



The Fairview Town Crier

FEBRUARY 2022 VOL. 26, No. 2 | FAIRVIEW, NC | fairviewtowncrier.com  

INSIDE

Free Public WiFi at Spring Mountain CC p2 // Typewriter Repairman p20 // Dollhouse Remodel p30

FAIRVIEW IS FOR LOVERS

We asked, and our community delivered! Turn to pages 16-17 for a collection of our local Valentines. We just loved this little love story from recent transplant Morgan.

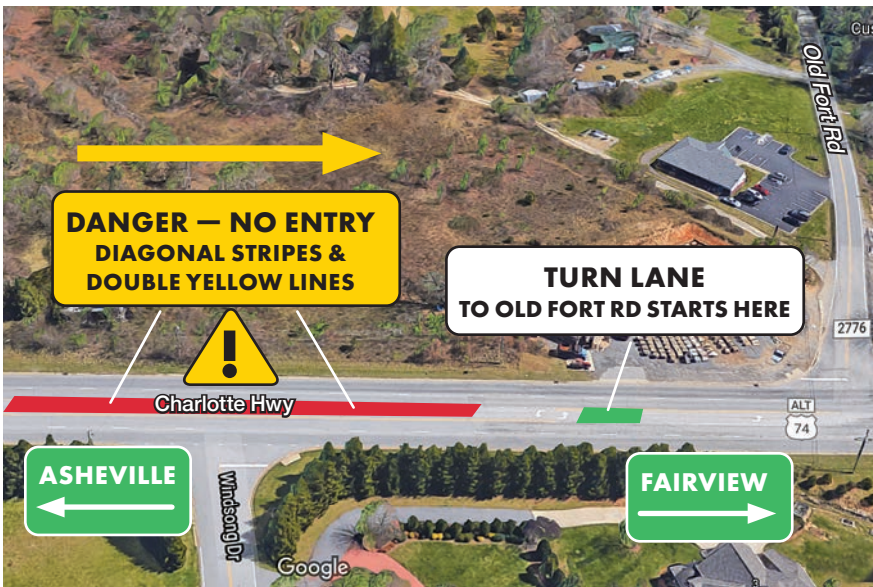
Nick and I have been together over 11 years. On our 10-year anniversary, Jan. 31, 2021, we got married. First week in February we came to Asheville for our honeymoon. We fell in love with the place, so much so that we started our hunt to find our home. Lucky for us, we found not only our first home we ever bought but found it in Fairview. It is perfect for us. So while normal couples typically enjoy their honeymoon and the bliss of



Morgan & Nick

being married, my husband and I bought a home and got jobs all within that week and moved here within a month of being married. Now my husband works for Hyundai and I work in real estate in the area. We love Fairview. We love our home and we love our community. We also thank the community for accepting us and loving us back!

Scary Spot on Charlotte Highway



George Drake, who lives in the Windsong community, has contacted the Department of Transportation and the Highway Patrol about a dangerous traffic situation on Charlotte Highway. Drivers coming east illegally cross double yellow lines to get into the turning lane for Old Fort Road too soon, putting them right into the path of drivers coming west and legally getting into the turning lane for Windsong.

Drake said the authorities were aware of the situation, and even had a name for this kind of thing. It's called a "suicide lane." Drake said this is an especially dangerous situation during rush hour, as the increased traffic doesn't allow a driver—from either direction—to easily get out of the middle lane if they are in danger of getting hit head on.

If you have a dangerous traffic spot in the Fairview area that you'd like to see highlighted in the Crier, email me at clark@fairviewtowncrier.com or call/text 828-771-6983.

PHOTO CONTEST!

Fairview in Winter

Colder weather has brought its own brush to our landscapes. From the white of frost and snow to the brown of leafless trees, everything looks different. And we want to know what "Fairview in Winter" looks like to you.

Send your photo by February 16 (details below). Clark and Lisa, the editor and art director, will choose their favorite as the winner, as well as several honorable mentions. The winner will receive a copy of Ken Abbott's *Useful Work: Photographs of Hickory Nut Gap Farm*, a 152-page book of photographs and essays.

We'll announce the winners and share as many of your photos as possible in our next issue.

CONTEST RULES

- Send your photo!
 - Email your photo to contest@fairviewtowncrier.com.
 - Text it to 828-771-6983.



PHOTO © TRAVIS BORDLEY

- Drop off a hard copy in our dropbox outside our office (1185 Charlotte Highway).
- Mail a hard copy to PO Box 1862, Fairview, NC 28730.

- We need the highest-quality (largest) version of your digital photo (at least 1 MB).
- The photo can be from a phone or camera. No Photoshopping, please.
- Amateurs only
- Include your phone number in the email, text or mailing/dropoff.

Changes at the Crier Office

When Natalie Furniss signed on to be our business manager, she was already very busy. But she's gotten even busier and is now leaving the Crier to give more time to those other important parts of her life.

Even though she was with us for only a short time, she optimized many of our financial practices and always made a good impression on those who called or visited our office. So, she'll be greatly missed by the staff, advertisers

and readers. Through her many local connections, including Keep Fairview Clean, her roadside cleanup group, we know she'll continue to be an invested member of the community.

We're already working with her replacement and will introduce him to you soon. In the meantime, if you have any questions or issues about billing or advertisements, please reach out to the editor at clark@fairviewtowncrier.com or 828-771-6983 (call/text).

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FEBRUARY 6 (SUNDAY)

Valentine's Shop + Hop
12-5 pm. Shop for your Valentine, sip a local brew or bubble tea, and enter the raffle. Food truck will be on site. At Whistle Hop Brewery, 1288 Charlotte Hwy., Fairview.

♥ HAPPY Valentine's DAY ♥

FEBRUARY 14 (MONDAY)

Fairview Area Art League Meeting
11 am. The monthly meeting of FAAL, the local art league. At Re.Imagine, 15 Spivey Lake Dr., Fairview. For more information, contact Paula Entin at paula.entin@gmail.com or 712-8391.

FEBRUARY 19 (SATURDAY)

FAAL Workshop
11 am-1 pm. Instructor Sara Hall will teach the even-count flat peyote stitch. At Re.Imagine, 15 Spivey Lake Dr., Fairview. See page 23 for more information.

UPDATES

Gerton Book Club Starts
Ellen Boyle has offered to host the planning meeting for a new book club in Gerton. The organizational meeting will be on February

2 at 1 pm in the new Community Room at the Upper Hickory Nut Gap Community Center. Discussed at this meeting will be meeting day and time; length of each meeting; book selection; discussion strategies; and refreshment responsibilities. For more information, email purplepearluma@gmail.com. 4730 Gerton Hwy., Gerton.

Keep Fairview Clean
Join volunteers every other week to remove roadside litter. Vests, trash grabbers, bags, gloves and great conversation are provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations or contact Natalie at keepfairviewclean@gmail.com or call 222-3659.

Quilting Bee at SMCC
A quilting bee is held at Spring Mountain Community Center on the second Tuesday of each month from 10 am-2 pm. Call Kay at 628-7900. 807 Old Fort Rd., Fairview.

Trinity Food Pantry
Open every Tuesday from 9 am-12 pm. For more information, call the church at 628-1188. Trinity of Fairview, 646 Concord Rd., Fletcher, in the back of the church grounds (follow the signs).

Virtual Medicare Class
The Council on Aging of Buncombe County will hold a free Medicare information class via Zoom. February 2 and 9 from 2-3:30 pm. To register, visit coabc.org or call 277-8288.

Free Public WiFi at SMCC! 



If you don't have internet (or good internet) at home in Fairview, you may not need to drive to the Fairview library or into Asheville. A public WiFi hot spot has been installed at Spring Mountain Community Center (807 Old Fort Road) through a grant from Land of Sky Regional Council. It is already operational, and instructions for use are posted at the kiosk in the lower parking area. For more information, call Ruth at 628-1625.

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, NC. *The Fairview Town Crier* is located at 1185H Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online. **Editorial Policy:** *The Fairview Town Crier* reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of the publication. A best effort has been made to verify legitimacy of information received and published. Views expressed in columns and/or articles do not represent those of *The Fairview Town Crier*. Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email editor@fairviewtowncrier.com. For staff directory, contacts and additional information, please visit fairviewtowncrier.com or see page 31.



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UPDATES

Black History Month at the Library

This month, we honor and recognize Black History Month at the library. When you visit the library, look for special Black History Month displays and book selections. Our evening book club will also be discussing *The Hate U Give* by Angie Thomas.

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?

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 have posted a book 'dating profile.' On the inside... that's for you to find out once you're home!

FAMILY PROGRAMMING

**Take and Make:
Take Home Library Craft Kits**

Are you looking for an unusual (and challenging!) way to tell a friend or sweet-heart "I Love You"? Try making a puzzle purse! Sometimes called Victorian puzzle purses, these paper wonders pre-date the Victorian era by at least a century. Using

a prescribed series of folds and tucks, you can create a charming paper greeting that unfolds to reveal any message you choose. You can pick up a DIY puzzle purse kit at the library throughout the month of February. The amount of patience required and the ability to make precise folds makes this activity best suited to ages 10 and up.

Make and Do: In-House Library Projects

Create a pop-up card for a friend! Materials and instructions will be set up in the library throughout the month of February. What a fun and inventive way to say, "Hey, I like you!"

Winter Reading Challenge

New year, new adventures! Buncombe County Public Libraries' 2022 Winter Reading Challenge encourages young readers to explore diversity, empathy, and action through reading.

This year, we are exploring what animals do during the winter months with two distinct challenges for children and teens. Children will complete fun activities while learning fascinating facts about local Western North Carolina animals. Teens will navigate winter reading quests and take home a collectible postcard. Both challenges will encourage youth to enjoy the winter season in a screen-free, socially distanced way. These free activity sheets are designed with kids and teens in mind, but everyone is invited to participate.

ADULT PROGRAMS

Flash Fiction Creative Writing Workshops

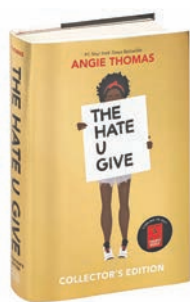
Presented by Fairview author and teacher, Dr. Beth Keefauver, via zoom

Finding the Illuminated Moment
February 2 at 10:30 am

Focuses on the short prose form as "illuminated moment." Through prompts and exercises, we will hone in on crafting the moment of highest emotional intensity in our stories.

Revising for the Iceberg Effect
March 2 at 10:30 am

Explores the tension between lyrical and narrative elements in flash. *Note:* Though not required, this session works best if participants bring one or two stories. *Registration is required. All spots are full, but if you would like to be put on the wait list, email jaime.mcdowell@buncombecounty.org or call 250-6484. This series is sponsored in part by the Friends of Fairview Library.*



Evening Book Club

February 15 at 7 pm
On Zoom, we'll be reading and discussing *The Hate U Give* by Angie Thomas.

The Book Club meets the third Tuesday of the month at 7 pm. Email jaime.mcdowell@

buncombecounty.org for more information.

Future Books and Books Club Dates:
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

Easy to Find Medicinal Plants of our Area with CoreyPine Shane

February 22 at 7 pm via Zoom
WNC is one of the richest areas for medicinal plants in North America, if not the world. In addition to famous woodland herbs, we have a lot of common plants and trees that can be used for healing purposes.

We can find useful weeds like goldenrod and honeysuckle; native trees like sumac, sassafras, and witch hazel; and even some noxious weeds, like kudzu, Japanese knotweed, and mimosa that have a number of medicinal uses.

CoreyPine Shane RH (AHG), author of *Southeast Medicinal Plants*, is founder and director of the *Blue Ridge School of Herbal Medicine* and has spent over 25 years helping clients and teaching people by blending Chinese and Western herbal traditions with a focus on local plants. *Registration is required to attend this event. Call the library or visit the library website to sign up.*

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

Happy 2022!

Wishing a very Happy New Year to all!

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- ✓ Morton's Neuroma
- ✓ Slow Healing Wounds
- ✓ Achilles Tendonitis
- ✓ Neuropathy



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Magnetic Tissue Repair Therapy PEMF



Movement Therapy Manipulation

OUR PATIENTS SAY...

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

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

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

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

Call for your \$49 Helping Foot Pain exam!



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

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



Edward Reilly, DC

The Geographic Roots of Fairview's Early Settlers

Where did the early families that settled Fairview come from? In the US in general, German families tended to settle in the Lancaster and Reading areas of Pennsylvania. Families that came from England, Scotland and Ireland tended to settle within 40 miles of the Delaware River.

The Fairview families that lived in Pennsylvania lived in Bucks, Philadelphia, Delaware and Chester counties, and families from New Jersey lived in Hunterdon, Mercer, Burlington, and Gloucester counties. They entered what is now the US at the port city of Philadelphia, which was the largest and most important city on the eastern North American coast until around 1800.

These early settlers of Philadelphia and the Delaware River area tended to be Quakers, who had dominated the British Isles for a period of time but fallen out of favor by 1700. This caused them to leave England for Ireland and America. Philadelphia became the "Quaker City" for a period of time, and today the largest concentration of Quakers tends to be in the counties just west of Philadelphia.

The Quakers were very tolerant in many ways, but one thing did not set well with many of their members. Quakers had to get a certificate of removal from their local church to move to a different location. My

Whitaker family had to get a certificate from their church in Ireland to move to Pennsylvania. When the family decided to move to Rowan (now Davidson) County,

The Fairview families that lived in Pennsylvania lived in Bucks, Philadelphia, Delaware and Chester counties, and families from New Jersey lived in Hunterdon, Mercer, Burlington, and Gloucester counties. They entered what is now the US at the port city of Philadelphia, which was the largest and most important city on the eastern North American coast until around 1800.

NC, from Chester County, PA, they had to get a certificate from their church at Kennett Square in Chester County. The church approved the request with one exception: the oldest son, Mark, had to stay. That did not go over well with the family. The many Quaker families that moved to Rowan County from Pennsylvania soon changed their religion. The Whitaker, Reed and Merrill families, and many other others, moved from the Delaware River Valley of Pennsylvania and New Jersey to Rowan County, NC, and then began to move to Fairview in the late 1790s until a few years after 1800.

The second wave of families that ended up in Fairview were German. They moved to Randolph County, NC, which was settled by Germans, as well as Lincoln and Catawba counties. The Garren and Fouts

families were Germans from Randolph County. The Ingle, Creasman, Stroup and Dellinger families were Germans from Lincoln County.

Families almost always moved in groups to the same area. They lived near one another in the county they moved from and tended to move together to the new counties. They did not move to areas where they did not know anyone. If they moved together, they lived near people they knew, and they could depend on one another. It was hard to move to an area where you did not know anyone. Usually, people who moved to an area where they did not know anyone were people who had gotten in some kind of trouble where they moved from.

The next wave of people that moved to Fairview were from Virginia. The Ashworth and Williams families were the most prominent of these. The Virginia families tended to be more well off than the former Quakers and Germans. They also were

much more likely to have enslaved people. They settled in what is now Rutherford County before moving to Fairview.

Buncombe County began being settled in the 1780s. For many years, what is now Buncombe County was divided between two counties. Swannanoa was part of Burke County, and Fairview was part of Rutherford County. This meant that Fairview deeds, wills and court papers were kept in Rutherford and Swannanoa's papers were in Morganton.

Buncombe County was formed in the 1790s from Burke and Rutherford counties. Fairview became part of Buncombe County. Broad River was divided between Burke and Rutherford counties, but in 1840 it became part of McDowell County, where it remained until the 1920s.

Politics changed that in the mid-1920s. A very important Democrat in McDowell County was almost beat in an election in the 1920s. Broad River then, as now, was around 75 to 80 percent Republican. The general assembly took Broad River out of McDowell County and put it in Buncombe to assure this important Democrat had a safe seat.

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

2021 TOP AGENT OF THE YEAR

ALLEN HELMICK

ONLY 2 LOTS LEFT ON CHESTNUT MOUNTAIN! Spectacular long-range views, 2 to 3.76 acres, paved drives, miles of hiking trails through boulders, rocks, rhodos, springs, very close in, **\$95,000+** MLS#3640080

ATTENTION BUILDERS! 10 acres on 5-lane hwy, short-term rentals ok, corner Hwy 74A + Cedar Mtn Rd, water, sewer, gas, elect, cable, 3 miles to I-40. 10 homes allowed or 3 large multi-family apts/condos w zoning variance. **\$600,000** MLS#3644935

HISTORIC COMMERCIAL BUILDING ON SCENIC HIGHWAY 74A SOUTHEAST, metal roof, rough sawn lumber and block, new bathroom and septic, needs well. Make offer, seller serious! **\$100,000** MLS#3811093

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

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

REDUCED BY \$25K 3.26 ACRES on Top of the World! Spectacular views, overlooking Reynolds, E Asheville! Close up views of Cedar Cliff Mountain. Site Evaluation for 4 BR home. Call Allen 828-329-8400. **\$150K**

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

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

EXCEPTIONAL 2.27 ACRE mountain property w/ potential for gorgeous long-range views, near end of priv rd. Driveway put in years ago, to area previous owner intended to build. **\$70K** Call for info 828.216-3998

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

INVESTMENT OPPORTUNITY! CASH INVESTOR WANTED FOR JOINT VENTURE. Ideal for 3 lg multi-family units w/ lower & upper parking areas. Public water, sewer, gas, elec, cable & phone available on prime corner, 1800 ft rd frontage. Call Allen 828-329-8400. **\$600K.**

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

+ ALMOST 1/2 ACRE OF GREEN SPACE!

VIRTUAL TOUR VIDEO: bit.ly/2TFNmy8

UNDER CONTRACT



PRICE REDUCED Prime Haw Creek loc, 5 min to DT. Main lvl lg BR w/en-suite & gran counters. Lg LR w/ corn stove. High-end finishes & cherry cabinets in kitch. Upper lvl 2 BRs/1 BTH. Partially fin bsmt, gar w/storage. **\$420K.** Call Sophia 828-691-0311

NEW LISTING



BEAUTIFUL BRICK 3/1 RANCH HOME IN MARION! SS appliances, dining area, hardwood floors throughout. 1100 SF partially fin heated (wood stove) basement. Flat 1.21 AC. Attached carport. New windows w/ 25 yr warranty. **\$275K.** Call Susan 828-301-1410.

PRICE REDUCED AGAIN!



CANE CREEK VALLEY 1.55 acres flat prop. High ceilings, orig wood floors. Roof, HVAC, water htr replaced in last 5 yrs. Septic permit perked for 3 BD. Fin bsmt w/ 1bd/1ba, kitchenette. Short-term rentals ok! Huge outldg. **\$700K.** Call Jen 828-575-8276

5 UNRESTRICTED ACRES



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

8 ACRES IN CANDLER



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

UNDER CONTRACT



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

MOUNTAIN ESTATE



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

NO RESTRICTIONS



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

LAND/HOME PACKAGE



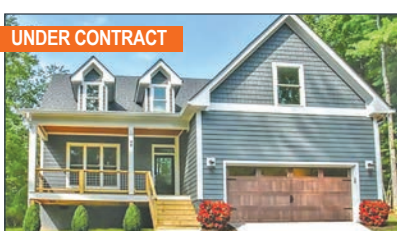
ARTS & CRAFTS STYLE HOME with open floor plan, 3BR/2BA on one level. Vaulted ceiling in living area, covered back porch. Master suite w/lg tub & sep shower. Real wood floors. 1565 sq ft on 1/2 acre. **\$534K.** Call 828-628-3088.

CANE CREEK VALLEY



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

UNDER CONTRACT



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

LAND/HOME PACKAGE



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

Changeable Weather Will Continue

The changeover to a new year brought us unusual weather. December 2021 was about 2.8 degrees warmer than November 2021. The average November temperature was 45.0 and the December average was 47.8. November's temperature was also 2.8 degrees lower than average, while December was 6.4 degrees warmer than average. While this is unusual, it isn't unprecedented. It has happened eight times since 1900. And rainfall for both months was far below average, regardless of the temperature. Both months recorded only an inch or so.

Considering how the winter has switched from cold to warm already, I am quite sure it will do it a few more times and maybe we will get some snow as well.

You are probably reading this on or near Groundhog Day, a popular tradition in the US and Canada on February 2. While it's a way to have a little mid-winter fun, climate records and data tell us winter isn't over. Climatologically speaking, the three coldest months of the year are December, January, and February, so winter typically has a good bit to go when the groundhog comes out in search of his shadow.

The unusual warmth of December was

QUESTION of the MONTH

Why is the weather in March usually so changeable?



Edgeworthia

followed by a more typical January, with bouts of cold weather. The warmer end of the year encouraged the green tips of many daffodils to show parts of their greenery above ground by mid-January. This also brings to mind that there are a number of flowers and shrubs that can and usually do bloom in our area in February, from mid-to late winter. One of the most cold-hardy is the Lenten or Christmas rose, which is a perennial flower that does well in a woodland garden in part shade. Two bulbs that bloom in the winter are snowdrops and winter aconite. They are both tiny bulb bloomers: white snowdrops bloom and push through the snow; winter aconite tops out at six inches, and its yellow blooms come out earlier than the crocus. Various daffodils and narcissus bulbs actually

emerge in late January or early February, so it's not that unusual to see them now.

In addition to being a meteorologist, I'm a nursery owner who likes to grow many unusual plants. I have a new winter favorite. If you would like an apricot-scented shrub in your yard in winter, try the edgeworthia. It is hardy for zone 7 (our area is a mix of zones 6B in the higher elevations and Zone 7 in the warmer urban areas). Edgeworthia likes a protected spot, so tuck it into a partly shaded area away from cold winter winds. It is also known as the Oriental paper bush plant and provides superb winter interest and fragrance. This well-branched shrub begins blooming in December, when it's nothing but a bare silhouette in the garden, and continues through winter. The individual florets are tiny, but they cluster with a wonderful fragrance. In spring, after the blooms pass, it sports lovely bluish foliage with silvery undertones that are both eye-catching and soothing, and the foliage turns yellow and drops in fall before winter flowers appear. This plant gets about seven feet tall and wide but can be pruned.



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

WEATHER WONDER

How many different types of snowflake shapes are there?

Let me share a couple of my favorite snowflake quotes.

"Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand—and melting like a snowflake."

—Francis Bacon

"A snowflake is winter's butterfly."

—Unknown

"Sadly, my socks are like snowflakes, no two are exactly alike."

—Graham Parker

There are actually 35 different types of snowflake shapes.

If you want to learn more, visit snowcrystals.com for amazing info, pictures and videos.



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More Thanks

I've mentioned thank you cards before, but here are two more thank you cards from clients of the Food for Fairview pantry. These cards show the impact the pantry has on food-deficient people of Fairview, and it's important to let the donors, the public, and the volunteers of the pantry see them. The cards are posted at the pantry so volunteers can read them.

On the inside of the first handwritten card was printed, "Thank you for your kindness when I needed it the most."

"Dear staff and volunteers, Thank you so much for the important services/food you provide. You gave me food this fall. I would like to donate \$125 to repay this kindness. You treated me with respect."

Printed on the outside of the second card was "Thank You," and printed inside was, "You brightened my day!" On the inside was written "Thank you, our wonderful caring, blessed ladies and gentlemen. God bless all of you" by the client's sister. On the other side of the card, the client wrote, "Dear friends at Food for Fairview. We have gone through so much yet there are people like you—kind, giving without judgement, caring—that have shown us that life is worth going on despite our loss and difficult situation right now. So very grateful for your help! Many, many thanks."

The pantry is now concluding its winter donation drive. The entire volunteer staff

wishes to thank the donors who have responded for their generosity. I would also like to thank the volunteers who have been in the pantry every week since the pandemic started.

The pantry continues to look for someone to assist the pantry manager. The time commitment is five hours on Monday afternoons and several hours on Tuesday mornings, when the pantry receives orders from MANNA Foodbank and TEFAP supplies. Computer skills are necessary to place orders with MANNA when the pantry manager is out. Another responsibility is to contact needed volunteers if any of the regular volunteers cannot make it. If you are interested, please contact the pantry manager, Leslie Austin, at the pantry on Monday afternoons at 628-4322.

The pantry has two donation collection wagons: First Bank at 5 Olde Eastwood Village Boulevard, Asheville, and Americare Pharmacy at 1356 Charlotte Highway, Fairview.

There was talk about placing a wagon at the library, but they did not want to appear to favor one non-profit organization over another.

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

Chrome, Cold, Crypto and More

Chrome 97 can now delete all the data that sites have stored on your device, not just cookies. Make sure you have this version. To get it, click the three dots in your toolbar, hover over Help, then choose About Google Chrome. Once you have this version, go to Settings > Security and Privacy > Site Settings > View permissions and data stored across sites.

Now that colder temperatures have arrived, it is time to avoid charging up any device that has been below freezing. Charging a lithium-ion battery that is below freezing can permanently lower its capacity. The battery will weaken physically as well, making it more likely to fail in an explosive way. Also, displays don't do well below freezing. Let such devices warm up a bit before charging and using them.

Norton 360 software users should pay attention to a new feature called Norton Crypto, which is a cryptocurrency miner that can mine or make Ethereum coins. At least you have to agree to enable it. Find more information at community.norton.com/en/forums/faq-norton-crypto.

If you have to help relatives or friends with computer or other tech problems, one of the easiest remote support solutions might already be in your hands. If both parties are comfortable with any one of the many video apps—Zoom, FaceTime, Google Meet or Duo, etc.—just use one

of those. The best part is that you can direct them to show you which cables are plugged in where and let them know whether they need to be changed.

The pandemic has accelerated online buying, and it's time for you to review some of the warning signs when looking for good deals. To avoid fake or stolen items, pay attention to bizarrely low prices, sparse or suspicious listings (including a found or locked device), the seller using an anonymous profile, no way to contact the seller, being asked for personal information, and being asked to pay via untraceable money transfer, cashier's check or some kind of cash card.

With the latest iOS (15.2) and macOS (12.1), you can designate a legacy contact, who is a person with access to the data in your Apple account after your death. Go to fairviewtowncrier.com/links to find a link to a how-to guide. Google's Inactive Account Manager offers a similar tool for allowing others to access your account. A link to more information about that can be found at the same page referenced above.



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

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Meet the **CRIER'S BOARD OF DIRECTORS**

A nonprofit needs a board, and the *Crier* has a good one, made up of locals who are invested in the community.

We thank our board members for their service to the paper and the community. Learn a bit about some of them below!



BILL CARPENTER, CHAIRMAN

- Lives: In a log home on a hill just off Upper Brush Creek.
- How long in Fairview:

Like the old saying... "I wasn't born here, but I got here quick as I could!" I've been here about 9 years.

- What he loves about Fairview: I love these mountains, and the trees and the kindness of my fellow Fairviewians!
- Why the *Crier* is important to him: Since we don't have a real town center, the *Town Crier* feels like our center. A place where we can get to know each other a little more and celebrate what makes our little place on Earth special!



JOHN AGER

- Lives: at Hickory Nut Gap Farm.
- How long in Fairview: Since 1969.
- What he loves about

Fairview: Fairview remains a wonderful mix of rural and suburban, and attracts a broad range of people while holding on to

so many families with a long legacy to the community.

- Why the *Crier* is important to him: The *Crier* is the glue that nurtures and informs our community.



MARVIN BENNETT

- What he loves about Fairview: The community.
- Why the *Crier* is important to him: The *Town Crier* is the "town."



LINA EVANS

- Lives: off 74A, off Hollywood, right after Flying Cloud Farm.
- How long in Fairview: Moved here from

Evanston, IL, outside of Chicago, in 1998.

- What she loves about Fairview: The countryside, seeing all the pastureland with the mountains in the background, the animals. And the people, both old-timers and newcomers; love most all of them!
- Why the *Crier* is important to her: To have a local paper that binds us all together as a community is just amazing and a blessing.



RIPLEY HOTCH

- Lives: on Hollywood Road for 15 years now (in the Asheville area for 28 years). With my partner, I had two B&Bs

in Asheville (Montford and Biltmore Village). Before that, I was a magazine and newspaper editor and columnist in Detroit and Washington.

- What he loves about Fairview: Fairview is special because it's convenient to Asheville but has a feel of being out in the country (well, it is out in the country). Neighbors still know how to be neighbors.
- Why the *Crier* is important to him: The *Town Crier* has always helped me feel like I know what's going on here, and gives the area that sense of community the way newspapers used to do back before our lives were consumed by social media. It's also a delight to have a local paper that is well-written and thorough.



LYNN STANLEY

- Lives: A Florida native, I now reside about halfway up Flat Top Mountain, having found my way here in 2007 after living

in several cities both north and south and in one foreign country. Am I here to stay? Absolutely.

- What she loves about Fairview: The mountains and the people. Nowhere better.
- Why the *Crier* is important to her: I copyedited and wrote for the *Town Crier* for a number of years, and I still love to read it and support the *Crier* team any way I can.

The *Town Crier* is an amazing unifier of the community. The diverse yet local-centric content, timely reporting and lively writing make it an important and enjoyable read. It's like friends we've yet to meet coming to visit and talking to us about things we want (and need) to know.



PAT STONE



- Lives: My wife Becky and I moved to Fairview in 1979 (from Gerton; before that, Philadelphia). We live at the

bottom of Tater Knob, where we raised four fine children who have long-since fled the nest. For 32 years, I was the publisher and editor of *GreenPrints* ("The Weeder's Digest," the quarterly magazine that shares the personal side of gardening).

- Why the *Crier* is important to him: I can appreciate all the hard, unending, detailed work it takes to produce this wonderful monthly community paper—that we all get for free! The *Fairview Town Crier* is truly our community paper, helping us stay connected and reminding us all that a steady stream of good deeds flows all around us. How wonderful it is that the *Town Crier* is our place to acknowledge that.

Sandi Bryant and Stephanie Sizemore are also members of our board.

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Composting Equals Black Gold

By DIANE BRUNO

Remember these lyrics in the Beverly Hillsbillies theme song?

*Come and listen to my story about a man named Jed,
A poor mountaineer, barely kept his family fed,
And then one day he was shootin' at some food,
And up through the ground come a bubblin' crude.
Oil that is, black gold, Texas tea.*

Well, in Buncombe County, we have the ability to make a different, more environmentally friendly black gold—black, nutrient-rich compost—by composting all of our food scraps. And it couldn't be easier.

My family lives in a condo and began composting in November 2021, shortly after reading an article in the *Citizen-Times* that the City of Asheville, in partnership with Buncombe County and the Natural Resources Defense Council, set up two sites for county residents to drop off food scraps of any kind, including bones, meat and pizza boxes. Yes, pizza boxes!

There currently are two locations to drop off your compostable items:

- **STEPHENS-LEE RECREATION CENTER**
"Food Scrap Shed" next to the community garden on the north side of the parking lot
30 Washington Carver Avenue, Asheville
Monday to Friday: 7 am–6 pm
Saturday: 8 am–2 pm
Sunday: 12 pm–4 pm

- **BUNCOMBE COUNTY LANDFILL-CONVENIENCE CENTER**
85 Panther Branch Road, Alexander
Monday to Friday: 8 am–4:30 pm
Saturday: 8 am–12:30 pm

How to get started

Go to ashevillenc.gov/service/backyard-composting or simply do an online search for "Buncombe County Compost." Once you're on the site, click on the green "Register For Food Scraps Drop Off" button and complete the online registration form. This is an important step for the program to track its outreach efforts and the impact of the county's food scrap diversion. You will also be informed of the Stephens-Lee Recreation Center's shed combination lock code.



Opening the food scrap shed in Asheville.



Diane depositing her compost.



There is no code needed for the county landfill location. You can use your own bin to collect your compostables, or the program will provide you with a free, very nice countertop bin.

What happens after I drop off my family's food scraps?

The scraps are picked up by Danny's Dumpsters, a local composting company run by Danny Keaton. He turns the food scraps and pizza boxes into black gold—beautiful, nutrient-rich compost available all year by the yard or pound for pickup or delivery. Call Danny's Dumpsters at 380-9094 for more information.



How we set it up
I bought a three-gallon bin online—it is larger than the free bin the program provide, and is perfect to collect my

family's compostables for a weekly drop off. It came with a plate that attaches to the inside of our cabinet, under the sink, for easy access. We use compostable bags add baking soda for odor and moisture absorption. It doesn't smell.

Since the pilot project launched in October, over 17,000 pounds—nearly 9 tons—of organic matter has been diverted with more than 1,000 households participating. So what are you waiting for? Let's all make some nutrient-rich black gold!

Not vaccinated yet? Still hesitant?

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Cold Weather Readiness and Vitamin Recommendations

According to the National Weather Service, the way to avoid frostbite and hypothermia is to plan for extreme cold before it arrives. Don't get caught unprepared.

Check the forecast at weather.gov or your favorite weather app or local TV station. If possible, adjust your schedule to avoid being outside during the coldest part of the day, which is typically in the early morning. Try to find a warm spot for your children while waiting for the school bus outside. Dress in layers when going outdoors, with a hat and gloves, even if you don't think you'll be out long.

Frostbite Facts

Frostbite can happen in minutes, especially with fingers, toes, noses and ears, but can affect any area of exposed skin.

If you suspect frostbite, immediately move inside to a heated location and begin warming the affected areas using warm water or body heat.

Here are some things you can do (and not do) if you suspect frostbite:

- Don't rub or massage cold body parts.
- Put on extra clothes and blankets.
- Get in a warm—not hot—bath and wrap your face and ears in a moist, warm—not hot—towel.
- Don't get near a hot stove or heater or use a heating pad, hot water bottle or hair dryer. You could burn yourself before your feeling returns.

When your body temperature drops below 96 degrees, you have hypothermia, a serious health hazard that occurs when body temperature is lowered too much. This condition requires immediate medical attention.

Of the approximately 1,300 people killed by hypothermia each year, most are seniors, but some are children and young adults.

Avoiding Hypothermia

- Dress in layers
- Wrap up well when going outside.
- Wear a warm hat.
- Ask your doctor if any medicine you're taking increases your risk of hypothermia. Drugs that may cause a problem include barbiturates, benzodiazepines, chlorpromazine, reserpine, and tricyclic antidepressants.

If your temperature is 96 or less, you feel cold and sluggish, or you are having trouble thinking clearly, see your doctor immediately or go to the nearest emergency room.

If you are trying to help someone who you suspect may have hypothermia, be sure to call an ambulance first. The, n lie close to the person and cover both of you with thick blankets.

What's in Your Vitamin Cabinet?

Vitamins are a good way to ensure that your body has the needed nutrition that we can't always get from our diets. They can also help with specific health conditions.

In general, I recommend the following (but you should check with your doctor before starting any new medication).

- High-quality multivitamin. I am using more liquid forms of high-potency vitamins, and Whole Foods and Earth Fare brands seem to have the highest quality.
- Omega-3 oil, 2,000 mg day. Must be molecularly distilled (removes toxins in the fish).
- Turmeric, the ancient wonder nutrient
- Vitamin D3, 2,000 IU per day.

For arthritis, I use glucosamine with chondroitin and MSM. The results may not show up for months. I like Pure Encapsulations, Douglass Labs—but buy it from Earth Fare, Whole Foods, and Green Life-type stores.

For statins, use Coenzyme Q10. This replaces the enzyme removed from your body by drugs and energizes your heart muscle. Ubiquinol is the best form of CoQ10.

For reflux, try a digestive enzyme and a probiotic; these can help half the time. You can add Betaine HCL if protein meals give you trouble.

There are many more helpful vitamins and nutraceuticals (a fancy word for vitamins). If you buy your vitamins from Sam's Club, you are less likely to have a high-potency vitamin. I think blood work-based testing is one of the optimal ways to determine health concerns that may be helped with nutritional support.

Dietary Suggestions

Eat a lunch and dinner with 50 percent vegetables, 25 percent protein, and 25 percent non-wheat grains like beans, rice, and sweet potatoes. If your joints hurt and you feel bloated, try avoiding wheat products for 20 days. You may be shocked at how much better you feel. Try drinking half your body weight in ounces of water per day. (Don't do this if you have kidney issues or are using Lasix medication for fluid control.)

If you are not aware of the role of systemic inflammation in all chronic disease processes, go to deflame.com and learn about it. Do it for your family.

Ultimately, we are responsible for our own choices and health. The more you take care of yourself, the less you will spend in our incredibly costly health (disease) care system.



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

Five Indicators of a Learning and Behavior Disorder

Childhood learning and behavior disorders such as attention deficit hyperactivity disorder (ADHD), oppositional defiant disorder (ODD) and autism spectrum disorder (ASD) and learning disorders (LD) such as dyslexia, dyspraxia, dyscalculia and dysgraphia have become increasingly more common. Being able to differentiate between a difficult phase in a child's life or whether there is an underlying condition causing challenging behaviors can determine a child's future success in school and social life. These conditions affect children in a variety of ways, including cognitively, emotionally, behaviorally and even socially, which can alter their confidence and self-esteem later in life. Early intervention is crucial for successful treatment and normal development.

Prenatal or Neonatal Risks

Poor growth development within the uterus, low birthweight, premature or prolonged birth, and illness or injury during or after birth have been associated with an increased likelihood of developing a learning and behavior disorder. The earlier a baby is born, especially prior to 32 weeks, the greater the increase in likelihood of functional problems (vision, hearing, breathing impairments, etc.). There is also a greater chance of a lack of proper neurological development.

Abnormal Development

A developmental delay occurs when a child is not achieving milestones compared to their peers of the same age. Developmental delay assessments should be performed at routine examinations but can also be spotted by parents and guardians.

One of the first signs to look for is failure to crawl—these children often will shuffle on their bottom instead. Once crawling, they may do an army/commando crawl instead of being upright on all fours. Walking late (after 18 months) and being “floppy” due to poor muscular tone, known as hypotonia, may be present. Other patterns of abnormal development include developmental arrest or regression, where a child stops progressing or even loses previous skills. In the case of loss of development, seek immediate attention, as there could be further underlying conditions.

Retained Primitive Reflexes

Primitive reflexes are automatic reflexive patterns of movement or actions that ensure survival and connection to the parent during the first year of life. An example of this is when a baby automatically grasps an object that touches their palm or reflexively turns their head if their cheek is stimulated for feeding.

As the brain and nervous system develops and matures, these reflexes evolve and are no longer present. Studies have found that children with learning difficulties, including those with ADHD, have a significantly increased probability of displaying retained primitive reflexes (RPRs) later in life. RPRs have been associated with decreased intelligence or dysfunctional reading and motor skill development. RPRs can result from a problem at birth (even a cesarean birth) or during the initial months of life from illnesses, lack of tummy time, an injury or head trauma. When spotted early, RPRs can be properly integrated to increase the likelihood of normal neurological development.

Exposure to Violence or Substance Abuse

Studies have shown an association between maternal smoking/alcohol/drug use and disorders such as ADHD, as well as other learning and behavior disorders. Alcohol is known to potentially cause malformation of an embryo and has been commonly associated with fetal alcohol syndrome, but links have also been found for symptoms of inattention and hyperactivity later in life.

Exposure to chronic stress in utero, as well as later in childhood, has been

linked to changes in part of the brain called the prefrontal cortex, which is responsible for attention, impulse inhibition, planning and memory. Chronic stress and trauma in childhood has been associated with challenges with working and short-term memory.

Environmental Toxins

Exposure to environmental toxins has been linked to several learning and behavior disorders. In particular, exposure to high levels of lead, found in common paint and toys, has been proven to cause difficulties with executive function, attention and alertness. Other common environmental toxins to consider are organic pollutants (pesticides and PCB). Polychlorinated biphenyl (PCBs) have been correlated with impairments in working memory, cognitive flexibility and impulse control.

If a child is presenting symptoms associated with learning and behavior disorders and has a history of any of the above mentioned risks, an evaluation is recommended.

Dr. Diana Tyler is an Associate Doctor of Chiropractic at APEX Brain Centers, currently seeking post-graduate board certification in functional neurology. She can be reached at ApexBrainCenters.com or 708-5274.

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Supporting Those Affected by Prostate Cancer

With one click, the link is open and another man appears on the screen. There is a bit of trepidation for the new participants, along with curiosity. What will this be like? Will questions finally be answered?

Participants begin with the often-dreaded introductions. The first name is given, location, occupation—unless retired, which is often the case. And soon, a sense of calm begins to move through the crowd. There are men here of all sorts, and spouses, loved ones, and health providers join too as supporters. The earlier thoughts of being the only one continue to melt away.

You Are not Alone

Difficult topics are just that: difficult. Prostate cancer is a diagnosis that will impact one in eight American men. Those are not good odds. One man dies every 15 minutes because of prostate cancer. Avoiding the topic will not increase one's survival rate. Only early detection and advancements in treatment offer men the possibility of living cancer-free for many years. And there is much to be gained from participating in a support group. Just the psychological impact of not feeling alone goes a long way in the healing process.

Us TOO is just one organization that

offers opportunities for those concerned with prostate cancer issues to gather, share information and insights, and hear from medical professionals. Groups such as ours offer connections to resources and knowledge regarding new techniques and procedures, and men sometimes share their stories in order to benefit others. These types of gatherings are also open and welcoming to those who have not been diagnosed.



Joining forces to support the prostate cancer community

I was first introduced to our local group in 2013, which at the time was called ManToMan. My stepfather had been diagnosed with prostate cancer. He was living in Florida and I was here in WNC. I was concerned for his health and wanted to help. My thought was that I could attend the group and pass along information. So, I joined. I felt slightly uncomfortable as the only woman in the group, but I was warmly received.

When they asked why I had joined, I told them about my stepfather and what I

had learned about prostate health. While attending the Barbara Brennan School of Healing in 2007, I heard a lecture on men's health. I was deeply moved by what was shared. Traditionally, men shy away from discussing personal health. As a result, health issues can get set aside. My interest in the topic inspired me to do my senior research paper on the prostate. I quickly discovered that a large majority of the men I surveyed did not know where their prostate was, what it was or its function. I was shocked.

Future Plans

It has been almost nine years since I joined our group, which is officially called "WNC Prostate Support Group—Us TOO." A lot has changed, including the name. The group has relocated twice and now offers meetings over Zoom due to COVID-19. We have 15 to 20 people attend each month, and our group will soon join

▶ WNC Prostate Support Group

March 1, April 5, May 3, June 7 (Tuesdays at 7 pm)

Meetings are held via Zoom. Free to attend. Medical professional speakers will participate when available. For more information, email wncprostate@gmail.com or call 419-4565.

with other local groups, such as ZERO, to add new members. My role has shifted from gathering information to managing online invitations and posting speaker announcements in local news outlets and on Facebook.

There is still much work to be done with awareness and treatment. The death rate due to prostate cancer is only falling 1.5% per year.

If you or a loved one has a high PSA (prostate-specific antigen) test result, family history, a recommendation from a urologist or a diagnosis of cancer, I welcome you to join us so that you can get the information you need and feel less alone.



Monthly meetings are held virtually, like this one, via Zoom





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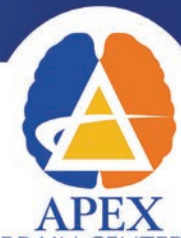


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How to Improve Your Nature Photography, Part 1

We've all probably experienced going to a beautiful place, reveling in the gorgeous scenery and trying to capture it in a photo—only to have it pale in comparison to the image in our minds. Although we cannot fully embody the experience of being outdoors in a photo, choices in composition, lighting and subject may help evoke a deeper connection to people and nature. What are some of the ways to do this? Travis Bordley, Roan Ecologist with the Southern Appalachian Highlands Conservancy, loves helping people connect to conserved land and nature through their photographic lens.

How did you get started in nature photography?

I got started in nature photography in a very unconscious way. I'd always been attracted to cameras and beautiful images, and I enjoy being outdoors—so a combination of the two came naturally. Just after college I bought my own camera, and that was really when I felt invigorated to shoot what I wanted, when I wanted. That's when it became a passion. I was starting to travel a lot and seeing things that I wanted to document, and I wanted to photograph the beautiful places I'd been hiking my entire life.



PHOTOS © TRAVIS BORDLEY

What have you done to hone your craft?

It's an ongoing process. Practice and repetition are key. I've gone to the same places to shoot the same thing numerous times, always seeking better results. Have the tenacity to outdo yourself; to think, "I can do it better if I just try one more time." *How does your interest in nature photography help you engage in the land or conservation? Does it make a difference in how you approach conservation?*

To me, they are one and the same thing; one thing supports the other, and vice versa. I view land as this incredibly beautiful thing to be protected because I want to capture stunning images of it. And as a conservationist, I see beautiful things that we need to protect, and I want to show that to other people in my photographs. That's why I love working at SAHC—I can do both simultaneously.



What are some of the most interesting things you've photographed?

My photos of WNC are probably my best images because they are the most interesting to me. I keep repeating those, going back to those same places. I also love photographing nationally renowned landscapes across the country, but I don't think the same "heart" is in those images as the ones that shine with the love and appreciation for home. I also enjoy chasing a good story—whether a person or a theme—and documenting something or someone that has something to say. For example, I love following friends that are athletes in the world of extreme sports and documenting their experiences, which can lead to some incredible shots. I also particularly enjoy being a landscape photographer; I'll never get tired of looking out over a range of mountains at sunset.

What would you recommend that people look for in taking nature images?

When taking nature or landscape images, the pursuit of good lighting is even more important than subject matter. If you shoot a beautiful mountain in poor lighting, you may end up with a mediocre image, but if you choose a less

attractive landscape with good lighting, you may end up with a stunning photo. Lighting really makes or breaks an image. Sometimes you have to choose the subject based on the lighting. For example, if you went out to shoot a good sunset and the lighting just isn't right for it, look instead for what is available and would benefit from the particular lighting conditions you are in.

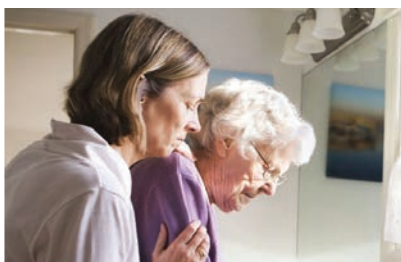
Want to learn more or see gorgeous nature photos for inspiration? Visit travisbordleyphotography.com or find him on Instagram @travis_bordley.

Part 2 of my conversation with Travis will be in next month's paper.

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

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—Trevor G., February 2021



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—Gary G., September 2020



FAIRVIEW IS FOR LOVERS

Jessica & Megan



Jessica Rex & Megan are celebrating their sixth Valentine's Day together. Bear loves Honeybee forever!

Swashbucklers



Every day is Valentines with my sweetheart, Mrs. Swashbuckler. Except when she gets too feisty sippin' white lightning round the campfire. Mwah.



Mark & Peggy



Peggy and Mark got married July 17, 2021

Bobby & Stephanie



You light up my life! My sweetie loves me like crazy, keeps me laughing & serenades me with love songs every day! We are a match made in heaven! —Stephanie

Caleb & Emily



Caleb, happy first Valentine's Day together. I love you!!
—Emily

Chris & Sarah



Chris, I'm so thankful for you and this beautifully crazy life we have together! Happy Valentine's Day, my love. —Sarah

David & Clarissa



To my favorite adventure companion, David. I love being your Valentine every day of the year. Happy birthday too, mister. Love, Clarissa

Debbie & Tom



I just want to say how much I love Debbie and I would marry her all over again!

Cari & Pat



Happy Valentine's Day, Cari. I love you! Pat.

Glen & Jill



Fairview lovebirds!

Amber & Brad



Amber, you will never fully understand how much I adore you. You mean the world to me. I will always love you, no matter what the world throws at us, with all of my heart. Happy Valentine's Day! Love, Brad

SheNeka & Jeremy



My sweetheart is my husband, Jeremy. We got married last August but have known each other for over 25 years. He is my soulmate and the man of my dreams. I love him so much and I still want to spend the rest of my life with him.

Katherine & Yuri



Happy Valentine's, my darling! I would love you even if you shaved your mustache.

Jenny & Ed



For the 39th time, I'm so lucky to call Ed my Valentine! XOXO, -Jenny

Peggy & Kurl



Peggy and Kurt celebrated 35 years of marriage in January. Their sneaky kids would like to wish these lovebirds the happiest Valentine's Day. Enjoy your empty nest!

Berla & Whiskey Boot



Berta, I love life with you! Happy Valentine's Day. Love, Whiskey Boot

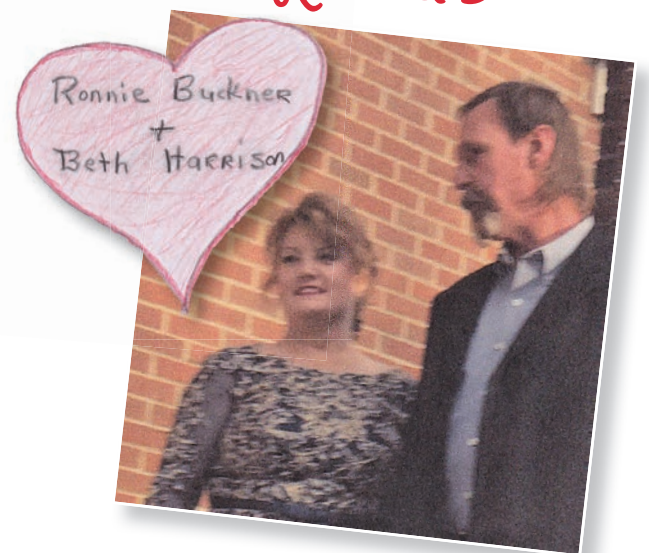


Nikki & David



Partners in life and business, working together for 18 years.

Ronnie & Beth



Finally, after 12 years of asking Beth to marry him, they were married on January 1, 2022 at Emma's Grove Church.

Bonnie & Dan



Bonnie and Dan heading toward 25 years of marriage. There's nowhere else we'd rather be.

Eva & Nel



Eva, I am grateful to have found you, excited for our future, and exhilarated to embark on the adventures we have ahead of us! I love you with all my heart. -Nel



We Love All of Our Fairview Cardinals

by Kenya Hoffart

When recently asked what they loved most about Fairview Elementary, teachers, staff, parents and students almost always said one of three things: they feel safe; they feel a sense of family and community; and they feel loved and encouraged.

Mrs. McMinn, a fifth-grade teacher at FES, said, "I love FES because it feels like home. Our building is filled with caring adults and students who want the best for each other. We celebrate an environment that is inviting and safe and where all students can learn and celebrate their successes." One of her students said, "Everyone is so nice, and it feels like a family here." Another student shared, "I love FES because of all of the kind teachers." And another said, "I love that the teachers and staff are very nice and encouraging."

Alayah, a fourth grader said, "I love our school because of the teachers and how they always try to help us." Ashaunti, a third-grade student, said, "I love our school because everyone is helpful and kind."

Mrs. James, a second-grade teacher, said, "I love teaching at FES because our staff feels like a family. Also, the parental and community support at FES is amazing. I feel appreciated and loved by students and parents. I am always



proud to say I teach at FES because of the high standards we hold ourselves and our students to. We are an example of what a well-run school should look like."

Terica Banks, the AIG teacher at FES, said, "From the moment you walk through the front doors, our amazing office staff welcomes you with warm smiles. As you travel the halls and observe our awesome teachers in action, you notice their love and dedication for their students. High expectations, a strong team of parents, staff, administrators, and the best children in the world are what I love most about FES."

Cristy Brunner, a parent of a fourth grader, said, "FES has not only taught my kids a lot, but I've learned a lot, too. The staff and teachers have taught me how to better communicate and encourage and communicate with my kids. I know kids are safe and happy at school, and I am always excited to hear the highlights of each day. We are very blessed to live in this community and very thankful to be part of a great school."

Baxter Snider, who is the mother of four school-aged children, said, "I love how welcoming and helpful everyone is—office staff, teachers, assistants, everyone. Coming from out of state with so many children, it is daunting starting with a new school. We often feel like a burden enrolling four children anywhere. Previously we have been met with eyerolls and audible sighs over the amount of paperwork that needs to be completed. Not at Fairview! FES staff has made the transition so easy and has truly made us feel like family from day one. Everyone works so hard to learn faces and names, so you feel like a part of a community, working together to help our children.

"When it comes to parent/teacher communication, I have been blown away by every teacher's prompt and genuine responses," Snider added. "Teachers have so much on their plates and somehow still find the time to ensure parents are

up to date on their child's struggles and accomplishments. There always seems to be a well-thought-out plan for helping the child, both in making changes for improvement or continuing to encourage them down a path of success. In the five schools my children have attended, never have I seen so much love and devotion from every single school employee."

Kevin McAbee has two students at FES. He said, "I love the dedicated teachers and staff of FES, who tirelessly work to make school a fun and safe environment where all students can learn and thrive. The teachers and staff always care so much for the students at school, and it shows every day."

No matter the association with FES—students, teachers, staff members, or parents—it is easy to see that everyone loves FES, and how each person holds a valuable role in making FES great. In a month when we celebrate the things we love most, our love for our school can't be overlooked. We are proud Fairview Cardinals. We love our school community, the encouragement we feel every day, and the difference we make along the way.

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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Remember to Stop and Smell the Azaleas

Last year, I was one of the junior marshals, which are students who volunteer to help at the graduation ceremony to make sure everything goes smoothly. At the time, it was nothing more for me than volunteer hours and a chance to see my friends graduate. When the ceremony ended, I changed out of my dress clothes and went to work, just like it was any other day. Over the last few weeks, though, I haven't been able to stop thinking about what it will be like for me. After all, I'll be in my friends' place in a few months.



more about my fifth-grade graduation than I do about my middle school one. I remember wearing pigtales as a frivolous tribute to leaving my

childhood behind. I remember my mom letting me wear her tinted lip balm and some blush and feeling so grown up. After that, I remember ugly crying. A lot of ugly crying. I think the pictures exist buried deep in one of our family's photo albums, and I think it's best that they stay there. I also remember thinking about how far away 2022 felt—but here we are.

When my family was packing away our Christmas decorations at the end of this holiday season and bringing out our year-round decor, my mom came across a framed picture of me from my preschool graduation (shown above). A.C. Reynolds High runs a daycare/preschool for the kids of teachers, and as soon as I was old enough that's where I went. In the picture my mom found, I am standing in front of the azalea bushes outside the library, grinning like nobody's business. As soon as the azaleas are blooming again this year and I

get my cap and gown, I'm determined to retake the picture for my senior portraits.

A lot of things have changed between then and now. When I was graduating from preschool, I couldn't have guessed that I would be spending more than two years in a pandemic, let alone know how to pronounce "pandemic." I've learned how to play the tuba and the baritone (aka a euphonium), and I can hack out a scale or two on the trombone. I've written

for the Town Crier since my 8th-grade year. I've been accepted at five out of the six colleges I applied to and am waiting to hear from the last one. I wonder what else will change before I walk across that stage in June? I guess there's nothing to do except wait and see.

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



Avery Love
TEEN PERSPECTIVE

A few weeks ago, I was digging through my school emails and came across a fossil, dated June 11, 2015. It was from my fifth-grade teacher, saying that it had been a pleasure teaching us that year. And at the end of the email, there was a link to the video of our graduation. Naturally, I clicked it, because who wouldn't? In the video, all the graduating fifth-graders filed in with our matching 2022 t-shirts, standing shoulder to shoulder on the bleachers in the auditorium. Honestly, I remember



ACRHS STUDENT OF THE MONTH
Josh Walker

Sherry Riddle, Josh's Game Art and Design teacher, explained his nomination. "Josh epitomizes RPI [Rocket Pride Inside. Respect. Pride. Integrity.]. He works very hard in class and prioritizes his grades and being the best student possible." Beyond his work ethic, Josh's desire and willingness to help

others stands out. History teacher Bill Rice says that Josh's "instinct is to not only help his fellow classmates, but support them both inside and outside the classroom." When he heads off to UNC-Asheville later this year, his teachers are in agreement that Josh is ready to succeed. CTE teacher Cyndi Jones said that "Josh has the patience, problem-solving skills, and empathy to be an asset in any human services area."

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Ed Tatsch: Repairing Typewriters for Young and Old

“It’s only 15 miles, but it takes about 30 minutes,” Ed Tatsch said of the distance from his home just over the county line to his parents’ house here in Fairview.

Tatsch’s parents, Gene and Mary Lou, moved to Fairview in 1998; soon after, Tatsch and his family transferred to WNC as well. “I’ve enjoyed watching Fairview grow and change over the years,” he said. “Like this place,” he gestured around Daymoon Coffee Shop, where I met with him. “I doubt it would have made it back when we moved here, and look how busy it is now.”

Tatsch knows a little something about the past and present colliding. At his business, ETS Networks, you’ll find advanced, highly technical printers sharing space with their ancestors: old-fashioned typewriters.

Since 2010, he’s been working with small businesses, providing tech support and other IT services. In 2017, Tatsch expanded his company, purchasing a printer service business called ABC Office Systems. The former owner asked him, “What are your plans for the typewriter service?” Surprised, Tatsch responded, “You have typewriters?”

Tatsch had learned to type on a new-fangled electric typewriter back in 1978, but he’d not thought much about the clunky things since the advent of word processing. He certainly didn’t know anything about repairing them. “Yeah, I’m going to let that go,” he said, dismissing the typewriters entirely.

Then the phone started ringing. Some called for repairs, others for supplies, and still others to make a purchase. This was clearly a more viable opportunity than Tatsch had realized, so he called the



previous owner back. “This is Ed. I need you to teach me about typewriters,” he told him.

Tatsch didn’t own a machine himself, but his wife had a couple. “They were just down in the basement,” he explained, chuckling. “Poor, unloved typewriters.”

“One of them was a Sears portable from the 1960s that had been in a box for 30 years. Beautiful machine,” he said fondly. “The other was from the 1920s. It was dusty, not in a box or anything, but it still works. It’s in great shape.” So, Tatsch started studying; learning about these



Ed Tatsch (top left) repairs and sells classic typewriters as part of his business. He’s shown above with his parents Gene and Mary Lou, who were longtime Fairview residents, and below in his workshop, which is full of old machines (such as the one at left).

relics of yesteryear, mastering their inner workings, and becoming an expert at repairing them.

And then, incredibly fortuitously, about a week after Tatsch added ABC to his company, actor Tom Hanks published his book *Uncommon Type*, a collection of short stories showcasing Hanks’ love of typewriters. Thanks to this celebrity endorsement, typewriters everywhere experienced a boost in appeal. Meanwhile, Tatsch’s phone kept ringing.

These days, Tatsch repairs almost all kinds of typewriters, both manual and electric. “Except the IBM Selectric. I work on those—selectively,” he quipped. “While most electric typewriters have around 300 parts, that thing has 3,000. It’s the one with the golf ball element. Invented in the ‘60s. Generations of high school students learned to type on them back in the ‘80s.”

But why—with talk-to-text devices in every pocket—this regression to technology from the 1900s? Well, Tatsch said, his customers fall into two groups.

“First, there are the octogenarians,” he said. “A lot of them use their typewriters more than ever. Problems like arthritis or shaky hands make handwriting difficult,

so they rely on typing for correspondence, envelopes, checks, stuff like that.”

“Plus, there’s the nostalgia of it. Recently, I had a World War II Navy vet come in looking for a specific machine. During the war, he decoded Morse Code, using a Royal KMM to report his results. The Navy even had their own font called Navy-Mil. It’s all uppercase. No lowercase letters at all,” Tatsch said. “And that was what he wanted: that same machine. Luckily, I had one in the shop. He was thrilled.”

The other group of shoppers is made up of millennials and even younger folks. “The kids love them,” Tatsch said. “It’s like they have nostalgia for something they never had.” Never, indeed. By the time this group was born, “Google” was already a verb.

“With the kids, I don’t think it’s about the typewriter itself. It’s about a way of thinking,” Tatsch said. “When you sit down to a typewriter, it affects your senses. It’s noisy and tactile, and it smells of ink and oil. It’s just so real.”

It’s writing without all the error warnings like red squiggly underscores; it’s print without the filter of automatic correction. “With a typewriter, it’s okay to make mistakes. That’s just part of typing,” Tatsch said. It’s true. On a typed page, the mistake remains. Even if it is corrected, it isn’t invisible. “With a typewriter, every time you make a mark, you become a part of the page,” he said.

The typewriter: building a bridge from Baby Boomer to Generation Z one keystroke at a time.

For more information about Ed’s office systems business, call 687-3929 or visit abcofficesystemswnc.com.

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



What to Know about Cold Weather and Your Dog

It is a wonderful, snowy day outside as I write this, and after getting my family in their layers for sledding, I put my dog Pacha's jacket on too. She's a freckled pit/pointer mix, with very little fur, but she loves to run through the snow. I have to watch her; with the ice, she is likely to get small cuts on her feet and slip around. She is almost 11, is on joint supplements, and is given anti-inflammatory medications when she gets sore.

When looking to keep our pets safe in cold weather, we must consider that their tolerance for lower temperatures varies depending on their health, activity level, coat thickness and body fat.

Thick-haired dogs are usually more comfortable when it's cold but can still be susceptible to the cold, as can shorter-legged dogs whose body is closer to the snow. Dogs with chronic diseases such as diabetes, heart disease and endocrine disease cannot regulate their temperature well, so they may have difficulty staying warm. Very young and very old pets are similar.

Jackets and booties can help keep our dogs warm, but make sure they are dry and fit well. Watch your dog's feet, as ice and snow can get caught in between their pads, causing them to get cuts or crack. Trimming long hair on their feet can help.

If walkways have been treated with salt



Jackets and booties can help keep dogs warm, but make sure they are dry and fit well.

or other possible toxic chemicals, these things can get onto your dog's feet, legs and belly. Wipe down or wash your dog before it licks the chemicals off its own coat, possibly exposing it to poisons. Use pet-safe options to treat ice around your property.

When enjoying the outdoors, stay away from iced-over ponds, lakes and streams. Your dog might not realize the ice might not support its weight, and breaking through the ice could be dangerous to both of you, if you go after your dog. Keeping them leashed can help with this. More pets get lost in the snow, as it can

disguise the normal scents they use to help find their way home. Make sure all of your pets are microchipped.

Pets should have a choice where they spend their time. They are not necessarily more resistant than people to the cold and are also at risk for hypothermia and frostbite. Even thick-furred huskies and Pyrenees should have a warm shelter available.

Warm vehicles can be a tempting heat source for feral cats and other animals. Check your wheel wells, check under your vehicle and make noise before starting your engine to encourage anything taking shelter to move.

We are used to thinking about the dangers of leaving our pets in hot vehicles in the summer, but vehicles can get cold quickly too. Leave your pets at home if you can, and don't leave them unattended in your car.

Outdoor pets use more calories to stay warm in the wintertime, but you should keep them at a healthy weight. Extra pounds put on in the winter will not keep them warmer, and they can be difficult to take off in the warmer weather, leading to other health problems. (Just like with us!)

If winter weather is in the forecast, plan ahead if your pet is on any chronic medications. If you are going to have difficulty getting out of your house, your veterinary team will too. Give us a call ahead of time and we will always do our best to ensure you do not run out of any vital medications or food.

Additional resources for your pet's health can be found at avma.org and aspc.org.

Please let your veterinarian know if you have any concerns about your pet's health at any time. We want you to be out and enjoying the beautiful mountains we live in while also keeping everyone safe.

Sarah Hargrove is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital. 184 Charlotte Highway, Fairview. 575-2430

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Evening Life Groups & SPK Kids 6 pm

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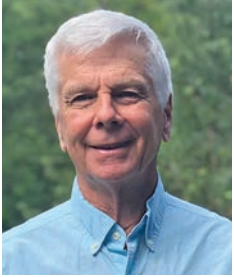
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IN MEMORIAM

Edward Windsor Mills *April 16, 1949–January 22, 2022*



Ed was born on April 16, 1949 in Brooklyn, NY, as the only child of Albert Edward Mills and Laura Windsor Mills. He attended Boston University, where he studied comparative religion and played collegiate soccer.

Following college, he traveled through Europe in a VW bus. It was during this time that he came into contact with the man who would be his teacher for the rest of his life, Prem Rawat (formerly known as Maharaji). He became a devotee and spent time studying in India and in an ashram in Texas.

Ed's personal mission was to make a difference in people's lives, and he aimed to live a joyful, meaningful life. He was introduced to sprouts at Sunshine Makers farm in Gainesville, FL. In 1981, he moved his family to the Asheville area and established

another Sunshine Makers farm in Fairview. There, he grew his passion of bringing healthy sprouts to the public. During this time, he continued his service to Prem Rawat. He also coached youth soccer in Fairview.

In his 30s, Ed discovered the second passion of his life: golf. Ed excelled at golf because he was able to apply both his athleticism and the discipline of meditation. He took great joy in practicing and playing golf and competed in close to 300 senior tournaments. Ed was known to have completed nine holes in only eight putts. He last played golf on December 17 and ended the round with an eagle and a birdie.

Ed met his wife, Marsha, in July 1994, and they were happily together for 28 years.

Ed believed in the health benefits of all sprouts, but it was phyto-chemical research from John Hopkins University that focused Ed on the healing properties of broccoli sprouts specifically. He met Lee Ewing, and the two merged their sprout farms to become Sunny Creek Farms in 1997, with Ed as CEO. Sunny Creek Farms is now the largest distributor of sprouts in the Southeast, distributing to nine states.

Ed was an ambassador for all things health-related, but especially for sprouts as a concentrated and sustainable source of nutrition. Ed was a director on the board of the International Sprout Growers Association for the last two years.

Ed is survived by his wife, Marsha W. Mills of Fairview. He is also survived by his children with his former wife, Deborah H. Mills: Ananda S. Mills of Marshall, NC; Monisha D. Mills of Asheville, NC; and Chandra M. Mills of Asheville, NC.

In lieu of flowers, please consider a donation to The Prem Rawat Foundation (tprf.org). Plans for a celebration of Ed's life will be announced in the spring.

First Art League Workshop of 2022

The first class from the Fairview Area Art League will teach the even-count flat peyote stitch on February 19 from 11 am to 1 pm.



Students will start a basic flat strip or add a bead/button/loop clasp to make a bracelet. Also covered will be stitch basics, sizing the bracelet, ending/adding thread and maintaining appropriate thread tension. The class period will not allow time to complete the project, but the instructor, Sara Hall, will demonstrate attaching the clasp and include written instructions for completing the project at home.

Students will be contacted at least a week prior to the class regarding materials they will need to bring.

To register, email Sara at hall.sara99@yahoo.com.

The workshop will be held at Re.Imagine, 15 Spivey Lake Drive, Fairview. For more information about FAAL, contact Paula Entin at paula.entin@gmail.com or 712-8391.

Rockets Registration

Important dates for parents of current & future ACRHS students

February 23 ACRHS counseling will be at A.C. Reynolds Middle for a registration lesson during the school day

February 28 ACRHS counseling will be at Cane Creek Middle for a registration lesson during the school day

March 2 Future ACRHS students from Cane Creek Middle will tour the high school

March 3 8th graders from A.C. Reynolds Middle will tour the high school

March 7 Virtual Advanced Learner Night, 6 pm via Zoom

March 8 Middle school parent night at ACRHS for future Rockets at 6 pm in the minitorium

March 14 ACRHS students will register for classes in Rocket Power (guidance for classes will precede the Rocket Power lessons prior to registration)

March 15 ACRMS registration during the school day

March 18 Cane Creek Middle registration during the school day

March 15, 17, 22, 24 Registration Nights at ACRHS, 3:15–6:15 pm (15-minute time slots)

Please email kasey.king@bcsemail.org with any questions.



DR. ASHLEY LUCAS

How to Reduce Cellulite

Cellulite is stubborn and common. Some studies show that at least 80% of women deal with it. Cellulite is very hard to eliminate due its physiology. It originates from the pattern of how fat cells arrange themselves. The fat cells push out in a column-like shape while our connective tissue "pulls" back in through bands that run between the columns connecting the skin to the muscle. As a result, it has a bumpy appearance.

Contributing factors include hormonal changes, decreases in estrogen, yo-yo dieting and back-and-forth changes that can impact our skin elasticity and weaken the strength of our connective tissue. Lack of activity and toxin build-up can impair circulation and lymphatic drainage in cellulite-prone areas, making the situation worse.

The best cellulite-busting tactics include:

- 1) Dropping overall body fat;
- 2) Resistance training, which means lifting something heavy to build muscle mass in the areas where you have cellulite and help fill in loose skin that might result from weight loss;
- 3) Avoiding toxins and sugar;
- 4) Focusing on Omega-3s, saturated fats, glucosamine and collagen;
- 5) Increasing circulation and blood flow through physical activity, vibration plates and even a fascia blaster, which can help break apart the tight connective tissue in targeted areas.

It's most important to recognize that cellulite isn't unhealthy! Focus your energy on being strong, fit and hitting your optimal weight, as that's what really matters and has the most significant impact on your well-being.

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

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Watch for Changes in RMDs

If you're a certain age, you'll need to withdraw money from some of your retirement accounts each year. But in 2022, the amount you must take out may be changing more than in other years—and that could affect your retirement income strategy.

Here's some background: Once you turn 72, you generally must start taking withdrawals, called required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and your 401(k) or similar employer-sponsored plan. Each year, your RMDs are determined by your age and account balances. This year, the life expectancy tables used by the IRS are being updated to reflect longer lifespans. This may result in lower annual RMDs than you'd have to take if this adjustment hadn't been made.

If you've started taking RMDs, what does this change mean to you? It can be a positive development, for a few reasons:

- **Potentially lower taxes** Your RMDs are generally taxable at your personal income tax rate, so the lower your RMDs, the lower your tax bill might be.
- **Possibly longer "lifespan" for retirement accounts** Because your RMDs will be lower, the accounts from which they're issued—including your traditional IRA and 401(k)—may be able

to last longer without becoming depleted. The longer these accounts can stay intact and remain an asset, the better for you.

- **More flexibility in planning for retirement income** The word "required" in the phrase "required minimum distributions" means exactly what it sounds like—you must take at least that amount. If you withdraw less than your RMD, the amount not withdrawn will be taxed at 50%. So, in one sense, your RMDs take away some of your freedom in managing your retirement income. But now, with the lower RMDs in place, you may regain some of this flexibility. (And keep in mind that you're always free to withdraw more than the RMDs.)

Of course, if you don't really need all the money from RMDs, even the lower amount may be an issue for you—as mentioned above, RMDs are generally taxable. However, if you're 70½ or older, you can transfer up to \$100,000 per year from a traditional IRA directly to a qualified charitable organization, and some, or perhaps all, of this money may come from your RMDs. By making this move, you can exclude the RMDs from your taxable income. Before taking this action, though, you'll want to consult with your tax advisor.

Here are a couple of final points to keep in mind. First, not all your

retirement accounts are subject to RMDs — you can generally keep your Roth IRA intact for as long as you want. However, your Roth 401(k) is generally subject to RMDs. If you're still working past the age of 72, though, you may be able to avoid taking RMDs from your current employer's 401(k) or similar plan, though you'll still have to take them from your traditional IRA.

Changes to the RMD rules don't happen too often. By being aware of how these

new, lower RMDs can benefit you, and becoming familiar with all aspects of RMDs, you may be able to strengthen your overall retirement income situation.



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.

December 2021 Fairview Real Estate Statistics

AVG DAYS ON MKT: 0		Max \$	Lowest \$	Average \$
Homes Listed	4	850,000	130,000	528,725
Homes Sold	17	850,000	249,000	470,620
Land Listed	5	100,000	119,900	48,559
Land Sold	10	1,250,000	37,500	289,350

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. The total number of homes and land listings are down. Now's the time to sell and get top dollar before the interest rates go up. Keep and multiply the dollars in your local community's economy.



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Happy Valentine's Day!

The Longest Session in NC History?

Back in January 2021, I headed east on I-40 to Raleigh to be sworn in for the Long Session of the North Carolina General Assembly. Ideally, that session passes the budget by the beginning of the fiscal year (July 1), and we would wrap up and go back to our jobs and families until May 2022. The 2022 Short Session adjusts the budget after the April income tax collections are in, and then we go home for the summer. That is how a part-time legislature conducts its business. My understanding is that the Long Session has never continued into the next year, and yet we have yet to adjourn. So, what is going on?

First of all, the budget negotiations dragged into the fall. As long as the state is without a budget, political pressure builds (as it should) to push the Senate, House and Governor to get it passed. The big policy issue holding up passage was Medicaid Expansion, with the Governor pushing hard to get it enacted, the Senate (surprisingly to me) stating publicly that they were open to the idea, and Speaker Moore of the House saying his caucus would not vote for it. In the end, a compromised budget was passed without Medicaid Expansion, and a committee was appointed to study the issue.

But the issue that has kept us in session into 2022 is the drawing of political districts for the state and questions of political gerrymandering. These districts are assigned

to the 120 NC House members, the 50 NC Senators and the 14 US Congress Districts. (NC has one more district this decade because of our population increase). The census data came in late in 2021, partly due to some politics in Washington. With candidate filing scheduled for December, having the maps ready in time was something of a challenge. I think it may have also been a strategy to complete the process so close to filing that the courts could not disrupt the 2022 election process.

The maps were eventually finalized and voted on, passing with only GOP votes, and the Governor had no veto. So, they were the law of the land, but three lawsuits were filed, arguing that the maps were drawn with excessive partisan advantage. On December 6, a panel of Court of Appeals judges halted the candidate filing process just before it was scheduled to start at noon. But later in the day, the entire Court of Appeals (15 judges) vacated that decision, so filing could begin the next morning. Candidates filed all day Tuesday, but then the NC Supreme Court halted filing once again and rescheduled the primary from March 8 to May 17. Candidates for NC House and Senate seats must live in the district they are running for, so if the district lines are moved it could make some candidates ineligible who filed on Tuesday. (US House candidates are not required to

live in their districts.) To say the least, this decision was a bombshell.

The court ordered that a three-judge panel in the Wake County Superior Court hear the case, and ordered that the process be expedited. It should be explained that racial gerrymandering (deliberately drawing districts to diminish minority voting interests) is unconstitutional. However, partisan gerrymandering (drawing districts to benefit one political party) is still unsettled law. Prior to the election of 2020, the NC Supreme Court declared partisan gerrymandering unconstitutional under our state constitution. Many districts were re-drawn for that election, including mine.

Proving that partisan gerrymandering has taken place to satisfy the judges is not an easy task. One interesting action that was used in this case was to have a computer draw thousands of possible maps and then measure them for being skewed in a partisan way. This process clearly showed that the “law of the land” maps were extreme outliers benefiting GOP candidates. Still, the court had to consider the process in which these maps were drawn. On January 11, the three judges ruled unanimously that the process was constitutional even if they resulted in a partisan gerrymander. Their decision stated that the maps were the “result of intentional, pro-Republican partisan

redistricting.” The judges further stated that they had “disdain for having to deal with issues that potentially lead to results incompatible with democratic principles and subject our state to ridicule.”

These judges clearly did not want to affirm that a partisan gerrymander was unconstitutional in North Carolina, and thought that it would best be decided by the state’s Supreme Court. (The US Supreme Court has refused to rule on that question). So, that is where the question will be tested once again.

On January 19, the NC Senate and House rushed through a bill to move the primaries to June 7, claiming that they will need more time to draw new maps if that is the final outcome. And there is even talk from state GOP leaders of trying to impeach one of the Democratic justices (Anita Earls is often mentioned) to protect the right to gerrymander. The solution to all of this endless, million-dollar litigation is to look at the ways other states have drastically reduced the participation of politicians in the drawing of districts and to come up with a North Carolina plan to end gerrymandering. Maybe then we can become a part-time legislature again.



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

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Chicago Insurance Agent Now Enjoying Fairview

Joanne Winkler is an independent insurance agent who just moved to Fairview from Chicago. Her father, John Comiskey, owned an insurance agency in Chicago, and she started working for him in high school. After graduating from Northern Illinois University, she joined the business full-time and then took over when he scaled back to just handling the bookkeeping.

She offers coverage for autos, homes, new builds, VRBOs (vacation rentals by owner), landlords, rentals and renters. She also covers travel trailers and RVs—"and everything else outdoors," she said. And she's an independent agent, which means she can cover what some other carriers are unable to offer, and has a company that specializes in manufactured homes.

"I really do enjoy what I do," she said, "and I know that comes through in the relationships I build with my clients." She has grown into her current role over the years. "I didn't get into this as a 'sales' person," she said. "I started because it was the family business and grew into the role of helping people. I do not take it for granted."

After years of a 50-mile commute, full of



traffic jams, she decided that she could give up her office and work remotely. "Working from home meant I could really work anywhere," she said, "so my husband and I decided to enjoy our retirement goals about 20 years earlier than expected." And that brought them to the Asheville area. The family, including two school-age kids, enjoys hiking and camping, "and we love taking our pop-up camper to our new favorite spot: Cataloochee."

Her sister Meggan is also part of the business, and remains in the Chicago area. If those sister names sound familiar, it's because they are from *Little Women*. Their mother named them after the characters in the book, and Joanne actually goes by "Jo."

And about that Comiskey name? No, they are not related to the family that owned the White Sox. "But it was a lot of fun growing up with that last name in the Chicago area," she said.

The family first moved into an apartment in Reynolds, but found themselves in Fairview more than downtown Asheville. "We always encountered good, happy people whenever we went out in Fairview," she said. "And my son is obsessed with The Local Joint." They bought a house off Old Fort Road near Echo Valley. "We love being close to downtown but we also wanted quiet time in the mountains," she said.

She also feels that sense of community that so many others get when they move here. "I like the 'I Love Fairview' group on Facebook," she said. "I just love the interaction of kind people looking out for each other. It's people sharing sunrise photos, lost dogs, cows or goats, and truly helping others in need. It's a true sense of community that I know we'll just love and follow in kind."

Welcome to Fairview, "Jo"!

For more information, see the ESCO Insurance ad on page 3.

IMPORTANT COMMUNITY CONTACTS

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Fairview Fire Department 628-2001
Garren Creek Fire Dept. 669-0024
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SCHOOLS

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COMMUNITY CENTERS

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A New Look and New Programming

Happy New Year! The Fairview Business Association has been in existence for over 20 years, and this year, a new look will be revealed to our members and community.



businesses. Invitations to events and meeting information will be redesigned for easier reading.

Our Facebook page will be receiving some housekeeping. It will be a place where people can exchange ideas and will also provide meeting and event news. Plans for linking to Instagram are in the making.

Meetings will be held on different days of the week, and some will be moved to afternoons for those who find it difficult to attend in the evening.

Guest speakers will provide educational information at our member meetings, such as county officials presenting future plans for

local development. And special events are in the planning stages to invite the community to attend and meet FBA members.

A new Membership Chair has been added to the board, whose role will be to welcome new members and address any questions.

And that's all before the FBA year begins!

The first FBA meeting of the year will take place at Fairview Public Library at 1 Taylor Road in Fairview on February 10 at 6 pm. FBA members Frank DeMarco and Lauren Schwartz, from Outside the Box Interactive, will share how your business can attract new prospects and stay connected with existing customers

by using email, social media and digital marketing.

If you are interested in attending a meeting and joining the FBA, you may attend one meeting free of charge. Members are welcome to bring business cards, brochures, etc. to distribute and share with fellow members. For more information, go to FairviewBusiness.com.

Finally, congratulations to Dr. Leslie Koretz of Koretz Family Health for winning \$100 at the business card drawing at the end of 2021.

Diana Tyler is the FBA's secretary and an Associate Doctor of Chiropractic at APEX Brain Centers.



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NEW OR RETURNING MEMBER

Garden Tips and Urban Renewal

Though it is still winter, the spring can easily creep up on us, so this is a great time to prepare for planting.

- Start with cleaning. Clean, fix and organize your tools, your tool shed, and your equipment. It's also a great time for clearing: trim and prune bushes, trees and other perennials so they have more room to flourish.
- Start planning for the new. Decide which plants you want to grow in the spring and which beds are best. Make sure to think about which beds you want for summer crops and leave those in rest or for seeding with cover crops.
- Begin ordering. Order any seeds, new tools, plant starts, fertilizer or new equipment you need for success.
- Begin to prepare beds. While waiting for everything to arrive, get to work on your beds. When the soil thaws, you can begin working it with broad forks, rakes, hoes, shovels or whatever your favorite tools are to loosen and level the soil. It can be helpful to keep beds covered with plastic or a cloth to reduce weed growth once the temperature rises so you don't have to redo all that hard work.

Black History Month

For Black History month, we are reflecting on the history of urban renewal and its impact on historically Black neighborhoods in Asheville. In order to understand



Asheville Buncombe Food Policy Council and Root Cause Farm identifying a location for the food pantry.

food security, we have to dive deeper into the root causes that lead to someone experiencing hunger. Racism is one of the root causes of hunger, as studies and experience reflect. We see a rapid loss of agricultural land, lower incomes, educational gaps and higher rates of food insecurity among Black people. Food insecurity affects Black families at about twice the rate of white families in the US.

The Federal Housing Act Policy enacted by local governments from the 1950s to '80s displaced millions of predominantly Black households. Urban renewal and redlining greatly impacted food sovereignty negatively, leaving many communities food insecure.

The East Riverside Urban Renewal Project in Asheville is the largest urban

renewal project in the Southeast. Before this project, many historic Black neighborhoods in Asheville were food secure due to folks being able to grow their own food in their backyards and having access to corner stores. At the time, residents highly recommended needing more grocery stores to address food security. Instead, the number of grocery stores went from seven to zero. The project tore down or renovated homes, and new residents moved in while longtime residents were relocated to public housing. Once thousands were relocated to public housing neighborhoods, they no longer had access to land ownership and in many cases were banned from growing food. The lack of access to land and growing opportunities led to a loss in knowledge and skills. Though Asheville is known for being a food hub, many folks experience food insecurity. To learn more about and to get involved in food policy, we recommend checking out the Asheville Buncombe Food Policy Council, whose mission is to "innovate solutions to improve and protect our local food system in order to advance economic development, social justice, environmental sustainability and community resiliency." We are also partnering with them to establish a dry goods food pantry at the farm.

New Intern

We are excited to get some projects and programs going. Meet our first intern of the year, Sophie, who is a social work intern from Warren Wilson College. We can't wait to see what she accomplishes



Sophie, our new intern.

with her time here. She told us: "I'm so excited to be a part of the team. I've spent the last five years at Warren Wilson on the farm honing my animal husbandry skills and in the classroom working toward my Bachelor's in Social Work degree. When I'm not working outside or tending to the animals, I like cooking, crafting, hanging out with buds and spending time in nature. I'm excited to get my hands dirty (literally) and do some good work with y'all and this incredible community."

Your Support

We are curious to learn what you are interested in learning from us or teaching with us in 2022. If you have feedback or ideas regarding workshops you would like to see, please email us at donors@rootcausefarm.org.

Jess Prax is the farm manager at Root Cause Farm, located at 26 Joe Jenkins Road, Fairview. rootcausefarm.org.

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Pines and Evergreens

As winter slowly unfolds, this is the time when evergreens and pine trees shine in their green beauty throughout the mountains of WNC. The ancestors of pine trees were present throughout the Jurassic age; they are one of the oldest seed-bearing plants on the planet. Pines are characterized by the arrangement of their needles, which grow in bundles, and the number of needles in each bunch is a key way to identify these beautiful trees.



Pines are abundant throughout the northern hemisphere and are among the most adaptive and hardy members of the plant kingdom, as they grow in so many environments—taking roots in boulder cracks and crevices, at high elevations, surviving adverse conditions—and thriving in the process. The greatest diversity of pine species occurs in the southern US, China and Mexico.

Pines have an important history as a medicinal and edible plant. Most people adore the sweet fragrance of pine trees, with their heavenly balsamic scent, and nearly everyone knows pine as a source of wood and turpentine. Pine needles are exceptionally high in Vitamin C and can be made into a tea by boiling the needles for a few minutes and letting them steep for a while. Years ago on a wild edible foray, we experimented with pine tea, and it tasted just like it smelled. With the addition of honey, it was quite pleasant and refreshing (even though one friend said, “Turpentine tea; no seconds for me, please.”) Pine honey is an old and time-tested medicinal folk remedy used to treat sore throats, coughs and respiratory infections, and it also helps loosen congestion, as pine is highly antiseptic and astringent.

While Europeans mainly used the needles of pine trees for medicinal purposes, Native Americans also used the inner bark. They would soak strips of the inner bark in water until it became soft and could be applied to wounds, sores, ulcers and burns, which healed without becoming infected. They also used the pitch to make healing ointments and salves. And, yes, pine is also the original source of turpentine, which is commercially very important as a solvent and much used in the production of emulsions, paints and varnishes.



Pinecones make an excellent natural dye, as they produce a rich, orange color when mixed with alum as a mordant. Essential oil of pine is used in many cosmetic products, detergents and soaps, as it is an appealing fragrance for most people.

Pine nuts are the edible kernels gleaned from piñon pine trees, which are native to the southwest. They are not only delicious and nutritious but form the backbone for one of our favorite dishes. Grind them with basil, olive oil and garlic to get pesto!

I am planting more evergreens, as they are not only beautiful but provide valuable habitat for birds and other living creatures. One of our holiday traditions is to take all the barren, summer hanging baskets and planters and fill them with prunings from hemlock, spruce, balsam and loblolly

pines. The baskets are icons of beauty and grace, bringing extra color to the winter landscape and gardens as they retain their green color into February. Every year, we receive a special gift in February, when bluebirds and robins visit our hanging baskets, feeding off the red sumac berries nestled in the evergreens.

Pines have a rich mythological history, as they are often associated with faeries and nature spirits. In times past, evergreens were often brought inside the home to symbolize the immortal nature of the living green spirit throughout the winter months, and they are also symbols of prosperity, fertility, protection and good fortune. The familiar iconic Christmas tree and yule log have their roots in ancient pagan traditions that celebrated decorated pines and yule logs as beacons of light, warmth and renewal, whereas the evergreen tree itself was linked to the “ancient Tree of Life.” The Christmas tree as we know it today is a fairly new concept, but pines and evergreens are ancient.



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GIFT FROM THE HEART

by Dana M. Irwin

I'm always on the lookout to discover potential treasures for my grandniece and nephew who live in South Carolina. My grandniece, Lillyclaire, was three years old when I found this fixer-upper at Care Partners (now WNC Bridge) Estate Sales. That was almost two years ago.

I set up this renovation project in my dining room for the following months to remind me every day to get to work! I wanted it to be executed thoughtfully and well, so I took my time making decisions and hoped the final creation would become an entertaining part of Lillyclaire's life in South Carolina.

A bit of background: I was a tomboy and didn't really enjoy dolls or fluff or pink. I was a pirate by the river—Reedy River—where I grew up. We had rivers to cross, horses to feed, forts to build, etc. The closest I ever came to enjoying dolls was a portrait photo shoot I set up with a doll I'd received for Christmas. I was far more excited about cameras than dolls. So, I am relating this so you can see why I am now so gleeful in finally realizing the attraction dolls and miniature housing have for youngsters.

Keeping her color preferences in mind and adding my own flourishes, I spruced up the Jolie Maison and took it down to South Carolina in time for Christmas. I was even able to find a little Christmas tree for the living room. The music room has a grand piano (music box) that plays *The Hills are Alive* from *The Sound of Music*. At WNC Bridge I also found an enormous collection of mini furniture complete with oriental rugs, patchwork quilts, upholstered chairs, settees and couches. There's even outdoor furniture and potted geraniums! I understand I may have gone overboard in acquiring all the accoutrements, but even if Lillyclaire never uses the huge supply of furnishings I have thoroughly enjoyed collecting it all! And I hear from her mother Maggie that she is overjoyed with the new addition in her bedroom.

Lillyclaire has a baby sister, Emma Margaret, born just before Christmas. Unless Emma is a tomboy like her Great Aunt Dana, she'll be able to enjoy Jolie Maison too as the years go by.



Medicare Budget Basics, Part 1

Medicare is an essential health insurance program serving millions of Americans and is a major part of the federal budget. The program was signed into law by President Lyndon B. Johnson in 1965 to provide health insurance to people aged 65 and older. Since then, the program has been expanded to serve the blind and disabled.

The number of people enrolled in Medicare has tripled since 1970, climbing from 20 million in 1970 to nearly 63 million in 2020, and it is projected to reach about 87 million in 30 years. A major driver of Medicare enrollment is the increase in the number of older Americans. There are currently 54 million people aged 65 and older, and that number is projected to increase by more than 50 percent over the next three decades. In addition to that population, Medicare also covers certain younger people with disabilities or specific illnesses.

One of the biggest misconceptions about Medicare is that it is self-financed by current beneficiaries through premiums and by future beneficiaries through payroll taxes. In fact, payroll taxes and premiums together only cover about half of the program's cost.

Medicare is the second largest program in the federal budget, representing 12 percent of total federal spending.

Medicare finances about one-fifth of all

health spending and 39 percent of all home health spending.

In 2020, Medicare provided benefits to 19 percent of the population.

Medicare spending is expected to rise from four percent of gross domestic product (GDP) in fiscal year 2020 to about six percent in fiscal year 2051.

Medicare is financed by two trust funds: Hospital Insurance (HI) and Supplementary Medical Insurance (SMI). The HI fund finances Medicare Part A and collects its income primarily through a payroll tax on US workers and employers. The SMI fund, which supports both Part B and Part D, receives most of its income from the federal government's general fund because premiums only cover about one-quarter of the fund's total expenditures. Part C is paid for through both the HI and SMI trust funds and collects its income from a combination of the general fund, payroll taxes, premiums paid by beneficiaries and out-of-pocket charges.

I adapted this article from a piece from the Peter G. Peterson Foundation (pgpf.org).



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

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