



# The Fairview Town Crier

JANUARY 2022 VOL. 26, No. 1 | FAIRVIEW, NC | fairviewtowncrier.com  

INSIDE

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## Letter from the Editor

**W**elcome to 2022! It's time to replace that old wall calendar and learn how to write "2022" on your checks. This is also a time of year, of course, when people make resolutions. I've never been a fan of doing that, but I think it can be useful for a business or organization to have goals. So here are my resolutions for the *Crier* in 2022.



occasionally publish activities for kids, but I would like to have a dedicated section for kids and teens. And maybe the kids would be in charge of it! Get in touch if your kid wants to participate.

### Mining the Web

The *Crier* hopes to share everything going on and feature many interesting people and events in the area. We publish what we hear about and what gets sent to us, but we know there is so much more out there. Info-sharing and conversations are increasingly taking place online. To get story ideas, I'd like to find a volunteer (or a few) to monitor local Facebook pages and groups, Instagram accounts, Nextdoor networks and any other places locals gather online. Note: This person (or people) would not manage the *Crier's* accounts—at least, not to start.

### More Contributors (psst... this means you)

Have an interest that you'd like to share or a topic that you'd like to write about? Like to write poetry, draw or take photos? I want to include even more community members' contributions in the paper. You don't have to commit to submit regularly; one-time submissions are very welcome. Let me hear from you! We won't guarantee to publish everything, but we'll do our best.

### Community Celebrations

We want to help you celebrate births, birthdays, anniversaries, graduations and other important memories. Send a photo and some brief text and we'll publish it. (Photos need to be as large as possible and at least 1 MB.) You can also drop off physical copies of photos for us to scan at the blue dropbox outside our office at 1185 Charlotte Highway, Fairview.

### Business News

We can only shop local if we know all about the businesses in the area. I'd like to find some volunteers to be watchdogs to keep track of new local businesses and updates about existing businesses.

### Mental Health

Our paper is lucky to have so many area medical providers sharing practical advice. But mental wellness is just as important, and especially so during this pandemic. I'd love to find a local, licensed mental health professional to write about common-sense ways we can all achieve better mental health.

### For the Kids

I am constantly amazed to learn that there are kids and teens that love to read this paper. We do have a high school correspondent (thanks, Avery!) and



### 25 Years

It's 1997. Bill Clinton was sworn in for his second term as president. The first book in the Harry Potter series was published (in the UK). "Titanic" hit the theaters. Netflix opened for business (DVDs only!). And in Fairview, the *Crier* was born.

Yes, believe it or not, Fairview's amazing little paper is turning 25 this year! I want to look back at the *Crier's* first year and also celebrate our present and future. If you have memories or photos of Fairview in 1997 or copies of the paper from that year, please share! (Our archive sadly only starts in mid-1998). We are also planning a celebration later this year. No details yet—let's hope the Omicron variant threat is over sooner than expected—but we will keep you in the loop.

If you're interested in helping to bring any of these ideas to life—or have other good ones—please get in touch with me. Wishing you a safe and happy 2022 in Fairview!

*Clark*

Clark Aycock, managing editor  
clark@fairviewtowncrier.com  
call or text 828-771-6983

## Fairview Is for Lovers



Valentine's Day is next month, and we want to know: **Who's your sweetheart?** Send a short note and a photo, if you like, to the *Crier* by January 14 and we'll feature all of the local lovebirds in our February issue. We will use the names as you send them to us (full names, first name and last initial, first names only, etc.). And all digital photos should be at least 1MB in size.

**Email** your note and photo to clark@fairviewtowncrier.com.  
**Call** 828-771-6983 and leave a message with your note.  
**Text** your note and any photos to 828-771-6983.  
**Drop off** notes and photos in the blue dropbox outside our office (1185H Charlotte Highway) any time. We'd be happy to scan photos and return them.

## Book Signing Draws Diverse Crowd



The Pacolli family with Betsy Milford (second from left), who first took the family in when they arrived in Fairview, and Dana Irwin (fourth from left), who designed and produced the book. PHOTO: DANA IRWIN

There was a great turnout for Hanife Pacolli's book signing at John and Annie Ager's home last month. There were people from Bulgaria, Kosovo, Afghanistan, and WNC—all there to congratulate Hanife on her book and her family on their amazing journey that brought them to the Fairview community. To find out how to get a copy of the book or to inquire if there are copies at the *Crier's* office, call 628-2211 or email office@fairviewtowncrier.com.

## What's the Crier Worth to You?

Twenty bucks for sure, and a lot more to some. Thank you to those who donated recently. We appreciate every one, no matter how small! Public support (donations) helps us satisfy our nonprofit requirements and allows us to mail at a reduced rate, which means you get it for free! If you haven't made a donation yet, it's a new year and we still need your help. So what's the value of getting the *Crier* every month worth to you? We think \$20 a year is reasonable, but please assess your own value. We are a 501(c)(3), and your donation is tax deductible.

**Mail:** Town Crier, PO Box 1862, Fairview, NC 28730.

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**JANUARY 11 (TUESDAY)**

**County Comprehensive Plan Listening Session**

6–8 pm. Help shape the county’s plan for 2043. See page 25 for more information. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

**JANUARY 15 (SATURDAY)**

**Fairview Art League Open House**

11 am–12 pm. The Fairview Area Art League will be hosting a crafters’ open house at Re.Imagine, 15 Spivey Lake Dr., Fairview. See page 23 for more information.

**JANUARY 25 (TUESDAY)**

**National Popular Vote Event**

6:30–7:45 pm. The American Association of University Women, a nonpartisan group, is sponsoring this virtual event. It will discuss legislation the group is proposing to reform the Electoral College at the state level, which will make every vote for president equal. To register in advance for the free program, go to [bit.ly/AAUWNPV](http://bit.ly/AAUWNPV). For more information, contact Linda Stover at [lindalstover@gmail.com](mailto:lindalstover@gmail.com) or call (704) 905-6530.

**UPDATES**

**Embroiderers’ Guild Meeting**

The group will meet on January 6 to create no-sew fleece blankets for children in crisis. Registration from 9:30–10:00 am, followed

by a short business meeting and the program until noon. For more information, call Mary Ann Wyatt at 551-7719 or Janet Stewart at 575-9195. 3 Banner Farm Rd. in Etowah.

**Garren Creek VFD Nut Sale**

The VFD Auxiliary is selling pecans and black walnuts in one-pound bags. \$12 a pound, cash or check. Call/text Elizabeth Simmonds at 230-3986 to arrange for delivery.

**Spring Mountain Community Center**

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

**Trinity of Fairview**

**January 6**—GriefShare: Loss of a Spouse. Cost is \$6 for learners guide. **Starting January 13**—GriefShare Winter Session. On Thursday nights. \$15 covers cost of workbook. See ads on pages 11 and 24. **Trinity Food Pantry**—Open every Tuesday from 9 am–12 pm. For more information, call the church at 628-1188. 646 Concord Rd., Fletcher, in the back of the church grounds (follow the signs).

**Upper Hickory Nut Gorge CC**

The center’s newly renovated community room is available for small groups to use free of charge. To reserve the space, send a request to [groundedington@gmail.com](mailto:groundedington@gmail.com). Please provide as much notice as possible so that your requested date and time may be secured. 4730 Gerton Hwy., Gerton



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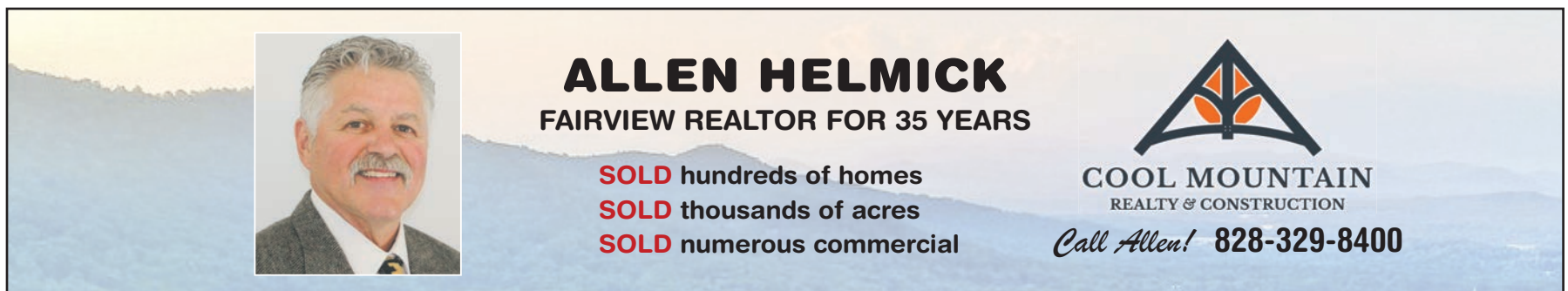
**IDENTIFICATION STATEMENT**

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

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

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

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



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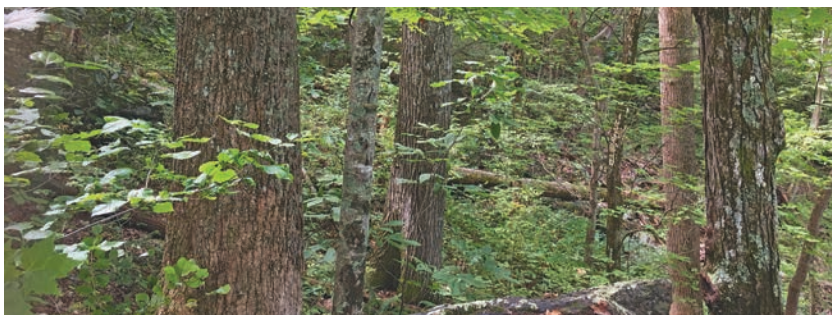


**Happy New Year!**

...to all of our buyers, sellers and friends who have blessed our lives in Fairview since 1983.



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## Flash Fiction Creative Writing Workshops with Fairview author and teacher, Dr. Beth Keefauver



Flash fiction is a dynamic genre, and though it is not new, flash has become popular in contemporary literary culture. With the rise of social media and short attention span readers, as well as the form's unique ability to double as prose poetry, publishing opportunities for flash fiction abound.

In this workshop series, we will focus on the intensity of the short prose form an "illuminated moment."

Through prompts and exercises, we will practice writing and revising a variety of flash stories. Participants will have the opportunity to share their own flash stories for feedback, as well as read and discuss selected works as models.

Beth Keefauver earned her Ph.D. in English and Creative Writing at the University of Tennessee. She has taught creative writing for the Great Smokies Writing Program as well as several colleges and universities in the region. In 2015, Beth joined the University of South Carolina Upstate's Department of Languages, Literature, and Composition. Beth lives in Fairview with her sons Boone & Rowan, their cat and a flock of chickens.

The classes may be taken individually or as a series.

- **Intro to Flash Fiction January 5, 10:30 am**

We will read examples as well as practice writing flash stories, including microfiction, nanofiction, short-short fiction, sudden fiction, and prose poetry.

- **Finding the Illuminated Moment February 2, 10:30 am**

We will focus on the short prose form an "illuminated moment." Through prompts and exercises that generate content through constraint, we will hone in on crafting the moment of highest emotional intensity in our stories.

- **Revising for the Iceberg Effect March 2, 10:30 am**

We will explore the tension between lyrical and narrative elements in flash and revise our stories to achieve the "iceberg effect." The instructor will share flash fiction resources, publications, and contests to submit your work. *Note: though not required, this session works best if participants bring one or two stories.*

Registration is required. Email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org) or call 828-250-6484.

This class series is sponsored by the Friends of Fairview Library.

## For the Love of Waterfalls! with Kevin Adams

Tuesday, January 25 at 7 pm via Zoom

Kevin Adams has spent the past four decades exploring the waterfalls of North Carolina. In 2020, he decided it was time to give back to the waterfalls that have enriched his life so much, so he founded Waterfall Keepers of North Carolina, a 501(c)(3) nonprofit organization with the mission to promote and advance the cultural, economic, ecological, and historical significance of North Carolina waterfalls; to serve as an educator and advocate; and to preserve waterfalls and facilitate their enjoyment in perpetuity.

Kevin's presentation will introduce you to the waterfalls of North Carolina and this exciting new organization. He'll talk about the group's initiatives, including Adopt-A-Waterfall, Junior Keepers, Waterfalls As Healers, IDEA (Inclusion, Diversity, Equity, Accessibility), and the annual Waterfall Sweep. And he'll discuss how you can get involved, all for the love of waterfalls!

Kevin Adams is a naturalist, writer, teacher, and photographer who has had a lifelong love affair with nature and the outdoors. He is the author of *North Carolina Waterfalls*.

Registration is required. Call the library or visit the library website to sign up.

### UPDATES

#### Blind Date with a Book

Are you in a reading rut? Looking to go outside your comfort zone, but don't know where to start?

Beginning mid-January, let the Fairview Library be your literary matchmaker and dare to go on a blind date...with a book.

We invite anyone looking to shake up their reading life to come check out our display filled with some of our favorite titles all wrapped up in paper so you don't know what they are. On the outside, we will include a book "dating profile." What's inside is for you to find out once you get home!

#### Take and Make Crafts

January is the first month of a new year. It sparkles with anticipation and hope. Throughout the month, the library will be offering mini-journal kits for kids of all ages. Make this the year you record your ideas, plans, dreams and resolutions. 2022 is going to be great!

#### Winter Reading Challenge:

It's Winter Reading Challenge time! Pick up a challenge game sheet at any Buncombe County Public Library branch. Follow the directions on the game sheet to complete a series of fun, funny and educational activities. There is a Winter Reading Challenge for kids, and one for teens, too!

### PROGRAMS

#### Evening Book Club

January 18 at 7 pm

On Zoom, we'll be reading and discussing *Cousins: Connected Through Slavery, a Black Woman and a White Woman Discover Their Past* by Betty Kilby Baldwin and Phoebe Kilby.

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

**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

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

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# The Fence Problem

Cattle, hogs and even horses were allowed to roam free in WNC and most of the rest of the United States until around 1900. They roamed the streets of Hendersonville and Asheville, even downtown. You may think that this sounds crazy. However, until that time, the only fencing available was wood. You occasionally see split-rail wooden fences today, but they are put up as more a decoration than anything else. In the past in WNC, with all of our mountains covered with trees, it would have been impossible to fence in 100 acres with a split-rail fence.

You would have had to cut the trees down, cut the limbs off, and then drag them for miles to where you lived. Once you got them to your farm, it would have taken forever to put the fence up, even if you had a dozen men helping you. But what about barbed wire? It wasn't invented until 1867 and was not improved enough to be used as fencing until 1874. It would have taken 20, 30 or more years for every farmer and rancher to get the wire and put it up.

Some people in WNC branded their livestock like they did out west. But most would cut notches on the ears of their animals. Each farm would have its own distinctive notch pattern.

Twenty-five percent of the trees in the mountains of WNC where chestnut trees.



A depiction of a street scene in New York in 1866, showing the dangers of urban cattle drives that plagued many cities. LIBRARY OF CONGRESS

The roaming livestock would eat the chestnuts and grow fat from them. This was a cheap way to feed them.

Everyone would fence in their gardens to keep the livestock out of them. People often trained their dogs to chase the chickens and livestock out of their gardens, but this practice soon became ineffective. Farmers had to grow constantly larger fields of crops to feed the rapidly growing population. Trouble soon developed between the farmers, cattlemen and city residents.

People in Asheville and Hendersonville grew tired of livestock running loose in their city. Farmers resented spending money to fence in their fields. A

movement began to force livestock men to fence in their cattle. In the spring of 1892, Henderson County Commissioners decided to hold an election on requiring livestock to be kept in fenced enclosures. Even in the city, most people kept a cow to furnish them with milk and butter. City residents often kept a hog to fatten up in the summer and eat in the winter.

## A Bitter Campaign

The population began to divide into those for and against the stock (or fence) law party. The campaign became bitter. You could not be neutral. Families and neighbors turned against each other. Both sides wrote letters to the Hendersonville Times newspaper. Letters were sent to the paper saying women and children would go without food and that poor men and their families will have to go without milk, butter and meat in the winter. Many people said that if God had intended for animals to be kept pens or fenced in then the Bible would have said so.

People turned out in very high numbers on election day. The fence law was defeated by a large majority: 1,049 to 560. The biggest surprise was in the city of Hendersonville. Everyone thought the city would vote in favor of the fence law; instead, its people voted against it by a 3:1 margin. The fence law was much more unpopular in Hendersonville than in the county. The only two places that voted in favor of the stock law were Hooper's Creek, which

borders Fairview, and Clear Creek, which borders Hoopers Creek on the south.

Hooper's Creek and Clear Creek grew more farm produce than the other townships. They petitioned the Henderson County Commissioners to permit them to have a special township election to levy a tax to build fences between their townships and the other townships in the county. The stock law supporters again carried both townships and the law went into effect.

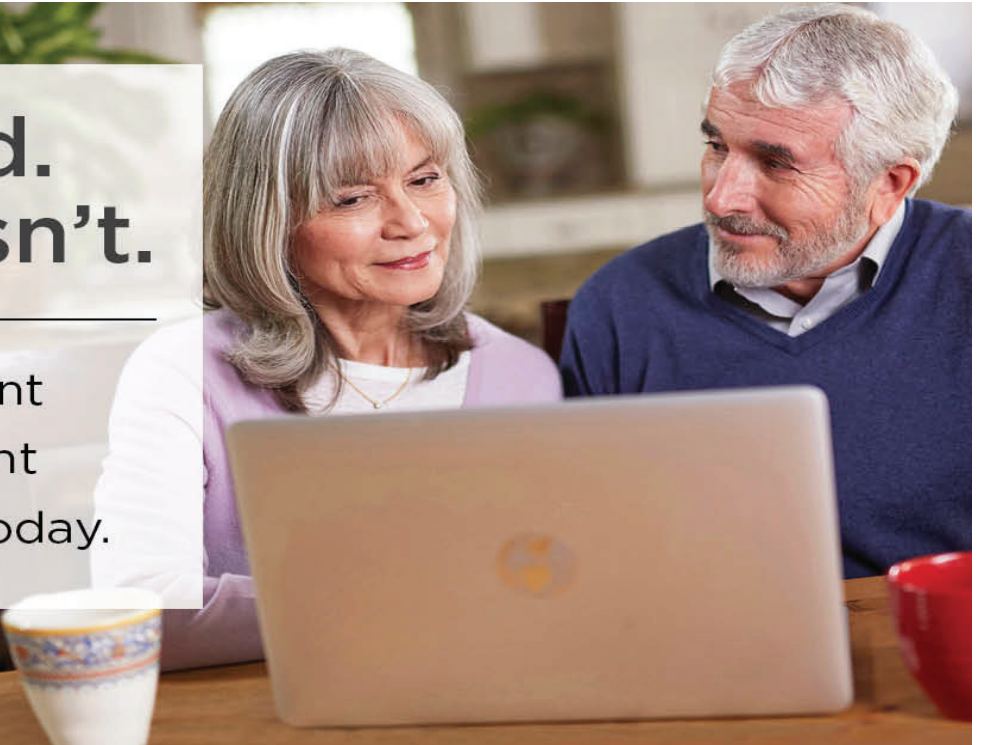
The farmers in the other townships soon saw how well the stock laws worked in Hooper's Creek and Clear Creek. They asked the commissioners to allow their townships to vote on the stock law and were given permission. In a few years, the stock law had been passed in every township in the county.

This helped the problem, but it reappeared on the west side of Henderson County. Transylvania County still allowed livestock to roam, and the animals would cross the county line. The Henderson County Commissioners approved funds to build a brush fence along the Henderson/Transylvania line. Trees were cut along the county line, so felled trees overlapped each other. This brush fence made it impossible for farm animals cross the county line.

*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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**8 ACRES IN CANDLER**



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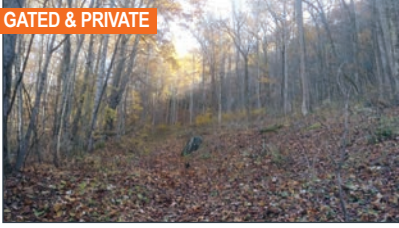
**GREAT ASHEVILLE LOCATION.** Cute bungalow. 3BD/1BA, newer roof, fenced yd, cov front porch. Lg laundry rm, main lv living. 211SF under 8ft ceiling, 2 BRs do not have closets. Agent related to seller. Reduced to **\$200K!** Call Jenny, 828-779-4473.

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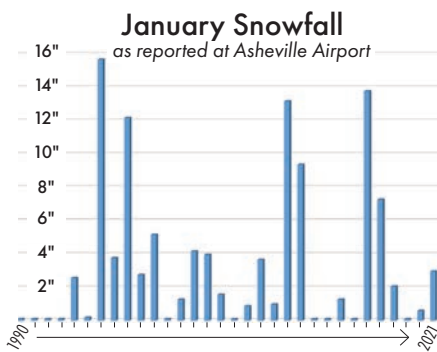
# A Cooler or Warmer Winter?

A few things stand out as we look at the weather this month. Although we ended the year with above-average precipitation, we certainly didn't see that in the last two months of 2021. A lot of roads got dry and dusty, and we had some drought and fire weather concerns. Interestingly, we had two different weather patterns, yet both were dry.

In November, it was quite chilly, with a persistent northwest flow from Canada. This kept temperatures below normal. In fact, we had very chilly mornings in the 20s one-third of the time. My monthly precipitation total was 1.02 inches. This is the second driest November in Fairview in the last 20 years. The driest was in 2012, when only 0.48 inches of precipitation fell.

December was also very dry, but the northwesterly flow relaxed a bit and we had incursions of mild Pacific air more often, making it a milder month on average. The milder flow was not accompanied by many storms or copious amounts of Gulf of Mexico moisture, so we ended up fairly dry. However, 2021 ended up with 55 to 60 inches of rain in the Fairview area.

Looking at the next two months, I doubt we will continue to keep winter at bay. We



always have several intrusions of Arctic air, and maybe the Gulf of Mexico will open up and bring some much-needed precipitation. Will the Arctic air invasions be prolonged and frequent? If so, it will be like December, with just a few cold days. If not, we'll repeat our November weather.

The odds favor getting some snowfall. But as you can see from the graphic above, it can be feast or famine. Since 1990, we have had nine Januarys with just a trace of snow and nine with 4 inches of snow or more. The long-term monthly average snowfall in our area is around 4 to 5 inches.



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

## WEATHER WONDER

### What is the difference between a snowstorm and a blizzard?

According to the National Weather Service (NWS), a blizzard is a combination of three weather events:

- Sustained winds or frequent wind gusts of 35 mph or greater;
- Visibility of less than a quarter mile due to large amounts of falling or blowing snow;
- Forecasted continuation of the above conditions for three hours or longer.

Interestingly, a blizzard does not technically have to involve active snowfall. If there is a large accumulation of snow on the ground already, sustained winds can blow that snow around and reduce visibility to blizzard-level conditions even when no snow is falling. This is called a "ground blizzard."

A snowstorm, or winter storm, is generally considered less severe due to the lack of high winds and low visibility. Winter storms are characterized by near-freezing or below freezing temperatures and "wintry mix" precipitation, which can include snow, sleet, ice and freezing rain. Whether you're dealing with a snow storm or a blizzard, always be prepared for the severe weather.

Almost 10 years ago, The Weather Channel started a process of naming winter storms if the storm either meets or is expected to meet at least one of the following criteria: an official NWS winter storm, blizzard, or ice storm warning covering a population of at least 2 million, or an NWS winter storm, blizzard, or ice storm warning covering an area of at least 400,000 square kilometers.

### QUESTION of the MONTH

How many different types of snowflake shapes are there?



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# JOY Survived the Rain



**FAIRVIEW'S FIRST JOYFEST** didn't have toasted marshmallows and outdoor caroling, but the rain didn't stop folks from feeling the Joy. Homemade "Joy" cookies, hot cider and hot cocoa kicked off the holiday feeling. Donations to Asheville Humane Society, Toys for Tots, and Food For Fairview came in and were delivered. Holiday sing-alongs were a bit overshadowed by the kids laughing and throwing (not real) snowballs back and forth, but that was fun worth watching. Santa listened to Christmas gift lists from all of the kids, while the Grinch snuck in the back door. Everyone received

jingle bell bracelets, reindeer antlers and goody bags with member giveaways from the Fairview Business Association. Thank you to so many who volunteered and helped, especially Stacy Martin, Brandy Lampert, Diana Soll and Lynn Stanley (seen *l to r* in the bottom left photo with me), as well as Maria Horton, Dana Irwin, Ron Bradley, Robin Ramsey, Celeste Baldwin, Dr. Leslie Koretz, the Fairview Fire Department (Santa transport), the Fairview and Spring Mountain Community Centers, and others plus all the sponsors who made it possible. Happy Holidays to All and to All a Good Year. See you in 2022. —Sandie Rhodes

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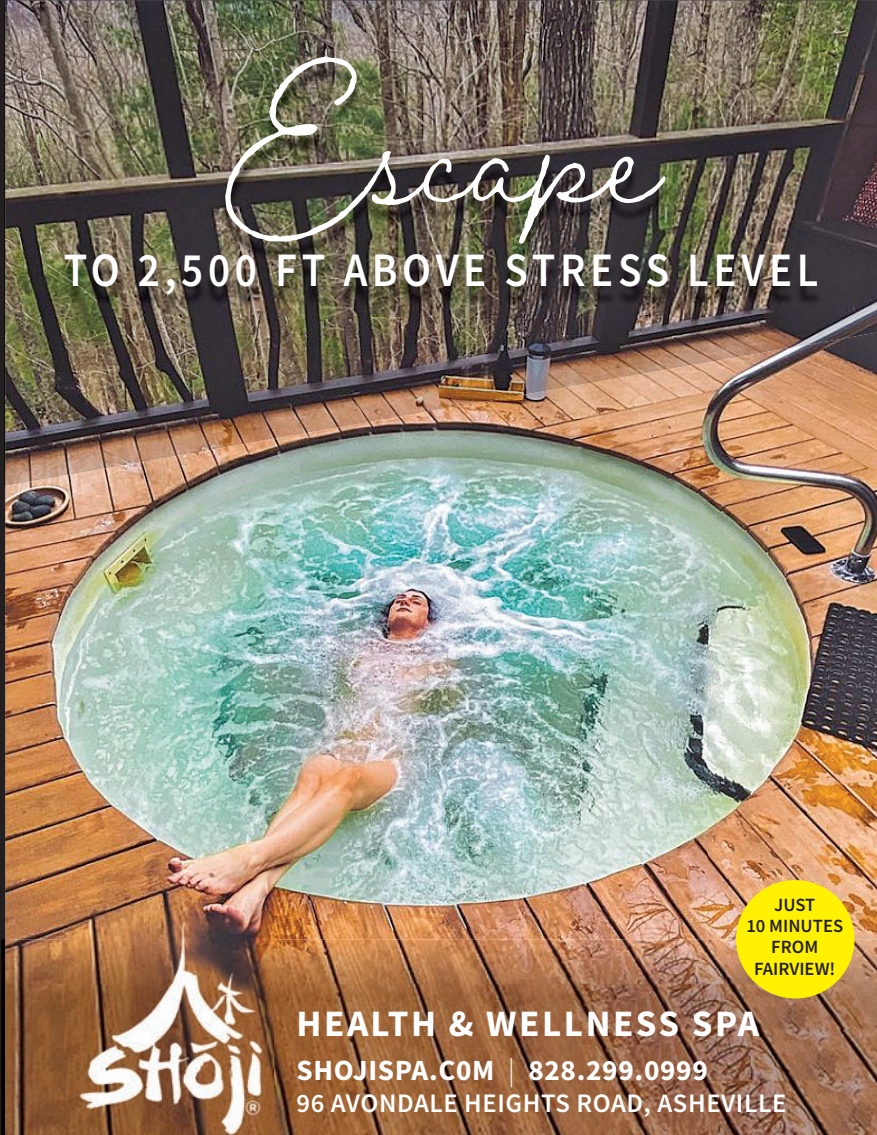
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# Get Your New Year Off to a Great Start

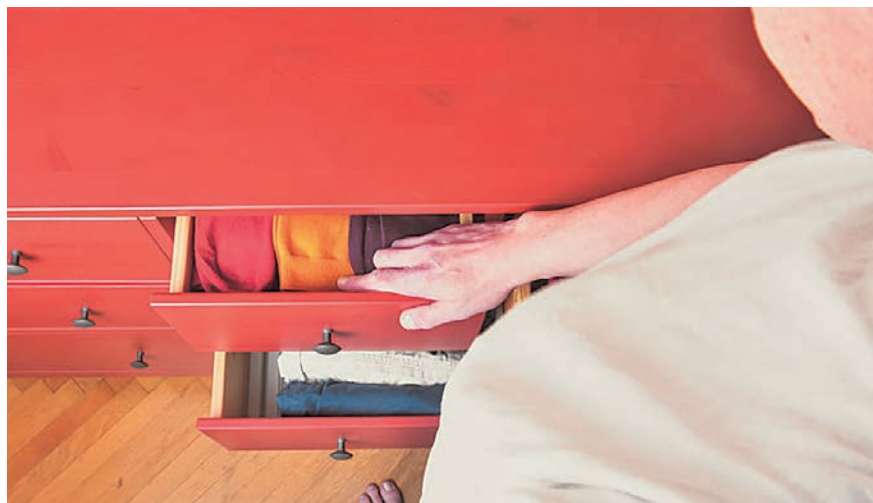
**M**any of us make New Year's resolutions that we can't keep. One of the most popular resolutions is to get organized. If you really want to start getting organized, start slowly and don't tackle too much at the same time. Here are some simple steps to start with.

## Tax Preparation

Get ready for tax papers to arrive. In the upcoming weeks, everyone will start to receive end-of-year tax documents from their places of employment. Wage statements, additional income statements, real estate documents and proof of expenses (receipts, invoices, etc.) are just some of the documents you will need to file last year's tax return. Designate a place to put all of these important documents, whether it be in a file folder, a desk drawer or even a shoe box. The minute these tax documents arrive, place them in this location so they are all in one place when you are ready to file your return.

## Review Mail Daily

Before it lands in a pile on the kitchen table, review and discard all the junk mail immediately. Place a recycle bin near the entry so the paper goes immediately into it. Designate a basket or box for bills to be paid. This box should be placed in the location where you pay your bills so that they are not scattered around the house.



Place items to be read (magazines, etc.) in the room where you are likely to read them and not on the front entry desk or kitchen counter. If there are more than two people in the house, place others' mail in their rooms.

## Start Small

Do not organize the garage (in the winter) and pull everything out onto the driveway. Don't empty your closet and throw all of the hanging items on the bed. And don't pull out all of the dishes and glasses in the kitchen and put them on the table or counter.

Instead, review items in the medicine

cabinet. Throw out expired or old toiletries you no longer use. Take out all of the socks in your drawer and toss or match them together. Then put them back in the drawer. You will feel success, and you will be on the road to organization. One drawer at a time is easy to manage.

## School Days

Learn to set manageable routines for school days. Simple routines that can be completed at night will make the morning rush so much smoother. Children like routine, and they will quickly learn new ones. Every day, have children gather their school books and papers and place them

**START SMALL:** Organizing your sock drawer is a good way to get on the road to success.

near the door after they complete their homework. Place children's clothing and shoes out in their room and set the table for breakfast the night before. If possible, make lunch at night. Do this for a week and see how much easier the morning routine becomes.

## On the Calendar

Buy one large calendar and place it on the refrigerator or somewhere where everyone can see it often. Put all activities on the calendar. (You can use a different color pen for each family member). By adding activities daily (sporting, school, recreational events, etc.) it will make family planning easier. Everyone in the family will be more organized.

The new year is the perfect time to change and improve your life. Implementing these simple changes will help start your year off on the right foot.

*Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at [diana@grandsolutions.net](mailto:diana@grandsolutions.net).*



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

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

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

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**Edward Reilly, DC**



# Sharing with Fairview What We've Learned

by Becky Lloyd

In the November issue of *The Fairview Town Crier*, I shared the backstory of the Signs for Hope Global Marketplace. Now, I want to share more about our bigger vision, which also includes you folks here in Fairview and the surrounding area.

As God led me to Liberia, in 2010, to see Deaf orphans up close and personal, He has also led me to life-changing resources for Deaf children and their families and caregivers. What is so interesting and exciting about these resources is they are beneficial for every one of us, and I want you to know more about what they are in case you want to learn about them, too.

Of course, learning American Sign Language to communicate and engage with Deaf children and adults is one of the pillars of support we are creating at Signs for Hope. Patience is required in this area, since we are creating something new, and as far as I know this has never been done before. Our initial focus will be for families who are raising Deaf children, naturally, but these opportunities for learning ASL will eventually be shared with the community.

American Sign Language (ASL) is truly a language in and of itself, with its own grammar and syntax. It is not a sign system based on the English language. When it is taught as a sign system for the English language, the visual comprehension of this rich, visual language is lost. Deaf children and others thrive when they are allowed to learn ASL to its fullest, learning visually all about themselves, their families and the world. Signs for Hope desires to develop the opportunity for creating a sign language-rich learning environment, one that is as natural as possible, without connections to English. Once ASL is learned to an adequate level, ASL will then be used to teach English. At this time, resources for this type of learning ASL are minimal, and therefore we will be creating them. Our greatest desire is for families with Deaf children to be granted the opportunity to learn ASL with their children in a home environment or setting, what we call The "ASL Home."



## Executive Function Skills

In 2018, several of our families who adopted Deaf children began to recognize, as the years passed, deficits in their children's everyday life functioning and learning, and they shared their concerns with me. This became more important as the kids approached car-driving years and that magical age of 18, when somehow that still developing brain is expected to make wise decisions for life. (Really?) Keep in mind that most of the Deaf children being adopted are above age 6 and very few had been exposed to language or school of any kind prior to their adoption. Think about that for a minute. After much research, we now know these are called "Executive Function Skills." And not only do our adopted Deaf children need this specific training in certain areas, but many of the rest of us do, too. As usual, I asked God to show me who, where, what, how and when.

I was led to a Sarah Ward conference (efpractice.com) in May 2018. Two other people, who are educators, joined me there: Vandora Henderson and Grayce Fleet. The three of us sat spell-bound for two days as we tried to soak in all Sarah had to share. We knew this was exactly what was needed. Vandora and I attended the training again in December 2019. There was so much to learn. Since then, a handful of other Signs for Hope volunteers have attended Sarah's webinars online. The responses are always the same. "This is so good!" "This benefits every one of us!" "I can't wait to share

this with \_\_\_\_!" "I wish I had known this years ago!" Sarah has a few online webinar trainings in February, and Continuing Education Units are usually accepted. Go to [aepconnections.com](http://aepconnections.com) for more information.

## Time Passages & Visual Learning

Signs for Hope also wants to create opportunities for our own Executive Function-trained folks to share some of these same life-changing concepts and tools with you in Fairview, too.

You and I have been told all our lives that we should become good time managers. If we do not understand the passage of time, we cannot manage that time well. Sarah teaches time using an analog clock, allowing the learner to begin to "feel" and acknowledge the passage of time for everyday activities by assigning specific, five-minute time increments for task completion in real time. Tasks range from getting dressed and ready to leave the house for school or some other activity on time to writing a 30-page research paper and handing it in on time. Sarah also teaches this concept to professors on the MIT campus, who are brilliant but have not yet learned the concept of feeling the passage of time.

In conjunction with understanding and grasping the passage of time, Sarah also teaches "Get Ready, Do, Done" to help

children and adults understand the passage of time so they can become good time managers.

Sarah's use of non-verbal cues (pictures/drawings) is key for all of her training. This level of non-verbal training is rarely met by anyone else teaching Executive Function skills.

Sarah's "Get Ready, Do, Done" begins with the end in mind. Granting the learner the ability to see the finished product or task is paramount for their success. I know we often want the end to be a surprise, but who is that surprise for? Once the end or the "Done" is clearly understood, the learner works backward through the "Do" and the "Get Ready." Once again, these are done with visuals and not text.

Signs for Hope will begin offering these "Passage of Time" & "Get Ready, Do, Done" concepts in early 2022 for local folks. If you are interested, email us at [info@signsforhope.org](mailto:info@signsforhope.org) and type "Get Ready, Do, Done" in the subject line. Then, please share how you believe this training would benefit you.

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



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# Osteoporosis and Appropriate Exercise

Osteoporosis is commonly called the “silent disease” because a diagnosis is frequently unknown until someone falls and breaks a bone. Bones are living structures that continue to form new bone cells as old bone cells die off. As we age, the old bone cells are continuously removed, but the rate of new bone growth slows down. This difference in bone cell production and cell removal causes bone mineral density (BMD) to decrease. Low BMD leads to an increased risk of breaking a bone.

Osteoporosis can affect both men and women of all ages. One out of two women and one out of four men over the age of 50 will break a bone due to osteoporosis. Each year, one out of three people over age 65 will fall. Each year, around 300,000 older adults are hospitalized due to hip fractures, and 95% of all hip fractures are caused from a fall.

The best way to avoid sustaining a fracture from a fall is not to fall in the first place. Maintaining normal mobility, flexibility and strength are key components of having good balance. Staying active can strengthen bones and preserve mobility. Building strength and improving balance takes time and requires regular and consistent exercise, and working with a trained professional to learn appropriate exercises to perform. Exercises that keep

the spine in an erect or straight position are safe, even if a prior osteoporotic fracture of the vertebrae has occurred. Avoid performing any exercises that flex or bend the spine forward, because that’s how most vertebral fractures occur.

## Can You Strengthen Bones?

The most common treatment for osteoporosis has two parts: take prescribed medication to slow down, reverse or prevent the loss of bone; and perform low- to moderate-intensity exercises. The problem with this treatment plan is that medication only generates a modest BMD increment and has limited effects on the risk factors for fracture, such as weak muscle strength, reduced joint flexibility and agility and poor dynamic movement and balance. Also, low- to moderate-intensity exercise has not been shown to increase bone strength, size or bone density. Bone responds to stress or challenge in a positive way. Lifting weights promotes bone growth.

## “But I’m Already Active”

Studies have shown that six months of regular weight training exercise increases BMD, thus strengthening the bones. A common concern are that people think they will hurt themselves by lifting weights (or doing jumping activities) if they already have osteoporosis is not entirely accurate. Learning how to lift weights properly and

how to jump and land correctly reduces the risk of injury while performing these activities. Through proper weight training and supervised jumping exercises, bone density can reverse the effects of osteoporosis.

Lifting heavy weights has been shown to increase bone density and strength in the lumbar spine (low back) and femoral neck

(hip). These are two common places for fractures when someone falls and breaks a bone.

Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. [avorahealth.com](http://avorahealth.com).

## A Strength Training Program

With a detailed, supervised strength training program, it is very important that people first learn how to perform specific exercises. The first eight to 10 sessions should consist of body-weight-only and low-resistance exercises, with a focus on education. You should not be thrown into a program and start jumping and lifting heavy weights in the first month. A gradual progression toward high-resistance exercises is achieved under the supervision of a highly trained professional. The education and supervision provided by a physical therapist is crucial. A study published in the *Journal of Bone and Mineral Research* reported that “a novel, twice-weekly, high-intensity resistance training scheme shows significant gains in BMD and strength in postmenopausal women with low bone mass, without the safety issues that are of particular concern in that population.” In addition, “...no fractures or major adverse events were observed, suggesting high-intensity resistance and impact training may be safe for postmenopausal women with low to very low bone mass, despite previous safety concerns.”

Working with a skilled physical therapist to develop a safe, personalized high-intensity program instead of performing low- to moderate-intensity exercises helps the success of the program. Reducing the risk of falling by improving overall fitness, flexibility and strength is the goal. Remember: The best way to reduce the chance of fracturing a bone from falling is to not fall in the first place. If a fall should occur, having stronger bones reduces the chance of a fracture.

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# Collapsing Time by Busting Common Weight Loss Myths

**T**he New Year is here, which means so are the resolutions to improve ourselves and our wellbeing. I want to dispel some common weight loss myths so that we can collapse time and be as efficient as possible on our quest to better our health and our bodies.

Most often when we want to drop weight, we watch portions, count calories and attempt to exercise more. We expect to see immediate, strong results. But, sometimes, it doesn't happen that way. That's because there are scientific explanations for why weight loss is incredibly difficult and nearly impossible for some people without the right resources. Much of what we know about dieting and exercise does not address human variables, such as environmental, genetic and other factors that contribute to how we metabolize food. For example, if you're a Type 2 diabetic, your metabolism is really different compared to someone who has 20 to 30 pounds to drop and no underlying medical conditions.

Some people are naturally lean and their metabolism is very tolerant, so they can eat and exercise and their bodies burn the calories easily. But that's not usually the story. The secret to successful weight loss is understanding that it's not just about science or what and when you eat; it's also about how you're thinking and feeling. Successful weight loss requires a holistic

approach that tackles the mind and body in an unconventional way.

Let's dive into three myths that we know don't work for weight loss.

## MYTH #1: Exercise

Exercise is an awesome wellness tool that is important for maintaining a healthy lifestyle, but it's not an effective weight loss tool for most people. When you try to drop weight through exercise alone, you may experience the opposite effect. You would need to cycle 1,000 miles or run 350 miles just to burn 10 pounds of fat. The key is to move because you love it. Once you improve your health and drop excess weight, your desire to move will naturally increase as you experience less pain and fatigue. My husband, an orthopedic foot and ankle surgeon, likes to tell me that every pound of excess fat we carry on our frames equates to eight extra pounds of force pushing through the ankle and six pounds through the knees. Every pound of excess fat you carry in your belly, specifically, equates to four to five pounds of force pulling off your spine. If you're carrying 50 pounds of excess fat weight, this equates to 400 pounds of force through your ankles with each step. My husband sees one patient after another lamenting about foot pain due to trying to exercise the weight off. His advice for these patients time and time again is to drop the

weight first: reduce the amount of force pushing through those fragile joints and then think about exercise.

As much as we would like to believe it, our bodies aren't as simple as a mathematical equation. I'm not saying we defy Newton's Laws of Thermodynamics, but many issues factor into why the scale tracks up or down.

Here are some key factors to consider:

- What are you eating?
- When are you eating?
- What is your environment and emotional state?

## MYTH #2: Calorie Restriction

Severe calorie restriction is not a sustainable weight loss tool. When calories are too restricted, the metabolism slows and may not normalize over time. Research shows that calorie deprivation is also more likely to lead to anxiety and depression. This method might allow for a short-term weight decrease, but weight regain is very likely.

On another note against severe calorie restriction, four tightly controlled inpatient studies compared calories consumed to calories burned. If you did the math, you would estimate that every participant should drop 10 pounds when considering their "ins and outs." Guess what? No one did! The average person shed 7 pounds, whereas many of the participants dropped only two to three pounds.

## MYTH #3: Eating in Moderation and Willpower

Obesity or being overweight is not a personality flaw. It's not due to lack of willpower or discipline. Eating in moderation when many of us are addicted to food and carrying around active belly fat leads straight to repetitive weight loss failure and frustration. Weight gain is not your fault, but it is a metabolic scenario that you can overcome.

Dropping weight and maintaining weight loss is a complicated process. It is not as simple as counting calories, points or anything else. It is not about restricting a food group, exercising more, or eating between the hours of 12 pm and 8 pm. It's about figuring out what's right for you metabolically, nutritionally, and behaviorally. And then it's all about having faith that you can make a long-term change for the rest of your life, simply because you want to.



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

Road, Suite 170, Asheville. 552-3333 or [myphdweightloss.com](http://myphdweightloss.com).



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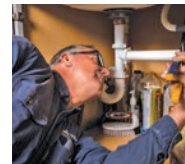
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# Tips for Starting Your Year Securely

If you're hearing security tips this time of year, it's good to realize what you do and don't have to do. You don't have to change your passwords frequently, as it often leads to similar passwords. You are allowed to write down your passwords; just don't put them near or on your computer. Two-factor authentication (2FA, or getting a one-time code to enter) is not as scary as you think and can be a vital addition to any online account or service that allows it. It is time to reconsider the value of a VPN, but it's not really needed if all of your connections use a modern TLS/SSL web connection. Some situations still benefit from a VPN, such as accessing corporate networks or trying to get around geographic restrictions for content available in one country but not another (although VPN providers are often already blocked).

## Location Tracking

In case you didn't know, your cell phone carrier collects and uses your phone's location activity to target ads. Turning off your location services isn't the solution for this. Instead, you have to find your carrier's marketing permissions online, usually as part of their privacy policy or settings. Denying these permissions should prevent your carrier from selling ads, usually delivered through SMS. This is

separate from what each app can track, so you'll want to review those settings too.

## Inactive Accounts

You should log into every online account you have at least once a year—not to just keep up with your password list but to keep the account active. Some services delete inactive accounts, and it's good to review recovery settings like alternate email or cell phone numbers in case you need to reset a password.

## Longer Passwords

Microsoft engineers are finding that attackers only try to guess passwords with seven or fewer characters. This is another reason to use longer passwords or chain three or four words together (also known as a passphrase).

## Android Messages

Google is trying to help iPhone Messages work better with its own Android Messages app. The company is translating iPhone Tapback (quick response) emojis to Android Messages emojis. They previously just used words.

## Mac Prime Users

Mac users with Amazon Prime accounts can finally download movies when using their Amazon Prime Video app. This is great for traveling if you don't have a signal or if your internet access is slow.



At home or on the go, families can enjoy streaming services, thanks to Amazon Prime's video app, as well as Google and Roku resolving their differences.

## Locking Notes

Looking to keep your notes private? The Notes application in both macOS and iOS can lock specific notes, allowing you to keep certain data hidden from others. You must create a specific password, and then you can use TouchID or FaceID to unlock the note. Be aware that some types of attachments cannot be locked (for example, certain image file types, which may require conversion to the jpeg format).

## Roku and YouTube

Roku users are regaining access to YouTube, as Google and Roku have resolved their differences. Hopefully, they stay friendly—who wants to buy another streaming device?



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## Take the Winter Hiking Challenge!

**D**o you need a little inspiration to get moving after the holiday season? Well, lucky for you, the Southern Appalachian Highlands Conservancy (SAHC) Annual Virtual Hiking Challenge is back!

The SAHC Virtual Hiking Challenge sets a goal for you to complete 60 miles in 60 days at your own pace. Those can be miles you've walked, run, or hiked – in your neighborhood, on a flat walking track, up a rugged mountain trail, or meandering in fields and forests.

Whatever works for your comfort and skill level, all you have to do is move 60 miles within the 60-day challenge period, which runs from January 1 to March 1. Registration is open now and ends on February 1.

Registration is \$25, and all participants will receive informative emails with details on some of our favorite places to hike across the mountains of North Carolina and Tennessee. This special email series will include recommendations to areas

SAHC has protected and some of our other favorite trails and excursions. We all know that some of our favorite hiking places are experiencing overuse and suffering impacts from their popularity. We will try to share tidbits about some of the lesser-known trails and areas to enjoy the great outdoors, so you can help alleviate stress on fragile trail ecosystems.

All participants will receive a Hiking Challenge patch and sponsor coupons, and will be entered into a raffle to win a certificate good for two to either cave, climb, or raft through USA Raft (after March 1). The registration fee will give participants access to the portal throughout the challenge.

A big thank you to our challenge sponsors: Roberts and Stevens, Attorneys at Law; Highland Brewing Company; and USA Raft.

Time spent outdoors and in nature can help with both mental and physical health. We hope this challenge will inspire you to explore places you may not have hiked



before and rediscover the joy of nature in your own neighborhood. Please note, you DO NOT have to pay to hike public trails.

For more info and to register, visit: [appalachian.org/2022-virtual-hiking-challenge](http://appalachian.org/2022-virtual-hiking-challenge)

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).

## Hiking Tips and Places to Go

Did you find a trail that everyone else loves, too? If the access point is crowded, have a backup plan in mind. Overcrowding on trails and parking areas can damage ecosystems and cause dangerous conditions for hikers. Are you a little unsure about hiking in winter? Here are a few tips to keep safe while adventuring:

### Where are you going?

When heading out for a winter hike, be sure to research your destination! What is the elevation? On top of the mountain or down in a valley? Will you be inside a forest or exposed in open fields? What's the weather like in this area? Are there streams to cross? These conditions will impact your preparations. Be sure to obtain an up-to-date trail map and let someone know where you are going and when you'll return. Even though it's cold outside, be sure to take plenty of water for your trek. Energy snacks or lunch, emergency/first aid kit, map and compass should all be included in your supplies.

**What to wear?** Wool socks will keep your feet warm and help protect against blisters. Whether high in the mountains or hiking at sea level, you'll be much warmer with a set of base layers to keep the cold away from your body. Base layers help disburse any moisture you create while hiking, while also helping to keep in the heat your body radiates. Your mid layer is where all the heat-trapping magic happens. Fleece, synthetic, down, or other insulating material is key here. Fleece stays warm and dries fast with some breathability, keeping you from overheating. Down contains the ultimate heat-trapping ability while also being super light, but loses efficiency when it gets damp. Wool/merino wool can also be used. Depending on the temperature, your outer layer may also be your mid layer. However, even with all that insulation, a brief gust of wind can strip all that warmth away. This is where jackets come in handy. Down jackets can provide the needed wind resistance, while also being insulating and lightweight, but on a rainy or snowy day, you need to keep the down dry to stay warm. Synthetic jackets, while not as insulating as down jackets, can provide the wind and rain protection while also keeping you dry. If you have a down jacket as your mid

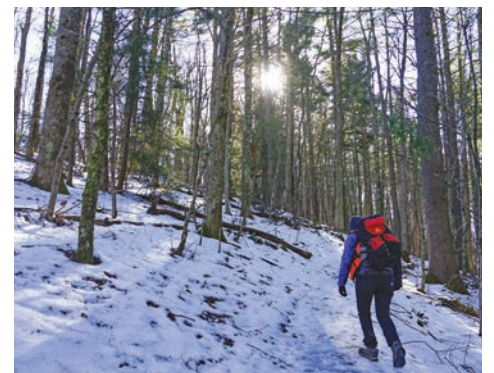


layer, you can use a water-resistant or waterproof shell jacket to keep the wind and rain off as a light alternative. In frigid temperatures, a jacket/outer shell is a must. Pants are another important decision when creating your outfit. Avoid wearing jeans, as their cotton content can get wet easily and leave your legs quivering. Other than that, insulating pants are always a plus, but not a necessity if you have insulating base layers. Water repellent pants can be useful if you plan on trekking through deep snow. The normal hiking shoes or boots you use in other seasons will most likely work fine in normal temperatures. However, if you are hiking in snow, you may want to invest in boots that have a higher ankle and are insulated to keep the snow out. Try to avoid or tread very carefully on ice.

**Don't forget hats and accessories!** Your face is a lot more sensitive to temperature changes than the rest of your body. Even though a small amount of heat leaves your body through your head, the sensitivity makes you feel much colder. A wool or synthetic beanie is a great accessory in cold temperatures and a must in frigid temperatures. This will cover your ears and forehead and keep your head from getting too cold. Scarves can help keep your mouth warm – and be sure to remember your gloves!

### Find a Trail

**Brewery Hike.** Did you know you can hike at Highland Brewing Company? Embark on a new adventure along the first phase of walking trails that sprawl throughout the brewery's 40-acre campus. The trails are currently 1.2 miles and take folks through the woods and along Gashes Creek, which runs in front of the brewery.



**Conserving Carolina's Trombatore Trail** in the popular Bearwallow area is a 5-mile out-and-back trail that reaches the top of Blue Ridge Pastures, an open mountain meadow protected by a conservation easement by Southern Appalachian Highlands Conservancy.

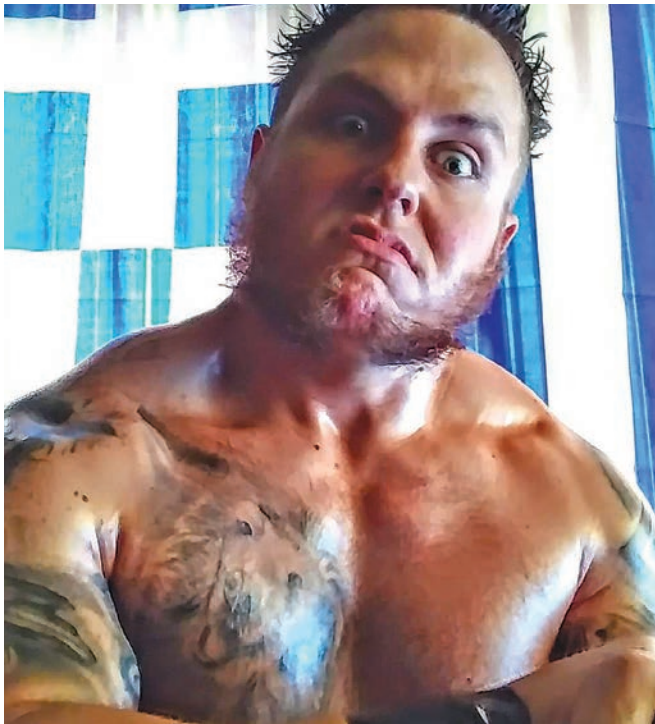
**The Blue Ridge Parkway Visitor Center**, at Milepost 384, has a 1.5-mile trail loop following a section of the Mountains-to-Sea Trail on both sides of the Parkway. It's a Kids In Parks TRACK trail that encourages nature learning for kids of all ages.



# Chris Edwards: Gerton's Greek Wolverine

Chris Edwards remembers when his dad, known in the Fairview area as “The Greek,” organized wrestling events in the 1990s.

“My dad used to run pro wrestling in Fairview,” Edwards said. “He held shows at Fairview Community Center and was one of the first to help create Food for Fairview. He let people into the show if they brought food for those in need. Dad loved helping people.”



Professional wrestling may seem like an unlikely setting for this kind of generous compassion. Yet Chris Edwards, who wrestles with World Wrestling Entertainment (WWE), defies the stereotype. With Southern manners laced with “Yes, ma’am,” and “No, sir,” Edwards is a soft-spoken vegetarian who speaks of his two chihuahuas with the tenderness usually associated with a mother’s love.

Raised mainly by his grandparents, Edwards grew up just outside Fairview in Gerton. He moved away temporarily but returned to the home where he was raised after his grandparents passed away. He travels (always with his canine companions) from his Gerton residence to events all over the Carolinas, Virginia, Tennessee, and Georgia.

## The “Bad Guy”

“I’m usually the bad guy,” he laughed. “My fiancé hates that. She doesn’t like for people to boo me.” (Kaitlyn Shelton and Edwards have been together for four years and plan to marry in the spring.) “But actually, it’s good when people get mad at me because that means they are really getting into the show,” Edwards explained. “I try to get the fans riled up, you know, trash talking and stuff. Well, the guys. I can’t be rude to women and children. I just can’t.”

So, how did this gentle fellow choose a career in wrestling? Simple. He didn’t, at least not in the strictest sense. “When my friends were watching cartoons, I was watching wrestling,” he said, chuckling softly at his childhood self. “Other kids would want to be police officers, then fire fighters, then something else. Not me,” Edwards remembered. “I always just wanted to be a wrestler.”

Naturally then, Edwards has accepted every opportunity that might get him closer to his goal. For example, he has

worked as a training partner for lead wrestlers prior to events. “It’s kind of like being a crash-test dummy,” Edwards said. “Plus, there’s a lot of prep before the match. One time, I sat in for one of the wrestlers before the show and got dog food poured on my head.” He shrugged. “The camera guy was trying to figure out the right angle for the



**When my friends were watching cartoons, I was watching wrestling.... Other kids would want to be police officers, then fire fighters... not me. I always just wanted to be a wrestler.**

shot and the organizers didn’t want their star wrestler to have to sit there for that.”

Minor roles offer another chance to work in the industry. “Sometimes the show needs characters other than the main wrestlers,” Edwards said. “Like maybe a security guard or an EMT.” His willingness to take these lesser parts has enabled him to be in shows with champions like Brock Lesnar, Drew McIntyre, and wrestling icon Rik Flair. “And once, I got punched by The Undertaker” Edwards said, laughing. “That got me a bonus.”

To stay in top physical condition, Edwards follows a plant-based diet, lifts weights, and practices yoga. His dedication has been rewarded. Now, Edwards is getting his own matches and is recognized by fans. Wrestling as “The Greek Wolverine” (a nod to his father), Edwards has a match in Columbia, SC on February 21 and others coming up all the time. “Times and locations change,” Edwards cautioned.



“So people should follow me on Facebook for the latest information.” Search for him at “Chrisifix Greek.”

## Future Dreams

While wrestling is Edwards’ career goal, he has even bigger dreams for the future. “Wrestling gives me a platform to promote other causes that are important to me,” he said. “Kaitlyn and I want to open an animal rescue center one day and have all kinds of animals there; it would be a kind of Noah’s

Ark for animals that need a home.”

That’s the Greek Wolverine for you: he loves his pets and his family, remembers the manners his grandma taught him up on the mountain, and knows exactly how to get the WWE crowd to jeer at him.

*Rev. Dr. Aileen Mitchell Lawrimore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Road. She blogs regularly at aileengoeson.com*



# Native Plants for Winter Decorating

**A**s winter sets in, you may be thinking about how to brighten up your home with wreaths, garland, trees and the like. If you want to take it a step further and fill your home with species that will also help local wildlife, there are many aesthetically pleasing native plants that you can easily grow in your own backyard. These native plants not only provide beautiful and fragrant holiday decorations, but they will make your yard beautiful and full of life all winter long.

## Why Native?

Native plants are the foundation on which life depends, including wildlife and humans. They are therefore vital to preserving biodiversity. They provide habitat for birds and insects, nourishment for animals and occasionally nectar for pollinators, among countless other benefits for local wildlife.

## Trees

In terms of native trees, there are many evergreens endemic to the mountains of North Carolina.

The Balsam fir and Fraser fir are two native evergreen species that are economically important agricultural crops, particularly to the mountains. Both make ideal Christmas trees and can be safely grown and harvested in your yard.

The American holly tree is an evergreen tree that bears the traditional leaves and red berries used for holiday decorating. These trees also supply nectar for pollinators and fruit for native birds and small mammals.

Torry Nergart, a Conserving Carolina staff member, recommends planting red spruce, which are currently under threat due to climate change. These evergreens also provide ideal nesting habitat for native birds, Nergart says.

"I have always liked the idea of keeping one in a container, an increasingly larger one year to year; then when it's too big for the pot and for the house, set it out to pasture and get a new one. We lined our driveway with...trees as kids," he said.

Another staff member, Leila Husain, bought a native Juniper tree as her Christmas tree this year. Juniper trees produce berries, a valuable food source for native bird species. She bought the ready-to-plant tree from a local home goods store. She plans on planting the tree and letting it live out the rest of its life in her backyard.

Tu BiShvat is a time to recognize the new year of the trees, and is tied to many Jewish teachings on sustainability. The tradition involves planting trees only to consume its gifted fruit, not to consume the whole plant. Fruit trees native to this region would be Pawpaw and Hawthorn

trees. Both trees provide food and shelter for native birds and mammals, as well as flowers for nectar-feeding insects.

## Shrubs

Coral honeysuckle is a species of honeysuckle native to the eastern US. This beautiful flowering plant grows vines that can be used for wreath-making. It holds a high ecological value, as its flowers are attractive to a variety of pollinators, including hummingbirds, bees, butterflies and moths. The small red berries are also a food source for songbirds and a nectar source for some hummingbird species.

Another shrub is Winterberry holly. This shrub also bears beautiful red berries. Staff member Rose Lane said, "If you don't like the prickly leaves of American holly, it's a great option because it has non-prickly, deciduous leaves that fall off, leaving only the berries."

## Moss

There are many species of moss native to this region. One is Southern Bog Clubmoss, an evergreen moss that can be used for wreath decorating. Native mosses serve as a natural filter for air and water, in addition to being a habitat for beneficial insects.

## Flowers

Flowers are a sight to behold in the spring. But some native flowers also bear bright,

beautiful leaves in the winter.

Galax is a native perennial that blossoms with delicate white flowers in the spring. In the winter, however, this plant's leaves change from a deep green to a brilliant red. These leaves could be used to add a splash of color in a homemade wreath or other winter decor. It is important to note, however, that these plants aren't generally allowed to be harvested in the forest, which is another reason why you can benefit from growing them at home.

## Seeds, Lichen and More

Native acorns, walnuts, hickory nuts, seeds, seed stalks and fungi are also good for wreath-making.

Lichen is another native species that could be used as holiday decor. CC staff member, Pam Torlina, said, "They can grow anywhere, including on rocks, soil, leaves and bark. Good ones for decoration would probably be found on tree branches [such as Usnea] and the ground [such as Reindeer moss, which is actually a lichen]."

Decorating with native species is a worthwhile investment, both for local ecosystems and for your winter decor.

*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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# FES Staffer Named Social Worker of the Year

By Kenya Hoffart

**Angie Brock** was recently named Buncombe County School's Social Worker of the Year. Brock currently serves students and families at both Fairview Elementary and Haw Creek Elementary. She goes above and beyond to ensure families have what they

need by providing connections to resources necessary for students to be successful.

She offers mental health support and services to students, families and school personnel to promote the academic and social success of students. She also makes home visits, delivers food and supplies to families, advocates for and supports students, and

## ACRHS STUDENT OF THE MONTH Maria Castro Ayala



The A.C. Reynolds Student of the Month is Maria Castro Ayala. Maria, who is studying for a career in the health care industry, was recommended by her Nursing Fundamentals instructor, Ms. Faw.

Faw said, "Maria is the complete package of a student displaying excellence. She comes to class prepared and has an excellent work ethic and attitude. Her thoughtfulness and compassion toward

others are exemplary." Maria's hard work extends to all of her academic areas. Latin teacher Andrew Serio describes her as "incredibly sweet, intelligent, hardworking, responsible and organized." There is no doubt that Maria will fulfill her goal "to make a difference and do good for others."

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



**It truly is a joy to work in a field that helps students and families overcome barriers at school and at home, and to partner with them in their child's academic growth and success.**

— Angie Brock

so much more. She said, "It truly is a joy to work in a field that helps students and families overcome barriers at school and at home, and to partner with them in their child's academic growth and success."

Brock is a graduate of Mars Hill University and East Tennessee State University, where she earned a Master of Social Work. She has been a social worker for BCS since 2018 and has spent the last two years dedicating her talents to the families and students at Fairview Elementary. She is trained to assess and identify social, academic, emotional, behavioral, and physical needs of students and to provide interventions to address those needs. She collaborates with students, parents/guardians, teachers, and school staff, as well as community agencies, to remove barriers that interfere with student success.



The outstanding service Brock provides to school families does not go unnoticed. She is professional, compassionate and caring and is always eager to make a difference. She has a positive attitude and is willing to jump in and help out in any capacity. Her dedication is immeasurable, and the staff, students and families at FES are touched by her efforts every day.

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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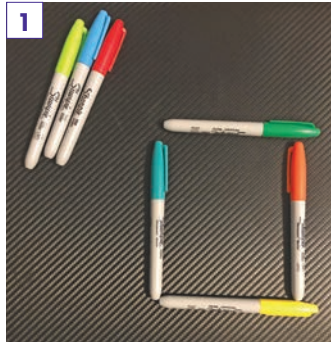




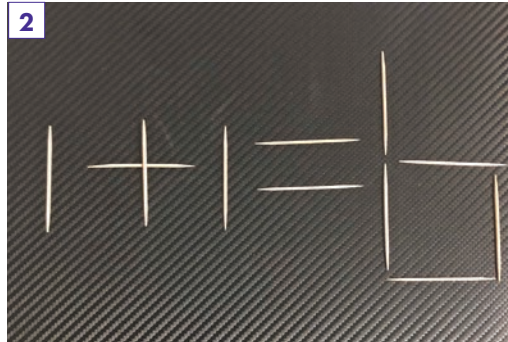
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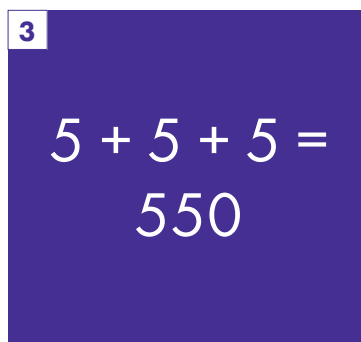
1 Move one pen to make two triangles.



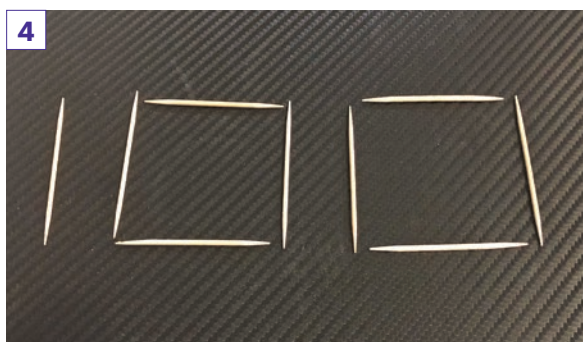
2 Move one to make this true.

→ solutions on page 29

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



3 Add one line to make this true.



4 Turn "100" into "cat" in two moves.



5 Move one marker to make a square.



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# Preparing for Off-leash Encounters

A friend had a recent encounter with a dog that was off-leash. It charged her and her dog, resulting in a nasty fall. This caused me to reflect on all the client stories I have heard over the years of similar incidents: a person out walking their dog, in their own neighborhood or in a park, and another dog that is off-leash or on a retractable-style long leash races up to the other dog or person and causes a scene. Occasionally, those scenes end up being two dogs that are happy to see each other, but more likely they result in lots of growling, barking and showing teeth, or maybe a bite, tangled leashes or one of the owners getting hurt. Commonly, the other owner can be overheard saying something like “Oh, my dog is friendly” or “He won’t hurt you; he just wants to say hi.” Meanwhile, their dog is charging up showing teeth or barking like Cujo.

Communities have leash ordinances for a reason, although to many they seem way too restrictive for owner and dog. Imagine going on a hike and having to contain your dog on a leash. Similarly, many homeowner associations have restrictions for dogs to be on leash in common areas and on walks. If you are lucky, maybe your association grants a little more freedom, as long as the dog is “under control.” But what, exactly, does “under control” mean?

A dog trainer would say that it means a dog should be near 100% reliable (think about what that really means for a minute or two), under control and immediately responsive, no matter what distractions are present, to a verbal command, a whistle call or a hand signal. When you call your dog back to



you, either auditorily or visually, your dog should 1) acknowledge you by looking at you, 2) act on your command by immediately coming back to you, and 3) stop in front of you or by your side when they return to you (as if to say, “You rang. What do you need me to do?”).

Have you practiced that level of response with a variety of distractions and things that capture your dog’s attention? If not, then your dog will join 98% of the dogs out there that will fail to come back to their owner if they try to stop them as they race up to another person and/or their dog. This is especially true if one of the dogs begins to engage in barking, or growling or gets nervous about this type of rude approach.

### Practice Recall

Teach your dog recall command and practice it on a six-foot leash and reward them for timely, correct responses. Practice the command on a long-line leash, as dogs tend to listen even less a further distance from you). Practice

Only after hundreds of repetitions, with countless different distractions around you both, should you ever consider unclipping your dog’s leash in public.

letting them drag the leash and reward for timely, correct recall responses. Only after hundreds of repetitions, with countless different distractions around you both, should you ever consider unclipping your dog’s leash and hoping for the best result possible, which is: you issue a command to a dog in full stride that stops them in their tracks and brings them back to your side. (If they do, you should praise it like you have never praised it before).

If an off-leash dog is charging you and your dog, it is your responsibility to advocate for your own dog to keep them free from harm. That means getting between your dog and the other dog. (It’s good for your dog to see you care and advocate for them). Stop the other dog by being “large and in charge” and barking an order for them to stop with such a tone, volume and body language that they would not dare to ignore your command. This is no time for any weakness in your response. Failure to do so could result in taking your dog to the emergency vet.

We love our pets and never want to see them harmed in any way. It is an owner’s responsibility to train their dog and advocate for their dog to help them be the best, happiest and healthiest dog they can be.



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

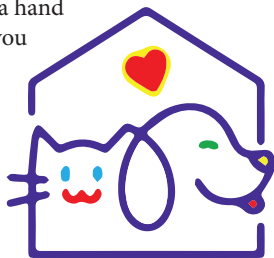
## Helping Elena



Elena Kardos, “Elena the Groomer,” who has loved and groomed so many pets here in Fairview since 2012, lost her husband Rudy in December after a long, debilitating illness. Many of her clients wanted to offer some financial assistance to her as she gets things sorted out. A bank account has been opened in her name and the *Crier* is facilitating collections on her behalf.

Checks should be made out to “Elena Kardos” and dropped off in the blue box outside the *Crier* office or mailed to PO Box 1862, Fairview, NC 28730. Donations may also be made online at [fairviewtowncrier.com](http://fairviewtowncrier.com) (click the button that says “Help Elena.”)

All donations will be deposited in Elena’s account, and cards and notes will be given to her.

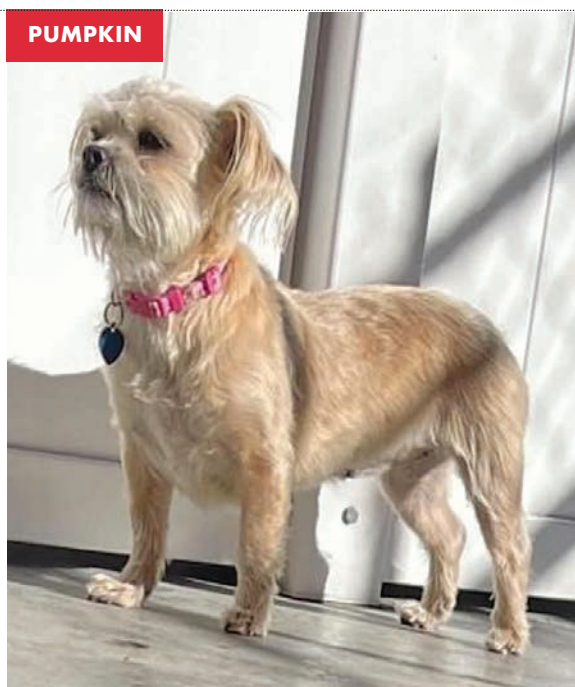


**ADOPT A PET!**



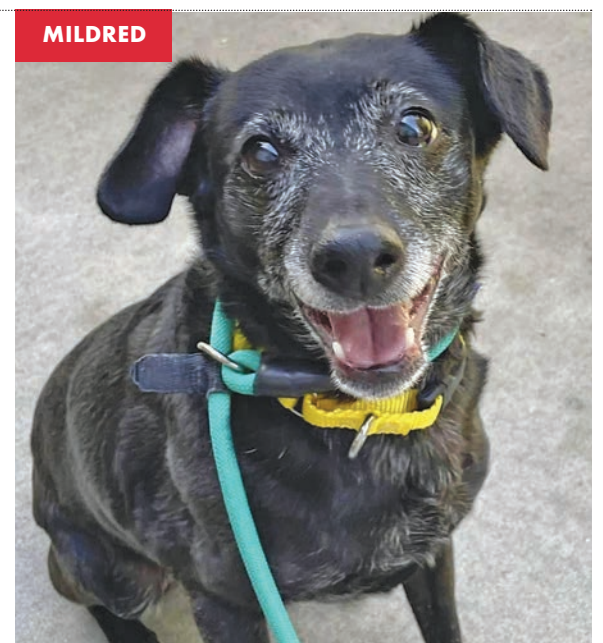
**VICTORIA**

**Victoria** is a homebody who prefers to spend her days snoozing, cuddling with her human, and having her silky fur brushed. This special needs lap kitty’s weakness is feather wands, which she loves to chase around the house between naps. She is currently working in Brother Wolf’s Second Chances thrift store. *Brother Wolf*, 505-3440, [bwar.org](http://bwar.org)



**PUMPKIN**

**Pumpkin** is a 15-pound, 4-year-old terrier mix. She enjoys lots of attention. She will need work on potty training and doesn’t do so well with other dogs, so she needs an adult-only home. *Charlie’s Angels*, 885-3647, [charliesangelsanimalrescue.com](http://charliesangelsanimalrescue.com)



**MILDRED**

**Mildred** is looking for a home without other animals or children. This 12-year-old terrier would thrive best in a home where she can be herself and take her time warming up to a new family. She prefers to do things at her own pace and is house-trained. *Humane Society*, 761-2001, [ashevillehumane.org](http://ashevillehumane.org)



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Evening Life Groups & SPK Kids 6 pm

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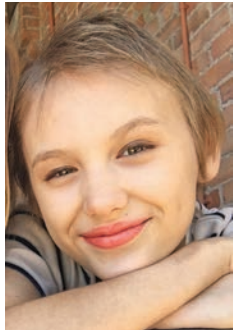
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IN MEMORIAM

## Liana Joy Ihde



Our beloved 13-year-old daughter, Liana Joy Ihde, passed from this Earth plane on December 16 at 1:27 pm. She was in her backyard laying in a nest of blankets, under a canopy of trees, surrounded by her mom, Kristie; dad, Stephan; and younger sister, Zoe; and her favorite pets and loving friends. After a 13-month challenge with acute myeloid leukemia, her body no longer had the ability to sustain embodied life. Her spirit was, and is, bright and strong—brighter and stronger than we can possibly imagine. In her last hours, she declined more pain medication and was as present in her dying as she was in her living. She lived her name—Liana

Joy—as she was so full of joy, and she knew that she was deeply loved. Thank you, Liana Joy, for the joy you shared with all whose lives you forever changed. You are always and forever our girl, our love.

For information on a remembrance and celebration of life to be held in Asheville and central Florida in the coming weeks, go to [caringbridge.org/visit/lianajoyihde](http://caringbridge.org/visit/lianajoyihde).

IN MEMORIAM

## Douglas Richard White



Douglas Richard White, “Doug,” to all who knew him well, passed away on November 29 in Asheville. Doug was born in Blue Island, Illinois on May 13, 1954, and later moved to New Jersey. He graduated from Park Ridge High School in New Jersey (Class of 1972) and then attended Boston University. He lived in the Northeast, moved to South Florida, and then resided in North Carolina for the last 20 years.

Doug will be remembered as a devoted and loyal husband, father, grandfather, and friend. Doug is survived by his wife, Dorre; daughter, Casey, and her two children, Julianna and Stanley; son, Derek; son,

Max; stepdaughter, Kristin, and her husband, David, and two daughters, Abigail and Anabelle; stepdaughter, Danielle, and her husband, Travis; brother, Craig, and his wife, Karene; and brother, Randy, and his wife, Nancy. He is preceded in death by his parents, Tex and Doris (Dodo) White.

Doug lived life to the fullest, with never-ending stories and jokes. Doug brought light and laughter into the lives of all who knew him. His happiest days were spent traveling and on the water in the Caribbean Islands with those he loved, especially his wife of 27 years, whom he met when he moved into her neighborhood at age 5. Doug’s caring nature was reflected in his work as owner of Handi-lift, his local company. He later built a separate company in which he was the distributor of European products. Doug valued making accessibility easier for his customers, with whom he always made time to talk with and create a personal connection. Doug took pride in working in the stairlift business for nearly 50 years.

A celebration of life to celebrate Doug will be held in the summer of 2022. For those who wish to remember Doug in a special way, please make gifts in his memory to the Pulmonary Fibrosis Foundation.



## ACRHS Baseball Brings Holiday Cheer

By Ann Miller

The A.C. Reynolds High School baseball team last month delivered holiday bags filled with goodies requested by the facility for the nursing residents at Flesher's Fairview Health Care Center. Each of the players filled the bags with warm socks, combs, hand sanitizer, lotion, toothpaste, toothbrushes, snacks and lip balm. These goodies were donated by members of the ACRHS community. The players put the bags together and delivered them. The team had to stay outside of the dining room in the courtyard. But the administrator of the facility

opened the window blinds and door and the boys were able to wish happy holidays to the residents. The residents and boys all sang "We Wish You a Merry Christmas" together. It was truly a great experience for both the residents and the members of the baseball team. I believe both groups were blessed by the exchange. The administrator of the facility stated how much this meant, as the residents do not get visitors often due to COVID concerns.

*Thanks to Ann for letting the Crier know about this good deed and for sending along photos, as well.*

**Thank you!**

Thank you from Angels of Fairview. They fed 30 families at Thanksgiving and provided Christmas to 13 needy kids. This was all made possible by generous donations from the community.

## Fairview Art League Hosts Open House

The Fairview Area Art League will be hosting a crafters’ open house on Saturday, January 15 from 11 am to noon at Re.Imagine (soon to open to the public), 15 Spivey Lake Drive, Fairview. Teachers from the League will be showing what you can learn in their workshops over the next few months. There will be a sign-up sheet for each teacher and a list of materials to bring. Some workshops will also provide materials and tools, and there will be a \$10 fee per person to cover materials.

### WORKSHOPS

- February 19** Paula Entin: simple peyote beading, to make a bookmark
- March 19** Janet Link: acrylic pour painting
- April 16** David Koll: nature photography, location TBD
- May 21** Nadia Zayman: polymer clay

If you wish to become a member, the group is waiving dues for 2022 — become part of a friendly, informative group of artists. You do not need to be a member to take a workshop.

For more information, contact Paula Entin at [paula.entin@gmail.com](mailto:paula.entin@gmail.com) or call 712-8391.

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- Fairview Fire Department 628-2001
- Garren Creek Fire Dept. 669-0024
- Gerton Fire & Rescue 625-2779

#### SCHOOLS

- Cane Creek Middle 628-0824
- Fairview Elementary 628-2732
- A.C. Reynolds Middle 298-7484
- A.C. Reynolds High 298-2500

#### COMMUNITY CENTERS

- Cane Creek 768-2218
- Fairview 338-9005
- Spring Mountain 545-9092
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#### POST OFFICES

- Fairview Post Office 628-7838
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#### MISCELLANEOUS

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- Fairview Library 250-6484
- Food for Fairview 628-4322
- Meals on Wheels 253-5286
- Root Cause Farm 628-3688



# Should Inflation Affect Your Investment Moves?

As you know, inflation heated up in 2021, following years of pretty stable—and low—numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics—strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods—such as firms that produce building materials or supply steel or other commodities to other businesses—can do well.

Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop—a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based

on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing

your investments. But other factors—especially your risk tolerance, time horizon and long-term goals—should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.



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).

## November 2021 Fairview Real Estate Statistics

AVG DAYS ON MKT: 8		Max \$	Lowest \$	Average \$
Homes Listed	2	539,000	225,000	382,000
Homes Sold	24	1,685,000	167,777	926,389
Land Listed	3	11,000,000	59,500	5,529,750
Land Sold	4	370,000	144,000	257,000

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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# Be a Part of the Comprehensive Plan

Happy New Year! I hope this holiday season was filled with joy and special times with family and friends. One of the highlights for our family was the light show at Lake Julian. Seeing the park transformed into a winter wonderland and hearing our two-year-old twins exclaim "Wow" over and over again while our seven-year-old gulped hot chocolate and shouted out "Penguins!" and "Unicorns!" as he narrated every design we passed made for a pretty magical evening.

One of the biggest projects getting underway in the new year at Buncombe County is our 2043 Comprehensive Plan.



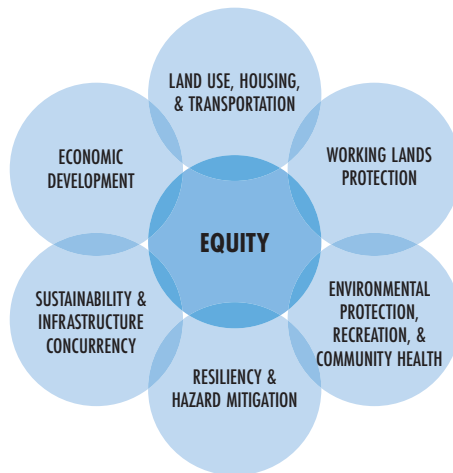
When I say that, people often reply with, "Say what?" But this is one of the most important pieces of work we will undertake as a community this decade.

So what exactly is a comprehensive plan...

and why does it matter so much?

To start, a comprehensive plan will guide some of the most important strategic decisions we make in Buncombe County through 2043. Who will it impact? All of us, in one way or another. A comprehensive plan lives up to its name in almost every sphere of life—affordable housing, zoning,

## FOCUS AREAS FOR THE 2043 BUNCOMBE COUNTY COMPREHENSIVE PLAN



how we manage growth, equity, addressing climate change, public health, supporting farmers, how we use parks and conserve green space, how we think about growth in our population and our economy, etc. Growth is a sign of vitality and moving forward into the future, and there is strong growth in our community. But managing growth requires a lot of planning. Without that intentional planning, growth can turn into teachers and first responders being forced to move because they can't afford

housing in the communities they serve; it can mean traffic jams and a loss of the natural beauty and resources we all cherish; it can mean the gulf between those who are struggling and those who are not keeps growing and growing.

An amazing group of community members have stepped up to the leadership role of serving on the Comprehensive Plan Steering Committee, a time- and labor-intensive form of public service that will last for several years. And a big part of their work is making sure that we hear from as many people as possible to share input about the comprehensive plan.

This plan is not something that will get dusty on a shelf or only live on a seldom-visited webpage. It will truly impact how our community moves forward and how we address the generational challenges and opportunities ahead. It will be as strong and as relevant as we make it, and community input is an essential ingredient. We want to hear from you.



Jasmine Beach-Ferrara is one of the District 2 representatives, along with Amanda Edwards, on the Buncombe County Board of Commissioners. Reach her at [jasmine.beach-ferrara@buncombecounty.org](mailto:jasmine.beach-ferrara@buncombecounty.org) or 250-4004.

## Share Your Input

How can you make your voice heard and learn more? County staff will be hosting community input sessions all across the county in the months ahead. These sessions are all about listening to community members and making sure your voices are reflected as the committee moves forward with planning.

### Fairview Session

January 11 from 6–8 pm  
Fairview Community Center  
1357 Charlotte Highway,  
Fairview

COVID-19 guidelines and precautions will be in place.

You can find the full calendar of community input sessions, which will be both in person and virtual, at this link: [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links).

If you can't attend one of these sessions in person, you can also share your input online by going to the same link shown above.

Call now for spring appointments

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1226 Charlotte Hwy, Fairview  
628-4031  
Tuesday to Thursday: 11 am–9 pm  
Saturday 7 am–9 pm; Sunday: 7 am–3 pm

### Barn Door Ciderworks

(appetizers, desserts)  
23 Lytle Road, Fairview  
484-1586  
barndoorcw.com/menu  
Thursday: 4–7 pm; Friday: 4–8 pm  
Saturday: 2–8 pm; Sunday: 2–7 pm

### Black Bear BBQ

800 Fairview Road, Asheville  
298-1035  
blackbearbbqavl.com/menu  
Wednesday to Thursday: 11 am–6:30 pm  
Friday to Saturday: 11 am–7:30 pm

### Cane Creek Valley Farm

(ice cream, farm-fresh food, etc.)  
912 Cane Creek Road, Fletcher  
681-5975  
www.canecreekvalley.farm  
Friday to Saturday: 12–8 pm

### Daymoon Coffeebar

381 Old Charlotte Hwy, Fairview  
338-0550  
Monday to Friday: 7 am–5 pm  
Saturday and Sunday: 8 am–3 pm

### El Tapatio food truck

parked at New Moon Marketplace  
1508 Charlotte Hwy, Fairview  
337-2542  
Tuesday to Sunday: 11 am–8 pm

### Fairview Grocery

(breakfast foods, microwaveable meals)  
1612 Charlotte Hwy, Fairview  
338-0014  
Monday to Friday: 7 am–9 pm  
Saturday to Sunday: 8 am–9 pm

### Food Lion

(hot wings, rotisserie chicken, etc.)  
1350 Charlotte Hwy, Fairview  
628-2283  
Every day: 7 am–11 pm

### Great Wall Chinese Take Out

4 Olde Eastwood Village Blvd, Asheville  
298-1887  
Tuesday to Sunday: 12–8 pm

### Hickory Nut Gap Farm

57 Sugar Hollow Road, Fairview  
628-1027  
hickorynutgap.com/shop  
Wednesday to Friday: 12–5 pm  
Saturday to Sunday: 10 am–5 pm

### Hilltop Ice Cream Shop

520 Old Highway 74-A, Fairview  
775-2482  
facebook.com/HilltopIceCreamShop  
Friday to Sunday: 2–8 pm

### Hot Dog King

1487 Charlotte Hwy, Fairview  
628-1036  
facebook.com/thehotdogkingfairview  
Monday to Saturday: 8 am–8 pm

### KD's One Stop

(pizza, hot dogs, and more)  
1299 Charlotte Hwy, Fairview  
628-1122  
Monday to Saturday: 6 am–11 pm  
Sunday: 7 am–11 pm

### The Local Joint

1185 Charlotte Hwy, Fairview  
338-0469  
facebook.com/THELOCALJOINT  
andJOINTNEXTDOOR/menu  
Monday to Saturday: 9 am–9 pm  
Sunday: 9 am–3 pm

### Piazza

4 Olde Eastwood Village Blvd, Asheville  
298-7224  
piazzaeast.com/#menu  
Tuesday to Thursday: 11:30 am–2 pm  
and 3:30–8:30 pm  
Friday: 11:30 am–2 pm and 3:30–9 pm  
Saturday: 12–9 pm

### Rise Above Bakehouse

1207 Charlotte Hwy, Fairview  
222-2600  
riseabovebakehouse.com  
Tuesday to Sunday: 8 am–2 pm

### Sky Mountain Pizza

1321 Charlotte Hwy, Fairview  
338-5039  
skymountainpizza.com/menu  
Tuesday to Sunday: 3–9 pm

### Smokey & the Pig

913 Charlotte Hwy, Fairview  
222-2595  
Thursday to Saturday: 11 am–7 pm

### Smokey's Breakfast & Lunch

at Kounty Line  
195 Charlotte Hwy, Reynolds

### Subway

4 Olde Eastwood Village, Asheville  
299-8451  
Monday to Friday: 9 am–8 pm  
Saturday and Sunday: 10 am–8 pm

### Trout Lily Deli & Market

1297 Charlotte Hwy, Fairview  
628-0402  
troutlilymarket.com  
Monday to Sat: 9 am–5 pm  
Sunday: 10 am–5 pm

### Troyer's Country Amish Blatz

(sandwiches, baked goods)  
14 Bonn E Lane, Fairview  
280-2381  
troyerscountryamishblatz.com  
Tuesday to Saturday: 8 am–5 pm

### Wayne's Subs

1395 Charlotte Hwy, Fairview  
338-5090  
closed temporarily

Are you the owner of a business we left out? Please get in touch with the editor, and we'll include you the next time we run this list.



# Ending 2021 on a Joyful Note

We hope the activities that brought joy to the FBA this last month will continue into the year to come. December was a busy month for the FBA. A new board was installed for 2022. And the first meeting of the new year will take place on February 10 at the Fairview Library. The new officers are:

- President – *Diana Soll*
- VP – *Brandy Lampert*
- Treasurer – *David Stovall*
- Secretary – *Diana Tyler*
- Webmaster – *Bill Scobie*
- Director at Large – *Janet Peterson*
- Membership – *Heather Ward*

FBA members and their guests gathered at Turgua Brewing last month at a much-needed get-together after a long year of separation. Everyone enjoyed the free drinks, and Smokey & the Pig provided fantastic hot and cold hors d'oeuvres. Outgoing board member Michelle Shuford provided words of farewell from the 2021 board and then involved the crowd in an enjoyable ugly sweater contest that was won by Brandy Lampert, the owner of Frame-It Asheville.

Also in December, the FBA sponsored a portion of Joy Fest. Many of the FBA

members provided free giveaway promotional items that were distributed to all that attended. An estimated 175 people attended. The FBA and their sponsors also provided holiday carol booklets, free jingle bell bracelets, headbands and toys to all of the attendees. Santa and the Grinch were there, and the leader of the event, Sandie Rhodes, provided snowballs for the greatest snowball fight to take place indoors.

Although it was raining outside, joy and happiness were spread throughout the Fairview Community Center and the community.

The FBA has expansion plans for next year, including upgrading our website, expanding membership, new formatting of the column in *The Fairview Town Crier*, introducing new meeting topics and providing funds for local fundraising efforts. This emphasis on community outreach will allow residents to become familiar with and hire local business owners rather than look outside the community.

*Diana Soll is a Certified Professional Organizer living in Fairview, and is the president of the FBA. For more information, you can email her at [diana@grandsolutions.net](mailto:diana@grandsolutions.net).*



Gathering together for food and drink—and an ugly sweater contest—made last month's FBA holiday meeting a fun event for members.



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Edward Jones–Katherine Morosani 628-1546  
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Sabél Apartments 280-2381  
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Unified Therapies 414-2368

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Fairview Town Crier 628-2211

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

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Woof In the Woods 222-2222

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Cool Mountain Realty–Jenny B. 628-3088  
**DIVITIA REALTY—BETH COHEN 398-9233**  
Greybeard Realty–Rosie Johnson 778-2630  
Keller Williams–Jim Buff 771-2310  
**PURNELL TEAM, EXP REALTY 551-3542**  
Sandy Blair Real Estate 768-4585

### RESTAURANTS

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The Local Joint 338-0469

### RETAIL

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New Moon Marketplace 222-2289  
To the Brim: Refill Store 674-3438

### SAW MILLS

Sunrise Sawmill 277-0120

### VETERINARIANS

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**NEW OR RETURNING MEMBER**



# Setting Intentions for the New Year

At Root Cause Farm (RCF), we have decided that instead of making resolutions for 2022, we will set monthly intentions for ourselves to align with our mission of growing community solutions to hunger. The goal, or intention, is to have a road map for the coming year; an action plan that will help us stay focused and grounded.

What exactly is an intention? It can be an aim, a purpose, an objective—even intention can be an intention. By expressing or reflecting on an intended purpose, one makes a commitment to success. In the medical field, intention is the process of the healing of a wound. Given the chaos of the past two years, a little healing is in order.

## Our 2022 Intentions

**Reflection** January is a good month to focus on the state of being, not only physically but mentally. This is a good month to reflect on what went well and what didn't. Since this is the slowest month for the farm, the staff and volunteers—and land—have a good chance to hibernate and prepare for the busy growing season that lies ahead.

**Perspective** Reflection leads to perspective in February. A point of view is not static. This is a time for drawing up plans for the garden and looking at an overview of future crops.

**Relationships** March is when the RCF community starts to come together again



more frequently for the growing season. These connections are vital to the work that we do since we depend so much on community members offering up their time and commitments.

**Growth** As the garden wakes, April showers bring the first sprouts of transition. We begin pulling up cover crops and the first batch of thistles for the season. Ouch! Hope - May is when ambitions are high; everyone is feeling confident about the work that is being done and excited for the coming season. Yes, there will be a solid tomato crop this year! We will make sure to harvest the zucchini in the community garden before they are the size of an overweight dachshund.

**Trust** In June, we have faith that by watering and tending to the land, it will produce for us. June is a reminder of our dependence on the land and our community.

**Progress** July is the height of the season, and production is high, too. Part of progress is forgetting about perfection and praising ourselves for what is going well. The plants are tall, and the share boxes are getting heavier.

**Humility** August is a time for surrender. Sometimes it seems like the weeds are winning the battle for the land, but then a school group appears to fight those “plants in unwanted places.”

**Integrity** September's intent will focus on

our integrity. As stated on our website, “We are a non-profit organization growing community solutions to hunger and working toward a just, equitable and resilient food system where all types of hunger are nourished.” Have we kept that promise?

**Justice** Last September, President Biden proclaimed October as National Youth Justice Action Month, which highlights juvenile justice reform and advocates for equity and racial justice. Justice is a core value at the farm, and many young interns and volunteers have learned about food insecurity and sustainability here.

**Gratitude** November, which is Indigenous People's Month, is when we can show our appreciation for a bountiful harvest and acknowledge the history and the legacy of the land that provides this bounty. As land stewards on Cherokee territory, we aim to respect and share the Indigenous history and cultivation of this land. We are grateful for our harvest and for the community who supports our work.

**Joy** December brings the joy of the holiday season. This is also the month of our winter appeal for donations to help continue the great work that we do. Please come see us and experience the exultation that working the land brings.

Michele Gregory is a Root Cause Farm board member.

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# Skunk Cabbage

**H**ave you ever heard the saying: “If it smells like a skunk, it probably is a skunk”? In most cases, this folk saying is true. However, some skunks have roots and leaves rather than stripes and legs.

Even though winter is still with us, one of the first and most unusual wildflowers to bloom is a plant called skunk cabbage (*Symplocarpus foetidus*). I was on a woodland walk a few weeks ago and there was ice on the ground. I approached a marshy little swamp and there, growing in the stagnant water with ice crystals all around, were about 20 green-purple-red, speckled hooded flowers. The first part to appear is the fleshy, leathery, shell-shaped spathe. The tips are quite red, but as it grows, the spathe becomes striped and mottled in patterns of dark and light green, deep purple and dark red. The hood-like spathe envelops a globular spadix on which are borne lavender-colored flowers containing both stamens and pistils.

They are magical looking flowers that hug the ground and resemble something from *The Hobbit’s* enchanted Shire. Skunk cabbages bear no familial relation to cabbage, but they do have a strong, pronounced, acrid, skunk-like aroma when bruised or crushed. Later in the spring, as the flowers fade and deteriorate, brilliant green leaves begin to emerge, and by summer, they can grow two to three feet tall and eight to ten inches wide. The leaves



bear some resemblance to a giant loose-leaf cabbage. One characteristic I love about them is that they love swampy areas; when there is a whole stand of them in bloom or leaf, it is quite a dramatic sight, as the leaves can be almost luminescent.

Technically, skunk cabbage is referred to as a wild edible plant, but I would have to be starving and desperate to eat it, and even then I’d do it with caution and great hesitation. Skunk cabbage is a member of the Arum family, as is Jack in the Pulpit, and it contains poisonous, calcium oxalate crystals within the plant tissues. References

describe the effect as a burning sensation on the tongue, like eating crushed glass. Several wild food aficionados say you can use the leaves if boiled in two to three changes of water. In college, we did an experiment on the plant and cultivated it in five different types of soils and environments, and each time we cooked it, we had the same result—a stinky vegetable that no one wanted to eat. According to Euell Gibbons, “the bruised or cut leaves smell like a skunk, the cut stem smells like a mixture of mustard and rotten, raw onions, and the flowers smell like carrion.” No wonder we all vetoed a taste test.

Numerous historical references indicate that Native Americans found a way to remove and bypass the toxicity and smell by drying both the leaf and root for at least six months and adding them to stews and to pemmican as a flour substitute.

Skunk cabbage has an interesting history as a medicinal plant. A remedy for bronchial asthma was quoted by Virginia Scully in her *Treasury of American Indian Herbs*: “Skunk cabbage, onion and honey were deemed an excellent brew ... the Indians sometimes varying the formula with garlic.” In an American herbal medicinal book published in 1842, an expectorant was recommended using the powdered dried roots of skunk cabbage, unicorn root, lobelia seed, and cayenne pepper combined with honey or molasses and “taken at bedtime.” Skunk cabbage once won a place in the official US Pharmacopoeia and is still

listed in the US Dispensatory. Its reputed medicinal properties are listed as emetic, stimulant, antispasmodic and narcotic. In addition, the roots and seeds were once employed as a relief for nervous troubles, asthma and whooping cough. An overdose will likely cause nausea, vomiting, dizziness and dimness of sight.

One word of caution for adventurous herbalists and foragers: Skunk cabbage often shares its habitat with the deadly hellebores plant, which also has large, bright, stunningly beautiful green leaves. Those leaves are deeply ribbed and lack any skunky aroma.

Skunk cabbage is a plant worth taking note of, as it is unusual and beautiful. It is always special to see a plant that is able to bloom in winter and melt the cold away. Years ago, I remember sitting by the border of a swampy area and wondering about the loud sound I was hearing. Upon careful observation, I traced the sound to a honeybee that was caught inside the spathe of a skunk cabbage flower. When it emerged, it was covered in rich, golden-yellow pollen. It was a sure sign that spring was clearly upon us and that the time of winter was passing quickly.



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

**PUZZLEMANIA!**

solutions to puzzles from page 20

**1** Pick up a marker from the pile and add it to divide the square into two triangles.

**2** Move the center cross bar from the plus sign and add it to the “1” to make it a “7.”

**3** Add an upward line on the first plus sign, making it a number “4.”  
545 + 5 = 550.

**4** Turn the picture length wise. Remove the right-side bar from the last “O” and make the “1” a “T.” Move the bottom bar of the middle “O” up to make an “A.”

**5** Remove the cap from one of the markers and draw a square inside the triangle.

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## Give and Take

I was excited when Social Security announced a hefty paycheck increase, considering the past meager raises in. The Cost of Living Adjustment (COLA) notices were mailed to beneficiaries in December. It's also available online in your "My Social Security," if you have one. COLA is determined by a complex Consumer Price Index formula, which in 2021 resulted in a 5.9% increase. This is most welcome given the recent rise in the cost of goods (if you can find them) and the impending increase of Medicare's Part D monthly premium from \$148.50 to \$170.10 in 2022. For those on a fixed income, it can be frustrating. Social Security gives us a raise, then inflation and Medicare take it back. On the bright side, the raise for most will offset that increase.

Medicare recently announced the changes to its benefits for 2022. These pertain to Original Medicare Parts A & B with some limited carryover to Part C Medicare Advantage plans. Cost share is defined as what you pay: deductibles, copays, and coinsurances, as illustrated in the table.

These changes will be automatically picked up by supplemental policies. The biggest impact for those who have Medicare supplements other than a Plan F is the increase of \$30 in the Part B deductible per calendar year. Also, for high deductible plans F & G, the annual deductible has increased to \$2,490 from \$2,370. This amount represents the

### Cost Share By Year Highlights

PLAN	2021	2022
Part A Ded	\$1,484	\$1,556
Days 1-60 Coins	\$371	\$389
Days 61-90 Coins	\$742	\$778
Days 91+	All Costs	All Costs
SNF Days 1-20	\$0.00	\$0.00
SNF Days 21-100	\$185.50	\$194.50
SNF Days 101+	All Costs	All Costs
Part B Premium	\$148.50	\$170.10
Part B Ded	\$203	\$233

annual out-of-pocket expenses (excluding premiums) that a beneficiary must pay before the policy begins paying benefits. The effect to Advantage plans is negligible.

Most people don't pay a monthly premium for Part A. If you paid Medicare taxes for fewer than 30 quarters, the standard Part A premium is \$499 in 2022. If you paid Medicare taxes for 30 to 39 quarters, the standard Part A premium is \$274 in 2022.

The bottom line: These increases in cost-sharing are the highest we've seen in years. People who have Original Medicare Parts A & B will feel the greatest impact. Consider supplements and Advantage plans to soften the exposure to higher costs.



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

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## STORM EMERGENCY CONTACT LIST

Some numbers to keep on your refrigerator that will be useful in an emergency.



### POWER COMPANIES

**Duke Energy Progress**  
800-419-6356

**Duke Energy**  
800-POWERON

**French Broad Electric**  
800-222-6190

### PHONE SERVICE

**AT&T**  
877-737-2478

**Charter Communications**  
888-438-2427

**Frontier Communications**  
877-462-8188

### CABLE

**Charter Communications**  
888-438-2427

### GAS

**Public Service Company of NC (PSNC)**  
877-776-2427

### INTERNET SERVICE PROVIDERS

**AT&T**  
877-737-2478

**Charter Communications**  
888-438-2427

**Frontier Communications**  
877-462-8188

### ROADS

**DOT (County roads)**  
298-0390

**City of Asheville**  
251-1122

### WATER

**Asheville Water Department**  
251-1122

### EMERGENCY SHELTER

All area residents: dial 211

# GET MORE

Hyperbaric Oxygen Therapy



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

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

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



## Not vaccinated yet? Still hesitant?

**SELF-TEST FOR**

**COVID AT HOME!**



**HELP STOP the SPREAD!**



Call 768-2369 for a **FREE** home self-testing kit!

The Institute for Preventive Healthcare & Advocacy will deliver a kit to your door. You may also pick up a kit at the Fairview Fire Department: call 628-2001. **HELP STOP THE SPREAD!**

For more information, please visit [www.ifpha.org](http://www.ifpha.org)





YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

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**BIG BLUE DROPBOX AVAILABLE 24/7**

1185-H Charlotte Highway  
Mailing address: P.O. Box 1862, Fairview, NC 28730

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

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

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

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[www.ThomasDentalCare.net](http://www.ThomasDentalCare.net)

## CLASSIFIED

### HELP WANTED

**COMMUNITY-MINDED QUICK-BOOKS PRO/BOOKKEEPER** who can work independently to do once-a-month tasks of invoicing, reconciliation, P&L & balance sheet reports, payment processing of checks, and PayPal and credit card processing. Very flexible hours and some working from home possible. Total of 10-12 hours per month. Must live in Fairview area and be familiar with local businesses. Must be experienced, able to talk to locals and newcomers, and confident and resourceful enough to resolve issues as they arise. Email [bookkeeperposition2022@gmail.com](mailto:bookkeeperposition2022@gmail.com) with resume/experience and contact information (email and preferred phone). All applicants will be contacted within 2-3 days.

**WANTED: EXPERIENCED/KNOWLEDGABLE LOG CABIN REPAIR.** Damage on 6-8 logs. Email Bill at [billafloat@aol.com](mailto:billafloat@aol.com) or leave a message at the Crier at 828-771-6983.

**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.

### FOR RENT

**HOUSE FOR RENT** in Fairview off US 74A. Two bedrooms, one and a half bathrooms. All located on one floor. Bathrooms and kitchen recently remodeled. \$2,200 per month. Available February 1, 2022. Call (704) 575-6318.

### FOR SALE

**2004 TURBO VW BEETLE** 66,000+- Original miles. Fantastic car runs like new! New stereo with Bluetooth. Kept in the family since new. Would make a wonderful Christmas present for that son or daughter! \$6,900 sold as is. (828) 231-6141.

### LAND WANTED

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

#### ALL CONSTRUCTION SERVICES



Customized building, turn-key homes, remodeling, decks, and light dump truck work. 75 Years of quality customer service.

Free estimates. Call David Frizzell at 828.458.2223.

#### HOME MAINTENANCE



**HAPPY CLEAN PRESSURE WASHING**  
Keeping Fairview beautiful one job at a time. Call Chris Today! 828-793-1710

#### HOUSECLEANING

**TRADITIONAL OR GREEN CLEANING**  
Experienced, references available. Flexible days and hours. Call Ana: 582-1252

#### INSURANCE

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

#### 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](http://grandsolutions.net), Member of NAPO. 516-238-6979

## Great Wall

CHINESE RESTAURANT

**TAKE OUT ONLY**

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

828.298.1887 or 828.298.1870

    fax: 298.1859

Open Sun-Thurs: 11 am-10 pm  
Fri-Sat: 11 am- 10:30 am

**NEW!**  
**Dieter's Menu!**  
Sauces on the side.  
No oil. No salt. No fried.





**Jim Buff** CRS  
828.771.2310

86 Asheland Avenue, Asheville, NC

**Fairview resident since 1992!**

**kw** PROFESSIONALS  
KELLERWILLIAMS. REALTY  
[www.jimbuff.com](http://www.jimbuff.com)

**FEATURED LISTINGS**



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



**Happy New Year, 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 a healthy, happy and safe New Year. Here's to this year bringing you nothing but the best.

Like a good neighbor,  
State Farm is there.®

State Farm  
Bloomington, IL  
2006045



**PUT SUCCESS ON YOUR SIDE**

Call the Jim Buff Team



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**Dawn McDade**  
Sales



**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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