most often on pointed objects is that a tapered surface will discharge at a lower voltage level. The tip of a steeple, mast or airplane wing presents a condensed surface charge.

When the air molecules tear apart, they emit light. In the case of St. Elmo's Fire, the discharge is continuous—sometimes lasting several minutes—and creates a constant glow. It's blue because different gasses glow different colors when they become plasmas. Earth's atmosphere has nitrogen and oxygen in it, and this particular combination happens to glow blue.



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# OLD CHURCH HAS NEW LIFE

By **LARRY SICKLER**

One of the things that the recent yard sale held at the Old Fairview Sharon Church showed us is that we are not doing a good job of keeping interested parties in the community apprised of what is happening at the church. Many comments we heard were akin to “We thought the place was abandoned.” The truth is far from it.

A small group of community citizens were able to procure the Old Fairview Sharon Church building and adjacent cemetery from its former owners. The core of the group are long-time members, attendees and friends of the church. Since the acquisition, several special events have been held, most notably the Christmas Candle Light service and Easter Sunrise service. What many do not realize is that there is a group that meets every Sunday morning about 11 am. We are an informal group and get started as the spirit moves us, but usually by about 11:15 we open with singing. This is followed by prayer concerns and prayer. The prayer time is followed by an informal message from scripture and time for discussion. This could be interrupted by others who feel led by the spirit to share. We generally adjourn about 12:30 pm or thereafter, as the spirit leads.

In addition to resuming services, we have been diligently working on improving the building infrastructure. The initial effort was in getting power reconnected and energized. Thanks to the beneficence of Brandon Merrill and his team at American Electric, we were able to get electric service restored in the early summer. This has given us the opportunity to consider the addition of heating and cooling. Last winter was challenging when it came to heating during services, and we are hopeful that, with the generosity of Wayne Earley and his team at Earley Heating and Cooling, we should shortly have a heat pump that will supply those comforts.

## **Instrument Maintenance**

The addition of heating and cooling will be especially helpful in the maintaining the restoration work we have planned for the York upright piano. This instrument has been in faithful service at the church for nearly 100 years and is still used in weekly services. The other instrument that will benefit from better climate control is the new-to-us, period-correct, fully functional pump organ that was graciously given to us by Scott Conrad in memory and honor of his father. We had a lovely dedication service for the organ earlier this summer, followed by a time of singing, including



Replacement clapboarding for the church needs to be of the same type and size as the original. A source for that material, willing to cut the boards to the existing dimensional specifications, must be identified.

our guests, the Dotson Trio, and others.

Our small team is always seeking assistance in the chores of restoration. All of the planned improvements are within the guidelines of the local historical preservation society. There always seems to be simple cleaning to be done. In addition, most of the original windows will have the sashes removed individually and each pane of glass removed. The frames will be painted with a protective primer and the panes reset and glazed with new points and putty. This work needs to be completed prior to pressure washing the exterior of the church in preparation for the application of new protective priming and a final coat of paint. However, there are many places where the clapboarding needs to be repaired or replaced. The replacement clapboarding needs to be of the same type and size as the original, which means we need to identify a source for that material that is willing to cut the boards to the existing dimensional specifications.

There are repairs planned for the steeple and possible reinstallation of the original bell in the belfry. This will require a structural evaluation of the steeple tower to assure that it is up to the task of supporting the weight of the bell.

Other upgrades will include the addition of storm windows to protect the somewhat fragile and original window glass, as well as to increase the efficiency of heating the building in the winter. The front doors will be replaced with energy-efficient replicas of the originals, which will be rehung to open outward (to meet fire code). In order to accommodate the outward-opening doors, we will need to add a front deck/porch and move the steps outward. In addition, a ramp will be added

to the side of the deck to permit handicap accessibility. The original transom over the doors will also be restored and possibly returned to functionality.

## **Simple Plans**

It is our utmost intention that the church will maintain its elegantly simple country style. Similarly, we want to continue to have simple services and simple community celebrations and maintain the usefulness of the building. Restoring the physical plant may be the easy part, but restoring a vital congregation willing and ready to serve God and the community is a concurrent and ongoing effort. We are amazed and grateful for all those who have contributed thus far. To those who came out to the recent yard sale and barbeque, who have dropped in and made contributions, and who have spent time cleaning, pruning and keeping the place up, we are extremely grateful for all of your assistance.

For any who have memories or history about the church, its previous uses and activities, or those who may have previously served at the church, we would love to speak with you to fill in some of the knowledge gaps and learn more about the history of the place. For those who are seeking a place of spiritual rest and rejuvenation, we cordially invite you to participate and even attend some of our meetings. We think you will find a welcoming place of challenge and growth where you can make significant contributions with your unique gifts and talents. All are welcome.

Larry Sickler is the teaching pastor at Old Fairview Sharon Church. For more information, contact Susie Coxie at 242-4493. 291 Sharon Road, Fairview.



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## Safer Login Options

**L**ogins without passwords are increasingly common, and something Microsoft has been pushing hard lately. Going “passwordless” does not mean you no longer need authentication; you just use something other than a traditional password. Think of those codes you sometimes get when logging into a website, often financial sites. Passwords suffer as an authentication method for many reasons—easy to guess, poorly stored on the server, rarely or never changed—so the use of what are basically one-time codes or some kind of biometric login (say, a fingerprint) is seen as a safer method. Microsoft Authenticator is the software you could use on your phone to provide that one-time code, untethering you from having to remember your passwords. Just don’t lose your phone.

Untangling everything USB-C can do means learning a bit more about what USB-C really is. It is a type of plug that has different capabilities, depending on what the manufacturer wants to include. USB-C cables can use USB 2.0 or 3.2 speeds; they can handle different charging wattages; and they might have Thunderbolt support (if so, Thunderbolt cables can be either “active” or “passive”). The connector is the same for all but the capabilities aren’t, so you must carefully read the packaging to avoid buying an adapter that may not deliver what you think

it should just because the cable fits.

Spotify seems to be draining iPhone batteries. Until Spotify figures out a fix, you can turn off Background App Refresh for Spotify. This is in Settings, General, Background App Refresh and then slide off Spotify. You might want to turn off Background App Refresh for other apps as well, such as Facebook. One other purported fix for Spotify’s battery drain is to uninstall and reinstall it.

Paywalls are here to stay. But there are ways around them. The one that I find works best involves getting comfortable with your browser’s settings for erasing cookies and site data, most specifically for the site whose paywall is blocking you. Opening that site in Incognito mode can often accomplish this same thing. Other methods include pasting the headline into Google or doing a Facebook redirect—which means pasting “https://facebook.com/l.php?u=” (without the quotes) before the actual URL. These two methods work if the blocking site has made some arrangement (financial, most likely) with Google or Facebook.



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

## Organize for the Holidays

**I**t’s hard to organize all the activities surrounding the holidays. These ideas may make your life easier during November and December.

### Put It on the Calendar

Print out November and December calendars from the internet or purchase an inexpensive calendar. Then, write down all of the holiday-related events that you will be participating in and things you need to do, such as:

- family gatherings, office parties, school events, school holidays
- cooking/baking days for the holiday or for making gifts
- a date to review your current decorations before the holidays
- dates to decorate your house (inside and out), purchasing and decorating a tree, etc.
- date(s) to write/send holiday cards
- date to draw up a gift list
- date to shop for holiday wardrobes
- date(s) to shop for gifts, etc.

Then, display the calendar for all family members to see (on the refrigerator or in a central location).

### Wish Lists

Ask family and close friends now for gift ideas they would enjoy. Write a list of gift recipients, with gift ideas and the amount budgeted for each person.

### Cards

Take pictures and send with your holiday cards, purchase cards with photos and a pre-printed message, or send e-cards.

### Decorations

On the day you choose to review decorations, check the lights to make sure they are working and toss broken or old decorations. Purchase storage containers now to store decorations in after the holidays. The items you no longer use should be donated now to shelters, churches or donation sites for people less fortunate who can’t afford them.

### Gifts

Consolidate gift-buying. Make shopping easier by purchasing many gifts in one location. Try buying books for several people at a book store or pottery or kitchen gifts at a local gift shop. Purchase gift cards from stores, internet sites, restaurants, and events (movie tickets, etc.), or just give cash to people you have trouble buying for. Gift cards cut down on wrapping and shipping.

Most importantly, remember to focus on the meaning of the season. Sharing time, laughter and enjoying the people you love make the holidays a special time of year.

*Diana Soll is a Fairview-based Certified Professional Organizer. For more information, email her at Diana@grandsolutions.net.*

## HOLIDAY ARTS & CRAFTS SHOW

**Saturday, November 13**  
9am - 3pm

**379 Old Charlotte Hwy**

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A Generous Donation



In 2005, the founders of Firehouse Subs established a nonprofit, the Firehouse Subs Public Safety Foundation, to provide lifesaving equipment, prevention education, scholarships and continued education, and disaster relief for first responders, public safety organizations, and members of the military.

As part of a \$62.5 million grant to first responders across the US, who continue to expose themselves to dangerous conditions during health crises and natural disasters, the foundation has awarded \$23,978 to the Fairview Volunteer Fire Department. These funds will go toward the purchase of automated external defibrillators (AEDs).

“We are grateful to Firehouse Subs Public Safety Foundation and our local Firehouse Subs for awarding us this grant,” said Chief Scott Jones. “We will be able to replace our outdated AEDs as well as equip our emergency apparatus with new, up-to-date AEDs. This will ensure that ... there will be at least one AED available at all times to help the people of Fairview during emergency situations, especially during the upcoming holiday season.”

The department would like to thank Glenda Weinert, franchisee for the Tunnel Road Firehouse Subs location, for her vital support in obtaining this grant. She is pictured above with Chief Scott Jones.

Learn more about the Firehouse Subs foundation at [FirehouseSubsFoundation.org](http://FirehouseSubsFoundation.org).

*Robin Ramsey is the vice president and treasurer of the Support Unit Group of the Fairview Volunteer Fire Department.*

Refills, Ice Cream, Gifts



It's not a rumor any longer that Shelby Emerson, her husband Matt and their little girl have moved to Shelby's hometown of Greenville, SC. Shelby's store, **To the Brim: Refill Store**, brought a huge concept to keep plastics out of the landfill to our small community. She did it with joy and enthusiasm and amazing products. At the time we spoke in mid-October, Shelby felt confident she had several potential buyers for the shop that would keep it going with the same or similar vendors. That's great news! Recently, I tried the rosemary-scented laundry detergent. The cost was higher than I expected, until Matt said, "You know that's concentrated, don't you? You only need a tablespoon for an average load." Game changer! And now, every time I put my drop of laundry soap into the washer, I am made to smile at the fresh, soothing blast of rosemary and lavender that reminds me of how lucky I am to live in this community. Shelby will be missed for so much more than her store, as she has been an integral part of networking with the FBA and like-minded businesses.

Fairview will miss you Shelby and Matt, but wish you well in your new venture and move back to family.

**Hilltop Ice Cream** has something new for the cooler weather: homemade hot chocolate. Goes well with their limited edition pumpkin roll! New fall hours are Tuesday–Sunday, 2–8 pm.

Halloween is just barely behind us, Thanksgiving is on the horizon, and that means Christmas is upon us. We are fortunate to have an amazing shopping option this year at **Signs for Hope Marketplace**. They are gearing up for Christmas already and have new products almost daily. You must stop by with your shopping list in hand. It's amazing, with unique hand-crafted items from around the world.

*Heard a rumor and want to know the truth? Email [sandie@fairviewtowncrier.com](mailto:sandie@fairviewtowncrier.com)*





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SIGNS FOR HOPE

This sign represents American Sign Language, the language of the Deaf community in our country! This sign means "I love you" and is globally understood.

Global Marketplace

379 Old Charlotte Hwy, Fairview

We are a non-profit organization that coordinates the adoption of Deaf orphans around the world, and partners with families and communities in the lifelong journey of adoption. Our gift shop supports those efforts!

Arts & Crafts Show

November 13th; 9a - 3p

Watch for something special coming in December!



The Hughes Family

This Asheville family with roots in Fairview and Haw Creek is adopting their 3rd daughter from India! "Eden" is Deaf-blind. Adoption costs are \$35,000+, so in November we are supporting them by giving 10% of our gross sales to their adoption costs. Additional donations are welcome!

@signsforhope @sfhmarketplace

Signs for Hope Signs for Hope Marketplace



## First Bank Branch Sends Flood Relief

In August, our neighbors to the west experienced a direct hit from Tropical Storm Fred, causing one of the worst area floods in history. The water level was reported to have been 3.09 feet higher in some areas than during the flood of 2004, according to a report published in *The Mountaineer*. It is estimated that 225 structures were completely destroyed, damages totaled nearly \$300 million, and roughly 500 families in Haywood County were displaced.

### Strong Support

Witnesses to the devastation likened the destruction to a war zone. Support began pouring in from neighbors, churches, nonprofits and county residents. Volunteers went to work, organizations rallied, and WNC responded with much needed help.

Maureen Foster, a personal banker at First Bank in Reynolds, rallied her colleagues with the goal of raising \$3,000 in flood relief as their contribution toward a larger fundraiser set by 12 other First Bank branches in the region. The 13 branches



The First Bank unicorns. (PHOTO PROVIDED BY MAUREEN FOSTER)

were raising funds for a quick build of a home in the hardest-hit Cruso community.

### "It touched people and they gave."

At the Reynolds branch, Foster and her colleagues put together a lunch giveaway from Wayne's Subs, baked cookies to give away, and asked patrons to donate their spare change. They also promised that if they met their goal, the bankers would dress in unicorn costumes on the final day. "We had pictures up of the flooded areas, the mobile homes that floated, the football

stadium," said Foster. "It touched people and they gave. You hear about this everywhere else, but when it hits this close to home—I get teary-eyed thinking about it."

The entire staff at the First Bank Reynolds branch would like to thank their customers and hard-working staff for meeting their goal within the first week and raising a total of \$8,300 by the end of September. According to Foster, the remaining funds raised will go toward the purchase of gift cards for flood victims. "This way," she said, "if someone comes in needing bedding, we can

hand them a gift card and say, 'Go get it.'"

As promised, on October 1, the staff at First Bank Reynolds donned their best unicorn attire and celebrated meeting—and surpassing—their fundraising goal. "Our community is the best. Our customers are the best," said Foster. When neighbors help neighbors, everyone wins.

Natalie Furniss is the business manager for the Crier.

## Conserving Carolina Offers Hiking Challenge

Conserving Carolina is once again offering its White Squirrel Hiking Challenge.

The challenge includes eight hikes on lands that Conserving Carolina has helped protect, enhance or open to the public, including two trails in the Fairview area—Bearwallow Mountain and the extended Wildcat Rock Trail—as well as the highest waterfall east of the Rocky Mountains, lakes and waterfalls in DuPont State Recreational Forest, and a beautiful creek in the Green River Game Lands.

In addition to enjoying the beautiful WNC scenery in the winter, hikers can also earn a prize package that includes a White Squirrel Patch as a badge of honor and perks from local businesses that support conservation.

Some of the trails in the challenge are open to mountain biking. In these cases, biking a trail can count toward completing the challenge. For those who love to swim, fish, or just be near the water, five of the hikes feature rivers, lakes, or waterfalls.

This challenge is free and open to all. To earn your award package and White Squirrel Patch, you must also be a Conserving Carolina member (\$35 for individuals, \$60 for households.)

To learn more about the challenge, go to [conservingcarolina.org/hiking-challenge-6](http://conservingcarolina.org/hiking-challenge-6).

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# SEEING SIGNS

## A Marketplace in Fairview

BY BECKY LLOYD

**“Signs” in our name stands for American Sign Language, not signs that share information. American Sign Language is the language of the hands and body used by the folks who identify with the Deaf Community.**

Charles, my husband of 42 years, and I have lived and served in Fairview since 1983. I was born on the western slopes of these beautiful mountains in Knoxville, TN, then moved to Seymour, TN, to romp and play on our 600-acre family farm. Charles’ family lived in various cities across the south, moving every few years as his dad was promoted with the JC Penney Company. When his family settled in Knoxville, Charles and I met in our church’s youth group. He also worked for the veterinarian who took care of our family pets.

I have been an animal lover from birth. I wanted to be a vet when I grew up and told everyone that for years. And I ended up I marrying one instead. Less book-learnin’ and studying for me!

Fairview Animal Hospital opened in February 1984, the same year our daughter, Rachel Shumate, was born. Our son Joseph was born in 1988, and he and Rachel attended and graduated from Asheville Christian Academy (ACA). Rachel and her husband, Marc, live on Gravelly Branch, just down the road, and Joe and his family live in Aurora, CO.

I was a wife and a stay-at-home mom, involved heavily at ACA and in our church until 2000. I was 41 when I went back to school to become an American Sign



Language (ASL) interpreter, graduating from Blue Ridge Community College in 2003, then transferring to Gardner-Webb University (GWU), where I graduated in 2008 with an ASL Studies major and an ASL interpreting minor.

I had begun interpreting at my church for the Deaf folks who attended there in the early 2000s and started teaching basic ASL classes to a few hearing people not long after. I became a freelance and contract ASL interpreter in the Asheville area after graduating from GWU and becoming a nationally certified interpreter.

Why was I drawn to American Sign Language? Across three generations, I had nine Deaf family members—maternal grandparents, aunt and uncle and cousins. I did not learn to sign with them growing up, but there was a part of me that wanted to learn. Little did I know that was just the beginning of something so much bigger than me interpreting for Deaf folks in our community.

At 14, I surrendered my life to become a follower of Jesus Christ. Embracing His unconditional love and forgiveness has transformed my life. Going back to school in 2000 was in response to His leading me to do so. Not only did it seem to be the right thing to do at the time, there were multiple evidences supporting this, as well. I like to call them “God-evidences.”

On March 18, 2008, I heard a voice I could not ignore. It said, “I want you to coordinate the adoption of Deaf orphans in the world.” Shock and disbelief were my initial reactions. However, those were quickly replaced by responses steeped in His truth and knowing Him for years.

Some of the offering at the Signs for Hope Global Marketplace.



Becky Lloyd, shown on opposite page with kids, has traveled the world to help deaf orphans. And along the way, she has picked up handmade gifts that she sells to support her mission.

And over time, evidences that could not be denied were too many to ignore, and those many evidences of His confirmation continue to this day.

Once the initial shock wore off, I determined I needed to see “Deaf orphans” with my own eyes—something I had not yet experienced—if I was to do anything “for” them. That would have to happen in another country, so I began searching the Internet for possible organizations already involved with Deaf orphans.

After weeks of searching, I was clearly led to Liberia for my first up close and personal chance to meet with Deaf orphans. Unexplainable God-connections with multiple folks with connections to Liberia, even connections with folks specifically connected with Deaf orphans there, all happened within a few days in the spring of 2009. The organization I would travel to Liberia with, based in Matthews, NC, had just returned from their annual trip, so I would have to wait until June 2010 to go.

One thing I had to learn early was the meaning of that word “orphan.” It does not necessarily mean both parents have died. It can also mean “abandoned, vulnerable and/or at risk,” with no one to care for them.

I was not intimidated by traveling to Africa. Charles and I had spent two months there, in South Africa specifically, during his vet school externship in our early years of marriage. Part of my heart was still there so many years later.

When I finally got to Liberia, I saw things that made my heart ache. Deaf children, from ages 5 to in their 20s, many learning sign language for the first time. Only one bowl of rice to eat a day. Sometimes there might be a spoonful of cassava to go on top. Foam mattresses disintegrating on the concrete floor, where they slept.

What was I supposed to do? What was my responsibility here? Ironically, Liberia had closed adoptions months before I arrived. I asked my Lord, “Why am I

here? Adoptions are no longer permitted.” But he opened my understanding, and I partnered with our host organization to seek and secure monthly sponsors for the children, which are also known as “heart adoptions.” Financial and prayer support for these Deaf children in such great need provide life-changing outcomes.

Charles and I had no idea what we were doing. We did not initially think we would form a non-profit, needing to seek help and support from others. We were just putting one foot in front of the other and watching God reveal things as we went along.

At the guest house where our small team was hosted in Monrovia, the locals asked if they could bring their handmade crafts for us to see and purchase. Little did I know that would be the “birth” of the Signs for Hope Global Marketplace. It took years to get here, however. One step at a time.

On that first trip to Liberia, I thought, “These beautiful handmade items will be great to give as gifts to family and friends.” On the second trip, I was thinking, “These will be great to sell to family and friends to help pay the high cost of travel to Liberia.” For five years, I held private sales events in our home in Fairview. When Ebola hit Liberia, my trips ended but not the relationships.

Deaf adoption trips to multiple countries—traveling with Deaf families as their ASL interpreter when adopting Deaf children—started in 2012. Choosing just the right gift items in each of those countries—China, Bulgaria, the Dominican Republic, to name a few—was a joy, but it did not match the joy I had seeing Deaf children being adopted by Deaf and ASL-fluent parents.

In the fall of 2019, when Charles and I renovated our downstairs to become a vacation rental, the extra two rooms became the Signs for Hope Marketplace, open for private showings and mini-sales events. That closed in early 2020 because of COVID.

A great effort was made by one of our





most faithful volunteers and dear friends, Vandora Henderson, to get us selling online, but we had no idea what we were doing and I had little time to devote to the effort. There are many facets to Signs for Hope, and the Marketplace is just one of them.

### A Structure with Promise

There is a lot of construction going on along Charlotte Highway. But one building, not too far from Charles's animal hospital, caught our eye. We watched with great wonder the construction of a beautiful white building with black trim. "Was it a house?" we wondered. "Had the coffee shop out-grown its current space and needed a larger one?"

In February of this year, an official Greybeard "For Lease" sign was placed outside. I quickly got on the Internet to see what it was. The listing said it was 1,000 square feet with a small "closet" and a bathroom, with no tub or shower. I had to see it!

I did not initially think of a marketplace when I viewed the listing, because I had been searching for two years for a house—not a storefront. A house would be a space, an ASL home, with the purpose of exposing families to ASL learning in an immersive, home-like setting. It



would provide them the opportunity to learn the language as it applies to their everyday lives with their children.

Charles, Vandora and I met the agent at 379 Old Charlotte Highway on February 11. The building was so impressive, inside and out. Hardwood floor. High ceilings.

Windows and more windows. But a home it was not. "That's okay! Maybe it was for something else," I thought.

But I am an "outside the box" thinker. My daddy was that way, and I think it must have rubbed off on me. My heavenly Daddy also causes me to think outside the

box. While standing in the space, I started to think it could be a perfect place for a marketplace (the "global" part came a bit later). We could also reserve a space for a small "Fairview Welcome Center."

In our vacation rental, I provide guests with a plethora of brochures and information about local things to do and where to eat. It was natural for me to think about adding a welcome center in a location that's set right as you enter our beautiful community.

And Fairview has welcomed us as well. We are delighted to greet you in this space every day we are open. It is my joy to meet you, listen to your stories and share mine in this space. Our volunteers love to do this with you, too. It is also my joy and Rachel's to provide some special gifts for your pleasure and for gifting to others. The double blessing is knowing others are benefiting from our being here, too.

*Becky Lloyd is the founder of Signs for Hope and the owner of the Signs for Hope Global Marketplace. 379 Old Charlotte Highway, Fairview. For more information, go to [facebook.com/SignsforHopeMarketplace](https://facebook.com/SignsforHopeMarketplace) or call 222-2180.*



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# When Dealing with Effects of a Stroke, Never Give Up

**M**ary called to say, “Mom (Rebecca) had a stroke and she has little movement in her left arm and leg. What can we do?” I responded, “Find a Saebo trained therapist.” Saebo has many products to help individuals that have suffered a stroke, especially if the individual has spasticity.

Spasticity is a condition in which there is an abnormal increase in muscle tone or stiffness, which may interfere with movement or speech or be associated with discomfort or pain. Spasticity is usually caused by damage to nerve pathways within the brain or spinal cord that control muscle movement. The degree of spasticity varies from mild muscle stiffness to severe, painful and uncontrollable muscle spasms. Spasticity can interfere with rehabilitation in patients with certain disorders, and often interferes with daily activities.

Rebecca located a Saebo therapist and began her journey. First, she was placed in a SaeboStretch to reduce the spasticity in her hand. The SaeboStretch is different from traditional hand splints, which are made of hard/rigid materials. The SaeboStretch has a unique, dynamic hand piece that allows the fingers to move through flexion (closing fist position) due to increased tone, and it repositions the fingers into normal hand position. The SaeboStretch includes three hand pieces that offer various grades of



Like this patient, Rebecca worked with the SaeboFlex to improve her hand function. IMAGE: HELEN HAYES HOSPITAL

resistance, assists in preventing or reducing joint damage and pain, and reduces pressure at the joints by allowing the hand plates to bend with the fingers when the tone increases. The SaeboStretch places the wrist and fingers in a position that is best for the client and accommodates changes as they progress. And the soft and flexible materials allow a person to wear it for hours and while sleeping to obtain the maximum benefits without bothering the skin.

Normally, individuals who have suffered a neurological injury such as stroke develop increased tightness in the hand, known as contractures. If the hand is not maintained in an optimal position, over time the muscles can shorten, leading to contractures, which can become painful and further limit the ability to regain hand

function. The SaeboStretch benefits clients with minimal to moderate hand stiffness but who are able to open their hand flat with assistance.

As Rebecca’s spasticity decreased, she began to have some movement in her arm and hand. She wore the SaeboStretch at night and began to use the SaeboFlex, along with the SaeboReach, to begin a grasp and release program. Normally, clients who have suffered a neurological injury such as stroke are unable to open or extend their fingers, and their hand is often in a clenched or closed position. The SaeboFlex is a dynamic, custom-fabricated wrist, hand and finger orthosis that gives stroke survivors the ability to incorporate the involved hand functionally in therapy and at home. The SaeboReach is another dynamic, custom-fabricated elbow, wrist, hand, and finger orthosis. It’s a combination of the SaeboFlex and an above-elbow component to improve elbow extension. The elbow extension system of the orthosis provides assistance in straightening the arm so that functional reaching is possible. The SaeboReach was specifically designed for individuals with limited hand and elbow function. By opening and closing the hand with the SaeboFlex or Reach, clients can retrain the brain and strengthen the muscles needed to perform daily tasks. The orthoses can

also prevent tightening of the hand and shortening of the muscles, which can limit hand function even further.

Rebecca performed her exercises each night and graduated to the SaeboGlove. This technology is used by patients who have some but not full finger extension and those with very minimal or no active wrist/finger extension. Rebecca worked with her therapist as if it were her job to regain her arm function. Currently, she is able to dress herself with the use of her arm, hold mugs, and open doors. Her main goal to hug her daughter with a two-handed hug has been accomplished.

This is not a quick fix. Rebecca was able to accomplish all of this over two years of therapy. She never gave up on reaching her goals. Tiered, progressive and specific interventions are a unique and effective strategy to not only enhance recovery but to sustain and build upon lasting improvements.



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

concentration in Neurology. For more information, go to [unifiedtherapies.com](http://unifiedtherapies.com) or call 414-2368.

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# How to Overcome Weight Loss Plateaus

Everyone hates, dreads and even fears the “plateau” in weight loss. It’s like a swear word. But it doesn’t have to be. Understanding where a plateau comes from is the key to success. Let’s debunk this pesky beast and lessen its power.

Ninety-eight percent of weight loss plateaus are mental and emotional. I define a true plateau as a stall in weight loss for four or more weeks; that doesn’t budge despite changes in diet and exercise; and that doesn’t coincide with changes in medication, menstrual cycle, stress increases or other health conditions.

The majority of the time when we say we have plateaued, we haven’t. If you haven’t dropped pounds on the scale for one to two weeks, you haven’t plateaued. This is simply your body getting used to all the change it has undergone. Hormones are rebalancing, fluid is shifting. Likely, you’ll see a shift in body composition in the right direction even if total pounds haven’t dropped. Give yourself a hug, stop beating yourself up, and let go of the fear of a plateau. Shift yourself into a mindset of faith, confidence and belief that your body is shedding this fat-weight and will continue to do so consistently and with ease.

If you have witnessed absolutely no drop in fat-weight and no positive body composition changes in over four weeks, then you could be in the midst of a true plateau. But do not fret, as we all know

some of our greatest periods of growth come out of digging deeper into ourselves. And this is often what busting through a true plateau requires.

## Three Helpful Tactics

**1** If you understand and accept that most plateaus are mental and emotional, you’ve got to take a deeper look at what a lower weight means to you. Do you have any fear associated with your body entering into a new state? Is a lower weight associated with something unpleasant from the past? If you’re in a fear mindset, then your body isn’t going to move through until you’ve shifted your story or worked through whatever this traumatic experience may have been. If you are in a fear state, then your subconscious does not want you to lose more weight, as it would be putting you at “risk”; in this state, more weight loss has a negative association and your body won’t let it happen, no matter what you might intellectually be telling it to do.

**2** Do you truly believe that you will reach this new weight? Can you visualize it? See it like it’s a reality? If you don’t believe that you will reach this lower weight, you won’t. If you can’t visualize this version of yourself, then your body will have a very tough time entering into it. If you’re in a state of disbelief, then you must cultivate the belief, confidence and trust in yourself that your body and mind



With the right strategies, you can bust through your weight-loss plateau. IMAGE: PCORI.ORG

can do this. Then, reinforce the belief with a daily practice of visualizing yourself at this weight and employ all of your five senses to make it a reality.

**3** Are you manifesting a plateau, rather than weight loss? This happens as a result of the above items, but in addition, you will hear yourself say things like: “I can never make it past this weight. I always get stuck here. I knew it! I told you! I’m going to be at this weight forever.” You feared the plateau before you even started your weight loss. You beat yourself up, stress over it, and weigh yourself daily. And when the weight stays steady, you tell yourself and others, “This always happens, no matter what I do.” Remember that the words you tell yourself—the story you create—is what becomes your reality. You

must change your words. You must change your story. If you don’t, then it will be impossible for your body to transform.

## Take a Step Back

If you’ve taken a deep dive into yourself and believe these items above aren’t pertinent to you, then you need to step back and take a look at your diet. Are you following a healthy nutritional plan that provides adequate protein and healthy fats while not severely restricting your calories? Are you following your plan precisely? Is stress being managed and sleep prioritized? Do you have a team of experts behind you? Weight loss is complicated, and finding a sound nutrition plan most often requires outside support. But no matter what, no matter where you might be in your weight loss journey, you can make a change. Remember that knowing what to do isn’t enough. Action is where it’s at. So, take the deep dive and do the work; it’ll be worth it. I promise you.



Ashley Lucas, who lives in Fletcher, has a Ph.D. in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville Road, Suite 170, Asheville. 552-3333 or myphdweightloss.com.



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# The Pacolli Family

## REFUGEES IN FAIRVIEW

By JOHN AGER

**O**n most days, you can find Hanife Pacolli hard at work in the Sherrill's Inn vegetable and flower garden, now thousands of miles from her homeland and two decades from the Balkan War that swept through her native Kosovo. She loves tending the plants as they bring forth vegetables and beauty. She especially loves to water them on a hot, dry day. Wedding days bring young brides to this garden to marvel at her work and to preserve the moment with a photograph. Hanife's quick mind remembers her own wedding to Ragip Pacolli and the six children she birthed and raised. She remembers the peaceful, happy years of her youth in Kosovo, surrounded by her family and friends.

Hanife has for many years wanted to tell her story, and to give grateful thanks to everyone that helped her family over the years. Her native language is Albanian, so she wrote down her memories in the words she knew best. Now, with the help of Fairview's Dana Irwin and Hanife's daughter Qendresa, she is telling her story in English, with wonderful photos. *Unforgettable Spring* has been printed and is available to anyone interested in this unique Fairview story.

Hanife wrote it in Albanian and turned it over to the *Town Crier's* publisher, Sandie Rhodes, our resident Albanian translator. Or maybe not. Sandie said not only could she not understand it, but there were no periods. It was written like Hanife talks—lickety split and hang on for dear life.

Sandie moved the project along to her friend Dana Irwin, who has a gift for graphic artistry. Irwin worked with Qendresa to translate the text. (Just so you know, the letter Q in Albanian is pronounced more like a "sh" sound.) Irwin was fascinated by the story, and by Hanife and her family, and it all became a labor of love. In a great stroke of circumstance, she had a friend who worked in the US Embassy in Kosovo, who was able to find a collection of photos that bring the horrors of the war to light and verify the personal account of the Pacolli family.

This wasn't the first Kosovar family to call Fairview home. Two decades ago, my wife and Annie I sponsored a refugee family through our church, Fairview Christian Fellowship. The Bytyqi (pronounced "Bituchi") family consisted of Grandpa Shemsi and Grandma Fillka, sons Farouk and Mirsad, sister Zekije, Farouk's wife Mexhide and their two children Aida and Amir. They were a wonderful family

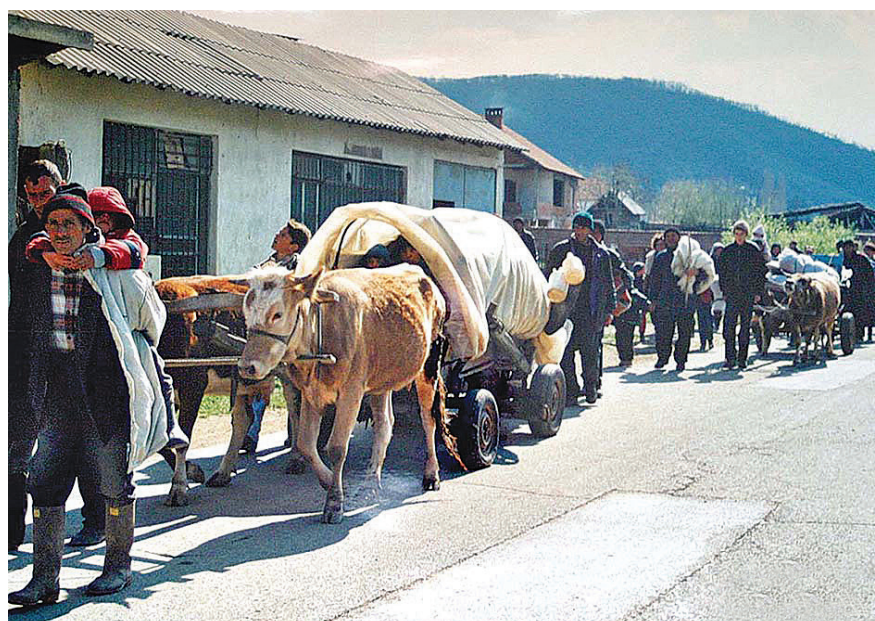


Above, Hanife and her children in a refugee camp before baby Eldon (bottom photo) was born there.

to take care of and lived for some time in the house next to the library and in our house on the farm. I thought Shemsi could have easily blended in to our mountain life by his looks and rural ways, but I think being uprooted from his native land left him feeling a little lost in America.

Being responsible for a family was a daunting task, but many people pitched in to help and be friendly. The family needed a

house, jobs, medical care, transportation and so much more. Language was a huge barrier. I was fortunate to find John Delich in Fairview, who spoke Serbo-Croatian and was of Serbian heritage. Shemsi also spoke this language, and Delich was most helpful in solving many of the early difficulties. The relationship was a tricky one, however, since the Bytyqis had been driven from their homes by Serbian nationalists. I could often feel the ethnic conflict in their interactions, but nonetheless, it was a blessing.



Many families were displaced in Kosovo in 1999. PHOTO: RIDVAN SLIVOVA ©



Hanife and family loved to work in the garden at Sherill's Inn.



From left: Hanife, Kathryn Schnable, Ragip, Mirsad and Faruk in 2000.

Delich and I served on a board together, and at one of the meetings I asked him about the history of the ethnic rivalry. First, you need to understand that the Kosovars are traditionally Muslim and the Serbs are Orthodox Christians. The history is caught up in conflicts with the Muslim Turks during the years of the expansion of the Ottoman Empire in the Balkans. Delich told me that Kosovo was the site of an important Orthodox monastery; one that he had been able to visit. He related to me about a certain priest who led the fight against the Muslims and was beheaded. This might have been in the 1300s. The corpse of the priest was in a coffin in this monastery, and Delich said the "dear nuns" there allowed him to open it and

peer inside. As he was telling me this, tears were rolling down his cheeks. It was clear to me that these ancient events and the resentments they carried forward were never going to be peaceably resolved, which fueled the ethnic strife in the region.

And so, 700 years later, we were welcoming more Kosovar refugees to Fairview. Hanife and Ragip arrived with little forewarning. A Christian aid organization was handling their arrival in High Point, as Hanife relates in her book. A jolly, optimistic man named Mr. Wayne drove them to Fairview. The paperwork indicated two parents and five children, as news of baby Eldon (born in a refugee camp) had not made it to the information keepers. Where could they go? Who would





From left: Elona, Qendresa and Betsy Milford in 2019 at Qendresa's graduation from Lees-McRae College.

take in a family of eight on short notice? We called Betsy Milford, and the next paragraph is her memory of that event.

"A couple of days before Halloween 1999, my life as a teacher at Fairview Elementary became quite an adventure! My church sponsored a refugee family from Kosovo, and I welcomed into my home the Pacolli family, who lived with me for a few months. The family was comprised of Hanife, Ragip, and six beautiful children, including three-month-old baby Eldon. The three oldest girls loved attending school, learned English quickly, and would share all their newly acquired skills with their mother as they did their homework. Our fabulous Fairview community filled my car daily in the school parking lot with all sorts of

“

**Our fabulous Fairview community filled my car daily in the school parking lot with all sorts of donations....**

— Betsy Milford

donations, including lots of nail polish and even four-inch heels. The girls weren't pleased when I insisted on "no fancy shoes" when going on a hike. All the kids loved playing the games at the Halloween Carnival at the community center and getting lots of candy, although they hid behind me when they saw someone dressed as a soldier. They really loved all the Christmas activities, and my house had never been so thoroughly decorated, as the kids added their handmade crafts and trimmed a Christmas tree for the first time. The years have flown by and I've had a wondrous adventure watching these children grow into responsible, caring adults!"

And Milford has remained a force in their lives, pushing them to excel in school. The Pacolli girls do wonderful imitations of the teacher chiding them along toward success. "Now darlings..." As we once again enjoy our holiday season, 22 years after the Pacolli family came to Fairview, Hanife's story makes us grateful not only for the relative peace we enjoy, but also for the generosity of spirit that so many showed to this family escaping the horrors of war.

# A Book Is Born

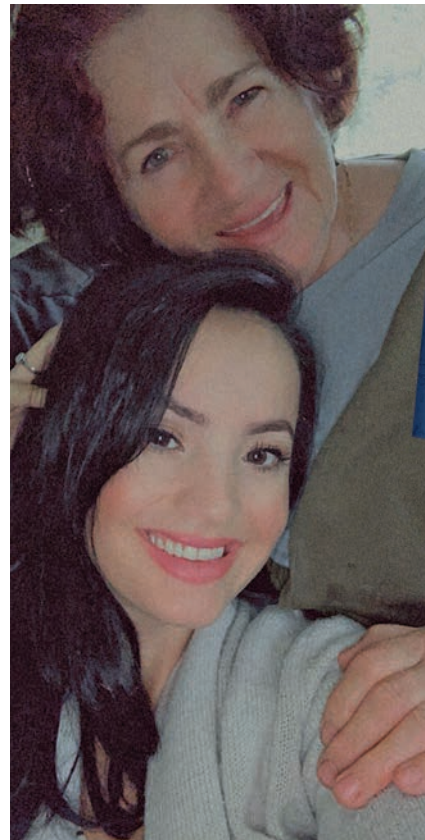
By DANA IRWIN

**A**lways up for an adventure, I follow my instincts when promising opportunities arise. And one did in February this year when I was asked to design and produce a book for Hanife Pacolli. She had written her account of her family's harrowing escape from Kosovo during the 1999 Serbian war and their ultimate arrival in Fairview later that year.

By the time I finished reading her story, I was hooked. The first time Hanife and I met, we began the book process and a friendship as well. We hit it off immediately. Hanife's strong Balkan accent, her rapid-fire speech and her wonderful exuberance enthralled me even though I understood only half of what she said. Quickly, we learned to communicate by interspersing French phrases every now and then, as I also speak French. Hanife is fluent or knowledgeable in Bosnian, Serbian, Arabic, Turkish, Portuguese, Italian, French, Russian and English. For 10 years she worked with Western Carolina Medical Society as an interpreter for Albanian patients in the area. She is a remarkable woman.

Also remarkable is Hanife's daughter Qendresa, who translated her mother's book from Albanian to English. In just 12 years in the US, she learned English thoroughly enough to earn an associate degree from AB-Tech, then a bachelor's degree from Lees McRae, and now is set to graduate with a master's degree in clinical mental health counseling from NC State. All of her siblings graduated from A.C. Reynolds. A special achievement Qendresa holds dear to her heart is winning the spelling bee at Fairview Elementary in 2000, after being in the US for just a little over a year.

Hanife and I went right to work putting

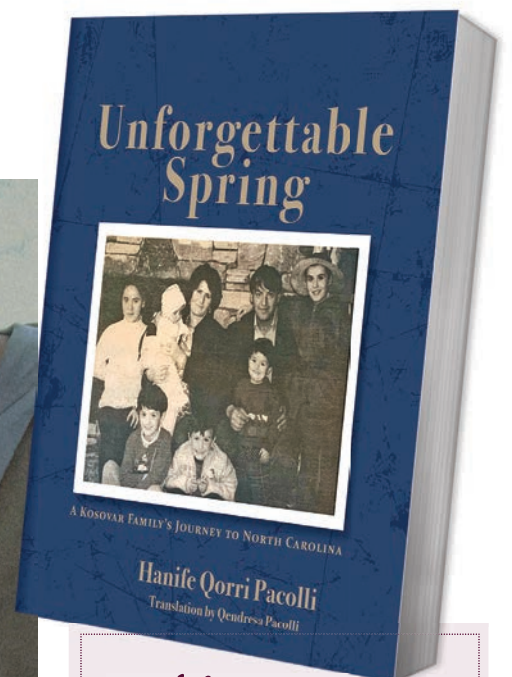


Hanife and Qendresa

into book form her memories of experiences that ranged from terrifying, demeaning, exhausting and life-threatening to heartwarming. Her memoir takes the family through that terrible year from the war-torn hills of Kosovo to the welcoming hills of Fairview.

Like many Americans, I knew little about that horrendous Serbian war and the associated atrocities. Working with Hanife has taught me important lessons in history and has spurred in me a responsibility to read more extensively about world affairs.

A bonus lesson from Hanife has involved delicious Albanian cuisine. Hanife has brought me gifts from her



## Publication Party

**SUNDAY, DECEMBER 12  
4–6 pm**

**Sherrill's Inn front porch  
15 Clarke Lane, Fairview**

Everyone is invited to come meet Hanife and her family. Signed books will be available for purchase. Light refreshments and lots of good cheer. Join us in celebrating the publication of Hanife's account of her journey to WNC and her appreciation to the generous community of Fairview that welcomed her and her family.

kitchen each time we have met. Lately, I've even been inspired to search out some Albanian recipes to try on my own.

Hanife, Qendresa and I were not alone in the production of this book. The generous people in the Fairview community contributed many of the joyous stories included in Hanife's memoir. Besim Kokollari, at the US Embassy in Kosovo, helped us procure wartime images by Ridvan Slivova, who lives in Prishtina, Kosovo. My editor friend Carol Parks did the copyediting for the book.

Legend has it that it takes the same nine months to produce a book as to produce a baby. We were pleased that this one came in a little early at eight months.

My experience in book design and production spans over 40 years and has taken me to both edges of the continent. Working on this book with Hanife and Qendresa has been a great honor and an enormous pleasure and is the most memorable book I have ever produced.

### To Purchase

To find out how to get a copy of the book or to inquire if there are copies at the Crier's office, call 628-2211 or email [natalie@fairviewtowncrier.com](mailto:natalie@fairviewtowncrier.com).

## About the Author

**Hanife Pacolli and her family** were among the hundreds of thousands of Kosovar Albanians driven from their homes during the campaign of terror in 1998 and 1999. In her newly published book, *Unforgettable Spring*, Hanife recounts the family's journey through the war-torn country as they struggled to reach the refugee camps in Macedonia—where her youngest child was born—and ultimately, the United States. Despite life-threatening encounters with enemy soldiers, cold, hunger and exhaustion, Hanife kept a positive attitude and an appreciation for the kindness shown by others to her and her children.

Hanife was born in Gllgovcë, Kosovo, in the 1960s. She had lived in Kosovo for almost 40 years when she and her family were brutally forced to leave. Since 1999, Hanife and her family have lived in Western North Carolina.

In *Unforgettable Spring*, Hanife honors all Kosovars who were killed in the war and wishes to bring peace to the hearts of all those now living far from their homeland.



# Social-Emotional Learning at Fairview Elementary

By Kenya Hoffart

At Fairview Elementary, one primary focus is to educate the whole child. This means students learn more than math equations and sentence structure. The whole-child approach to teaching supports and nurtures all areas of a child’s development and learning. At FES, school counselors work hard to teach students ways to handle situations that will help them succeed both in the classroom and beyond.

Social-emotional learning (SEL) helps both children and adults thrive professionally and academically, develop and maintain positive relationships, become lifelong learners, and contribute to a more caring and just world. Fairview Elementary school counselors Katie McCracken and Erin Schlecht work with students on SEL every day, teaching them things like how to focus their attention, listen carefully, and use self-talk to stay on task. They also teach students how to identify and understand their feelings and the feelings of others and how to show compassion. They review specific skills for calming down when experiencing strong feelings, such as anxiety or anger, and the process of solving problems with others in a positive way. Students are also taught how to recognize, report and refuse bullying.

McCracken and Schlecht, who are

lovingly known as Mrs. Katie and Ms. Erin, teach SEL classes called “Second Step” for kindergarten and first grade and “Friends & Feelings” for second through fifth grades. These classes are part of the weekly block rotation and are a favorite of many. Mason, a third-grade student at FES, said, “I really like the exercises we do to help us understand our feelings. Sometimes when I start to get mad, I focus on my breathing, and before I know it, I’m feeling much better about things!”

### Positive Outcomes

Teachers and staff are witnessing changes, as countless positive outcomes are experienced by students using the tools and skills they learn in their SEL lessons. They have seen personal and academic growth in their students and have enjoyed learning these skills themselves. Mrs. Holtzclaw, a fourth-grade teacher at FES, said, “It is so interesting to watch Mrs. Katie in action, and I’ve used many of the techniques she’s taught my students in our classroom. Repeating what they’ve learned in Friends & Feelings and helping them apply it to what’s happening in our classroom really helps students understand and remember what they’ve learned to help them handle many situations.” She added, “I have a classroom full of problem-solvers thanks to social-emotional learning.”

School principal, Dr. Angie Jackson, said, “The impact Mrs. Katie and Ms. Erin have on our students is immeasurable. We are seeing fewer referrals from classrooms who need behavioral support because students are learning to manage their feelings and stay focused on their lessons. Social-emotional learning makes for a school environment that everyone wants to be part of, and we are so thankful for that.” School administrators are very happy that students can sort through their feelings and stay in the classroom so they can focus on learning.

The FES counseling department also provides tools to parents to help them understand and enforce what is being taught at school. Cristy Brunner, an FES parent, said, “I often find myself telling my daughter to take a deep breath and name her feelings. I think it really helps her to understand that it’s okay to have feelings, but it’s important to understand those feelings so she can figure out how to deal with a situation and learn from it.”

Buncombe County Schools provides many professional development opportunities to school counselors so they can be equipped to provide the same development opportunities to school staff. Mrs. Katie is very passionate about SEL and enjoys sharing everything she learns with her fellow educators. She also participates in

many decision-making groups so that she can help figure out how SEL can be part of all classroom learning opportunities, and her passion for helping kids learn to maintain themselves is both respected and admired by her peers. Fairview Elementary’s Dads Club and PTA also help support the counseling department and SEL at FES. They have provided resources such as calm kits for every classroom, yoga mats and journals, as well as positive behavior incentives for the school’s Positive Behavior Intervention and Support (PBIS) program.

McCracken (“Mrs. Katie”) said, “Fairview families value hard work and kindness, which is evident in the high level of respect FES students are taught even before they start school. Because of that, we are able to help students focus on things like self-awareness, social awareness, responsible decision making, self-management and relationship skills. The social-emotional learning these kids take in every day is helping them identify their strengths, show empathy, set goals and learn how to communicate in a positive and effective way, and that’s something that will benefit them for a lifetime.”

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

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18 | THE FAIRVIEW TOWN CRIER November 2021



# Reynolds High School PTSO Awards Mini-Grants

By Karen Wallace-Meigs

**The Parent-Teacher Support Organization (PTSO)** of A.C. Reynolds High School is again funding classroom mini-grants to support faculty and students across the school. The program returns after a 2020-2021 hiatus, during which the group used funds to aid students and families in need and to support teacher recognition.

Understandably, donations to the group were down last year. Parent donations help to cover mini-grants, which are awarded at the beginning of each school year. The PTSO encourages parents, grandparents, houses of worship, civic organizations and area businesses to support the work of the PTSO through donations of any amount. Ways to donate are at the end of this article.

The PTSO is delighted to announce the following mini-grant recipients for the 2021-2022 academic year.

- **Lauren Ward, school social worker:** Will purchase fluorescent light covers to make the counseling suite a more calming atmosphere, especially for students who need a break to reflect.
- **Lt. Colonel (Ret.) Wise, ROTC:** Will purchase a World War I replica uniform. The Jr. ROTC is seeking uniforms from past American conflicts to outfit the color guard at various parades and events.
- **Sgt. Jamie Brown (Ret.), ROTC:**

Will purchase a Revolutionary War replica uniform.

- **Shannon Fields, Spanish teacher:** Will purchase a subscription to Señor Wooly, an e-learning program, and Gimkit, a site that builds engaging, easy-to-use tools that help reshape education for teachers and students.
- **Phillip Hayne, choral music teacher:** Will purchase 20 matching singers' masks for safer rehearsals and performances.

- **Kristi Stevens, exceptional children's teacher:** Wrote a winning proposal for her students to make framed "diamond art" and learn job skills and on-task productivity behaviors. Students' art will be marketed.
- **Annie Choi, intensive intervention teacher:** The grant will permit her students to gain hands-on, community job experience as they shop for ingredients/supplies to produce and deliver treats and cards for ACRHS staff member birthdays.

- **Britt Taylor, math 1 teacher:** Will purchase math supplies.
- **Sean Smith, band teacher:** Will cover fees for 40 students to attend All-District Band Clinic at Western Carolina.
- **Stephanie Scott-Gaddy, Career and Technical Education CTE teacher:** Will receive funding toward the May 2022 CTE Honors Ceremony.
- **Kyle Fields, math 2 teacher:** Will purchase dry erase boards and markers, as well as class sets of protractors and compasses to cover 85 students.
- **Shelby Lewis, civics teacher:** Will purchase a class set of Just Mercy flashcards.

Karen Wallace-Meigs is the mini-grant chair for the ACRHS PTSO.



## ACRHS STUDENT OF THE MONTH Alexis Martin

The A.C. Reynolds Student of the Month is Alexis Martin. Alexis is, first and foremost, a hard worker. Though English is his second language, he doesn't let the language barrier stand in his way. He asks questions until he understands and will spend all class period working diligently on his assignments to get them right. He is respectful and considerate. He exemplifies Rocket Pride Inside (RPI), because beyond having the work ethic to learn himself, he's also willing to help struggling classmates. He shows kindness, respect and integrity in his relationships with his teachers and fellow students. Like all seniors, he's come a long way, but Alexis has had a few extra struggles, such as learning a new language and culture. The faculty at Reynolds High is so proud of you, Alexis, and happy to have you represent our school in this way! Winners receive a special mug from the Crier.

## Donations

Support more students and teachers! Make your tax-deductible donation via:

- Venmo: @acreynoldspsto
- PayPal: acreynoldspsto@gmail.com
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MAGIC WITH GREG

# GENIE IN THE BOTTLE

## What to tell the audience

Show your audience a bottle and a short length of rope. You explain that there is a genie in the bottle. While you can't see the genie, if you tickle him with something like a rope, it makes him mad and he will hold onto the rope.

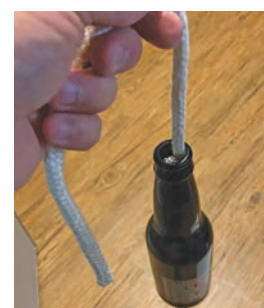
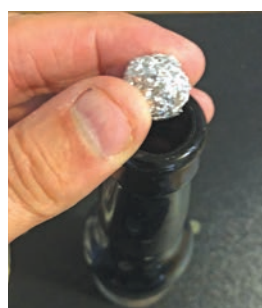
## Secret

A tiny ball inserted into the bottle after inspection will slide in between the side of the bottle and the rope and hold the rope tight. To release the ball, push the rope back into the bottle.



## Preparation

Use a dark bottle and a short piece of a rope. The ball may be made from Play-Doh or aluminum foil, or use a tiny ball if you can find one. If you are using foil, crumple it up to create a small ball that fits inside the mouth of your bottle.



## Performance

Have a volunteer inspect the bottle. When they hand it back to you, secretly place the ball that has been hidden in your hand into the bottle.

Put your rope halfway into the bottle to "tickle the genie." Turn the bottle upside down and tug a little on the rope. When you let go, the rope will stay in place.

Now turn your bottle right side up and let it dangle as you hold onto the rope.

Push the rope into your bottle to release the ball and remove the rope. Grab the bottle by the neck and then turn it upside down to secretly drop the ball back into your hand. Remember to steal the ball without the audience seeing.

Greg Phillips is a professional speaker, magician and comedian. Contact him at [Greg@GregPhillipsMagic.com](mailto:Greg@GregPhillipsMagic.com) or [MountainMagicAcademy.com](http://MountainMagicAcademy.com).

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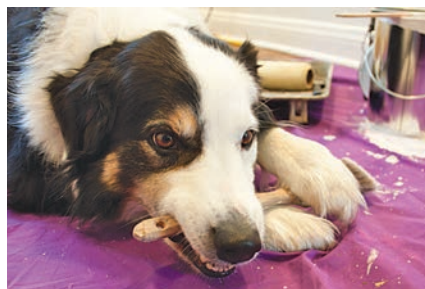
# The Holidays and Your Pup

**T**he holiday season is sneaking up on us, and many people are looking forward to gathering with family and friends this year to celebrate and make up for the craziness of the last couple of years with the pandemic.

New challenges may arise this year at these gatherings since so many people brought new dogs into their homes. Many of these dogs now suffer from separation anxiety and other problematic behaviors that arose from lack of socialization and training, and now with owners returning to work and more “normal” lifestyles, our pets are struggling. Add in the stress of the holidays and there are bound to be challenges. So, what can we do to minimize the challenges and best help our dogs?

First, be able to recognize when your dog is showing signs of stress and anxiety. It is not always as obvious as we think. A dog sitting in a corner, unable to make eye contact and shaking is obviously experiencing stress. But anxiety can also manifest as changes in potty habits and appetite or even destructive behaviors such as damaging personal belongings.

Next, consider what is triggering your dog’s response. Is it new situations, new people, new animals? Loud noises are obviously a factor during firework celebrations, but even your “loud talker” cousin coming into your home may cause stress for your dog. We frequently see the adverse effects of family routine changes,



Your dog’s anxiety may manifest as destructive behavior like damaging personal property.

such as new housing and living situations (divorces, moves), new jobs, and new babies. Our dogs are way more sensitive to the changes in their humans than we often realize. If we are anxious and stressed, you can guarantee your dog perceives that and most likely is acting out as a response, unsure how to cope with our changing emotions and behaviors.

An owner’s initial response when they see their dog acting unsure is to comfort them and tell them “it is alright” and that they “are fine,” as they would a young child. If you really study dogs, you will see that this response causes more uncertainty. Why would we reward that type of mentally uncomfortable behavior in our dogs? We are giving a big reward when we stroke them, talk sweet to them and hug on them. If you watch the dog’s subtle signs, these behaviors make many dogs uncomfortable and they try to back away. It is not common pack behavior

to be treated that way in the dog world. Dogs can often become clingy and never let their owners out of their sight, which results in dogs that lack confidence and are unsure. It’s not healthy for a pup to get stuck in that cycle and to see separation anxiety building. This is often when our dogs start getting more reactive to other dogs in the home, neighbor dogs that they are usually fine with, and other people.

Before the holiday season kicks off and the family gatherings and traditions start, work with your dog to give them jobs to do, something to focus their mind on, and commands like Sit, Down and Place. Let them get comfortable with knowing what to expect from you. Incorporate food and distractions into those training sessions—after all, the holidays are full of good-smelling food and lots of distractions. Get your dog accustomed to what they will be experiencing long before the actual event happens.

## Manage Expectations

We all like to have some level of predictability in our lives and an understanding of expectations, and our dogs are no different. Many dogs are very routine-oriented, and slight changes shatter their confidence and behaviors. Bring some predictability to your relationship with your dog to help them. For example, if you take your dog places with you and encounter many different scenarios, do they know what to do when you stop to chat with someone? Your expectation should be that they will always sit or lie down until you are ready to proceed on your journey. It’s comforting

to the dog to know what to do.

To foster and teach correct responses, you need to be very consistent and practice many repetitions of training drills with your pup. Set goals and expectations, teach the appropriate responses to external stimuli, correct them if they do not respond correctly, and reward them for the right response. The repetitive rewards when they get it right, with something that has meaning to your dog, will only further encourage their correct response when you need it at a critical time.

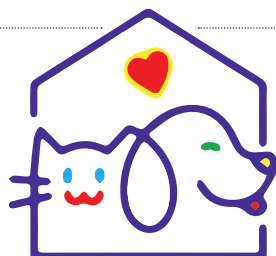
Additionally, make sure to provide mental energy outlets for your dogs. It is easy to overlook their exercise needs with the cooler temperatures coming on and as we get caught up with busy schedules during the holiday season. Dogs become more grounded as they spend time in nature and the outdoors, on walks/hikes with you, and doing other breed-specific exercises they are genetically wired to do. Not providing these can also cause our dogs to struggle and act out inappropriately.

Best wishes from the staff of Woof in the Woods for an enjoyable holiday season for you and your dog.



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

Fairview. [woofinthewoods.com](http://woofinthewoods.com).



**ADOPT A PET!**



**TONKA**

**Tonka** is a smaller dog but makes up for it with a big personality. He is looking for a home without children, other dogs, or small animals such as cats. Tonka believes he is the king and doesn’t want to share the love of his new family with anyone else. At just a year old, Tonka has lots of energy and would probably love to chase after a ball or frisbee in his new home. *Humane Society*



**TINKER**

**Tinker** loves to get frisky with her wand toys and chase a laser pointer. Though she does enjoy being petted on her own terms, she is independent. In her old home, Tinker was an indoor/outdoor kitty, and her intelligent and energetic nature suggests she would still like that. *Humane Society*



**FORREST**

**Forrest** is an adorable, high-energy beagle/hound mix pup. He loves to play with his brother and sisters, but also constantly wags his tail seeking human attention. If you let him, he will give giant kisses! He would do well in nearly any home, particularly with another dog and/or a child looking for a lifelong friend. *Charlie’s Angels*



**KEI-KEI**

**Kei-Kei** is very people-oriented and loves hanging out with his family. He also is no stranger to new friends. Because he likes to lightly nibble or swat when he’s ready to initiate playtime, he would do best in a cat-savvy home with older kids. *Brother Wolf*

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**Humane Society** 761-2001  
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# When It Rained, It Really Poured

Volunteers at Spring Mountain Community Center gathered last month to spread mulch in the recently flooded playground area. Maintenance Chair Wade Grainger organized the group that ranged in age from a well-known senior citizen in our community, Pat Jenkins, to a brand-new recruit who did not want his name revealed because it might interfere with his sleep schedule if he were to become too famous. (Yes, he's a baby!)

Eighty-eight cubic yards of mulch was scooped up by Jay Gurney and son via tractor and spread by kind and willing folks who want to see our facility

preserved and flourish.

Maria Horton said, "We stepped out in faith and purchased the mulch before we had all the funds for it so our children could enjoy the wonderful fall weather. Now we hope to collect donations after the fact." The total cost came to almost \$3,000, which was not in the budget for maintenance this year, she added.

"Many of the folks in WNC experienced the tremendous power of flood waters," said Horton. "We were just blessed we only lost the mulch and the handicapped picnic table on the riverbank." To donate, please call Horton at 778-0279.

## Holiday Drive Donations Needed

Angels of Fairview is a non-profit group made up of community members who



assist families in need. Their clients are identified by counselors at Fairview Elementary and Cane Creek Middle schools. During this holiday season, a donation of

\$50 will secure a complete prepared meal for a family of four to six people. The meal includes a 10- to 12-pound turkey, two side dishes, rolls and a dessert. Tax-deductible donations will be accepted through December 31. Checks should be sent to Angels of Fairview, PO Box 94, Fairview, NC, 28730 or dropped at the Town Crier office (Wednesdays from 11:30 am-2 pm) or in the blue dropbox (available 24/7).

## Another Treasured Tree



Last month, the Crier received the following email from Mary Johnson, who lives with her husband Todd on Fox Branch Road.



"My husband and I read the September Town Crier article by Mary Spivey about Treasured Trees. We applied for a plaque to recognize our tree [and] were honored to receive recognition...for [our] treasured red maple. Thanks for the article and the opportunity to celebrate the beauty of nature here in Fairview."

You're welcome, Mary! And thanks for letting us know about your excellent tree.

If you have a tree that you treasure, consider submitting it to the Treasured Tree program. Completed an application at [ashevillegreenworks.org/treasured-trees.html](http://ashevillegreenworks.org/treasured-trees.html) or call 254-1776.

## Fairview Artists Meeting

by Paula Entin

The Fairview Area Art League met in October and realized, with the change in weather, that it was time to think about moving indoors and also to consider our goals for 2022. Just when the pandemic started, we were beginning a series of handcrafted workshops. Our meeting on November 8 will be a discussion about starting up those plans again. Our December meeting will be a holiday potluck. January will be our open house, where the

first four to six workshop leaders will have examples of what they will be teaching, and then each subsequent month will feature one craft. Our talented members will be demonstrating various sorts of beading, acrylic pour painting, polymer clay, embellished quilts and clothing, and nature photography. We are also looking to hire craft teachers starting in June.

If you're interested in teaching, stop by in November to meet with us. Contact me, the league's co-chair, at [paula.entin@gmail.com](mailto:paula.entin@gmail.com) for more information.



## Cane Creek Community Christmas Decoration Contest

Does your electric bill double during the month of December? Is your home the most festive in the Cane Creek Valley? Then we have the contest for you! Show off your Christmas cheer and bring extra joy to our area.

### HOME CATEGORIES

**Best Overall**—\$200 cash prize and yard sign

**Most Creative**—\$100 cash prize and yard sign

**Brightest**—\$50 cash prize and yard sign

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**Best Storefront**—Lunch for employees provided by Cane Creek Valley Farm Kitchen

Complete the entry form at [canecreekcc.com](http://canecreekcc.com) or mail the form found on the door of the Cane Creek Community Center (1370 Cane Creek Road, Fletcher) by December 11 to:

PO Box 1523, Fletcher, NC 28732

Judging will take place on December 18.

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**Note:** Home or business must be located in the Cane Creek Valley to participate.

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# Are Your Loved Ones Prepared to be Caregivers?

Once you're retired and your children are grown, they are likely "off the books," as far as your financial responsibility for them is concerned. Yet, you're probably still prepared to do anything to help them—but are they ready to take care of you if the need arises?

Consider this: Almost half of retirees say that the ideal role in retirement is providing support to family and other loved ones, according to the Edward Jones/Age Wave study titled Four Pillars of the New Retirement: What a Difference a Year Makes—and a slightly earlier version of the same study found that 72% of retirees say one of their biggest fears is becoming a burden on their family members.

So, if you are recently retired or plan to retire in the next few years, you may need to reconcile your desire to help your adult children or other close relatives with your concern that you could become dependent on them. You'll need to consider whether your loved ones can handle caregiving responsibilities, which frequently include financial assistance. If they did have to provide some caregiving services for you, could they afford it? About 80% of caregivers now pay for some caregiving costs out of their own pockets—and one in five caregivers experience significant financial strain because of caregiving, according to a recent AARP report.

One way to help your family members is to protect yourself from the enormous expense of long-term care. The average cost for a private room in a nursing home is now over \$100,000 a year, according to the insurance company Genworth. Medicare won't pay much, if any, of these costs, so you may want to consult with a financial advisor, who can suggest possible ways of addressing long-term care expenses.

**Outlining Services and Expenses**

Even if you don't require a long stay in a nursing home, you still might need some assistance in the future, especially if your health or mental capacities decline. So, start talking to your loved ones about their possible roles if you should ever need caregiving. You may want to create a caregiving arrangement that specifies payment for caregiving services and outlines the expenses to be reimbursed if paid out of pocket by a caregiver. Also, you may want to create the appropriate legal documents, such as a durable power of attorney for health care, which enables someone to make medical decisions on your behalf should you become incapacitated, and a durable power of attorney for finances, which allows you to name someone to make your financial decisions if you become unable to do so yourself.

A legal professional can help you make these arrangements and incorporate them into your overall estate plan. A financial advisor can suggest ways of preparing for the costs involved with caregiving and can direct you to relevant resources, such as social services provided by your city or county.

Clearly, there's much you can do to help shield your family from the financial strain of caregiving. But you are not alone: By drawing on other resources and

outside help, you can ease the burden on your loved ones. And everyone will feel more secure when you have your arrangements in place.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert. Contact 628-1546 or [stephen.herbert@edwardjones.com](mailto:stephen.herbert@edwardjones.com).*



## September 2021 Fairview Real Estate Statistics

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Homes Sold	12	758,000	152,000	455,000
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Land Sold	3	235,000	235,000	172,500

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*Leslie Koretz, D.O.*



# Budget Blues, Drawing Fair Maps and an Energy Bill Update

**T**he goal of the North Carolina General Assembly is to pass a budget by July 1, the start of the fiscal year for the state. That should be a hard and fast deadline. State employees, public schools, universities and citizens alike depend on the \$25 billion budget to pay their mortgages and plan their lives. Nonprofit agencies across the state need to know what their funding will be in order to form their own budgets for the future.

And do I need to remind everyone that two years ago (budgets are for two years), there was no comprehensive budget passed at all, only “mini” budgets to keep the wheels turning? I do expect the 2021 budget to be agreed upon soon, hopefully by the time you are reading this column. Legislative leaders are negotiating with Governor Cooper to finalize the numbers, slowly. But North Carolina deserves better.

The other mega-issue that takes me to Raleigh every week is the once-a-decade drawing of political maps. The census data has finally been certified, and our state continues to grow in our urban areas and lose citizens in our rural regions. Allowing politicians to draw these maps rightfully creates a lot of public concern. Ten years ago, the GOP leadership imposed what I and others considered gerrymandered districts, and it took years of lawsuits and court decisions to settle on the final

districts. Will that be the case again for the next 10 years? Once again, this task should be complete soon, for better or worse.

## The Importance of HB 951

With these unknowns still to be resolved, I thought I would talk about the energy bill, HB 951, that just passed and was signed by the governor. It is a significant bill—maybe the most important of the long session.

As a reminder, Duke is a “regulated monopoly.” North Carolina allows the company to have a monopoly franchise on selling electricity, and in exchange Duke must comply with the ratemaking authority of the NC Utilities Commission. The annual ratemaking process is a complex, onerous and expensive process for the company, and Duke has been pushing for several years to allow for a multi-year process rather than an annual one.

When HB 951 was finally released, it certainly looked to me like a Duke Energy wish list. Not only did the bill minimize Utility Commission oversight, it locked in natural gas as the energy source of the future, along with the possibility of some small-tech nuclear.

Rather than a natural gas mandate to replace coal, I thought the bill should have allowed for a plan that considered all sources of electrical production to be measured by a least cost-/least environmental-harm metric. I and others also had

**HB 951 is the best bill we could have hoped for under the political circumstances. How it plays out in the real world over the next few years will be the test.**

concerns that electrical rates would spike as ratepayers financed the \$50 million nuclear project (while still paying \$500 million for a nuclear project that would never be built). As coal plants are retired, ratepayers would still be on the hook to pay off the debt owed for their construction, including the one built just a few years ago at the Cliffside plant inutherford County. They are called “stranded assets,” and I and others had concerns that building natural gas generation plants would just create more stranded assets as fossil fuels are phased out.

For these reasons, and quite a few others, I voted against HB 951. The bill passed the House 58 to 50, a close vote mostly on partisan lines but with 5 GOP representative voting against it. It was clear that a veto by the governor would kill the bill, as Democrats would be able to sustain the veto.

That reality created an opportunity to improve the bill in the Senate. Several Democratic senators who were knowledgeable on the issue were invited to work on a bipartisan

compromise, along with a representative of the governor. Buncombe County’s Julie Mayfield was one of the conferees, and she was pleased with the results.

The governor’s carbon goals were added to the bill: 70% carbon neutral by 2030 and 100% by 2050. The role of the Utilities Commission was restored and expanded to create a plan to reach the goals. Duke got their multi-year ratemaking provision. I would call it the best bill we could have hoped for under the political circumstances. How it plays out in the real world over the next few years will be the test.

I voted for the bill hoping that it would actually transform North Carolina’s energy mix and finally bring about off-shore wind to our state, a resource we are blessed with. The NC Commerce Department recently announced a study of the benefits of wind power and the kinds of jobs and industries it could bring to our state. I remain hopeful for the future, despite the challenges we face, and look forward to passing a budget that reflects that hope as well as voting districts that I think are fair.



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

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# What Is This Food?

I'm sure there are many food items on NYC menus that might not be familiar to local folks, but there were a few things I saw or heard in my newly transplanted days that made my head turn, for sure. Following are a few that come to mind.



## Livermush

Like many things that have taken root here, livermush can be traced back to immigrants, in this case from Germany, who came to America in the 1700s. Pon hoss (as it was called in Germany) was pork scraps mixed with buckwheat and spices. Years later, this delicacy made its way south to Appalachia and ended up on WNC farms, where it was tweaked a bit and ultimately became livermush. Livermush is made from ground hog meat and liver, spices and cornmeal (rather than buckwheat). It is similar to scrapple (which I had heard of) but has much more liver, hence the name. It has been made by families for generations

and in the mid 1950s was produced for sale by Gurthie and Roy Hunter as Hunter's Livermush. It is served alongside eggs for breakfast or slabbed between slices of bread for anytime.

I've been told, "Try it, you'll love it."

Hmmm, personally, you can wrap liver in bacon, cover it in mustard or disguise it with onions and I still won't eat it...but please, you go ahead. You might even want to put the 2022 Livermush Festival on your calendar. They hold it in Shelby every year, and it's a huge celebration of this local food.

## Creasy Greens

Okay, I'm embarrassed to say that for years I thought this local edible leaf was called "Greasy" greens. Visions of overcooked herbaceous plants floating in fat from an unidentified source floated in my head. I never investigated it further until a friend saw some growing on my property. "Oh, you've got creasy greens growing! Aren't you lucky?"

Recovering quickly I murmured, "Yes, I sure am."

Hello, Google!

Creasy greens—really winter, upland or dry land cress—grows readily in the sunny meadows of our mountains. These are truly believed to be the best of the best of southern greens, although in Europe it was known as "scurvy grass," since it grew



Creasy greens taste similar to mustard greens but with a spicy kick.

until mid-winter, and with its high levels of vitamin C and A could help with the dreaded disease.

Creasy greens should be gathered in late February or March before the flower stalk forms. As they grow larger, the mustard-like flavor becomes stronger and finally "spicy hot," which makes them tough and unfit to eat. They taste similar to mustard greens but with a spicy kick, which is why sometimes it's called peppergrass. From a Yankee's POV, just boil them forever like collards.

## Leather Britches

Shucky beans (also called "leather britches") are dried green beans that have been preserved to eat in wintertime. It is

one of the most common side dishes of old-timey Appalachian cuisine.

The traditional method of preparing the beans to dry is with a needle and thread. The beans get strung on a thread and hung, usually behind a wood stove, until they shrivel, giving them the appearance of "leather britches." They can be dried other ways as well, but stringing the beans is a common method.

Once dried, leather britches may be stored in a pillowcase or flour sack in a dry area until needed. I've heard it's a good idea to toss in a dried pepper as well to keep the vermin away.

To reconstitute the dried beans, simmer them in water with a piece of fatback for a few hours. Serve with skillet cornbread and sliced onion and you'll be saying, "Butter my butt and call me a biscuit; that's real good."



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## Getting Physical (Therapy)

**October's FBA meeting** was at AVORA Health Center, the physical therapy institute across from Nachos and Beer on Charlotte

Highway. After discussing a proposed new slate of board members and taking suggestions for those positions from the floor to be voted on at

November's meeting, we made some decisions about the Christmas party. While sharing the current highs and lows of our businesses, supply chain issues, and employee shortages were discussed at length. Steven Mack, the physical therapist in charge of AVORA's Reynolds location, then shared more details about AVORA.

Six doctorate physical therapists go back and forth between the Reynolds and Black Mountain AVORA locations. They serve anyone in need of physical therapy, from sports and athletic injuries to muscle strain resulting from too many hours hunched over a keyboard. Many told by doctors that they'll need rotator cuff surgery have instead opted for physical therapy and seen great results, often no longer needing surgery. After moving inside to the gym area, Steve showed us a

lot of fun "toys" they use to help provide relief to patients, including deep-tissue massage guns and vibrating rollers to help loosen muscles while stretching them.

He told us that their goal is to pinpoint and then manipulate the ailing area so that they can train the body to pick up any slack and support the part that's causing problems, reducing pain and strain in the affected muscles.

This month's meeting will be at Americare Pharmacy on November 10 from 6-8 pm, and it's there that we will vote on next year's board members to carry us through 2022. We will also be choosing the Fairview charity that will be receiving the FBA's donations the next month. Information regarding December's Christmas party will be listed in next month's FBA blurb here in the Crier and sent to each active member's email. If you'd like to join the association or haven't renewed your membership for next year, you can do so now and you'll be set through the end of 2022. Visit our website for more information about joining or feel free to email any of the board members (listed on the website) if you have any questions.



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# Getting Your Garden Ready for Winter

Winter is upon us, and we at Root Cause Farm (RCF) are shifting our beds to rest. As we prep our beds with final coverings, planting and mulching, we offer gratitude for the bounty of this harvest season and the ability to distribute produce to the community despite the challenges that have persisted with the pandemic and uncertainty of 2021.

This month, we are focusing on planting garlic and watching our winter cover crop grow.

## Prepare your Garden for Winter

- Tuck in your beds for the winter. This can be done by covering them in chopped-up leaves from your yard or covering them with plastic.
- This is a great time to deep clean and organize tools, tool sheds and garden spaces.
- Support pollinator hibernation habitats by leaving stalky plant material, leaf litter and mulch; reduce ground disturbance, as many pollinators hibernate underground; keep an eye out for nests in perennials, under logs and rocks, and other areas in the garden; and learn more about pollinators and their habitats from xerces.org.
- Begin pruning perennials to promote healthy growth in the spring and summer.
- Double-check season extension beds.



Longtime volunteer Jim Carillon enjoys hiking the region and fostering.

## Meet a Friend of the Farm

We are excited to introduce and say thank you to one of our longtime volunteers and donors, Jim Carillon. Jim is originally from Ohio, but moved to this area in 1999 when he and his wife opened up a bed and breakfast. After years of running the B&B, they sold it and settled in Fairview, where he quickly got involved with RCF.

Jim feels passionate about volunteering that works toward evening the economic score for the community. He has worked as a credit counselor, helped with taxes

and Affordable Care Act navigation, and worked with Habitat for Humanity, Pisgah Legal, and in many more ways to make an impact. Jim appreciates RCF, because “the whole purpose is to not provide handouts, but to work in community with folks who have been underserved,” he said.

Speaking to the importance of RCF in the community and his own role in our development, Jim believes that RCF is a model for other community gardens in the area, being one of the first to distribute food and being recognized as a successful

community garden across the state.

Outside of his role at RCF, Jim is also a foster parent. He and his wife have been involved in fostering for a little over two years, since the beginning of the pandemic, focusing on fostering newborns until they find their forever homes. For Jim, “this is a very personal way to give back to the community, but the love we get from these children is 10x more than what we provide.” Jim also loves to hike and write poetry.

## Giving Tuesday

As we reflect on the successes and hardships of this season, we are also getting excited about the changes and projects for next year, including making our community garden more accessible and raising funding and awareness for our intern programs and housing. In light of Giving Tuesday and prepping for next season, we want to thank all of those who have given their time or resources to Root Cause Farm. To support us and our ongoing efforts to address hunger and food insecurity, visit our website to donate or swing by the farm to volunteer.

Becca Malloy is the Development and Outreach Coordinator at Root Cause Farm, which is located at 26 Joe Jenkins Road, Fairview. [rootcausefarm.org](http://rootcausefarm.org).

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## Valuable, Versatile Yarrow

**A**utumn is in full gear, and it is such a glorious season to be alive.

Much of the living landscapes of our beloved mountains are heading into dormancy, but one can find a number of plants that put out fresh green energy in late fall and winter. The perennial yarrow (*Achillea millefolium*) is one of them. Each year after the old flowers die, one can find small clusters of the feathery green leaves that have an unmistakable, mildly sweet herbal essence. Yarrow is commonly found throughout our region in open fields, growing beside Queen Anne's lace, and is also found on the edges of the forests. Yarrow is a member of the daisy family and is widespread throughout most of North America, as it tolerates rocky, dry soils but also thrives in fertile, rich garden soil. We grow a lot of the giant yellow yarrow, as it is a great wildflower and holds up superbly as a dried flower for winter bouquets.

Yarrow is an important medicinal plant with some level of edibility. Forty years ago, when I was working with the Audubon Society, I ran several programs for young children. We had a policy of never giving them the name of the wild plant, but instead asked them to create their own name based on what they saw, smelled and touched. I have never forgotten a sweet 5-year-old who named yarrow "banana mint," which is a perfect description.

The genus name *Acillea* is derived from

the Greek legend Achilles, who carried it with his army to treat battle wounds. This medicinal action is also reflected in some of the plant's common names, such as "soldier's woundwort." The species name, "millefolium," means "thousand leaves," and the leaves look very much like a green feather.

Yarrow is a good companion plant, as it repels some insects and attracts things like parasitic wasps, which feed on insect garden pests. It improves soil quality and, like comfrey, is a great additive to compost piles. Some folks say it improves the health of plants growing nearby and helps sick plants rejuvenate themselves.

Yarrow usage dates back to Neanderthal times, as remains of teeth have showed that Neanderthals consumed the plant as a medicinal herb. Yarrow has been used for thousands of years as an anti-inflammatory agent for cuts, bruises and abrasions, as well as a natural astringent. In the middle ages, yarrow was used to flavor beer as well as liquors and bitters, and in the 17<sup>th</sup> century, it was a popular cooked green. It's a bit too medicinal for my taste. However, I do enjoy adding a few of the very tender leaves to a salad or mixing yarrow leaves into an herbal tea mixture. And over the years, I have used yarrow as an addition to my ritual of creating early spring tonics.

The leaves have been brewed as a tea for congestion and as a tonic for the blood, as the plant's chemical agents can stimulate



circulation and lower blood pressure. The Cherokee drank a tea of common yarrow to reduce fever and to aid sleep. Yarrow essential oil is used to treat irregular and painful periods and to reduce excessive menstrual bleeding. Be mindful that in very rare cases it can cause a dermatitis-like reaction in individuals that are highly sensitive to it.

The French name for this plant is "herbe de St. Joseph." According to the legend, Joseph hurt himself while working on his carpentry and the infant Jesus brought him some yarrow, which instantly staunched the bleeding and healed his wounds. In China, yarrow is used in the ancient oracle of the I Ching, which is traditionally cast with yarrow stalks, as these are thought to represent the yin and yang forces of the universe.

Holiday traditions are filled with wonderful, meaningful rituals, and a special soup of herbs is the traditional dish for Maundy Thursday, the Thursday before Easter. This soup contained nine holy healing herbs, including yarrow. This soup was

believed to ward off sickness and disease and dispel evil influences for the whole of the coming year. We can all benefit from a little extra healing and protection in this complicated world.

Some species of birds line their nests with yarrow, as the leaves inhibit the growth of parasites and the essential oils within the plant kill mosquito larvae.

Yarrow is a beautiful plant and can easily be transplanted into your garden, where it will likely thrive and multiply in great abundance. Right now, we have a bouquet of dried, golden yellow yarrow blossoms laced with silver *Artemisia* leaves on the window ledge of our studio, and it is a beautiful reminder of summer's glorious bounty in the midst of autumn.



Contact Roger at [rogerklinger@charter.net](mailto:rogerklinger@charter.net).

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What Do Animals Do in the Winter?

As we prepare for the holidays, animals are preparing for winter. But what exactly are they doing? We've all heard that squirrels store nuts for the winter, geese migrate, and bears are busy putting on layers for their long winter nap. Other species around Fairview have been busy setting themselves up for the cold winter weather, too.

According to the Audubon Society, the Chimney Rock-Hickory Nut Gorge Important Bird Area, which stretches roughly from Gerton to Lake Lure, hosts a great diversity of birds, including 18 species of warblers known to breed in the area and common during migration. Neotropical migratory bright blue (or blue-green) Cerulean Warblers, a species in decline, begin winging their way south during fall to their winter habitat in Central and South America. Like other neotropical migratory songbirds, Cerulean Warblers suffer from loss of habitat and can benefit from efforts to conserve forest breeding habitat and wintering grounds.

In contrast, populations of wild turkey across North Carolina have been growing, thanks to restoration efforts by the NC Wildlife Resources Commission. A flock or "rafter" of wild turkeys in the neighborhood will stay in the region through the winter but may be more mobile across their range as they forage for acorns, fruits,

berries, seeds and insects. During spring, summer and fall they build up supplies of fat to help sustain them through the cold. During late fall and winter, you may see large flocks moving through the landscape together, searching for food and safe places to roost. According to the National Wild Turkey Federation, wild turkeys "can survive several weeks without eating, but the less they eat, the faster they use up their fat reserves."

Salamanders go into a deep, deep sleep, slowing down their metabolism to go into a dormant state to conserve energy. Salamanders and other amphibians burrow down in the ground below the frost line or into layers of mud at the bottom of streams.

Although often referred to as "hibernation," cold-blooded animals actually enter a dormant state called "brumation" during winter, which is similar to hibernation of warm-blooded animals. Because their body temperature changes with the outside temperature, brumating animals may wake up during winter if the weather warms.

Reptiles also enter a state of brumation during very cold weather, generally between September and December. They burrow into holes, caves, large crevices in boulder outcrops, under rocks or logs, and even in basements and crawlspaces. Some species, such as the beneficial

black rat snakes, timber rattlesnakes, and copperheads, may congregate in groups to share a den.

Throughout the mountains, folk tales and placenames recall stories of rattle-snake dens. One that I've heard in many iterations at regional storytelling festivals involves the tragic fate of a young couple who marry and build a small cabin over a nice rocky floor in the mountains—and waken a den of brumating rattlesnakes when they build a fire in their new home.

Rodents such as groundhogs (woodchucks) and chipmunks in the region actually do hibernate for the winter. With their heart rates slowing and body temperatures dropping to just above freezing (around 39–40 degrees), they sleep deeply and seldom wake up until the winter ends. Active until the first real frost of winter, they hibernate in burrows for roughly three months, emerging around February. Some bat species migrate, while others find local hibernation areas called hibernacula for the winter. Of the 17 species of bats found in North Carolina, four are listed as federally endangered or threatened.

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.

IMPORTANT COMMUNITY CONTACTS
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## Rules of Engagement, Part 2

**T**he mail just keeps on coming: Medicare updates, changes in Medicare, plans with unbelievable benefits with no premium. It sounds too good to be true. But curiosity gets the best of you, and you respond by setting up an appointment with an agent to see what all the fuss is about. Now, what should be expected from the agent at the meeting? Fortunately, just as in marketing practices, Medicare has strict rules governing sales presentations. The agent is required to obtain a signed Scope of Appointment Form (SOA), which must be signed before the presentation. The SOA is a Medicare-mandated requirement to document your request for information on specific products. Your signature doesn't enroll you, change coverage or obligate you to buy a plan. Verbiage, information discussed and expected behavior of the agent is part of Medicare's annual compliance training. Medicare is serious about non-compliance.

### During the meeting, the agent can:

- Provide plan materials.
- Discuss plan options and how to get more plan information.
- Provide enrollment forms.
- Collect completed enrollment forms.
- Leave business cards.

During the meeting, the agent can't:

- Charge you a fee to process your enrollment into a plan.
- Steer you into a particular plan.
- Communicate incorrect plan type information or say their plan is "the best"

or "highest ranked."

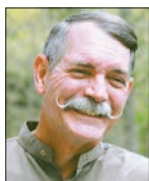
- Discuss other plan options you haven't agreed to unless requested by you. A separate SOA is required.
- Pressure you to enroll by saying things like "if you don't enroll you won't have coverage next year."
- Ask you to give names and phone numbers or addresses so they can sell to your friends or family.
- Ask you to sign the enrollment form before you're ready to join.

Note: You should only sign the form when you're ready to enroll.

### After the meeting, if you enroll:

- The plan will contact you to make sure you want to join and that you understand how the plan works.
- The agent who helped you join the plan can call you to talk about other plan options.
- The company will send your plan information and member ID card within 10 calendar days.

Here's a tip from an agent's perspective: Medicare requires agents to discuss specific things, which may be familiar and seem unnecessary, but is deemed very important by Medicare when choosing a plan.



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

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