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Merry Christmas & Happy Holidays!



The crew that brings you the *Crier* each month hopes that you and your family have a joyous and peaceful holiday season!

(l to r) Erin Ruh, proofreader; Sandie Rhodes, publisher; Natalie Furniss, business manager; Clark Aycock, managing editor; Lisa Wiltner, art director; and Diana Soll, labeling coordinator. Not pictured, but equally important: Odell and Sandra Suber, who transport our labeled papers to the Fletcher and Reynolds post offices. And our larger team is made up of our regular writers and loyal volunteers who label our papers every month!

**Joy Fest** IS HERE!

**SATURDAY, DECEMBER 11**

Turn to pages 16-17 for all the details!

## Help Support Your Local Paper— Consider a Contribution to the Crier

Did you know the *Fairview Town Crier* is a nonprofit and needs public support? We hope that you, our reader, find it a worthwhile paper to receive each month. If so, won't you send in a donation—how about \$20?—to support the paper's efforts. It will ensure that we can continue to mail at a reduced rate, which means you'll continue to receive it for free!

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



## Santa's Local Mailbox Is Back!

Kids can drop off their letters to Santa at a special local mailbox at 467 Emma's Grove Road (near Lytle Road) in Fairview/Fletcher. There's a wrap-around driveway for easy and safe access away from the road. **Drop off a letter with your child's first name, last name and return address by December 23** and they will receive an official letter from Santa. He'll be very busy after that date, so letters received after the 23rd may be answered by one of his elves.

## Celebrate Christmas in Fairview!

### DECEMBER 4

**Breakfast With Santa** 8:30–10 am  
Fairview Community Center, 1357 Charlotte Highway  
Pancakes, crafts and photos with Santa and his elves. Free.

### DECEMBER 5

**Fairview Handmade Market** 12–4 pm  
Turgua Brewing Co., 3131 Cane Creek Road  
Featuring 20 local craftspeople and a variety of mediums. Food truck, live music, food drive and raffle. Information at fairviewhandmademarket.com.

### DECEMBER 6

**Decorating Street Signs** 10 am  
Upper Hickory Nut Gorge Community Center, 4734 Gerton Hwy., Gerton

### DECEMBER 11

**Joy Fest** 3–6 pm  
Fairview Community Center, across from Food Lion. See pages 16-17.

### Indoor Christmas Play

7 pm (free)  
The Place Fellowship Church, 2 Laura Jackson Drive, Fairview

### DECEMBER 12

**Christmas Play: "Gift Wrap, Please"** 6 pm  
Cane Creek Missionary Baptist Church, 506 Old US Hwy 74, Fairview

**Christmas Play: "Bringing Christmas Home"** 3 and 6 pm  
Fairview Baptist Church, 32 Church Road, Fairview (See ad on page 22.)

### DECEMBER 13

**Fish Fry with Santa** 5–7 pm (Santa arrives at 4 pm)  
Spring Mountain Community Center, 807 Old Fort Road, Fairview  
\$10 for fried fish and fixins (carryout only). Desserts available.  
Reservations required: call 242-8785 by Dec. 9.

### DECEMBER 18

**Outside Nativity Scene Play** 6:30 pm (free)  
The Place Fellowship Church (See ad on page 10.)

### DECEMBER 19

**Christmas Gathering** 2-4 pm  
Upper Hickory Nut Gorge Community Center  
Bring finger foods and a chair. Hot chocolate and coffee provided.

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DECEMBER 3 (FRIDAY)

**Blood Drive**

2–7 pm. The Fairview Fire Department will be hosting a drive with The Blood Connection at the station (1586 Charlotte Hwy., Fairview). Each donor will receive a \$20 eGift card, and all donations will be screened for COVID-19 antibodies.

DECEMBER 7 (TUESDAY)

**Prostate Cancer Support Group**

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

DECEMBER 12 (SUNDAY)

**Book Signing**

4–6 pm. John and Annie Ager welcome the community to come and meet Hanife Pacolli and her family for a book signing at the Ager's house. The book describes Hanife's journey from war-torn Kosovo to Fairview. 14 Clarke Lane. See the ad on page 30.

DECEMBER 28 (TUESDAY)

**After-Christmas Sale**

9 am–4:30 pm. At Signs for Hope. 379 Old Charlotte Hwy., Fairview. See ad on page 9.

UPDATES

**Garren Creek VFD Nut Sale**

The VFD Auxiliary is selling pecans—halves

and pieces—and black walnuts in one-pound bags are available. \$12 a pound, cash or check. Call/text Elizabeth Simmonds at 230-3986 to arrange for delivery.

**Help Keep Fairview Clean**

Join volunteers Thursdays to remove roadside litter. Vests, trash grabbers, bags, gloves and great conversation are all provided. Follow the Facebook group (@keepfairviewclean) for information and cleanup locations. Contact Natalie at keepfairviewclean@gmail.com or 222-3659.

**Spring Mountain Comm. Center**

10 am–2 pm. Quilting Bee on the second Tuesday of each month. For more information, call Kay at 628-7900. 807 Old Fort Rd., Fairview.

**Trinity of Fairview**

**January 6**—GriefShare: Loss of a Spouse will provide practical tips for coping with the death of a spouse, reasons for hope and more. Cost is \$6 for learners guide. **Starting January 13**—GriefShare Winter Session. On Thursday nights. \$15 covers cost of workbook. Go to trinityoffairview.com to register for both. For more information, call 628-1188. See ads on pages 13 and 26.

**Virtual Medicare Class**

The Council on Aging of Buncombe County will hold a free virtual Medicare information class via Zoom. December 2, from 2–3:30 pm. To register, visit coabc.org or call 277-8288.

**Christmas Services**

**FAIRVIEW BAPTIST CHURCH** 32 Church Road, Fairview

Facebook Live and regular Sunday worship services throughout December, 11 am

**OLD FAIRVIEW SHARON CHURCH** 291 Sharon Road, Fairview

**Sunday, December 19** Old-fashioned candlelight service, 5:30 pm

Attendees will be wearing clothes from the past (1800s and 1900s), but it is not required.

**THE PLACE FELLOWSHIP CHURCH** 2 Laura Jackson Road, Fairview

**Friday, December 24** Candlelight service, 6 pm

**TRINITY OF FAIRVIEW** 646 Concord Road, Fletcher

**Wednesday, December 22** Candle and carol service, 6:30 pm

IDENTIFICATION STATEMENT

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

*The Fairview Town Crier* is located at 1185H Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

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

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



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**UPDATES**

**Holiday Giving Tree**

Help make the holidays bright for a child in Fairview. The Friends of Fairview Library's Holiday Giving Tree program places books in the hands of local children in need. All book donations need to be brought to the library by December 7. Visit the library or call 250-6484 for more information.

**Letters to New Friends**

"Letters to New Friends" is a new initiative the library started in the 2020 holiday season. This year, Meals on Wheels is on board, too. The idea is for community members (adults and kids!) to write letters or draw pictures for folks who receive Meals on Wheels deliveries. The letters and drawings should be cheerful and encouraging. Swing by the library to pick up a letter writing/drawing kit or write/draw your letter at the station set up at the library. Please make sure your letters and/or drawings are finished and returned to the library by December 4.

**Holiday Closings**

December 23–December 27: Christmas  
December 31–January 1: New Year

**PROGRAMS**

**Make and Take Craft:**

**Snowman Bookmark**

Throughout the month, kids and teens are invited to pick up a DIY Corner Snowman

Bookmark. A little folding, a little gluing—and now you have a charming snowman bookmark that fits snugly over the corner of the page where you pause your reading. Ages 7 and up. First come, first served, while supplies last.



**Mountain Landscape Art Classes**

Fairview artist and art teacher Nate Barton is leading 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.

- 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 (shown above) 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**

*December 21 at 7 pm*  
On Zoom, we'll be reading and discussing *The Secret Diary of Hendrik Groen, 83 ¼ Years Old* by Hendrik Groen.

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

January—*Cousins: Connected Through Slavery, a Black Woman and a White Woman Discover Their Past—and Each Other* by Betty Kilby Baldwin and Phoebe Kilby

February—*The Hate U Give* by Angie Thomas

March—*Nothing to See Here* by Kevin Wilson

April—*Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann

May—*The Sparrow* by Mary Doria Russell

**FRIENDS OF THE LIBRARY**

**Used Books for Sale**

Need some last-minute gift ideas? Did you know the Friends of Fairview Library run a used bookstore? You can find it just inside the library doors any time the library is open. All proceeds go to support the library.

**Connect with Your Library!**

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



**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).*



**Season's Greetings**

During this holiday season, we wish you all the best.



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**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. **\$435K.** Call Sophia 828-691-0311

**NEW LISTING**



**3/2, 1000 SQ FT MOVE-IN READY HOME!** Spacious open floor plan, many updates, fresh paint int, hardwood floors, partially fin bsmt sealed w/ drylok, wood burning stove, finished deck, freshly sodded lg yard. Ample parking, vacation rental or seasonal use.

**16+ UNRESTRICTED ACRES**



**LARGE TRACT W/ HARDWOOD TREES.** Knoll at top is perfect build site w/ incredible yr round, panoramic views. Home, family compound, or camp. Unrestricted use. Adjacent to Catawba River, nearby Lake James. **\$119.5K.** Call Shannon 828-674-8591.

**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.

**MONARCH ESTATES 0.84 AC** paved access, stream, gated community for those seeking lock & leave security. Boundaries surveyed and flagged. 828-216-3998. **\$60K**

**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 UNDER CONTRACT**

**READY TO BUILD LOT** in Fairview Forest. Driveway & home site in place, house plans available. Borders green spac, 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**

**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**

**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 UNDER CONTRACT**

**EXCEPTIONAL 2.27 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

**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.**

**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**

**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/2TFNMy8](http://bit.ly/2TFNMy8)

**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 outldg. **\$711K.** Call Jen 828-575-8276

**5 UNRESTRICTED ACRES**



**PEACEFUL, QUIET & SERENE!** 5 ac in Cane Creek Valley. Gently sloping, private estate or family compound. Easy access, underbrushed + surveyed. Soil/Perk tests done. 2+ build sites + small spring, winter views. **\$400K.** Call Jenny 828-779-4473

**NEW CONSTRUCTION**



**NEW HOME ON 1/2 AC IN FAIRVIEW** 3 BD/2.5 BA underground ut's, nat gas. Stone FP, lg LR, open floor plan, dining area, 2 pantries. Lux BA. Huge deck, lvl bkryrd, mtn views. 2 car gar 600SF flex space. **\$600K** Call Jenny 828-779-4473.

**8 ACRES IN CANDLER**



**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

**NEW LISTING**



**GREAT ASHEVILLE LOCATION.** Cute bungalow. 3BD/1BA, newer roof, fenced yd, cov front porch. Lg laundry rm, main lvl living. 211SF under 8ft ceiling, 2 BRs do not have closets. Agent related to seller. Reduced to **\$200K!** Call Jenny, 828-779-4473.

**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**



**10 ACRES OF ABSOLUTE WILDERNESS PRIVACY** in established community of new homes on lg acreage. Heavily wooded w/ lg trees, boulders and cliffs. Electric power to the property. Best homesite on the ridge, privacy and long range views. Call Shannon 828-674-8591

**26 EQUESTRIAN ACRES**



**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, outldgs, guest house etc. Priv rd w/steel train bridge. Call Allen 828-329-8400. **\$350K**

**LAND/HOME PACKAGE**



**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.

**CANE CREEK VALLEY**



**6.57 ACRES OF PASTURE LAND W/ CREEK FRONTAGE,** trout fish on your own property! Rolling hills, picturesque landscape. In 100 yr flood plain. Shed for animals. Residential/ farm or commercial use. **\$225K,** call Jenny 828-779-4473.

**LAND/HOME PACKAGE**



**3/2.5, 2-STORY W/CATHEDRAL CEILINGS.** Open floor plan w/huge great room, dining area & kitch w/bfast bar. Master on main, walk-in closets. New agrhood subdivision in heart of Fairview. Many plans available. **\$500,000**

**LAND/HOME PACKAGE**



**WATERFORD LAKES** wonderful views, landscaped subdivision w/ ponds in fab Cane Creek. 3 bd/2.5 ba mod farmhouse. Formal entry, dining rm, lg open living area, lg kitch. Fin bonus space above gar + 800SF fin bsmt. **\$1.5M** Call Jenny 828-779-4473



# The Aftermath: A Bloody Night in Downtown Asheville, Part Six

Chief of Police Si Bernard and Sheriff Henry Reed headed toward Skyland on their horses. They went down South Main Street (now Biltmore Ave.) toward Biltmore. They switched between running their horses and trotting them. The men wanted to get there quickly but did not want to tire the horses out. They made good time. Before they reached Skyland, they met a wagon pulled by two mules. The wagon was followed by 50 armed men on horseback and walking. The body of Will Harris was laying in the wagon.

Frank Jordan handed Harris's rifle to Chief Bernard. "Si, the boys voted to give this rifle to Captain Page. They thought he might like to have it," said Jordan. "They also voted to give the reward money to the widows of Blackstock and Bailey." Chief Bernard said, "That's nice, Frank; very nice."

Chief Bernard and Sheriff Reed moved with their horses directly behind the wagon. They asked the posse men to follow them back to Asheville. They reached Biltmore and went across the railroad tracks. They then started up the hill toward Asheville. They soon met the first of thousands of people who lined South Main Street to greet the posse and catch a look at Asheville's most deadly murderer. Bernard ordered the posse to surround the wagon in order to get it through the crowds. The crowd grew larger as the went

up the hill past Newton Academy School.

They stopped the wagon at Hare, Bard and Company Morticians on South Main Street. The members of the posse formed a wall from the wagon to the door of Hare Morticians in order to get Harris's body in the door. The crowd was mad because they wanted to see the body. Sheriff Reed told the crowd he would let them see the body later. Sheriff Reed told Chief Bernard to go home and get some sleep; he could handle the situation.

### Positive ID

Sheriff Reed sent for Harry Finkelstein, who had sold Harris the gun, and J.R. Roberts, who had sold Harris the clothing at the Swartzberg and Son department store. They both identified Harris as the man they had dealt with.

Between the funeral home and Pack Square, South Main Street was jammed with more than 1,000 people. The crowd soon had to part to make way for the funeral procession of James Bailey, whom Harris had murdered, to pass through on the way to the cemetery.

The crowd began to demand to see the body. Sheriff Reed, Dr. Morris and Captain Taylor decided they would allow 20 people in at a time to view the body. It soon became apparent that this would take all day and most of the night at that rate. Reed,

Morris and Taylor conferred. They decided to place the body near the window, where it could be seen from the street.

Three police officers were placed outside the window to help control the crowd. They grabbed a man who pulled a pistol and was so angered he tried to shoot the body again through the window. The policeman looked the man in the eyes and said, "Where were you this morning when we needed you?" People stood in line to look at Will Harris's mangled face. Many people wished to stand several minutes staring at his face. The crowd was so large that viewers were quickly pushed aside by the crowd. Everyone wished to see the killer's body, and they were in no mood to wait.

### New Town, New Name

It appeared no one really knew the man's name. Some called him Will Harris, and others called him James Harvey. Eli White, an elderly man, stepped up to view the body. His eyes opened wide in disbelief. He said, "That is Rufe Lindsey of York, SC. I knew him well." It appeared that Will Harris, or whatever his name was, used a different name in every town. No one will probably ever know his real name. He would get in trouble and come up with another name.

Chief Bernard went home and rested all afternoon. He ate supper at 8 pm and then took the streetcar downtown. He got off

at College and North Market Street. He walked over to South Main Street, where he saw a group of men gathered on the sidewalk. Bernard figured the men were up to no good. He walked up to the men and stared at them. They started leaving one at a time until there was only one man left: W.B. Anderson. Anderson was known to be a local troublemaker. Finally, Anderson turned and left. The Chief then walked across the square to police headquarters.

Asheville newspapers gave an accurate account of the events. James Caine, the editor of the *Citizen*, was a member of the posse. The out-of-town papers were a different story. They said the posse was led by George W. Vanderbilt and John A. Roebing, both from wealthy New York City families. They reported that Vanderbilt and Roebing fired the two shots that killed Harris. Chief Bernard read the papers and shook his head in disbelief. The big-city papers could not believe native Asheville and Buncombe County residents were capable of doing anything.

*To read the earlier 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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# Winter Is Here—But Will It Be White?

December kicks off meteorological winter, which is defined as the three coldest months on average (December, January and February). This year, our fall weather has been quite warm and actually very wet, due to the influx of moisture from the Gulf of Mexico and some remnant tropical moisture. The final numbers won't be in until December ends, but the year has been wet so far; and even if December comes in dry, the year will probably end with close to 62 inches of rain at my house near Echo Lake and about 55 inches at the Asheville Airport.

The weather pattern favors more of a milder Pacific flow, at least for the first part of winter. I think winter will only be a visitor in December; that we will have just a few cold days and temperatures will again be above average. However, we will have to wait and see. Generally, our coldest period of weather comes during parts of January and February.

## Will We See a White Christmas?

No column in December would be complete without a look at the probability of snow or even a flurry or two

### QUESTION of the MONTH

What is the difference between a snowstorm and a blizzard?

## Historical WNC Christmas Weather

YEAR	MAX TEMP	MIN TEMP	WEATHER
2020	24	12	2" snow
2019	61	30	mild
2018	49	26	partly cloudy
2017	36	23	cold
2016	65	47	mild
2015	67	59	rainy
2014	48	31	cloudy
2013	38	18	sunny
2012	50	35	showers
2011	46	34	partly cloudy
2010	34	28	7" snow

on Christmas day. In terms of a "White Christmas," let's take a look at the historical record (see table above). These snowfall percentages are based on the records that were taken at the Asheville Airport and, before that, on the data from the old Asheville city office, which was in the Grove Arcade Building. The

probabilities for Fairview should be a couple of percentage points higher, but generally it will be very close.

### The Odds

The percentage chance of seeing at least a trace or a few flakes of snow on Christmas day is about 26%. This is based on the daily snowfall records that go back continuously from 1888 through 2020. There has been at least a trace of snow reported on 35 separate occasions on Christmas day out of those 133 years. The largest snowfall on Christmas day actually happened in 2010. In that year, 7 to 10 inches of snow fell. We had a cold Christmas Eve and Christmas Day in 2020, with a couple inches of snow and temperatures on Christmas only in the 20s. The coldest Christmas was back in 1983, with a high temperature of 14 and a low of -7.

The probability of getting accumulating snow—let's say a third of an inch or more—isn't that high, only about 8%. This has happened on only ten occasions on Christmas day since 1888.



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

## WEATHER WONDER

### How long does it stay light outside after sunset?

Twilight occurs as the sun sets below the horizon. As it sinks, some light will still be visible. Twilight is divided into three periods depending on the location of the sun below the horizon

**Civil twilight** is the time when street lights come on and drivers turn car headlights on. It is still possible to read outside without any lighting.

**Nautical twilight** (dusk) occurs when the sky turns dark blue and outlines and buildings are visible but artificial light is needed to see them clearly. Nautical twilight refers to sailors' ability to take reliable readings via well-known stars because the horizon is still visible, even under a moonless sky.

**Astronomical twilight** (nightfall) occurs when there is no color in the sky and the horizon cannot be seen. The sky is completely dark except for moon and stars on clear nights.

On December 6, 2021, sunset is 5:16 pm. Civil twilight starts at 5:44 pm, nautical twilight starts at 6:16 pm, and astronomical twilight starts at 6:47 pm. The same process starts over in the opposite order when sunrise occurs.

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—Gary G., September 2020




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## PREPARED AND VIGILANT

# HOW TO AVOID PROPERTY THEFT IN FAIRVIEW

By CLARK AYCOCK

**Y**ou may have seen it on the news, read about it on Next-Door or Facebook or heard it from a neighbor. Or maybe it's happened to you. Even in our little slice of heaven here in Fairview, crime is a problem.

And, in particular, crimes of opportunity, said Det. David Reed, from the county sheriff's office. Many old-timers feel safe in the country and don't lock their car doors. Your garden shed may have a lock on it, but is it a deadbolt?

For whatever reason—mental health problems, homelessness, drug addictions, etc.—there are troubled people in or around Fairview who are looking for easy things to steal. This is a common problem all over the county, but Det. Reed, who grew up and still lives here, said that Fairview is safer than most

communities. It's less developed than other parts of the county, and there's a strong, established community. But crime does happen here.

The detective told me about two recent cases. In the first, criminals had targeted homes up and down Old Fort Road, stealing tools, credit cards, checks, cars, auto registrations, laptops and even a notary stamp. They were breaking into 20 to 30 cars a night. The detectives broke up the ring, arrested the leaders, and recovered around \$200,000 worth of property. In the second case, a weed eater and chainsaw were stolen from property on Sharon Ridge Road. The criminal, who was living in the woods with drug abuse issues, was identified and taken into custody and the weed eater was returned to the owner. If you do have something stolen, you should know that there are detectives on the case and that property can be recovered.

Your house should be the place where

you feel safe and comfortable. A theft on your property or strangers walking nearby can alter your peace of mind. Take some or all of the steps recommended below to keep you and your property safe.

### HOW TO DETER CRIMINALS

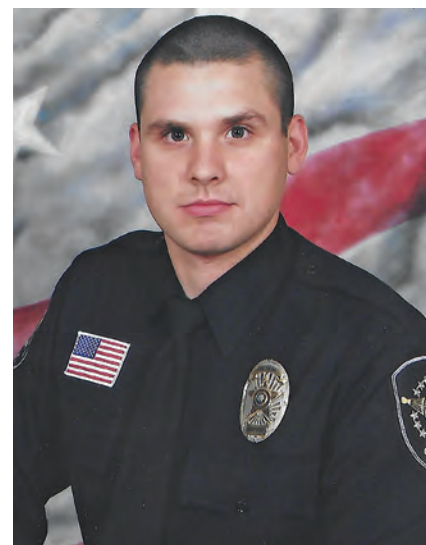
- **Lock your car doors at all times.**

Do not leave anything of value in your car: money, credit cards, phones, computers, mail, weapons, etc.

- **Set up video cameras on your property** (this goes for any business locations, too). Det. Reed recommends the Ring brand of camera, as it's easier for police to review footage from these.

(Check out the Cloud features, he said.) He does not recommend trail cameras, as they can easily be stolen by criminals.

Cameras should be pointed at the doors to your house, your driveway or where people park (to capture license plates), and any outbuildings on your property.



DET. DAVID REED, BUNCOMBE COUNTY SHERIFF'S OFFICE.

- **Replace any locks you have with a deadbolt.** If you make it harder for criminals, they will find a house or shed that's easier to break into.

- **Check your mail as often as possible.** Be especially careful when you know you have a new or replacement ID or credit card on the way.

- **Record serial numbers for your equipment.** Just taking a picture of the number is a good start. If you have a tool

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## FAIRVIEW IS SAFER THAN MOST COMMUNITIES, BUT CRIME DOES HAPPEN HERE

without a serial number, you can etch your name, initials or your driver's license number on it. A serial number or driver's license number can be searched for in a nationwide database.

- **Know your neighbors.** They can keep an eye on your property and call in suspicious activity when you're not there.

- **Install lights around your house,** especially in heavily wooded areas, near outbuildings, or in trees near your house that can provide cover for any potential criminals. You can get solar-powered lights that are motion-activated to avoid running lights all night.

- **If you have guns in your house,** Det. Reed says you should fully understand what you can and cannot do with them under the state's Castle law (or doctrine).

### IF SOMETHING HAS BEEN STOLEN FROM YOUR PROPERTY

- **Call 911 immediately** There are two patrol deputies for the greater Fairview area. They may be as far away as Black Mountain when you call, so be patient.

- **Do not disturb the crime scene.** If possible, stay out of the house or outbuilding until the deputy gets there. (The criminal may still be in the house or on the property, which is another good reason to not enter any buildings.)

- **Do not post about the robbery** on social media or elsewhere until you have discussed it with the investigator. The criminal might be local and on Facebook. If they know they or the stolen items are being looked for, they may get rid of the things they took from you.

## FAIRVIEW AREA CRIME STATISTICS JANUARY 1–NOVEMBER 22, 2021

LARCENY FROM MOTOR VEHICLE WITH NO FORCE	11
LARCENY FROM MOTOR VEHICLE WITH FORCE	6
BREAKING AND ENTERING OF A RESIDENCE	7 (INCLUDES FORCE & NO FORCE)
BREAKING AND ENTERING OF A BUSINESS	4 (INCLUDES FORCE & NO FORCE)
LARCENY, ALL OTHER	20
LARCENY OF AUTO	2
SHOPLIFTING	1
BURGLARY 1ST DEGREE	1
LARCENY OF A MOTOR VEHICLE	8
LARCENY OF MOTOR VEHICLE, OTHER	2 (TRAILERS)

Det. Reed loves living in Fairview. He says it's still a good place to grow up and raise a family. But we should all do our part in keeping ourselves and neighbors safe. Be prepared and stay vigilant!

These statistics are for all who have a Fairview address. Many of them are charged under the same statute, but they have been broken down into specifics.



# SIGNS FOR HOPE

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Wed-Thurs: 10a-4:30p

Fri-Sat: 9a-4:30p

Sun-Tues: Closed

Christmas Eve: 9a-1p

Christmas Day: Closed

NYE & New Years Day: Closed

**December Thursdays**

5:30-7:30pm

Christmas fun for the whole family each week! Join us for ornament making, book signing & more. More details on social media!

**1st Annual After-Christmas Sale**

December 28th-30th; 9a-4:30p

As a small business, we cannot guarantee the products shared here will always be available for purchase. These are a sampling of our many gifts from local vendors, Fair Trade vendors, Becky's travels and Becky & Rachel's favorites. New inventory is arriving almost daily this time of year, so come see what is here just for you!



@signsforhope & @sfhmarketplace



Signs for Hope & Signs for Hope Marketplace



signsforhope.org



# PLANNING FOR 2043 The County's Comprehensive Plan Process

**Have you heard about Buncombe County's Comprehensive Plan?** If you haven't yet, you are definitely going to—especially because it depends on your input.

A comprehensive plan is used by local governments as a broad, long-range planning tool for the community. The county's plan will focus on the next 20 years and look at the relationships between land use, infrastructure and key community needs. A comprehensive plan can also include other areas of focus, such as safety, public health, affordability, multi-generational needs, equity and more. A successful comprehensive plan will guide growth and address community needs and priorities through a series of objectives, strategies, and goals.



## Phase 1: Launch Project, Fall 2021

Phase 1 of the planning process includes gathering information about the county and creating a project management plan for staff to work from. What do we have to do to create the plan? How will we reach all county residents to get their input? Who are the community stakeholders, boards and committees that need to be involved? These are just some of the questions that will be answered during the first phase.

County staff will develop the plan's website and roll out new ways of reaching the public through social media, activities and local events. A steering committee of residents will meet monthly to help guide the process, and an outreach task force of community volunteers will be created to help spread the word.

## Phase 2: Establish Vision and Goals, Winter 2021

Phase 2 is about understanding what the county is currently like, how it might change over time, and what residents want it to be like over the next 20 years. Through ongoing public engagement, the county will establish the vision and goals for the community. The vision is the collective idea that the community has for

what the future should look like. The goals are what residents want to accomplish.

Residents will be presented with critical planning topics, asked for their ideas and feedback about ways to address issues, and form aspirations about what they want the future to look like. Residents will provide guidance about a range of topics, including the environment, economy, hazards, transportation, housing, tourism and much more.

## Phase 3: Develop Policies and Strategies, Winter-Summer 2022

Phase 3 builds off the results of the prior two phases and continues to gather feedback from the community on the evolving draft plan. The plan will include a refined vision, goals, policies and strategies. A policy is a set of guidelines to help the county make decisions or act in a certain way, which align with the vision of the plan. A strategy is a plan of action to achieve a goal. The plan will also include a new land use and character map to guide development. Residents will review and discuss policy choices, their thoughts on the draft, and suggested revisions.

## Phase 4: Adopt the Plan, Summer 2022-Spring 2023

Phase 4 focuses on gathering support for the plan in order to have it adopted. This includes presenting final drafts to the public, a work session and public hearings with the Buncombe County Planning Board and Board of Commissioners.

## What Comes After Approval?

The comprehensive plan will have identified the community's vision and outlined the goals and strategies to achieve that vision. But then what? The following are examples of some of the ways that the plan will influence the county's process: County staff will analyze existing ordinances to see if they are in line with the adopted plan. If they are not, they will propose changes or additions to the ordinances. As an example, changes to the zoning or subdivision ordinances can impact how and where development occurs.

County boards, such as the Planning Board or Board of Adjustment, will look to the plan as a guide to help them make decisions about land use regulations or about the compatibility of certain types of development with the community.

The county will use the plan as a guide when creating five-year strategic plans and annual and multi-year budgets.

Priorities and recommendations in the plan may allow the county to apply for new types of grants or funding.

Over time, changes to land use regulations, local government funding, service priorities and ongoing planning activities can have a big impact on a community. The comprehensive plan will act as the guiding document for the county as it sets its course for the next 20 years.

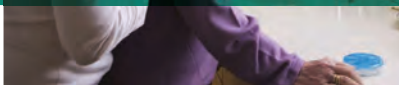
To learn more or get involved, visit the comprehensive plan website at [buncombe.org/comprehensive-plan-2043/default.aspx](http://buncombe.org/comprehensive-plan-2043/default.aspx).

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## RESOURCES, INFORMATION, ASSISTANCE



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## Router, Email & Facebook Tips

When changing to a new Wi-Fi router, make sure to set it up with the same network name, password and encryption type. More and more routers let you do this, which means you won't have to go around to all your other devices—printers, TVs, Alexa or Siri devices, doorbells, etc.—to teach them the new passwords.

When email is distracting you so much that you want to just swear it off, try to “distance” yourself by first turning off all those notification alerts and icon numbers telling you about new messages and how many you haven't read. Unless you really need it running all the time, consider quitting your email app (or close the browser tab) while you are engaged in other tasks on the computer. Some people determine which emails are important and answer them immediately, leaving others for later in the day after important tasks have been handled.

If you want to truly get rid of Facebook (or Meta—old wine, new bottle), it's going to take a lot of work, as the company has long tentacles stretching through your online life. Find the best guide from Lifehacker.com at [fairviewtowncrier.com/links](https://fairviewtowncrier.com/links).

To delete your Instagram account, go to [instagram.com/accounts/remove/request/permanent](https://instagram.com/accounts/remove/request/permanent). Remember to download a copy of your photos, if you want them. And just

as with deleting a Facebook account, if you log back in up to 90 days after starting the process, you stop the account deletion.

If you are still using Windows 7 or 8.1, Microsoft will be ending support for OneDrive early next year. After March 1, 2022, files will no longer sync with OneDrive cloud. So, plan accordingly.

Why do people like stacking rocks in creeks? I don't know, but if you like to do it, there is a website to let you do it online. Check out [neal.fun/rocks/](https://neal.fun/rocks/).

Looking to purchase a refurbished Apple product? Refurb.me helps buyers figure out pricing and availability across a variety of resellers, with search-refining features such as color, capacity, condition and warranty.

Two-factor authentication is coming for all Google users. You can get the official notice from Google at [support.google.com/accounts/answer/10956730](https://support.google.com/accounts/answer/10956730). In short, it means that new sign-ins to Google services will be required to use a second single-use code for security. It won't affect email programs such as Windows Mail, Outlook, Apple Mail, etc.



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

## Giving Thanks

Every Monday before the pantry opens, volunteers from FFF go to Food Lion to pick up donations, which include dairy products, fruits and vegetables, frozen meat products and baked goods. These products are close to their expiration dates, but they will be distributed to the pantry clients on the afternoon they are picked up.

Traditionally, on the Monday before Thanksgiving, the pantry distributes items for clients to prepare a Thanksgiving meal, including canned vegetables, mushroom soup, onion rings, mashed potato mix and frozen pies. For the second straight year, it has been difficult to get 75 turkeys to include in the meals. This year, the pantry is giving \$40 Food Lion gift certificates to pantry families so they can purchase a turkey or item of their choice. All gift cards are purchased by FFF with financial contributions from our wonderful donors. Along with meals and gift cards, the pantry will distribute pantry-prepared boxes from The Emergency Food Assistance Program (TEFAP), which include staples like canned vegetables, soup, fruit, rice, mac 'n cheese, cereal, peanut butter, beans and fruit juice.

The pantry continues to look for someone to assist the pantry manager. The time commitment would be five hours on Monday afternoons and several hours on the Tuesday mornings the pantry receives orders from



Manager of the Fairview Food Lion, Scott Prince (right), presenting a check to FFF pantry manager, Leslie Austin, and her husband Bart, a fellow volunteer at FFF.

MANNA Foodbank and TEFAP supplies (usually every other week). Computer skills are necessary to place orders with MANNA when the pantry manager is out, and contacting needed volunteers when any regular volunteers will not be at the pantry. If you are interested, please contact the pantry manager, Leslie Austin, at the pantry on Monday afternoons at 628-4322.

The pantry has two donation drop-off sites in Fairview: First Bank, 5 Olde Eastwood Village Blvd.; and Americare Pharmacy, 1356 Charlotte Hwy. The Fairview Library has expressed interest in being a donation site—we will see if we can get one there by the time you read this article.

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

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# Breathing and Organizing: Two Ways to Gain Control

**D**iaphragmatic breathing focuses on breathing by engaging the diaphragm. Your diaphragm is basically a series of big, round, long, broad muscles that sit under your lungs. They're positioned about halfway between your neck and your pelvis.

When you breathe in, the diaphragm contracts and fills your lungs with air, which feeds oxygen into your bloodstream. When you breathe out, the diaphragm muscles relax, and air is forced out.

Sometimes, people have a tendency to suck in their gut, sit improperly in their chair or have poor posture, which causes them to breathe more from the chest. Chest breathing should be secondary to stomach breathing.

If you look at the way babies breathe, they start each breath with the stomach; then they continue the breath with the help of the chest and neck muscles. These secondary muscles of the chest and neck should come into play after the diaphragm activity.

There's a simple exercise to show how much you're incorporating your diaphragm into your breathing. Start by lying on your back, then put your hands on your stomach and take a nice, deep breath. You'll feel your stomach move up toward the ceiling. Your hands will rise and fall.

The goal is to draw about 75% of your

breath with the stomach by expanding the lower lobes of the lungs fully. Then the final stage of breathing in should be through the chest. It's like filling up a sponge with water and then squeezing it out. We're filling up the lungs with oxygen and squeezing all of it out into our bloodstream.

When you're breathing through the chest, you're not getting as much oxygen into your lungs. You end up utilizing about half your lung capacity, and you're only getting out about half of the carbon dioxide that needs to be expelled. This poses great challenges for your brain, as it uses an extraordinary amount of oxygen relative to other body systems.

There was a great book written in the 1970s by a Dr. Benson, called *The Relaxation Response*, which is still widely read today. It describes diaphragmatic breathing and what the author calls "paced breathing," in which we breathe through the stomach in order to get the best oxygen exchange.

Pay attention to your breathing. It's something we all have to do, so we may as well do it as best we can. Your brain will thank you.

## Organize Your Week

Organization is important for several reasons. When you stop to think about, it

the opposite of organization is chaos, and chaos is synonymous with stress. When we look at the pillars of effective brain training—cognitive, physical, metabolic, and lifestyle factors—we see how stress relates directly to lifestyle factors. Many of these come with at least some level of personal control.

Organization is an important factor for managing stress and making sure your brain experiences as little unnecessary distraction as possible. If you're living by the seat of your pants and organizing your day by countless Post-It or digital notes, it can bog you down. Also, when you're not accomplishing things, it gives you a sense of fear and worry because you're not completely doing the things you feel you are supposed to be doing.

A lack of organization can be a significant challenge in your life. Simply crossing things off of your to-do list doesn't mean that you are organized. To a certain degree, it actually makes more sense to sit down and write a "to-not-do" list. Sometimes you can look at your current to-do list and find things that have been on there for months, if not years. If you're not doing those things, then it probably means they are not all that important.

Gaining control of your thoughts and energy by having a to-not-do list can actually be quite liberating. It can even start to

eliminate some of the fear and worry that comes from not getting everything done.

There is a great deal of research that shows us how fear and worry are the two most damaging emotions to the human brain. They contribute to the production of significant amounts of stress hormones. These hormones circulate through the body and can actually cause damage to certain parts of the brain that allow us to learn. They can even damage connections that have been made in the brain. The more we do to eliminate those two emotions, the better off our brains will be.

Some people might find that taking 10 or 15 minutes on Sunday evenings to organize their week can be incredibly powerful. You don't have to go into precise detail. Simply prioritizing and putting your top tasks for the week in order can take a great deal of stress out of the week ahead. It can also help you think better, sleep better and interact more efficiently with friends, family and coworkers.



Michael Trayford, DC, DACNB is a functional neurologist, published journal author, international speaker, and advisor for the Dementia Society of America. He can be reached at [ApexBrainCenters.com](http://ApexBrainCenters.com) or 708-5274.



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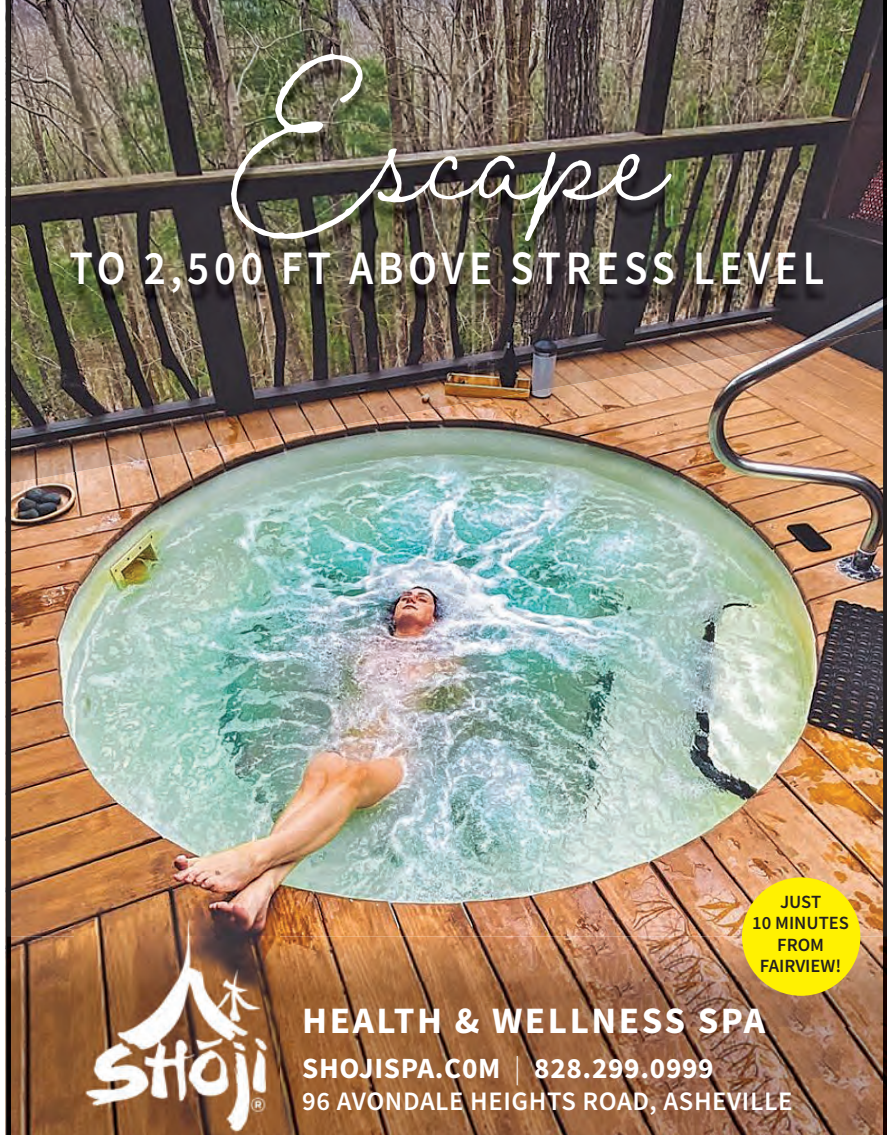
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JUST 10 MINUTES FROM FAIRVIEW!



# Find Holiday Joy, not Stress

Another holiday season is upon us. The holidays can be a challenge for some and a joy for others. The uncertainty of COVID and its implications for travel can create even more stress. Holidays can alter our routines and create expectations that may not be as realistic as we hope. Here are some things to consider that may help you have a joyful—not stressful—holiday.

### Do Something

Consider helping with the cooking or cleaning. Catch up individually with your relatives. Sometimes we get caught up in gathering and don't get to connect individually with those we care about.

### Practice Generosity

Thinking of others at this time of the year helps us as much as those we show generosity to. Simple acts of kindness and forgiveness help us to be happier. It's part of our human nature.

### Practice Gratitude

We all have things that we can be grateful for. Make a short list of those things for consideration and reflect on them. Take time to reflect on all you have and remember others that have less. After group meals, go around the table and have everyone share one thing they are grateful for.

### Maintain Routines

Continue doing the things that keep you healthy through the holiday season. Some suggestions include walking 20–30 minutes a day. We don't need to over eat all through the season. Give yourself permission to eat what you want at the larger gatherings but get back to better eating.

### Play and Have Fun

Find fun things to do for yourself and other family members. It lightens the heart. Do something new, holiday events, family walks, find out what your family would like to do for fun.

### Stay Present

With the busyness of the holidays, it can be hard to just be present with our friends and family. Think about listening more and

talking less. Find out how others' lives are before you share your joys and sorrows.

### Give Back to Your Community

Find a passion that helps the world you live in and volunteer your time or services.

### Get and Stay Healthy

Most people care deeply about three things: their families, their health, and their money. Sometimes when we lose our health, there isn't enough money to get it back. Ultimately, you are in charge of your health care.

- **Find an activity that gets you moving:** Like walking, swimming, jogging or biking. I like the safety of a good-quality recumbent bike to get moving and sweating. Find something that you like and start gently.
- **Look at yourself in the mirror and see if you need to lose weight.** To lose weight, get moving, make gradual changes to what you eat, or try a structured short-term weight loss program.
- **Drink more water.** Some health experts suggest drinking one half of your body weight in ounces per day of water. (Ask your doctor first if you have CHF or use diuretics.)
- **Consider some supplementations.** I think almost everyone can benefit from a high-quality multivitamin, omega three (fish oil) and molecularly distilled curcumin.
- **Deflate your diet.** Go to deflame.com to learn how to reduce inflammatory foods in your diet.



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

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



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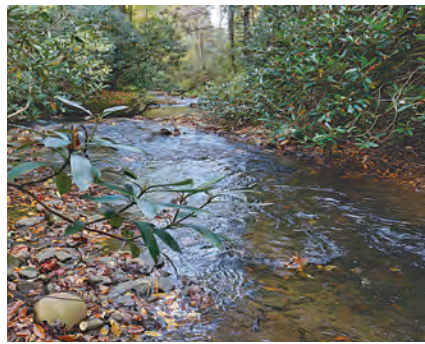
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# Conservation for State Parks

With winter and the holiday season looming, you're probably more interested in getting cozy at home than looking for new places to hike and explore. However, we all know how busy local parks and trails became when folks went stir-crazy from staying home too long—and the popularity of outdoor recreation appears to just keep growing. Fortunately, state parks in WNC and east Tennessee will be growing soon, too, thanks in part to the Southern Appalachian Highlands Conservancy (SAHC).

The first state park in Buncombe County is beginning to take shape. The future Pisgah View State Park will be created primarily from land owned by the Cogburn family since the late 1700s. The family opened Pisgah View Ranch in 1941, and it became a beloved spot for generations of guests to gather for events and enjoy outdoor recreation. In 2019, the Cogburn family decided to sell the land to the state for the creation of a new state park. SAHC continues to assist partners in the state in acquiring parcels for inclusion in the future state park. SAHC has secured \$1 million in matched contributions for the state to purchase land for the park and facilitated the donation of 10 acres of park land by Stagg and Cheryl Newman. The Newmans were so excited about the project that they donated the 10-acre tract



Sugar Hollow stream. PHOTO: SAHC

to SAHC earlier this year, and it has now been transferred to the state for the future park. So far, the state has acquired 509 acres out of an estimated 1,600 acres total planned for the park.

"Conserving our land and forests is so important as we face the problems of biodiversity loss and climate change," says Stagg Newman. "What SAHC does and what the state is doing in creating public parks is critical for all of us to have viable places to live going forward."

State parks are funded mostly through the Parks and Recreation Trust Fund (PARTF), and timing for completing acquisitions for the future park depends in part on the total amount designated for PARTF in the state budget each biennium. Funding all the initial property purchases for the park could take up to five years. However,

the new state budget provides significant funding for parks, farmland preservation, and land and water conservation, which is good news for everyone in WNC.

"With the budget passing in November, the Pisgah View State Park project could be completed sooner rather than later," said Jay Leutze, SAHC Advisor to the Board. "The new state budget includes funds to finish all of the planned land acquisition for the park, which is very exciting."

Just over the state border in Tennessee, the very popular Roan Mountain State Park is set to get a growth spurt by the end of the year. SAHC purchased 150 acres of land at Sugar Hollow to protect habitat resources, rare plants and streams in the Doe River watershed. This important natural area will be added to the park by the end of the year, providing the potential to expand trails and create backcountry camping sites. It will be the first major addition since Roan Mountain State Park opened in 1959.


"I'm thrilled that we are helping our partners at Tennessee State Parks expand one of the most beloved parks in the state," says Michelle Pugliese, SAHC Land Protection Director. "From the higher elevations on the property where you can enjoy views of the Roan Massif to the beautiful stretch of Hampton Creek, this property offers exciting opportunities for people to connect

## Winter Hiking Challenge

Southern Appalachian Highlands Conservancy will continue its Winter Hiking Challenge in 2023, challenging participants to get out and stay active from January to March. You can walk, run or hike in your own neighborhood or on a mountain trail. Details and registration info will be available at [appalachian.org](http://appalachian.org) by late December, so get those resolutions ready!

with nature. The route of the Overmountain Victory National Historic Trail passes along the lower edge of the tract, and I can just imagine the Overmountain Men on their way to the historic Revolutionary War battle at Kings Mountain in 1780 trekking right by this property, perhaps even stopping to rest and refill their water or maybe even catch some fish."


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



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# Helpful Hearts at Fairview Elementary School

By Kenya Hoffart

In recent years, Fairview Elementary School (FES) has had a team of fifth graders called Ambassadors that help with various duties around the school building before and after school. Adjustments had to be made this year so that all health and safety protocols are followed, but a team has come together to form the “5th Grade Helpers,” and they are making a big difference at FES.

These young and enthusiastic volunteers help with car riders each morning and help raise and lower the flags each day. In the car line, the helpers open and close car doors, greet students and parents, assist kindergartners and students who need help finding their way, make sure all students stay away from moving cars, and help ensure all students have a mask on before they enter the school building. This duty begins at 7:20 am and ends at 7:55 am. Dr. Jackson, the school principal, said, “I don’t know what we would do without them. I hope they realize how important they are to our school.”

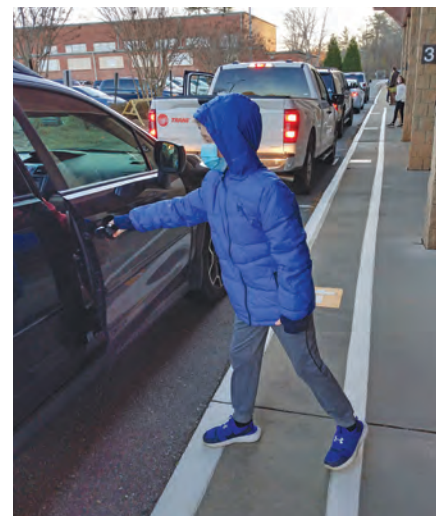
Katie McCracken, a school counselor at FES, oversees these volunteers. She asked fifth grade teachers for recommendations of students who arrive early and are respectful and responsible, and they came up with 16 students who have been perfect for the job.



Three helpers are designated solely for flag duty. They raise the flag each morning and lower it each afternoon. They have been trained on the proper etiquette to handle and care for flags. They know that flags should never touch the ground and have learned how to fold them into a traditional triangle for storage, being sure to fold them in a customary manner. In fact, several parents and community members who have watched this team handle the



The 5th Grade Helpers make a big difference at Fairview Elementary by helping with car riders each morning and raising and lowering the flags each day.



school’s flags have commented on the fantastic job they do and the respectful way they do it.

McCracken said, “These students not only want to do the job, but they are also eager to do it—and they want to do it well. They are always willing to do extra shifts and pull extra duty if someone happens to be absent, and they do it all with a smile on their face. These students love to help, and we are very fortunate to have them.”

Abigail McCall, one of the helpers said, “I was honored to be asked to serve my

school in this way. It feels good to help out and make a difference.”

Abigail and her helpers are making a big difference, and the staff and students at FES want to say thank you for the work this team puts in every day. We know great things are ahead for this group of students who have giving spirits and helpful hearts.

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

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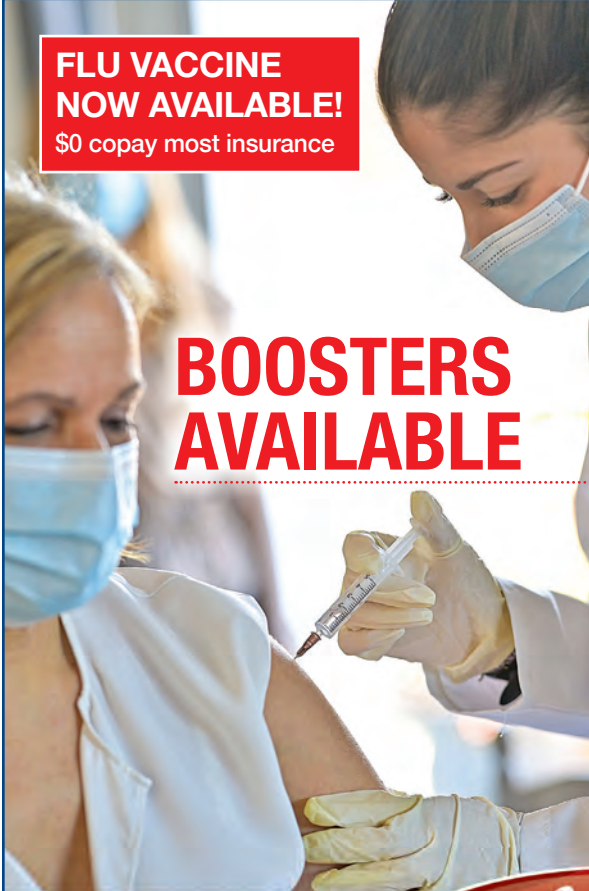
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# Changes Are Coming Fast—But I’m Ready

Over the last few weeks, I’ve really felt the time speeding up. As I count down the days to my 18th birthday, I’ve been acutely aware of all the new responsibilities and privileges I’m being given, seemingly all at once. While sometimes that can be super cool, at other times it can be terrifying. I still remember being in elementary school, terrified of getting my finger pricked at the doctor’s



*Avery Love*  
**TEEN PERSPECTIVE**

office, and it’s so strange to realize how much I’ve grown since then.

These last few months have been overwhelming with all the changes I’ve been going through. Last month, I submitted all of my college applications. I did the research, took the tours, and now we’re waiting for results. The mind-blowing part is that I haven’t had a full year of in-person school since my freshman year, and next year I’ll be headed off to a new place, where I don’t know anybody. I’ll mostly have to take care of myself, and while my parents will still just be a call away, it’s nowhere near the same thing. Thankfully, though, I’ve been working on the skills I’ll need to

survive on my own. In my first year of high school, I would do anything to get out of making calls. It didn’t matter who I was calling, the pizza place or the shoe store. It made me so nervous that I’d be sick. Over the last few years, I’ve been working on challenging that fear. I do interviews for my school’s broadcast team, I work in customer service, and I do a bunch of other things that require me to talk to strangers. Just a few weeks ago, I drove and went to a doctor’s appointment all by myself for the first time. While I was nervous, I pushed myself past it and everything went fine. I was really proud of myself.

### On the Road

Not all of the responsibilities I’ve been given are scary. In North Carolina, after you spend a year with your learner’s permit, you get a limited license, with which you can drive by yourself between 5 am and 9 pm. After six months of that, you get your full license. A few weeks ago, I finally got my full license. Even though I don’t have many places to go after 9 pm, having the option to do so if I want to is exciting. Last weekend, I was feeling restless, so a friend and I got in my car and drove and chatted on the Blue Ridge Parkway. We only got back at 9:30 pm, but it was exciting to not have to worry about that curfew. The next week, I took a day

trip to Greensboro for a few college tours. I drove all three hours there and three hours back without an adult in the car. While I was nervous because of unfamiliar roads, it ended up fine, and I feel really confident about future drives.

With all the new responsibilities I’ve been given, I’m also gaining freedom.

While this can be terrifying at times, I know that every bit of it is just preparing me for the future. As I grow, I learn, and I am determined to take it as it comes.

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



**ACRHS STUDENT OF THE MONTH**  
**Dyala Khalaf**

The A.C. Reynolds Student of the Month is Dyala Khalaf. Dyala is a shining star in our Early Childhood Education program and was nominated by two different faculty members. Kennedy Forbes explains that Dyala “fosters healthy and respectful relationships with her teachers and peers. She brings up those around her by providing a listening ear and is always willing to help those who are struggling. She is a leader among her classmates, as she demonstrates a level of maturity that is advanced for her years.” Those praises are echoed by Heather Baker, the director of the school’s preschool program.

“I am nominating Dyala because she is not only a super-hardworking student in the classroom, but she is also one of my most reliable, mature, and conscientious Early Childhood Education interns,” Baker said. “She is also a member of FCCLA. She is always willing to go the extra mile and is an excellent team player!”

*Winners receive a special mug from the Crier. Congratulations, Dyala!*

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## The Show

A coin is placed on the table and a napkin is set down behind it. The magician picks up the coin and places it on the napkin. When the magician opens his hand, the coin has vanished. The magician lifts up the napkin to show the coin has reappeared underneath.

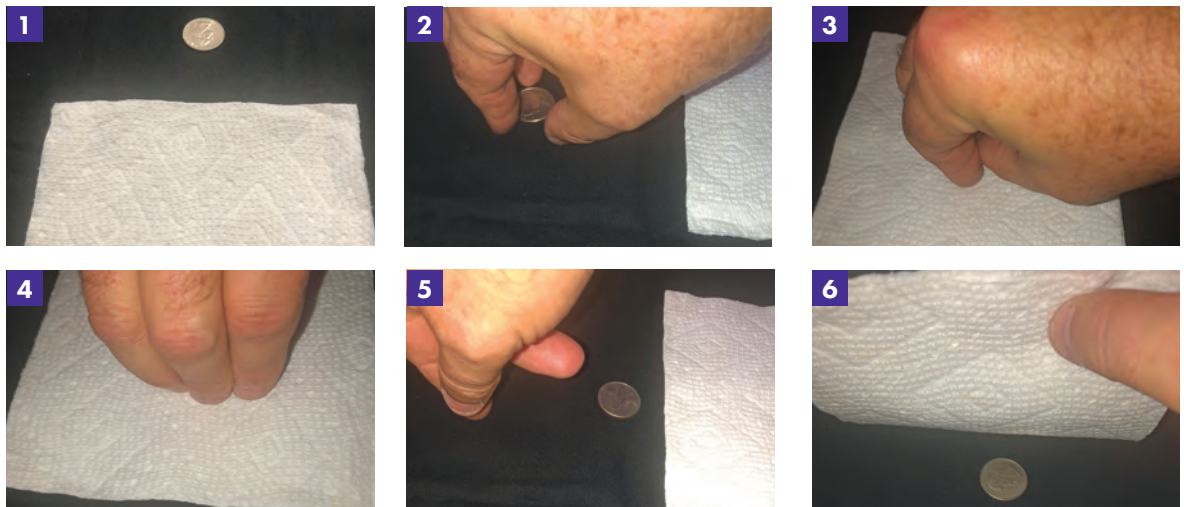
## The Supplies

a coin, a paper napkin and a tabletop.

## Secret

This trick requires some practice and some acting.

*Greg Phillips is a professional speaker, magician and comedian. Greg@Greg-PhillipsMagic.com or MountainMagicAcademy.com.*



## Performance

- 1 Set the coin on the table and place the paper napkin a few inches behind it. Make sure that the leading edge (edge closest to the coin) is "raised" up a bit.
- 2 The magician pretends to pick up the coin but in reality flicks it under the napkin with their middle finger.
- 3 In the same motion, the magician pretends to pick up the coin and then place it on top of the napkin.
- 4 The magician wiggles their fingers just a bit to make it look like they are pushing the coin through the napkin.
- 5 The magician shows their hand is empty.
- 6 The magician lifts the napkin to show the coin is underneath.

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# Choosing the Best Food for Your Dog

One of the questions I'm asked most often is what dog food I think is best. I certainly have my opinions, but rather than promoting a particular food, I think it's important to first understand what the various food types are and provide information that might help you decide what is best for your particular dog.

Feeding your dog high-quality, well-balanced food is one of the best things that you can do to keep your dog healthy. A good food will keep your dog's coat shiny and sleek. It will strengthen his immune system and keep his digestive system in good shape.

Simply put, the best food for your dog should meet your dog's nutritional needs. While most commercial dog food is formulated with at least the minimum nutritional requirements for dogs, it is important to remember that not every dog has exactly the same nutritional needs.

Dogs need a wide range of nutrients in different quantities over the course of their lives. The nutritional needs of a puppy are different from those of an adult dog, and large-breed puppies have different nutrient requirements than small-breed puppies. Feeding puppies food made for adult dogs may mean they don't get the right amount of nutrients such as calcium, phosphorous and docosahexaenoic acid that they need for normal growth and development.

Senior dogs may need a lower-calorie food to keep their weight stable and may also benefit from higher levels of antioxidants. It can be hard to figure out which diet is best for your dog. To help you make an informed decision, keep these factors in mind.

## Know What's in It

The Association of American Feed Control Officials (AAFCO) has established guidelines to govern the claims a pet food company can make on its label.

If the food is said to contain a single ingredient, it must contain at least 95% of that ingredient, not including water. If a combination of ingredients is advertised, that combination has to make up at least 95% of the food. For instance, if the food claims to be made mostly of beef, beef must make up 95% of the food.

Words such as dinner, platter and entrée mean the food must contain just 25% of the named ingredient. If the name states "with" a specific ingredient (such as "with bacon"), only 3% of the named ingredient is required. Products that advertise specific flavors are only required to have a detectable amount of that ingredient.

Look for food companies that exceed AAFCO guidelines and use high-quality ingredients. Choose food with meat-based items listed as the first two to three ingredients. Avoid food that contains excess chemical preservatives and high amounts of fillers like wheat, corn and soy.

You'll also want to check the label for a nutritional adequacy statement, such as "This food is complete and balanced for all life stages," "This food is complete and balanced for adult maintenance," or "This food is complete and balanced for growth and reproduction."

## Grains and Gluten

Unless your dog has a documented grain allergy, healthy whole grains such as brown rice, barley and oatmeal will give your dog energy and also provide important nutrients like B-vitamins, essential fatty acids, protein and fiber.

How do you know if your dog has a food allergy? Excessive licking of their paws, scratching, vomiting or diarrhea can be signs, but your vet will help you find the answer. Even with a confirmed allergy, it is often the food's main protein (like chicken or beef) that causes

the problem and not the grains. Before buying into the hype (this includes gluten allergies, which are common in people but are actually very rare in dogs), consider the nutritional needs of your dog as an individual.

## Dry or Canned Food

Both wet and dry food can meet your dog's nutritional needs. Dry food is made by combining and cooking ingredients like meat and grains. This process converts the starches in the food into an easily digested form while also destroying toxins and flash sterilizing the ingredients.

Wet food, or canned food, is a perfectly viable alternative to dry food. While generally slightly more expensive, wet food is more palatable than dry food and can help stimulate the appetite of picky eaters. Wet food contains many of the same ingredients as dry food, but not in the same quantities. Wet food contains higher amounts of fresh meat, poultry, fish and animal byproducts, along with more textured proteins derived from grains.

In general, high-quality dog food that contains the appropriate ingredients for your dog's life stage and breed is the best choice, but talk to your vet or a veterinary nutritionist about the healthiest choice for your pet.

## Fresh Food

Fresh dog food delivery services take the place of making your pet's food from scratch. The best ones work with veterinary nutritionists to formulate a plan customized for your dog. They start with fresh, whole ingredients like lean proteins, veggies, fruits and whole grains, then package them up and ship them to your door. These companies also make sure their recipes meet AAFCO standards for pet food.

Most fresh food services are offered by subscription and delivered to your door. They offer options in recipe choices, portion size and frequency of delivery. They also provide easy-to-understand information about ingredients, feeding schedules and how to keep the food fresh. Many owners who've made the switch to fresh food say the diet has improved their pet's coat, energy levels and many health conditions.

## How Much?

Whatever food you choose for your dog, resist the urge to fill the bowl to the top. Being overweight could take up to two years off your dog's life. A dog's metabolism is variable, so some dogs may do great if you feed them the amount recommended on the dog food bag, some will need significantly less, and some may need more.

Your veterinarian can tell you how much your dog should weigh. Use the feeding guidelines on the dog food label for what your dog should weigh, not their current weight. If your dog starts to lose its waistline, cut back.

Ultimately, the best dog food for your dog is up to you to choose. You see your dog every day. If your dog is active and fit, has a healthy appetite and produces firm stool, then their food is probably fine.

If you have any questions, contact your vet, who will have access to research and your dog's medical history. They can help you make the best-informed decision for your dog.

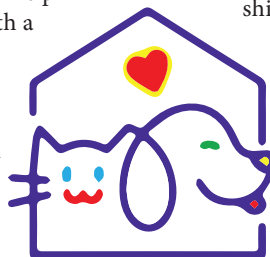


Stefani Cotten is the owner of Fairview Boarding, located at 1923 Charlotte Highway, Fairview. For more info on boarding your dog, call 628-1997 or go to FairviewBoarding.com.



MISS MARVA

**Miss Marva**, a terrier mix, is very playful and loves to go on hikes. Marva will not be suited for a home with other dogs or cats, but she loves the company of children and is potty trained. She is also crate trained, but it's not recommended that she be crated for long periods of time, as she gets very anxious. *Charlie's Angels, 885-3647, charliesangelsanimalrescue.com*



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**Dixie** is a 30-year-old mustang looking for a loving home where she can live out the rest of her days as a companion to other horses. She isn't too sure about new people, but she's slowly building confidence. *Humane Society, 761-2001, ashevillehumane.org*



ANA MARIA

**Ana Maria** enjoys being petted, taking long naps and hunting bugs. She was a momma kitty, but now her babies all have homes of their own and Ana Maria is ready to settle down. She would fit into just about any home with her confident, friendly personality. *Brother Wolf, 505-3440, bwar.org*





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IN MEMORIAM

## Ronald Dalton



Ronald Lloyd Dalton, 84, passed away on November 11, 2021.

A Buncombe County native, he was a son of the late Thomas Lloyd and Hannah Lou Hooper Dalton.

Dalton was a graduate of Sand Hill High School, Class of 1955. He then earned a B.S. in Education from Western Carolina University in 1960, where he was also a charter member of the Delta Sigma Phi fraternity. He then earned a master's degree from Stetson University in 1966, and finally an Ed.S. degree, also from Western Carolina University, in 1986.

Dalton worked as the math and science teacher at Apopka High School in Florida, beginning in 1960, before being named assistant principal of Ocoee High School, also in Florida, in 1966. Two years later, he was named principal of A.C. Reynolds High School, where he remained for 30 years until retirement. Dalton was so beloved at the school that the football stadium is named after him.

Over the course of his career, Dalton received many accolades, including being inducted into the Rocket Hall of Fame (2006) and being named the Principal of the Year, Buncombe County Schools (1990). He was also recognized by the Governor and Lt. Governor of North Carolina by being named to The Order of the Long Leaf Pine Society. The distinction is awarded to people for exemplary service to the state and their communities that is above and beyond the call of duty and which has made a significant impact and strengthened North Carolina.

He was also a member of Oak Forest Presbyterian Church since 1949.

Dalton is survived by his wife of 61 years, Carolyn Davie Cavan Dalton; son, Thomas Dalton (Jennifer); brother, William Lee Dalton (Ann); brother-in-law, Hunter Davie Cavan (Phyllis); nephews, Russell Bradley and William Dalton; nieces, Tammie and Kim; and great-nephew, Hunter.

A memorial service will be held on December 12 at 2:30 pm at Trinity of Fairview Church (646 Concord Road, Fletcher), followed by a further celebration of his life, held at R.L. Dalton Stadium at ACRHS at approximately 4:00 pm. The service at Trinity of Fairview will be livestreamed on the church's social network pages.

In lieu of flowers, donations may be made to the R.L. Dalton Scholarship Fund, c/o Buncombe County Schools, 175 Bingham Road, Asheville, NC, 28806.

## Fairview Artist Says "Buy Local" at Fiber Market

Fairview's Paula Entin is coordinating the Holiday Market at the Local Cloth studios, at 408 Depot Street, Asheville, on December 4. Local Cloth has been growing and promoting the craft economy relating to fiber and fiber arts for over a decade. They reach out to link the farmers with those who want to work with animal fibers and plants, to learn to knit and weave, spin and dye, and create.

The entire "fibershed"—a 100-mile radius around Asheville—is involved in the Local Cloth effort, and the market will feature 13 local artisans selling fleece, yarn, knitted and felted goods, and tools.



Entin encourages everyone to "buy local" this holiday season, and to focus on the astounding quality and creativity of our local artisans who produce an immense array of items, from edibles to wearables to decorative.

Entin is currently co-chair of the Fairview Area Art League (FAAL), a group helping to connect and promote local artists to trade information about anything from artistic media to pet sitting, and will be helping FAAL in presenting workshops for our community starting in early 2022.

She also just participated in the recent craft show next to Daymoon Café, where she enjoyed talking to all those who stopped by.

## 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 secures 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).



DR. ASHLEY LUCAS

## Avoid Holiday Weight Gain

The holidays are upon us, and with the holidays come more celebrations and parties. If you want to come out of the season healthier and in better shape than when you entered (or even if you want to maintain your current state), it's important to navigate this time wisely. Often, when we have a party to attend, we might eat less earlier in the day in order to "save calories." Unfortunately, while this tactic sounds like it could work, it doesn't usually work to our advantage. In reality, we end up eating much more than usual because we are ravenous and our temptations get the best of us.

### An Experiment

I want you to try an experiment. On the day of your next party, eat breakfast, lunch and a snack before you go (or if the party is earlier in the day, make sure you eat beforehand). I want you to go into this event not hungry. I bet you'll find you enjoy the celebration more, think less about the food, and be able to focus on the company and the people you are with. Ultimately, you'll feel in control and be able to make wiser food choices.

If you know there will be no good food options at the event, bring your own. If it's a cookie party, bring a low carb cookie option. I'm sure other people there will appreciate it and love to try something new. If it's a potluck, bring something that supports your health goals: a vegetable dish; salami, olives and cheese; or salad that isn't lathered in vegetable oils. If hard cider or beer is the only option, bring a dry red wine, vodka and club soda, or even better, a nonalcoholic sparkling water or low-sugar kombucha to enjoy.

Good health and good company is possible through the holidays. Cheers to you.

Ashley Lucas 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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# Give Yourself Some “Paychecks” for Retirement

**D**uring your working years, you’ve probably met the costs of living through your salary. But once you retire, where will the money come from? Is there a way to give yourself a “paycheck” for retirement?

There is indeed—but you’ll have to do a good job of managing your available income sources. Here are some moves that can help.

- **Accept dividends and interest payments.** Instead of automatically reinvesting all your dividends and interest payments into your portfolio—which is an excellent strategy for building wealth—you might want to begin receiving these payments as part of your income. Keep in mind, though, that companies can lower or discontinue dividends at any time. However, it’s also true that some companies have consistently paid, and even increased, dividends over many years, and even decades.
- **Choose an appropriate withdrawal rate.** Once you’re retired, you’ll likely need to begin withdrawing from your investment accounts. But you’ll need to avoid taking out too much early in your retirement—you don’t want to risk outliving your portfolio. For many people in their mid-60s, a 4% annual withdrawal rate

is a good starting point, but everyone’s situation is different, and your ideal rate will depend on several factors: your age, the size of your portfolio, other sources of income, and so on. Once you turn 72, you’ll be required to take at least a minimum amount from your traditional IRA and 401(k), but you can choose to withdraw more, if necessary.

- **Maximize your Social Security.** You have significant control over the amounts you’ll receive from Social Security. You can begin taking these payments at age 62, but they will be much larger if you wait until your full retirement age, which will likely be between 66 and 67. (You will receive the maximum amount if you wait until you reach 70.) So, if you think you have enough income from other sources, you might decide to delay taking Social Security—but if you need the money, you may not be able to wait. And here’s something else to think about: If your spouse had considerably higher earnings than you did, you may be eligible for spousal benefits.
- **Consider an annuity.** You might want to consider purchasing an annuity that provides lifetime payments. Some annuities are even indexed for inflation, meaning payments will increase or

decrease each year, keeping pace with the Consumer Price Index. Annuities are not suitable for everyone, though, so, before investing in one, you should consult with a financial professional who is familiar with your situation.

Finally, don’t rule out the possibility of earned income. Just because you’ve retired from your full-time job doesn’t mean you can’t work in some capacity, perhaps by doing some part-time work or consulting or even opening your own small business.

Look at all these ideas when thinking about putting together an income plan for your retirement. You may find that your diligence will pay off.



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).

## October 2021 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
Homes Listed	5	1,695,000	359,999	1,027,500
Homes Sold	10	950,000	189,000	569,500
Land Listed	7	395,000	59,000	227,000
Land Sold	2	140,000	17,000	78,500

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

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# Coordinating the County's COVID-19 Recovery

There are some words I have said more since March 2020 than I have my entire life: pivot, pandemic, unprecedented. As we move into 2022, I hope we have fewer reasons to use these words and we can talk instead about recovery and progress in Buncombe County. One way that we will recover from the pandemic and progress into a new normal is through the unprecedented amount of funds the county has received—\$51 million—through the American Recovery Funds to address COVID-19 response and recovery.

These funds are a once-in-a-lifetime opportunity for Buncombe County and the commissioners to transform our community. Ensuring a transparent, fair process has been a high priority for the commission, as well as ensuring we select projects that can immediately address challenges worsened by COVID-19. The commissioners have invested \$22.3 million in local projects that address issues caused by COVID-19 head-on. To reach these funding decisions, we evaluated nearly 150 project proposals, along with more than 7,600 survey responses from the public. After our first round of funding, we held three virtual public input sessions to hear the community's thoughts on allocating the funds. Additionally, each funding applicant presented an overview of their request to the commissioners.

As a result of the first two rounds of

## HOW IS BUNCOMBE COUNTY USING THIS FUNDING?

The county will make rolling awards with potential additional application rounds.

**\$22,344,499**

Total allocated so far

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**NEGATIVE ECONOMIC IMPACTS \$3,107,400**

**BROADBAND INFRASTRUCTURE \$4,445,000**

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funding, the county funded projects that can expand broadband access, support affordable housing initiatives, increase access to early childhood education, and support public safety and the needs of families and vulnerable children while continuing to fight the COVID-19 pandemic and increase vaccination rates across the county.

We are truly fortunate to have high-quality organizations in the county already doing work that can be expanded to have a greater reach in serving our neighbors who the pandemic has severely impacted. These funding decisions have not been easy to make, as there were so many innovative projects brought forward for funding that could transform our county and people's lives.

Our 911 Call Center has experienced an 18% increase in calls due to the pandemic, local population growth and other factors. In addition to taking on a considerable rise in calls, emergency response personnel were also helping the City of Asheville cover its staffing shortage in various emergency positions. These factors created circumstances necessitating some County Emergency Service employees to work overtime and remain on call while off duty. The sacrifice and dedication Emergency Services staff have shown during the pandemic demonstrates their passion and commitment for keeping our community safe.

As a result, commissioners approved providing a pay bump for extra shifts, overnights, on-call status and other ways our

emergency workers respond to the increased call volume. Additionally, up to 18 new paramedics will be hired. We must ensure that we are taking care of these vital health care providers and allowing them time off to rest, recover and care for themselves so that they are ready to take on their next shift. This work is mentally and physically taxing, and we want them to be prepared to respond to their life-saving work.

Finally, we voted to approve an agreement consolidating 911 services from the City of Asheville and Buncombe County. With this consolidation, the county will maintain dispatching service to the City of Asheville Fire Department and will expand this service to Asheville Police. Consolidation will allow us to more effectively and efficiently serve the emergency needs within Buncombe County.

As we head into the season of gratitude, I want to thank each of you for everything you are doing to help us through this challenging time. Wishing you a happy, healthy 2022!



Amanda Edwards is one of the District 2 representatives, along with Jasmine Beach-Ferrara, on the Buncombe County Board of Commissioners. Reach her at [amanda.edwards@buncombecounty.org](mailto:amanda.edwards@buncombecounty.org) or 484-6385.

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# To the Brim: Refill Store Gets New Owners

The Crier was sad to learn that Shelby Emerson, owner of To the Brim: Refill Store was moving back home to Greenville, SC.

Emerson was a dynamic part of the Fairview community and an active member of the Fairview Business Administration and local Facebook groups.

She wanted to sell her store to keep its mission alive, and we waited to see if she'd be able to do it quickly. And she did—to two locals!

Autumn King-Austin and Heather Hill-Pavone are the new owners.

They both grew up in small towns in separate parts of North Carolina. Though their paths would not cross until several years later, both moved to the mountains in 1998. If you've had children in the local schools, you may already know these two or their many kids. The two have worked a collective 37 years serving the children and families of Buncombe County.

Autumn's children graduated from T.C. Roberson and have deep roots in Buncombe County, going back three generations. She then married into a large family that is four generations deep in the county. All five of her "bonus" children graduated from Reynolds High School. All of the kids were athletes and engaged in the community in many ways during their school years. Autumn and her husband,



Shelby Emerson (left) with Autumn King-Austin (center) and Heather Hill-Pavone.

Donnie Austin, have six grandchildren and the seventh is expected any day now.

Heather and her husband, Patrick Pavone, have three boys who are active and proud student-athletes at local schools.

### "Doing One's Part"

"Ensuring our children have a sense of community and being a part of something much larger than themselves is paramount to us," said Heather. "[Owning] To the Brim definitely helps to illustrate the importance of doing one's part in their community to make a larger impact or, more simply, to "do better."

The store, at 145 Charlotte Highway, Suite 60, will be open on Monday and

Friday to Sunday. (The new owners still have their day jobs!) Hours may change, especially during the holidays, so check their social media account (@tothebrimrefill).

In case you don't know about the concept of the store, Heather and Autumn explained that "To the Brim is here to help reduce the amount of plastic waste in our community by offering refillable household cleaners and hygiene products as an alternative to buying (and throwing out) plastic containers every time those products are purchased."

In addition to the products that were already in stock, the new owners will also carry name-brand options (such as Tide, Downey and Dawn). "These products will be shipped to us in 5-gallon containers, which we return to the manufacturer when empty."

"We want to make sure that we support everyone in our community in whatever eco-friendly journey they're on so that everyone makes the greatest impact they can," Autumn and Heather said. "Learning with the community is a huge part of what we do and how we want to help. All community members can make small changes to positively impact our world."

For more information, visit [tothebrimrefill.com](http://tothebrimrefill.com) or call 552-3332.

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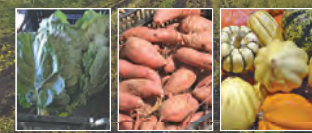
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# Winter Is a Time for Reflection

This month, we continue to harvest from our extended-season beds of kale, chard and green onions and continue to distribute what we have in storage. Our beds are resting under cozy blankets: cover crop, leaf mulch, landscaping fabric or plastic covering. Winter is a time of slow growth, when the land rests and growth from the previous year nourishes the soil for next year. Right now, the leaves and compost from last year are being broken down by microorganisms and earthworms, turning this so-called waste into rich nutrients. Leaf mulch on our beds helps reduce erosion and retain moisture in the soil, provide insulation from cold temperatures and reduce weeds, and it will eventually turn into nutrient-dense topsoil.

As the land rests in the depths of winter, we at Root Cause Farm take more time to turn inward. This is a time where we reflect on what seeds we would like to sow for the upcoming year, literally and metaphorically. It's a time in which we have been reflecting on our mission, programs, education and community relationships we want to nourish and offer. Below are some of the questions we are asking ourselves. We invite you to answer these questions on a deeper level for yourself to help you achieve your goals—whether they are for gardening or some other project. You should journal or write a list so that you can plan for next year.



## Reflect on Last Year

- What are our long-term goals with our work?
- Why are we growing food the way we are, and do we want that to change?
- What did we love and not love that was growing last year?
- What do we wish we had grown?
- What perennials do we want to nourish, and how do we want to prune them?
- What spaces in the garden are less cared for and need more love?
- What spaces in the garden need rest next season?
- Are there spaces we want to expand in the garden?
- Who do we want to invite into the

garden, old and new?

- What do we want to learn, and what do we want to teach?

## Friends of the Farm

Savannah interned with us this past summer, where she nourished plants from seed and then shared about specific varieties at our weekly, free Share Markets. Savannah learned and taught about food justice and gardening in general with and from folks who joined us in the garden.

She has been helping her mom create a farm in Tryon and wanted to learn how to “seriously garden.” She likes to learn by doing and prefers “on the fly” education, so hands-on learning in the garden was perfect for her to learn the skills she needed for larger-scale gardening.

Savannah (shown above left) reflected that her internship with Root Cause Farm was a perfect combination for her. Our farm is in the same climate as her future garden, and the flexible hours allowed her to keep doing her other job. “I also really love the mission,” she said. “It isn’t just a commercial farm; it really wants to give back. And I find that inspiring.”

Our internship program is a huge part of our infrastructure, a necessary and rewarding program that allows us to offer gardening and nonprofit learning opportunities while helping us maintain

our grounds and continue our impact in the community. Without our interns, the garden would not be able to provide as much bounty. We are so grateful for all of our past interns and want to be able to give back to our future interns as much as they give to us. We are currently raising funds to be able to pay our interns and begin bringing our intern housing up to code. We are excited for what the future holds.

## Your Support

As we lay the garden to rest, we reflect on the successes of this year and our desire to keep growing for next year. We owe all of our impact to you, our community. We are so grateful for all of you who have given to Root Cause Farm, whether that be through your time or through donation. Because of you, we continue to make a lasting impact through food distribution and programs, such as our internships. If you didn’t get the chance to participate in our Giving Tuesday fundraiser or end-of-year campaign, you can still give through our website. On behalf of Root Cause Farm, thank you. We wish you all a peaceful and restful holiday season and cannot wait to see you next year.

*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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# Spicebush: “Lemon-Candy” Tree

Winter is slowly showing its face here in the beautiful mountain landscapes we dwell in, and life has slowed down as our energies turn toward a more inward life. I love the stark beauty of the mountains in winter; we all have an opportunity to see and experience the beauty of the naked forests and all the magnificent trees that reveal their exquisite branches so fully for us. The leaves that made the forest so lush and verdant are now being composted and woven back into the living matrix of life, sheltering the earth and providing vital nutrients for the wildflowers that will arise next spring.

It's harder in winter to find wild edible and medicinal plants, but the good news is they are always present. I was out for a hike the other day on my favorite high-elevation mountain sanctuary at Flat Top Mountain and was enjoying the brisk mountain air that is so clear and fresh. It was easy to spot the abundant growth of sassafras trees, as their upper twigs remain bright green; and in the same understory, growing on the wooded borders, were a number of spicebush trees. Looking closely, one could see the tight little flower buds growing in the branches. These buds will burst open into tiny clusters of showy yellow flowers in the spring.

Spicebush (*Lindera benzoin*) is a native, small, shrubby tree common in WNC. This tree loves moist thickets and is

primarily an understory tree, growing to 15 feet in height. The leaves are alternate, and the flowers emerge before the leaves appear. Eventually, the tree will be dotted with bright red berries that are lovely, and the leaves, berries and twigs are highly aromatic. Spicebush is an important edible and medicinal plant, and the easiest way to identify it in the winter is to break off a twig and smell its aromatic essence.

On one of our monthly retreats, I was drawn to harvest a bunch of chickweed and winter wild mustards for our salad and decided to clip a bundle of spicebush branches to make tea. It is one of the few teas that I actually boil for a few minutes and then let steep, but it is delightful and lemony with a strong spicy overtone and is especially good when sweetened with honey and milk. In the 17th century, spicebush was used frequently as a tea and was said to provide a warming essence that would rejuvenate spirits after a long ocean voyage. The twigs were used by the Cherokee and other Native Americans to flavor roasted meat and game.

Years ago, when teaching a group of 4- and 5-year-olds in the forest, I had gathered spicebush branches and leaves. I wouldn't tell them the real name and decided to have each child name the plant based on their senses. One young boy held up a spicebush leaf and said, "I name this plant the "lemon candy tree!" It was the perfect name, and I have



never forgotten his creative name for this treasured humble forest tree.

The young leaves, twigs and fruits are all edible and fragrant. The leaves contain small amounts of camphor and can be used as an insect repellent. The dried and powdered fruit makes an excellent substitute for allspice in baking, and since the berries ripen during apple season, I have added a teaspoon of fresh crushed berries to a mix of apples, raisins and citrus, which is delightful. The bark is also aromatic and astringent and has been used historically for the treatment of colds, dysentery and intestinal parasites. The oil from the berries has been used to treat bruises and rheumatism, and people often made an aromatic steam bath from the twigs to induce perspiration and break

fevers, while also easing aches and pains in the body. Spicebush was widely used to treat typhoid fever in the past.

If you want to preserve the berries for use throughout the winter, it is best to chop them up and freeze them, as they are so oily that they are difficult to dry properly. Some folks remove the seeds, but I tend to use the whole berries.

Spicebush is the preferred food for two wonderful native creatures: the spicebush swallowtail butterfly and the Prometheus silk moth. Swallowtail butterflies lay their eggs inside folded-over leaves. And since one or two generations of butterflies hatch each year, it is a terrific plant for those of us who love these winged angels of the summer and can be used to create butterfly gardens.

Spicebush is a marvelous, native tree that is well worth taking the time to become acquainted. I never tire of taking a few leaves in spring or a small twig in winter and breathing in the sweet-and-savory lemony essence of this forest treasure.

May you all enjoy the soft, quiet beauty of winter in the mountains we call home. Home is where the heart is, and we are grateful that our hearts and lives are deeply rooted in the beautiful Blue Ridge.



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# Where Babies and Birds Play

When Vanessa Gilliam was growing up, she recalls outdoor play being a significant part of her childhood. As she became a professional childcare provider, however, she noticed that this was no longer the case for the next generation. “I’ve seen that there are a lot of kids who don’t know how to play, much less know how to play in the dirt, or in nature,” she said.

“When we were kids...we would play in the rain and snow, and catch frogs,” Gilliam said. She also reflects on a time when playing in the mud and getting dirty was encouraged rather than reprimanded. It was a different culture, and one that she hopes to bring back as the director of Nessa’s Young’uns, a Natural Play Center in Flat Rock, and through advocating for the many benefits of natural play.

## What is Natural Play?

Natural play, according to Nessa’s Young’uns, is “[a] philosophy that captures how well young children learn through movement and doing in the natural world.” One of the many benefits of natural play is increased attention span. Speaking from her research and personal experience, Gilliam said, “[Children] tend to stay engaged a lot longer in the outdoors, with fresh air and open space.” In a time when attention disorders run rampant, natural play could take on an important role in

managing these neurobehavioral issues.

The benefits of natural play are nothing new, though—it’s something we can see even in adults. “Adults experience very frustrating days, whether it is from work or personal reasons, and they tend to seek the outdoors as a release... [they seek] a place to take a deep breath like the back porch, backyard, garden, or just a walk, whether they realize it or not.”

Children are no different, Gilliam said. “They experience very frustrating days, from something as simple as teething to sadly even more extreme family situations, and they need a place to release, feel comfort, and/or to take a deep breath.” The outdoors provides an outlet that can calm the mind and promote a healthier mental state.

## Natural Play and Child Development

How much can a child learn by playing with a daisy? They pick the daisy and look at it. They pluck the petals off and count—1, 2, 3. They see the daisy growing in the dirt and learn that flowers have leaves. They talk to you about the daisy. They can learn a lot.

All the developmental domains—physical, cognitive, communicative, socioemotional and adaptive—tend to be easily checked off through natural play, Gilliam has learned through her research. “[Kids] learn through their senses... they get to hear birds, they get to feel the wind, they get to feel the rain on their face, and mud on their toes,” she said.



Playing on a sensory hill. PHOTO: NESSA’S YOUNG’UNS

The childcare center bases its philosophies on well-researched and supported information provided by the National Association of Education for Young Children.

## Create Your Own Natural Play Area

**Where to Grow** Create a designated spot where kids are allowed to pick flowers, plants, etc. that is separate from a place where they may only look at plants. This not only creates a fun, outdoor play area, but it also teaches boundaries and how to respect nature.

**What to Grow** Gilliam recommended parents plant a birdhouse gourd. These gourds are not invasive and can be easily contained in your yard. The vines have huge leaves that can easily create a green corner for kids to play in. And a diverse array of birds also love this gourd. When the gourds are fully grown and ready to harvest, you

can construct your very own birdhouse. And they can grow almost anywhere—no backyard required. They can be grown on balconies, porches or anywhere that has sunlight. After the gourds dry out, collect the seeds to plant and start all over again.

Some additional plants that are durable and ideal for natural play areas are native mosses and liverworts. Textured plants like these can encourage sensory learning through touch. Species of herbs such as spearmint, lavender and rosemary are beneficial to plant as well, as they let off an aroma—and a taste—that engages sensory exploration.

For a full list of suitable species to put in your natural play area, go to [Stepables.com](http://Stepables.com) to search for plants by category.

Regardless of the developmental benefits of natural play, Gilliam said that there is a much deeper reason for encouraging this practice that goes beyond scientific reasoning. “These children are the Earth’s future... [I]f they don’t love nature, then how are we going to protect it?... If they don’t learn to appreciate it and respect it, where is the earth going to be when they’re older?”

To read the full version of this article, go to [Conserving Carolina’s website](http://ConservingCarolina.org).

Allison Houtz is an AmeriCorps Project Conserve Communications and Education Associate with Conserving Carolina, which maintains multiple properties and hiking trails in the greater Fairview area. For more information, go to [conservingcarolina.org](http://conservingcarolina.org) or call 697-5777.



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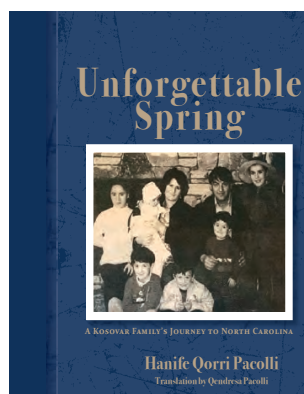
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## AFTERNOON PORCH CELEBRATION!



**Unforgettable Spring** book-signing celebration—Sunday, December 12, 2021, at 4 pm at Sherrill’s Inn in Fairview.

Hanife and Qendresa will be signing copies of their new book which is available for purchasing.

Sherrill’s Inn/ The Clarke Farm Front porch  
 15 Clarke Lane, Fairview, NC



# To Change or Not to Change?

Does temptation, anxiety, urgency, uncertainty, confusion and fear describe how you're feeling right now? The Annual Enrollment Period (AEP) brings with it incessant advertising and phone calls, creating a ripe environment for all these emotions. (See my previous two articles on the rules of engagement, which addressed advertising and sales). The AEP is the perfect scenario for insurance companies and agents. Marketers are looking for a target with a need (that's you), who has a sense of urgency to meet that need, and for which the marketer has the solution. Advertising lights the fire and you reply, which opens the door. Emotion is a primary motivator during the AEP. Making changes based solely on emotion rarely fosters positive outcomes. Step back and take a calm, measured approach, preferably with someone who is knowledgeable and trustworthy. Assuming you have a Medicare supplement or Advantage plan, the question is: Should you change it?

### When Can I Change?

First, determine what plan you have. Medicare Advantage (MA) and Part D plans are subject to the AEP each year (this year it's from October 15 to December 7), and for most people it's the only time changes may be made. You can change an MA/Part D from one plan to another, disenroll from an MA plan and reenroll in

Original Medicare, or get a Medsup if you qualify or move from Original Medicare to an MA plan. Medsups aren't MA plans, aren't subject to the AEP, and can be changed any time depending on eligibility. Medsups and MAs are incompatible with each other. If you have a Medsup and enroll in an MA, it must be canceled on the effective date of the MA plan, which is typically January 1.

### Should I Change?

A general rule of thumb is: "If it ain't broke, don't fix it." Ask yourself: Am I happy with my plan? Did it perform as expected? Is it still meeting my needs? Do my doctors continue to accept it? Are my prescriptions still covered? The Annual Notice of Change you received in October shows you what your plan will look like next year. Most plans will have the same or better overall benefits the following year. Chasing a minimal reduction in your doctor's copay may not be worth the hassle.

Marilyn and I wish you, my readers, a blessed Christmas and happy New Year. See you next year.



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

## CLASSIFIED

### FOR SALE

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

**FURNITURE FOR SALE** Danish reclining chair and ottoman, white leather, \$200. All wood dining table (60" long x 30" wide x 33" high) and four matching bar stool-type chairs, \$150. Furniture is located in Fairview. Please call Stephen to see. (828) 772-0513.

### HELP WANTED

**GORGEOUS FAIRVIEW HORSE FARM** hiring part-time help for general farm work and horse maintenance. Weekend hours available. \$13/hour starting pay. Must have general horse knowledge. Call 843-415-2416.

### FAIRVIEW FAMILY SEEKS PART-TIME CARE GIVER

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

### SEAMSTRESS/SEWERS NEEDED

Work remotely with flexible, part-time hours for local medical scrubs company. Must be experienced in sewing men's/women's clothing and have your own serger and regular sewing machine. Contact info@largesizescrubs.com

### LAND WANTED

**PASTURE LAND WANTED** for purchase in Fairview, 10-15 acres. Creek desired, not necessary. Call or text Bob details, 828-275-5535

### SERVICES

#### ACCOUNTING/TAXES

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

#### CONSTRUCTION/HANDYMAN

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

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#### HOME MAINTENANCE



### HAPPY CLEAN PRESSURE WASHING

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#### INSURANCE

### MEDICARE HEALTHCARE INSURANCE PLANS

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

#### LAWN CARE

### COMPLETE LAWN MAINTENANCE

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

#### ORGANIZING



### OVERWHELMED BY CLUTTER?

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

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

### NOTICES

#### NEW "A COURSE IN MIRACLES" STUDY GROUP

Meets Mondays 1:00-2:30 in Fairview. Call 458-1633

## CLASSIFIED ADS WORK!

### HELP WANTED

**GENERAL OFFICE HELP WANTED** Admin work, filing, organizing, errands, email. 20 hrs/wk. Call (555) 555-5555

Want to promote your services? Have an item to sell? Looking for help? Advertise in the Crier! \$10 for 20 words; 25¢ per word thereafter. Notices and non-commercial personal ads are free.

Contact the Crier today! 628-2211 natalie@fairviewtowncrier.com

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# The Fairview Town Crier

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

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**FEATURED LISTINGS**



**WEAVERVILLE!** Classic Farmhouse on 5.66 acres, 5 BR, 2.5 baths, wrap around deck, minutes to Downtown Weaverville, just off new I-26, *MLS#3749047, \$675,000!*



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



**EAST ASHEVILLE!** Freshly painted inside & out 3BR, 2.5 baths, HOME WARRANTY, fenced backyard, unfinished bsmt w/2-car gar, convenient location, *MLS# 3801858, \$460,000!*



**FAIRVIEW!** Immaculate 3 BR, 2.5 bath home, updated kitchen, dining, HOME WARRANTY, lg primary BR suite w/ walk-in closet, attached gar, fenced yd, full walk-out bsmt, *MLS#3756504, \$422,000!*



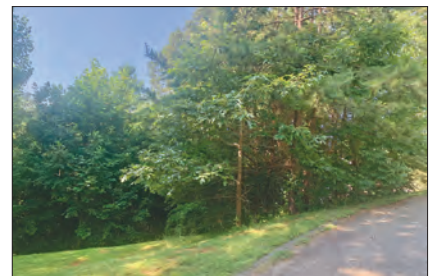
**ASHEVILLE!** Lot for Sale in River Arts District -.05 acres, Zoned RAD-NT, minutes to dining, breweries, entertainment & more, close to French Broad River & greenway, *MLS#3797642, \$120,000!*



**CANDLER!** 3 acre level lot in private Candler location, peaceful location, well & septic needed, *MLS#3754034 \$92,000!*



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



**NORTHWEST BUNCOMBE!** Awesome .62 acre building lot in Madison View Estates, ideal for slope basement, paved road access, well & septic required. *MLS# 3767705, \$23,500!*

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**Dawn McDade**  
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**Grace Ksel**  
Sales



**Steve Hedrick**  
Sales



**Kat Todd**  
Closing  
Coordinator



**Ashley Nelson**  
Office/Listing  
Manager



**Rebecca Guy**  
Office  
Assistant

**RESULTS**

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

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**Merry  
Christmas,  
neighbors.**

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

I wish all my neighbors peace, joy and love this Christmas season and beyond. I'm blessed to be part of such a wonderful community.

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