



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

OCTOBER 2022 VOL. 26, No. 10 | FAIRVIEW, NC | fairviewtowncrier.com  

JOIN US TO CELEBRATE ON SATURDAY, OCTOBER 15

It's been 25 years since the *Fairview Town Crier* started as a small newsletter of local happenings, and our content and circulation have expanded over the years. In order to put this jam-packed, truly local paper in residents' mailboxes FREE each month, we filed for a non-profit status that gives us discounted postage rates. But, we continually need community support to maintain that and move forward.

If what most people tell us is true, the *Crier* is a much-loved part of living in Fairview. And so we just had to celebrate our big anniversary—and we hope lots of our readers come out for a fun event to support us!

These 25 years have been filled with fond memories, expansions and enhancements. One of which was the creation of a community garden, Root Cause Farm (formerly The Lord's Acre), to grow food and awareness to fight hunger. We felt it would be a perfect place to hold our event on what has been promised to be a

perfect fall afternoon! The garden staff will provide tours of and info about the garden, so everyone can learn more about their mission and needs.

Treats and Family Fun

We planned this for a weekend afternoon so that the whole family could attend and enjoy the festivities.

It will be free to enter—just like receiving the *Crier*—but you'll need to make a donation of \$5 or more for a bag of "Crier Coins" to trade in for treats, beverages, some contest entries and raffle tickets to win an amazing basket of local love. All profits will go directly to support the paper.

Parents be warned—kids may go home with a sugar high, since there's not going to be much food except for sweets. **Hilltop Ice Cream** will be serving up their amazing frozen delights, including a special "Sweet 25" flavor! And there will be twizzly lollipops, brownies, cookies and cotton candy, as well as fresh popped corn from **Americare Pharmacy** (along with the new COVID bivalent booster



► 25th Anniversary Celebration!

Saturday, October 15 2–5 pm

Root Cause Farm
26 Joe Jenkins Road, Fairview

Rain date: Sunday, October 16

shots). Some sugar-free and healthier treats will be available, as well.

Whistle Hop Brewery will handle beverages (adult and non-alcoholic), and many local businesses are sponsoring treats.

Fun activities will **Cool Mountain Realty's** Build-a-Scarecrow contest, face painting and tattoos, storytelling and music

Our main fundraiser will be an art auction of works donated by multi-talented local artists.

Tasked with creating a piece of art that represents the community, members of the Fairview Area Art League and others stepped



EILEEN SEARCY

up. Support the *Crier* and take home a piece of your community! (Credit cards accepted for all purchases.)

We anticipate many of the paper's columnists will be on hand to meet their readers and share more about the topics they write about. And Ricky Manning will show everyone the on-site honeybee hives.

The star of the show will be the real-life Town Crier to play "Truth or Lie" with attendees. He'll take the stage every half hour to tell of events from days past. *But...* is he telling the truth? Guess correctly and you'll win a prize.

CAN YOU VOLUNTEER? OR BE A SPONSOR? OR DONATE SWEETS?

Contact Sandie Rhodes: 828.280.8270 or sandie@fairviewtowncrier.com

We hope to see you at the 25th anniversary of your free, useful and hopefully enjoyable local newspaper. The staff of the *Crier*, past and present, loves Fairview and thanks the community for all of its support over the years.

If you can't attend but would like to show your support, donate at fairviewtowncrier.com.

HALLOWEEN + FALL EVENTS

BLUE RIDGE COWBOY CHURCH
FAMILY FALL FESTIVAL **October 30, 10:30 am**

Hot dogs, inflatables, games for all ages.
49 Saxon Hill, Fairview

EMMA'S GROVE BAPTIST CHURCH
FALL FESTIVAL **October 22, 3–6 pm**

Maze, games, inflatables, hot dogs, prizes, hay rides, stories, s'mores, and a pumpkin patch.

TRUNK OR TREAT **October 31, starts at 5:30 pm**

Trunk or Treat, with hot dogs and candy.
Both events at 417 Emma's Grove Road, Fletcher

SPRING MOUNTAIN COMMUNITY CENTER
TRUNK OR TREAT **October 31, 4–6 pm**

Free food and fun activities. Suggested donation \$5 per car.
To reserve a trunk space or for questions, contact Sara at 231-8186.
807 Old Fort Road, Fairview

TRINITY OF FAIRVIEW
FALL FESTIVAL **October 29, 10 am–1 pm**

Candy caravan, games, prizes and more from 5–7 pm.
646 Concord Road, Fletcher

New Trail Opens in Gerton



Members of the Clarke, Ager and Hamilton families, who donated public access to their land, were among those on hand for the opening of a new segment of the Upper Hickory Nut Gorge Trail System—the Strawberry Gap Trail—in Gerton last month. See page 22 for more information.

The Fairview Town Crier
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COMMUNITY EVENTS & UPDATES

A.C. Reynolds High School

OCTOBER 1 Volley 4 a Cure, all day. Volleyball tournament/fundraiser at North Henderson High School. **OCTOBER 8 Cedar Cliff Classic Tournament of the Bands**, all day. 1 Rocket Dr., Asheville.

Bethany United Methodist Church

OCTOBER 1 Food for Fairview benefit, 5:30 pm. High Top Mountain Harmony singing group will perform first, and then a fellowship meal, free for all, will be held. Admission is one or more stable food or paper products. For more info, call 669-7591. 212 Bethany Church Rd.

Cane Creek Cemetery Association

OCTOBER 16 Annual Meeting, 2 pm. Anyone who owns lots or has friends or relatives buried in the cemetery is invited to attend. 94 Graveyard Rd., Fairview.

Buncombe County Democrats

OCTOBER 13 Meet the Candidates, 6–8 pm. An informal event that will include food, fun and more. Sherill's Inn, 15 Clarke Ln., Fairview. For more info, email fairviewncdems@gmail.com.

Fairview Area Art League

OCTOBER 10 Meeting, even months at 6:30 pm and odd months at 11 am, every second Monday. Annual membership fee is \$25. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairview-art. Meetings at Re.Imagine. See page 23 for next events. 15 Spivey Lake Dr., Fairview.

Fairview Chiropractic

Dr. Ed Reilly will resume his free educational health lectures (on dementia, knee and foot pain, and neuropathy) in October. For info and to reserve a seat, call 628-7800. See ad on page 6. 2 Fairview Hills Dr., Fairview.

Fairview Handmade Market

DECEMBER 4, 12–4 pm. Featuring 25+ local craftspeople and a variety of mediums. More info at fairviewhandmademarket.com. See ad on page 12. Turgua Brewing Co., 3131 Cane Creek Rd., Fairview.

Fairview Seventh-Day Adventist

OCTOBER 20 Plant-based Cooking Class & Health Lecture, 6:30 pm. See ad on page 5. For more info, call 222-2042. 57 Cane Creek Circle, Fairview.

Fairview Town Crier

OCTOBER 15 25th Anniversary Party, 2–5 pm. At Root Cause Farm, 26 Joe Jenkins Road, Fairview. See front page for full details of the event.

Food for Fairview

MONDAYS Food Pantry, 3–6 pm. Those needing food assistance and those looking to volunteer to help. (Volunteer shifts run from 1–6 pm.) **TUESDAYS Restocking**, 8:30–10:30 am. Volunteers restock the shelves. For more info, see page 7. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

Garren Creek Fire Department

ONGOING The VFD Auxiliary is selling

nuts again this year: pecans—both halves and pieces—and black walnuts in one-pound bags. Great for holiday baking and healthy snacks. \$12 a pound, cash or check. Call/text Elizabeth Simmonds at 230-3986 to arrange for delivery.

OCTOBER 11 Annual Meeting

7 pm. To report on operations and elect officers and directors. All residents of the Garren Creek Fire District can attend. For info, call or text Elizabeth Simmonds at 230-3986. 10 Flat Creek Rd.

General Election

OCTOBER 20 Early voting begins. See pages 16–17 for full information on registering and voting in the general election.

Keep Fairview Clean

Help Remove Roadside Litter. Supplies provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations, email keepfairviewclean@gmail.com or call 222-3659.

Root Cause Farm

Volunteer Days. Sundays, 3–6 pm, Mondays, 9 am–12 pm. **Share Market.** Sundays, 3:30–5:30 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Rusty Dog Arts & Crafts Show

OCTOBER 8 9 am–3 pm. See ad on page 14. 379 Old Charlotte Hwy., Fairview.

Trinity of Fairview

TUESDAYS Food Pantry Open Tuesdays,

9 am–12 pm at back of church grounds. For more info, call 628-1188. 646 Concord Rd., Fletcher. trinityoffairview.com.

WNC Prostate Support Group

OCTOBER 4 Free Meeting, 6:30 pm. Medical professional speakers. First Baptist Church of Asheville, 5 Oak St. and via Zoom. wncprostate@gmail.com or 419-4565.

COMMUNITY CENTERS

Spring Mountain Community Center

807 Old Fort Rd., Fairview **SECOND TUESDAYS Quilting Bee**, 10 am–2 pm. Call Kay at 628-7900.

OCTOBER 1 Playground Workday

9 am. To seal all wooden structures. All volunteers old enough to use a brush are welcome. **Playground will be closed both Saturday and Sunday.** Rain date October 15. Snacks and drinks provided. Please bring brushes and cleaning equipment if possible. Call Wade at 338-5017 for more info.

OCTOBER 7 Red Cross Blood Drive, 3–7 pm. Call Brenna at 273-7192 to make a reservation or just walk in. **OCTOBER 17 Fish Fry Fundraiser**, 5–7 pm.

By reservation only. Fried whitefish, baked potato, slaw. \$10 per plate. Dessert available for \$3. Call Rita at 628-1247 to order. **OCTOBER 22 Concealed Carry Class**, 8 am to 4 pm. \$85, with lunch provided. Reservations required; call Susan at 628-1634.

No violent criminal or felony record. Bring own gun and ammo if possible.

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10 ACRES ON 5 LANE HWY 74A, 900' on Hwy74A, 60' on Cedar Mountain Rd, 300' on Atherton. Water, sewer, gas, electric, cable on property, 3 miles to I-40. Commercial or multi-family w zoning variance. **\$950,000.** MLS# 3644935.



THE CROSSINGS AT CANE CREEK, .67 acre lot in gated community. Booming of area of exclusive new homes. Community spaces w playgrounds, gazebos & trout fishing Cane Creek. **\$98,000.** MLS# 3868520.

UPDATES

New Operating Hours

All Buncombe Library locations are now closing at 6 pm instead of 8 pm on Thursday evenings. Over the last few months, several of the county branches have been required to close early or open late due to staffing shortages. We are reconfiguring our schedules to decrease the likelihood of unexpected closures. Our goal is to resume Thursday nights as soon as we have sufficient staff to keep our buildings open safely.

Early Voting

The library will be an early voting election location for the 2022 general election. Early voting will run October 20 to November 5. (See pages 16–17 for full voting info.)

Book Sale

October 7, 10 am–5 pm and October 8, 10 am–2 pm (all items half-price). The Friends of Fairview Library (FOFL) will be hosting a big used book sale in the Library Community Room. They will have books and book bags available for purchase, as well as information on how you can join the Friends organization. All money raised by FOFL goes directly to support the library and library programming.

PROGRAMS FOR KIDS

Weekly Story Time at the Library

Tuesdays, 10:30 am, ages 3–6 years
Thursdays, 10:30 am, ages 18 months to 3 years

CRAFTING AND CREATING

Take Home Craft Kit: Spiders

Come to the library and pick up the supplies you need to make a spider out of gift bows and pipe cleaners. First come, first serve while supplies last. Good for all ages.

In-House Craft Kits: Cards for Uvalde

The fall and winter holidays should be full of joyful times with friends and family. Many reasons can prevent loved ones from being together during the holidays, but one in looms large and tragic this year: school shootings. Next time you're in the library, create a greeting card for someone who will be missing a loved one during the holidays due to gun violence in schools. Leave your greeting cards in the box provided, and we will make sure that the cards are mailed to the Uvalde Public Library.

PROGRAMS FOR ADULTS

Fairview Book Club

Beautiful Ruins by Jess Walter
October 18 at 7 pm via Zoom

The Book Club meets via Zoom the third Tuesday of each month at 7 pm. Email jaime.mcdowell@buncombecounty.org if you would like more information or would like to attend one of our discussions.

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

STORYTELLING

Right Above "Can't See Nothin": An Evening with Pat and Becky Stone

October 25 6:30 pm

Pat and Becky Stone will provide an hour of fun through story and song. They'll give you several opportunities to participate in the telling and the singing, so come prepared to take action! Their stories will include some personal experiences, traditional tales from several cultures, and a touch of local history. And of course, with Halloween just a few days away, they can't pass up this chance to dabble in some fun scary tales. *This program is sponsored by the Friends of Fairview Library.*



Due to early voting at the library, this event will take place at Fairview Christian Fellowship, located behind the library.

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 clark@fairviewtowncrier.com. For staff directory, contacts and additional info, please visit fairviewtowncrier.com or see page 31.

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ACTIVE LISTING Ali Whitman
\$975,000 | MLS ID 3893111

ACTIVE LISTINGS

Asheville



3 BR | 4 BA | 2,645 SF

600 Old Toll Road
\$1,250,000 | MLS 3859813

Asheville



3 BR | 3 BA | 1,584 SF

187 Logan Avenue
\$469,000 | MLS 3901404

Asheville



3 BR | 2 BA | 1,488 SF

59 Hickory Tree Road
\$399,000 | MLS 3889535

FAIRVIEW REAL ESTATE AUGUST 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	6	\$212K	9.5	99.25
\$300K-599K	5	\$456K	6.6	98
\$600K-899K	4	\$762K	2	99.26
\$900+	5	\$1.56M	26	99.4

Data is sourced from Canopy MLS and compiled by Greybeard Realty Broker Sara McGee.

Agent Spotlight KEVIN MILLER



Kevin went above and beyond in every aspect of our home purchase. He is knowledgeable, professional, and very responsive to any and all questions. I will highly recommend him to anyone looking to purchase or sell a home.

—Matt P.

CONTACT KEVIN TODAY!
704-579-6971 | kevin@greybeardrealty.com

A Civil War Letter Home

During the Civil War, Stephen Whitaker wrote home to his father, James Whitaker Sr., and step-mother Mary McBrayer Whitaker, who lived in Andrews, Cherokee County, NC. Some spellings, grammar and punctuation have been changed for readability. My clarifications are in [brackets].

Carters Depot [northeast Tennessee] August 2, 1863

Dear Father and Mother,

I write you a few lines to let you know where I am and what doing. I am very unwell at this time and have a severe cold and it has turned to something like pleurisy. I suffer very much though still on my feet. If I don't get better, I must get to a house.

Martial is very sick, though not dangerous. Wetherman and Graham is both on the mend. Walker's battalion is here. We are guarding the bridge over Wattooger [Watauga] and keeping out of pickets, The bush whackers came in 4 miles of here a few nights ago to a Mr. Tothams and called out his two sons, both a Lieut. in the army and told them that the Yankees had taken Carter's Depot and was coming on them and for them to make their escape. By this means, they got up and went out and was taken off by the cowardly wretches and one of them shot. The other is probably murdered. The one that was found was buried by my men

yesterday. They was both fine young men, one in the recruiting service and the other at home on furlough. There has been a force sent to N.C. to put down the bush whackers there.

Father, I wrote you from Knoxville a few days ago in relation to the tombstones. I thought then I might be sent to Charleston or back to Louden. If I had I could have seen to getting the stones hauled up. They are shipped to Cleveland [Tennessee]. You can get someone that is going after salt to haul them. Dock Washburn will have salt there, in the course of a week. If you can't do this, you can get two of my oxen and send after them. The freight is due. It was less than \$2 to Louden. So it will not exceed \$5 to Cleveland. The agent in Louden did not want to receive the freight as he said it would be less trouble to receive it all at Cleveland.

Father, I wanted to attend to this matter, but I have done all I could and am now to far off to see to it at present. I hope you will be able to see to it.

I am anxious for the stones to be put up, though I may never see them. David [Stephen's son] got here safe. He slept with me



A restored and enhanced photo of Polly Whitaker, Stephen Whitaker's mother

Friday night. His company is in Yancy County N.C. He is going to see Gen. Jackson and report for orders. He can't get through the mountains to his company for the bushwhackers.

The Vicksburg prisoners is getting home daily. They had a hard time. They don't blame Pemberton for the surrender and say General Johnson did all he could to relieve them but was not able to do so. We lost 27,000 prisoners. This is the worst lick of the war, but we still have about 40,000 Yankey prisoners left after exchanging for the Vicksburg men. I got this information from an officer in the exchange department and now here boarding at the same tavern with me. This is correct he says.

Father, I have paid Hays a debt I have long owed him. I reckon now he finds where he stands and all other men that acts toward soldiers as he has done.

Col. Thomas is at Knoxville [Tennessee] under arrest. I don't know all the charges against him. The principal one is for disobedience of orders. Thomas will be smart enough for them. There is great prejudice against him.

Col. Walker is here. Father, I believe I have the good will of all the officers from Gen. Jackson down. My own men is all very good to me. They will do anything for me. I have not an enemy as I know it in my company. Not so in Cherokee County as I have been lied about very much. All will come right and through right will be sustained.

The young man that was supposed to be murdered has been recovered alive – was stolen from the bush whackers by a Union man and brought into his home today. This must be a great satisfaction to his father who thought he was killed.

Father you will get tired of reading this long letter.

Greenwood's boy better come to camp the first chance. He can come by Rocky Point to Knoxville or Strawberry Plains and then on the railroad to his place.

Father, write me. Give me all the news and direct your letters to Carters Depot, Tennessee. Walkers Batt.

Father give my respects to the friends and reserve a portion for yourself.

S. [Stephen] Whitaker

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

Plant-Based Cooking Class & Health Lecture

Soups & Salads

Thursday October 20, 6:30 PM

Location: Fairview SDA Church
 57 Cane Creek Rd, Fairview, NC 28730

CALL TO REGISTER → 828-222-2042

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Since Dr. Reilly has been treating me, the pain I felt in my knee is gone. I wasn't able to straighten or bend my leg for any length of time. The Class 4 Laser Treatments and Graston Therapy has worked wonders. Within two weeks of starting treatment, I have more freedom of movement and less pain. *-Kathy R.*



RELIEF FOR PLANTAR FASCIITIS, HEEL SPURS, SHIN SPLINTS, ACHILLES TENDONITIS

I have hip pain that got worse from driving for almost ten years. I tried Celebrex®, ibuprofen, physical therapy and other chiropractic treatments. Dr. Reilly has helped me quite a bit more than medical doctors, physical therapists or chiropractors. *-Fred S.*



ROTATOR CUFF PAIN, FROZEN SHOULDER, SHOULDER BURSITIS, TENDONITIS RELIEF

When I started to experience a shoulder problem, it began gradually and eventually I couldn't lift my arm above my head. I was in constant pain and in an attempt to avoid surgery, I came to Dr. Reilly. He used the Graston technique and Class 4 laser. I felt relief after the first treatment. I 100% recommend trying this treatment before considering surgery. *-Randy B.*



"Sometimes I forget I even have a problem"

FROM HAPPY PATIENTS



"I was told I needed an immediate knee replacement. I was desperate to avoid that surgery. The first treatment gave relief

to knee pain as well as back and elbows! By one month swelling was down in the mornings. I continue the daily at-home treatment and exercise as Dr. Reilly instructed. My life is back to normal." —*Lynda G*

'I came to Dr. Reilly with a foot problem no one else could fix. He diagnosed me with plantar fasciitis and a heel spur. He immediately started me on Graston and Laser therapies. In just a week or so it helped after looking for a fix for two years!



—*Mark H.*

"I was released after 3 treatments with no symptoms"



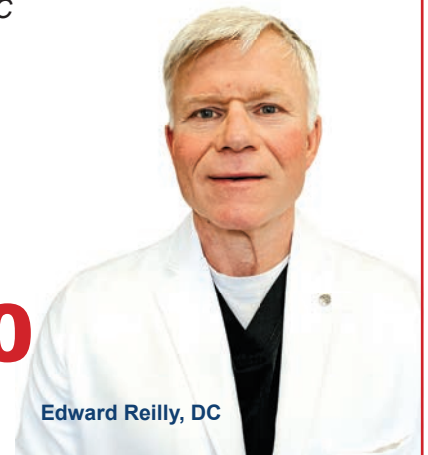
"I came to Dr. Reilly with a chronic shoulder problem that was interfering with my workout. He recommended the Graston technique and laser. After the first treatment, I felt better. I was aware that it was helping immediately. I was released after three treatments, with no

residual symptoms." —*RC*



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Edward Reilly, DC

Ben Bratton

“I’ve been in marching band all four years,” AC Reynolds drum major Ben Bratton said. “Since the ninth grade, I’ve been in concert or symphonic band and the jazz ensemble too. Band really helped me feel like I was a part of the school community.” Bratton started high school in 2019, back when people thought community mainly happened in shared spaces, face to face.

“It was kind of weird in the 10th grade because of COVID,” he said. Bratton is a self-proclaimed introvert who enjoys being at home; he didn’t mind online school, which came with the benefit of sleeping late. But while he liked some aspects of virtual high school, band was different. “There was no marching band at all, and symphonic was online.” He shook his head recalling the first year of the pandemic. “That was crazy!”

Let’s all pause to remember with awe all the public-school music teachers who kept student ensembles going when the whole world shut down. Truly remarkable.

“One student would un-mute the mic,” Bratton explained. “The rest of us would play along—or pretend to play,” a mischievous smile slid over his face. “And when we did go back in person, we played our instruments outside for a while.”

Bratton plays alto saxophone, an instrument he chose when he was a rising

sixth grader heading into Cane Creek Middle School. “We went into the cafeteria and the instruments were on tables,” he said. Mr. Dodson would clean off a mouthpiece for us to try an instrument.” Coincidentally, the same Mr. Dodson who helped him select his instrument in the sixth grade is now his high school band director.

The Bratton family moved to WNC when Ben was only five weeks old. Before his first birthday, they had moved to their Fairview home. Like his older brothers, Ben attended Fairview Elementary School, then CCMS and now ACRHS.

It was during his years at FES that Bratton experienced an accident that would affect his life for several years to come. “You know, I loved playing outside,” Bratton said. “And I was just messing around, hitting a tree with a metal rod I’d found in the yard. I don’t know—I guess I liked the sound it made or something.”

But somehow, the rod flew back and hit him in the eye. “It damaged my iris pretty bad,” he said, taking off his glasses and pointing to his right eye. He slipped them back on, shook his bangs back in place, and continued. “We went straight to the emergency room, and I had surgery immediately.” The doctors saw that Ben had a traumatic cataract (yikes!) and he was referred to a pediatric ophthalmologist



at Duke Eye Center, where he wound up having two additional surgeries. He laughed it off with a conspiratorial nod. “Let’s just say I know what it is like to have stitches in my eyeball.” Ben’s eyes did suffer lasting damage.

His right eye is extraordinarily sensitive to light, and his depth perception can be skewed at times. Luckily, it hasn’t affected his ability to read music.

The Brattons are a musical family: mom Laura is a singer who plays flute and piano; oldest brother Ryan plays many different instruments and is now a high school band director himself; middle brother Jake plays trombone; and dad Tommy played saxophone back in the day. “I’m pretty sure I didn’t know that when I chose the sax,” Ben said with a grin.

These days, alto sax is still Bratton’s main instrument, though he’s also played the other saxophones: soprano, tenor and baritone. He’s also been taking piano lessons for the past six years. Plus, he plays guitar.

“I just liked the way the guitar sounded,” he said. “I thought, ‘I want to learn how to do that,’ and we had a guitar, so I picked

it up and tried it. I had a few lessons, but then I downloaded an app called Tabs and just taught myself.” (As one does.)

Bratton figures he will always play music, no matter what happens after graduation. “Probably mechanical engineering or computer science,” he said of a possible college major. “I’m looking at NC State. That’s my number one right now. I’m also thinking about Wake Forest, Vanderbilt, UNC and Duke. We’ll see.”

For now, you can find Bratton and his co-drum major, junior Anita Zavyalova, at the ACRHS home football games, leading the marching band of about 70 musicians plus color guard. “We don’t do it alone, though,” he said. “Of course, Mr. Dodson is awesome. And the section captains are great, too. We’re all friends, and we work together really well.”

This year, the band’s show is called Celtic Impressions (held on October 8 all day at ACRHS). Check it out for fun music, interesting marching combinations, and a chance to see Ben Bratton in his element. Or at least in one of them!



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

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Is There Frost on Your Pumpkin?

October is a month of change, frosts and warm days of autumn. And let's not forget about our great leaf color in the mountains. We will start this month with an excerpt from John Whitcomb Riley's 1909 poem "When the Frost is on the Punkin."

When the frost is on the punkin and the fodder's in the shock,

And you hear the kyouck and gobble of the struttin' turkey-cock,

And the clackin' of the guineys, and the cluckin' of the hens,

And the rooster's hallylooyer as he tiptoes on the fence;

O, it's then's the times a feller is a-feelin' at his best,

With the risin' sun to greet him from a night of peaceful rest,

As he leaves the house, bare-headed, and goes out to feed the stock,

When the frost is on the punkin and the fodder's in the shock.

QUESTION of the MONTH

If clouds weigh so much, how do they float in the air?

Find the answer in November's Weather Wonder!

Frost Phase

Frost forms on solid objects when the water vapor in the atmosphere changes from its vapor phase to small ice crystals. If you see frost, then you know that the temperature of the object is 32 degrees or lower. However, the air temperature is officially measured at five feet above ground. In the vicinity of this frosty object, it is likely several degrees higher.

Conversely, not every air temperature recorded at or below 32 degrees indicates that frost has formed on solid objects in the area. The average date of the first autumn frost is October 23 for Asheville, October 17 for Black Mountain, October 9 for Bent Creek and October 12 for Hendersonville. To figure out the extremes, simply add or subtract about 12 days to get the earliest or latest dates.

Here in Fairview, our dates tend to run pretty close to those for Bent

Creek. Deeper valleys generally have frost and freezing conditions later in the spring and earlier in the autumn than frost and freezing conditions in the surrounding terrain.

In October, the turn to fall becomes even more apparent, with the average high temperature dropping from 72 degrees at the beginning of the month to 64 degrees by month's end. The average daily low drops from 50 degrees at the beginning of the month to 40 degrees at the end of October, when we usually see several frosty mornings. We've even had some snow flurries in October on occasion, usually right around Halloween.

We also start to see visible changing of the seasons with some wonderful leaf color changes. I have written on that topic several times in years past. Some of the best places to find updated information and leaf-peeping forecasts are online at Appalachian State's biology department (biology.appstate.edu/fall-colors) and at romanticasheville.com.



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

WEATHER WONDER

How much water is contained in the average summertime cumulus cloud?

Clouds must have weight because they are made from water, and water has weight. A cloud is made of many tiny "clumps" of water, either liquid or frozen. The liquid droplets are about two microns across (smaller than the thickness of a human hair). Some of these tiny droplets are so small that it would take a billion of them to make a single raindrop.

An average summertime cumulus cloud carries about half a gram of water in each cubic meter, which is about the weight of a big garden pea. If the cloud is one kilometer by one kilometer by one kilometer, which is typical, it could carry about 500 tons of water. That's around the weight of our largest passenger jets.

CALENDAR REMINDER:
SEPT is Hosting the FBA Meeting on October 12th



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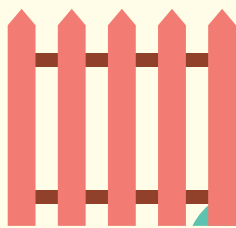


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WHISTLE!**



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SHOTS!**

**BUILD A
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Feet (n.): A device used for finding Legos in the dark.

If you think education is expensive, try ignorance.

A turtle is crossing the road when he's mugged by two snails.

When the police show up, they ask him what happened.

The shaken turtle replies, "I don't know. It all happened so fast."

"I never feel more alone than when I'm trying to put sunscreen on my back."

—Jimmy Kimmel

How to frighten the new generation:

Put them in a room with a rotary phone, an analog watch and a TV with no remote. Then leave directions on how to use them in cursive.

I had an argument with my wife in an elevator.

I've never been wrong on so many levels.

"A vegan said to me, "People who sell meat are gross!" I said, "People who sell veggies are grocer.""

—Adele Cliff

Does anyone know when our W-2s will be mailed out for working as cashiers at self-checkout aisles?

Math teacher: If I have three bottles in one hand and two in the other hand, what do I have?

Student: A drinking problem.

Town Crier readers are invited to submit funnies. Thanks, Karen Mazza, for the following riddle:

Q: Where does the king keep his armies?

A: In his sleeves.



Blaine Greenfield is publisher of the BLAINES WORLD blog and host of a podcast with the same name. Send items for possible inclusion in a future issue to bginbc@aol.com.

Tech Updates for October

Being able to copy text embedded in an image will soon be easy in Windows 10 and 11 as part of Microsoft PowerToys. In the next few months, with PowerOCR, you will be able to select part of an image with recognizable text to be converted and put in the Windows clipboard as text for you to paste.

Microsoft makes rather decent hardware—ergonomic keyboards and mice and a lineup of tablets and laptops under their Surface moniker. Their tablets offer a Windows alternative to Chrome and Apple tablets.

Windows 11 users: Microsoft recently rolled out its big update, version 22H2, offering all sorts of new learning opportunities and ways to keep your mind supple.

If you have a Gmail address and have noticed an increase in political campaign emails in your inbox, it is due to the Federal Election Commission approving a Google plan to let campaign emails bypass Gmail's spam filters.

If you write email like spam, it will go to a spam folder. Avoid poor grammar and spelling; all caps and heavy punctuation, especially exclamation marks; too many links or attachments; inconsistent fonts, colors and formatting; image-only emails or a high image-to-text ratio; and promotional language like "click here," "no cost," "make money now" or "a great deal."

End-to-end encryption in Facebook Messenger is not yet the default, you can

turn it on. Its called Secret Conversations, which you can enable each time you start a one-on-one chat. Find it by tapping the person's name at the top of Messenger; scroll to find the lock icon for "Go to secret conversation," and then tap. If you already have an unencrypted conversation going, pay attention to which thread you are using.

When making or updating a will, remember to include a digital executor with access to your digital estate, which can include logins/passwords for all devices and online services; purchased assets like music and apps; and all stored data, local and cloud. That person will notify your online community of your death and ensure any accounts, subscriptions or other services are canceled or transferred to your next of kin.

A new service can digitally enhance old photos, which might help you finally identify that one face that had faded too much to see. Go to tinyurl.com/4c54c65h.

DuckDuckGo lets you create an email address that strips out trackers and forwards them to your inbox. Use for those "subscribe to our newsletter" requests.



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VIEWS!

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Your Cholesterol and Weight Loss

Cholesterol, which is found in our blood and in the food we eat, is a misunderstood compound that we have been cautioned for decades to fear. We have been told that if we eat cholesterol, then our blood cholesterol levels will significantly rise. Science, however, now shows us that for most people, the cholesterol we eat in healthy food does not increase our blood cholesterol. Research suggests that it's the excessive sugar in our individual eating styles that negatively impacts our cholesterol levels while also causing weight gain and raising the risk of type 2 diabetes (high blood sugar). This is largely because sugary foods have a damaging impact on our liver, the organ responsible for making cholesterol.

Another common belief is that cholesterol levels will drop as our weight does. We think that if we lose weight, it will immediately reflect an improved blood lipid panel. But this isn't the case for about 20% of the population. When we lose fat-weight, our fat stores shrink. The fat and cholesterol normally stored in the fat tissue and liver cells have nowhere to go when these fat cells shrink but into the blood stream, causing a temporary rise in cholesterol to be noticeable on a fasting cholesterol blood test in some people. This rise in cholesterol being processed out of the body is usually not permanent and

these cholesterol levels will likely drop when this process stabilizes.

It's also important to realize that a reduction in blood test cholesterol levels is a slower metabolic process that takes time. Cholesterol levels do not drop relative to a drop in fat-weight pound by pound. Dr. Goldberg, Medical Director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center, said it can take between three to six months (some doctors say up to a year or more) to see lower LDL cholesterol levels following a successful diet and exercise weight loss experience. He also noted that it takes longer to see positive changes in a cholesterol blood test in women than in men.

So, if we see these unexpected shifts in our cholesterol levels, what should we look for?

Triglyceride/HDL Ratio Is Important

Many doctors and researchers are finding the triglyceride/HDL (i.e., bad fat in blood/good cholesterol) ratio to be one of the better predictors of heart disease. Research has shown that individuals with the highest triglyceride/HDL ratio have a 16 times greater risk of heart attack than those with the lowest triglyceride/HDL ratio. A ratio of less than two is good, three to four is intermediate (risky), and greater than four is high. This ratio also

predicts the risk for type 2 diabetes and pre-diabetes. If your ratio is above 3.75, you are at an increased risk for pre-diabetes or diabetes. Here's an example of how to calculate your triglyceride/HDL ratio. If your triglyceride level is 150 and your HDL level is 25, then your ratio is $150/25 = 6$, which is considered "high."

Total Cholesterol/HDL Ratio Is Important

Another valuable ratio for predicting the risk of heart disease is your total cholesterol/HDL level. Here's an example of how to calculate your total cholesterol/HDL ratio. If your total cholesterol is 228 and your HDL is 69, then your ratio is $228/69 = 3.5$, which is considered "good."

RATIO RANGES

	Low Risk	Ave Risk	High Risk
Women	<4.1	4.2-5.7	>5.7
Men	<4.4	4.5-7.2	>7.2

Note: The higher the total cholesterol/HDL ratio, the higher the risk of heart disease.

In general, high cholesterol can affect anyone. However, science shows that obesity is the most common risk factor. In addition, obesity and high cholesterol are both risk factors for cardiovascular health

issues. Stress is also known to increase cholesterol levels, especially the bad LDL cholesterol.

Processed foods, fried foods, excess sugar in all its varied forms, and trans fats must be eliminated from our diet if we aim to achieve good heart health. Smoking lowers good cholesterol, so stop smoking. And exercise is important for heart health; therefore, moving every day is key.

There are some things you can't control. Menopause can raise cholesterol levels. And genetics can be a factor. Familial hypercholesterolemia is an inherited form of high cholesterol that puts people at risk of early heart disease.

No matter your numbers or ratios, it's always important to check with your doctor on the best course of action to support your cardiovascular health. And remember that how you fuel your body—your nutrition—is key to protecting and maintaining a healthy heart.



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



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Cyclist's Palsy

Many people have heard of carpal tunnel syndrome, which is a nerve condition in the wrist that causes pain, hand weakness and numbness in the thumb and two long fingers due to compression or irritation of the median nerve. This is just one condition that affects the peripheral nerves. Sometimes, peripheral nerves can become impinged, stretched or rubbed in a way that aggravates the nerve. When this happens, the nerve sends signals to the brain, causing common symptoms such as pins and needles, burning, electric shock-like sensations and numbness. There are many relatively common places where nerves can become impinged, such as the wrist (as in carpal tunnel syndrome), ankle, posterior hip at the piriformis muscle, and elbow. There are many reasons for these conditions, but they often result in decreased blood flow in and out of the nerve itself due to abnormal compression, irritation, or stretching of the nerve.

Guyon's Canal Syndrome

Another nerve condition that occurs at the wrist is called Guyon's canal syndrome—aka, cyclist's palsy. In this condition, pain, numbness or weakness occurs in the little and ring fingers. These symptoms arise from compression of the ulnar nerve and the corresponding blood vessels at the

wrist joint. In the wrist, the ulnar nerve passes between two particular bones, the pisiform and hamate. The abnormal pressure on the ulnar nerve at the wrist joint can come from many different sources.

Common Culprit

The most common source is the sustained hand and wrist positioning that occurs while riding a bike for long distances. Having the wrist in an extended position while gripping the handlebars can strain the little finger side of the hand and palm, compressing the ulnar nerve. A novice recreational cyclist or a seasoned veteran of cycling who spends hours a day pedaling can avoid this syndrome by padding the handlebars, wearing padded gloves, adjusting the handlebars for a proper fit, and repositioning their hands frequently throughout the ride. These techniques can help reduce the compression and irritation on the nerves and blood vessels in the hand and wrist.

Guyon's canal syndrome also can result from playing any sport where repetitive gripping or fine motor hand movements are involved. These include, but are not limited to, pickleball, tennis, baseball, softball and golf. If you participate in any of these activities and notice reduced physical performance, feel clumsy or weak in the hand, or develop sharp pain that shoots



Performing simple nerve glides or flossing techniques can be helpful if they do not cause any pain, tingling or numbness.

from the wrist up the arm, this syndrome may be developing. Another risk factor with these sports is the potential of fracturing the hamate bone in the wrist. This injury can lead to compression or irritation of the nerve. Using proper techniques and protective equipment when batting, playing golf or playing racquet sports can help reduce the risk of injury.

Other than wearing protective equipment and repositioning your hands frequently while cycling, exercises can be performed to improve stability and mobility in the nerves of the arms, wrists and hands. Nerves have to be able to glide and

move as we move. Maintaining normal nerve mobility helps reduce any abnormal tension or strain on the nerve. There are simple nerve glides or flossing techniques that can be performed if they do not cause any pain, tingling or numbness. One exercise for ulnar nerve gliding is to start with your arm up and out to the side with a bent elbow. The palm should be facing toward the side (away). Next, bend the wrist toward you as you bend your head toward your hand. Then, bend your wrist away from you as you bend your head away in the opposite direction. Perform 20 to 30 repetitions as long as you don't have any hand or wrist symptoms.

If symptoms persist or worsen, a physical therapist can often perform special testing maneuvers to determine where the problem is originating from and rule out some conditions that may present with similar symptoms, such as cervical or shoulder conditions. It is important to treat these conditions with specialized treatments designed specifically for nerves. Nerves are unlike muscles in that stretching is not usually advised, and they are not able to be strengthened like muscles.

Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. avorahealth.com.

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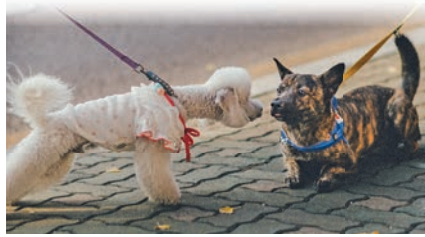
First Meetings Can Be Tricky—for Dogs and Humans

In our group training lessons, one of the things we tell our clients is that they should not allow their dog to meet another dog face to face on a leash. Most people look at us like we are crazy. “How in the world do they ever meet another dog?” is a typical response.

Dog meetings can go bad very quickly. For instance, imagine two people meet, each with two dogs on separate leashes. Some leashes are held loosely, some are held tight. Some are about to cross over each other. Does that sound like a good situation to you?

Think of it in human terms. Do you like every person you meet right away and want a hug, sniff in the ear or kiss from them? Probably not. So, you shouldn't assume your dog will want to have another dog up in their face when they first meet. Do you have a dog that can be “reactive” on leash to other dogs when you are walking? Imagine how the tension and/or anxiety can escalate quickly with another dog in their face.

Some owners want their dogs to be friendly to every dog and person they meet and to make as many canine friends as possible. But there are ways to give your dog the opportunity to make new friends (and avoid making enemies) without letting another dog immediately get up into their grill.



Two Things to Try, One to Avoid

- **Take a walk with another dog owner.** Walk your dogs in parallel, moving forward, until the dogs have a chance to relax, do their business and get a whiff of each other.
- **Let the dogs sniff each other through a fence, crate or kennel.** Sometimes the pressure of being around another dog can be a lot. Having some separation gives them a chance to do a little sniffing of each other, the way dogs are intended to meet, and an opportunity to size up the other dog, without the pressure to be in each other's face or interact. Many dogs that are reactive calm down rather quickly when in the kennel next to other dogs that would commonly set them off. Keeping them separated through fencing maintains safety.
- **Do not expect them to immediately share toys, chews, bowls, etc.** Guarding behaviors are quite common in many dogs. Keep this added pressure out of the picture until the dogs become more

comfortable with each other. Or, do not expect or encourage them to share at all.

After they have the chance to size each other up on parallel walks, sniffing through fencing, and not competing over toys, you can take them off leash in a safe, fenced-in area and see if they want to play. You can teach an “out” command, so that both dogs learn to back off if the interaction becomes too intense. If you are uncomfortable with the interaction, chances are good at least one of the dogs may also be uncomfortable.

Not all dogs are social butterflies. We just see that type of dog out and about a lot because they enjoy the interactions and aren't put off by interactions with other dogs. Learn to read their body language. The truth is that most dogs are dog selective; they seek out those they can be comfortable with and buddy up with them. They don't like all the dogs they come in contact with, and that is perfectly acceptable.



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

► Animal Haven Fall Fundraiser

Sunday, October 16, 1-5pm
65 Lower Grassy Branch Road, Asheville

Animal Haven of Asheville will be holding its fall fundraiser on October 16 from 1–5 pm.

A \$25 entrance fee will include food (including vegan options) as well as beer, wine and soda, with all proceeds benefiting the animals.

Admission is free for children under 12. Activities and entertainment include a silent auction, music by the Southern Style Band, and Animal Haven's animals on site. Parking on site is limited, so please consider carpooling. Tickets are available in advance.

For more information, call 299-1635 or find Animal Haven of Asheville on Facebook.


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Fairview's Fall Bird Migration

The spring bird migration always seems to get more attention than the fall migration. It's no wonder, as so many spring birds arrive in their bright, showy breeding plumage, singing vigorously while they search out territories and compete for mates. For many of us, the onset of fall means chevrons of Canada geese flying southward and hummingbirds suddenly vanishing from our feeders. However, much more is happening. The fall migration, which peaks locally during September and October, is really quite a show. It differs from spring in several ways, including birds' appearances, behaviors, migratory routes and numbers.

Appearances

Although most birds undergo no changes in their color patterns, some have distinctly different plumage in the fall. Several local birds that change are shown in the accompanying image. Fall plumage is usually not as bright but is still quite attractive. Neutral colors may provide better camouflage during migration. Unless your field guide includes both spring and fall plumages, you may find it challenging to identify many of the fall warblers in particular. The Sibley guide is a good choice that shows all the different plumages for each species.

Behavior

Spring breeding behaviors, such as repetitive singing and chasing rivals off prime territory, don't happen in the fall. Hardly any of the fall migrants sing at all. In the spring, birds are adults traveling solo as they locate and defend new territories. But in the fall, it's not uncommon to see migrants in small groups—usually a family group of one or both adults and several juveniles. One special sight in Fairview happens in the fall when Common

Two Ways to Help Migrating Birds

- Turn off outdoor lights overnight (to avoid building collisions).
- Keep cats indoors, especially at peak migration times.

Nighthawks group up over flat, open fields around dinnertime, circling and wheeling gracefully as they feed in flight.

Migratory Routes

You might expect migratory birds to travel the same route north and south. But a surprising number travel entirely different routes. Why? Seasonal weather patterns (usually winds in a specific direction) are sometimes crucial for helping birds make flights of hundreds or thousands of miles. The Blackpoll Warbler is a spring migrant over land, but heads offshore in fall and picks up southerly trade winds that help it fly without stopping to South America.

Numbers

Birds are more abundant in the fall migration than the spring due to so many "young of the year." In fact, a 2018 study concluded that about 1.2 billion more birds migrate southward in the fall.

Why is a risky and energy-intensive task like migration worth it to most US birds? Decades of studies point mainly to increased food supplies and breeding sites, leading to more offspring. One study found that migratory birds averaged four to six more offspring per brood vs. the two to three offspring per brood average for non-migrants of the same species.

Seasonal Resources

Thanks to technology, we now know more about migration than ever before, even on a very localized and nearly real-time basis. Pairing weather radar images with ground-based bird observations has led to the development of BirdCast, a free public website that offers nightly (when most migration occurs) migration summaries for any county or state in the Lower 48.

On September 8, I found that an astounding estimated 2.3 million birds migrated over our county during the night before, with a peak of about 349,000 in flight at one point! And through the BirdCast site, I was able to learn what bird species were most likely migrating at that time and how migratory numbers can vary extremely from day to day. As if to prove that point, I checked back the next day and found only a half-million birds had migrated one night later. Evidently the first night was a far better night to fly, and somehow, the birds just knew it.

Please visit fairviewtowncrier.com/links for additional reading about this article.

Doug Norton (dougnorton99@gmail.com) is a retired watershed ecologist and online science educator who lives in Fairview. Cane Creek Chronicles explores the great outdoors of the Cane Creek Watershed.



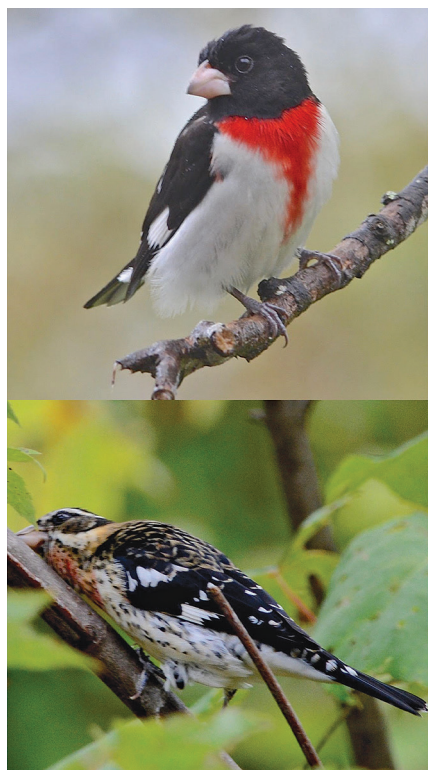
Scarlet Tanager in spring (left) and fall plumage (right). ALL PHOTOS: JANE HOLT



Chestnut-Sided Warbler in spring (left) and fall plumage (right).



Magnolia Warbler in spring (left) and fall plumage (right).



Rose-Breasted Grosbeak in spring (top) and fall plumage (bottom).

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General Election Guide

Election day is November 8. Early voting runs from October 20 to November 5. No ID needed to vote.

Take Responsibility for Your Vote

Are you registered at your current address? Lots of people moved over the past few years. If you have not updated your registration, you can do so and vote on the same day only during early voting at any location.

If voting in person on Election Day, you should always vote in your precinct. If, for whatever reason, you vote in another

district on November 8, you'll have to fill out a provisional ballot, which is reviewed by the Board of Elections and could be rejected. See the "Find Your District" section on the facing page to find out how to get your correct information.

Has your district changed? Most all Fairview residents used to vote in District 49 for the US House, District 114 for NC

House and District 2 for County Commissioners. But now, some residents will vote in District 46 for the US House, District 115 for NC House and District 1 for County Commissioners. Find your district and research the correct candidates listed below.

Get unbiased, nonpartisan information about registration and voting from the county's Board of Elections. Call 250-4200.

COUNTY & STATE PARTY INFO

Democrats
buncombedems.org 274-4482
facebook.com/BuncombeDems

Republicans
buncombegop.org 253-5800
facebook.com/buncombegop

WNC Green Party
ncgreenparty.org
cochair@ncgreenparty.org
facebook.com/wncgp

NC Libertarian Party
chair@buncombe.LPNC.org
facebook.com/LPBuncombe



Candidates and Races on Fairview-area Ballots

The candidates and races below should be the ones on your ballot. However, we do have readers who have addresses in Asheville and Henderson County, so your ballot choices may be different. See the "Find Your District" section on the facing page to see how to get information about candidates in your precinct. Campaign websites have been provided where available.

PARTY DESIGNATION:
 (D)EMOCRAT (G)REEN
 (L)IBERTARIAN (R)EPUBLICAN
Candidates are listed alphabetically by last name.

FEDERAL

US SENATE

CHERI BEASLEY, D cheribeasley.com
 SHANNON BRAY, L shannonbray.us
 TED BUDD, R tedbudd.com
 MATTHEW HOH, G
matthewhohforsenate.org

US HOUSE 11

JASMINE BEACH-FERRARA, D
jasmineforcongress.com
 DAVID ADAM COATNEY, L
coatneyforcongress.com
 CHUCK EDWARDS, R
chuckedwardsforcongress.com

STATE

SENATE 46

WARREN DANIEL, R danielforsenate.com
 BILLY MARTIN, D billymartin4nc.com

- OR -

SENATE 49

JOHN ANDERSON, R
johnanderson4ncsenate.com
 JULIE MAYFIELD, D
mayfieldforncsenate.com

HOUSE 114

J. ERIC AGER, D ager4nc.com
 EVERETT D. PITTILLO, R
electeverettdpittillo.com

- OR -

HOUSE 115

PRATIK BHAKTA, R pratik4nc.com
 LINDSEY PRATHER, D pratherformc.com

SUPREME COURT

SEAT 3

RICHARD DIETZ, R judgedietz.com/
 LUCY INMAN, D LucyInmanForJustice.com

SEAT 5

TREY ALLEN, R treyallennc.com
 SAM J. ERVIN IV, D ervinforjustice.org

COURT OF APPEALS

SEAT 8

JULEE TATE FLOOD, R juleeflood.com
 CAROLYN JENNINGS THOMPSON, D
carolynthompsonforjudge.com

SEAT 9

BRAD A. SALMON, D
judgebradsalmon.com
 DONNA STROUD, R judgestroud.com

SEAT 10

GALE MURRAY ADAMS, D
judgegaleadams.com
 JOHN M. TYSON, R judgejohntyson.com

SEAT 11

DARREN JACKSON, D
judgedarrenjackson.com
 MICHAEL J. STADING, R michaelstading.com

COUNTY

BOARD OF COMMISSIONERS DISTRICT 1

ANTHONY PENLAND, R
facebook.com/ElectAnthonyPenland
 AL WHITESIDES, D
AlWhitesides.com

- OR -

DISTRICT 2

MARTIN MOORE, D
martinforbuncombe.org
 ROBERT PRESSLEY, R
No active website found

CLERK OF SUPERIOR COURT

STEVEN COGBURN, D
No Republican is running in this race.

DISTRICT ATTORNEY

TODD WILLIAMS, D
No Republican is running in this race.

SHERIFF

TRACEY DeBRUHL, L
facebook.com/tracey.debruhl.3
 TREY MCDONALD, R
facebook.com/treyforsheriff
 QUENTIN MILLER, D
quentinforbuncombe.org

SCHOOL BOARD OF EDUCATION (NONPARTISAN; CHOOSE ONE FOR EACH DISTRICT)

ENKA DISTRICT
 JUDY S. LEWIS facebook.com/Judy-Lewis-for-Education-107608005356131
 KIM POTEAT
poteatmk5.wixsite.com/my-site
ERWIN DISTRICT
 GREG PARKS parks4bcs2022.com
 KIM PLEMMONS
facebook.com/kim.plemmons.for.bc.boe

REYNOLDS DISTRICT

ROB ELLIOT elliottforeducation.org
 SARA DISHER RATLIFF sdrforacr.com
 See page 19 for more info on the Reynolds candidates.

SOIL AND WATER CONSERVATION DISTRICT SUPERVISOR (NONPARTISAN; MAY VOTE FOR TWO)

ANTHONY D. COLE
 ALAN DITMORE
 SARA NICHOLS
 TYLER ROSS
No current websites found for these candidates.

REFERENDUMS

Vote YES or NO for each.

BUNCOMBE COUNTY OPEN SPACE BONDS

"Shall the order authorizing \$30,000,000 of bonds to pay the capital costs of acquisition and improvement of land or interests therein for conservation and protection of natural resources and preservation of farmland, including but not limited to, the development of greenways and trails for recreation purposes, and providing that additional taxes may be levied in an amount sufficient to pay the principal of and interest on the bonds be approved?"

BUNCOMBE COUNTY HOUSING BONDS

"Shall the order authorizing \$40,000,000 of bonds to pay the capital costs of housing for the benefit of persons of low or moderate income, including construction of related infrastructure improvements and the acquisition of related land and rights-of-way, and providing that additional taxes may be levied in an amount sufficient to pay the principal of and interest on the bonds be approved?"

For more info about both bond referendums, go online to buncombecounty.org/2022bonds.

DO YOUR HOMEWORK

Research races and candidates at the following websites, which all claim to be nonpartisan:

- Votessmart.org
- RealClearPolitics.com
- Ballotpedia.org
- PolitiFact.org
- League of Women Voters lwvab.org

Voting 101

REGISTRATION

To vote in NC, one must be a US citizen and resident of NC who has lived in the county he or she intends to vote in for at least 30 days. A citizen must also be at least 18 years of age. A citizen must not be in jail or prison for a felony conviction. A voter in NC cannot claim the right to vote elsewhere.

The deadline to register is October 14. If you don't register by that date, you may only vote through early voting.

How to register

Register online

If you have an NC driver's license or ID, go to the NC DMV's website (payments.ncdot.gov). After you log in, you can submit a voter registration application (or an update).

Note: The Green Party has not yet been added to the online registration form. You will need to use the printed form to register with that party.

OR

Fill out a registration form

English — tinyurl.com/2p98sezf

Spanish — tinyurl.com/4hte293y

If you have Acrobat on your computer, you may fill out the form online and print it. Or you can print it and then fill it out.

Printed forms should be available at county election board offices, public libraries, high schools, and college admissions offices.

Mail the signed and completed form

to: Election Services, PO Box 7468, Asheville, NC 28802-7468 OR register in person at 9 Woodfin Place, Asheville.

If you have moved since the last election and are currently registered to vote in Buncombe County

Fill out a form found at the links listed above and then hand deliver (9 Woodfin Place, Asheville), mail (PO Box 7468, Asheville, NC 28802-7468), fax (828-250-6262) or email (elections@buncombecounty.org).

College students

College students can register and vote in the jurisdiction of their residence. If a student considers their school address their residence, the student may register and vote in the county where the school is located.

FIND YOUR DISTRICT

To confirm or find your precinct, go to vt.ncsbe.gov/RegLkup and enter your name, then click on your name on the next screen. You'll also find a sample ballot. You may also call the county's

voter registration specialist, Joyce Kanavel, at 250-4209.

EARLY VOTING

The one-stop "in-person" process permits voting at any designated location prior to election day. **You don't need ID to vote but you will need to show proof of address if you are registering the same day or changing your info.**

Acceptable proof of address: Driver's license; government-issued photo ID with address; current utility bill, bank statement, government check, paycheck, or other government document showing name and address; current college/university photo identification card paired with proof of campus habitation (some schools, such as Warren Wilson, transmit a current student roster to the board of elections).

Sites will be open on October 20–21 and then from October 24 to November 5.

Monday–Friday, 8 am–7:30 pm

Saturday–Sunday, 10 am–3 pm

November 5, 8 am–3 pm

Local early voting site

Fairview Library – 1 Taylor Rd, Fairview

For other sites, go to vt.ncsbe.gov/ossite, find "Buncombe" in the dropdown menu, and then click "Find Sites."

ABSENTEE VOTING

Requesting a Ballot

Anyone may request an absentee ballot for any reason. The deadline is November 1, 5 pm (request earlier to ensure it's received in time). Complete a request form (find at bit.ly/2xmvA2w) and return by mail (PO Box 7468, Asheville, NC 28802) or in-person (59 Woodfin Place, Asheville).

Once your form has been received, an absentee ballot will be mailed to you.

Submitting a Ballot

Absentee ballots must be postmarked on or before November 8. Or bring to 59 Woodfin Place, Asheville by November 8, 5 pm.

You may still vote in person if you have requested an absentee ballot.

A voter's near relative may also request and return an absentee ballot.

For active duty military, their family members, and US citizens living abroad, please visit FVAP.gov and follow the absentee ballot instructions to receive a ballot.

DO YOU LIVE IN HENDERSON COUNTY?

For our readers who live in Gerton and Fletcher, visit hendersoncountync.gov/elections for more information.

QUESTIONS? Call 250-4200 or visit buncombecounty.org/vote

The Voting Process and Security

Depending on which voting method you choose, there are different ways of knowing that your ballot was received and counted safely and accurately by Buncombe County's board of elections.

If you vote on election day

If you vote in person, you insert your ballot directly into a tabulator at your voting site. When you do this, your selections are immediately recorded on a memory card in the tabulator. The results stored on the memory card are then imported through a secure process to the NC Board of Elections and reported on election night as part of the unofficial results.

For further confirmation that your ballot was counted, use the Voter Search tool (vt.ncsbe.gov/RegLkup).

Your ballot status will show up in the "Voter History" section as soon as your county completes the post-election process of assigning voter history to your record. This may take a couple of weeks or longer after the election.

The county board of elections will complete this process as promptly as possible amid the other post-election tasks that must be completed, including post-election audits and certification of the results.

If you vote during the one-stop early voting period

The process to vote and to store and transmit your vote is the same as with in-person voting on Election Day.

Under NC law, votes by mail and at one-stop early voting sites are considered absentee votes. You can find your vote counted in the "Your Absentee Ballot" section of the Voter Search tool. Enter your first and last name and county (if you have a common name) to pull up your record.

If you voted during the early voting period, your "Absentee Status" will show "VALID RETURN," the "Return Method" will be "IN PERSON" and your "Return Status" will be "ACCEPTED." This status is typically updated by the day after you cast your ballot at an early voting site.

Your ballot status also will show up in the "Voter History" section as soon as your county completes the post-election process of assigning voter history to your record. This may take a couple of weeks or longer.

If you vote absentee by mail*

Once your ballot is received by the county's board of elections, you can find your vote counted in the "Your Absentee Ballot" section of the Voter Search database. Your "Absentee Status" will show

"VALID RETURN," the "Return Method" will be "MAIL" and your "Return Status" will be "ACCEPTED" or "ACCEPTED - CURED."

Your ballot status will also show up in the "Voter History" section as soon as your county completes the post-election process of assigning voter history to your record. This may take a couple of weeks or longer. **including military, overseas, and visually impaired voters who submit their ballot electronically.*

If you cast a provisional ballot

You will be able to check the status of your ballot 10 days after the election through the Provisional Search tool (vt.ncsbe.gov/RegProvPIN). You must fill out all four fields on the form, including the PIN number given to you when you voted provisionally, and click "Search."

Security

Every voting machine and tabulator is tested before every election. After these tests, voting equipment is sealed and locked in a secure area until it is transported to voting sites. Tamper-evident seals are placed on media ports. Voting machines are never connected to the internet, and they do not contain modems. A person would need physical access to the machines to

install any type of virus or malware.

All votes in North Carolina are cast on hand-marked paper ballots or ballot-marking devices that produce a paper record for tabulation. This paper trail serves as a backup that can be recounted or audited to confirm results.

After every election, multiple audits are conducted to confirm the accuracy of the election. These include the required sample hand-eye audits that are conducted to verify the accuracy of votes cast by comparing the voters' choices on paper ballots against the totals tabulated by machines for randomly selected voting sites. Any significant discrepancies in this audit would trigger a total hand-eye recount of the paper ballots.

State elections officials urge voters to use the options above to ensure their in-person, absentee or provisional ballot was counted. They also urge voters to be wary about what they read online and on social media about elections. If you have questions about the voting process, reach out to the county board of elections at 250-4200.

This information was taken from the Buncombe County and NC Boards of Elections.

Celebrating Our Bus Drivers at Fairview Elementary

Fairview Elementary (FES) is celebrating Bus Driver Appreciation Week. Currently, FES has five bus drivers and two substitutes. Many of these drivers wear multiple hats. Some are also teacher's assistants, while others are also custodians. Each plays an integral part in the day-to-day operations of FES.

Ginger Lynch has been driving a school bus for more than 30 years. She loves the students who ride her bus and often feels like they become her own. She worries about their safety above all else and does everything she can to make sure they arrive at school and back home without incident. She is very aware that she is the first person from the school they see each day and always makes sure to greet students with a friendly "Good morning" and warm smile. She says the most challenging part of driving a school bus is other drivers who do not always pay attention and respect school bus stop arm laws. Fortunately, new technology allows administration to monitor buses and aids in reporting stop arm violations to help keep students safe.

Robbie Crain has been driving a school bus for 22 years. He loves to see his riders get on the bus smiling, excited about their day. It is very important to him that they are both safe and happy. He said



Ginger Lynch

some of the mountain roads school buses travel can be challenging at times, but once you learn the route you begin to feel very comfortable. He also noted that it is very important students understand the rules of riding a school bus. Staying seated and not distracting the bus driver is at the top of the list, and is a necessity so that all students stay safe.

Michelle Haney is a substitute bus driver while the school waits for a new driver to complete training. She left her



Robbie Crain

full-time position at FES last year but has been a huge help in her willingness to substitute. Like other drivers, Haney enjoys getting to know each student and their families. As a substitute, Haney is sometimes challenged with learning a new route, but she likes both the challenge and the opportunity to see other areas of Fairview. Even though driving a school bus is a huge responsibility, Haney enjoys driving and loves having an opportunity to share a kind word and



Michelle Haney

wish a good day to each student.

Fairview Elementary is thankful for each of their bus drivers and is excited to celebrate their commitments and contributions to FES. If you would like to drive a school bus, please contact Kim Reynolds at 628-2732.

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



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School Board Candidates

All elections are important, but there is only one race in this general election that truly represents the coverage area of the Crier. And that's the nonpartisan race for the Reynolds district seat on the county's School Board. We invited both candidates to let our readers know more about them and their platforms. Remember to vote for one of these candidates and for all the other races during early voting or on Election Day (November 8).

Sara Disher Ratliff



As an Asheville native, a second-generation A.C. Reynolds graduate, a full-time working wife and mother to four boys, I offer a distinctive

viewpoint as it pertains to raising children in this area. I made a point to make sure that my children also went to the school that I did.

It did not take long before I realized that far too many things had changed within the system that I grew up loving. While I expected technology and the world around us to have changed significantly over the years, the foundation of what I grew up with sadly has undergone far too much erosion as well. I often wondered why my kiddos did not understand the sense of pride and significance that being a proud A.C. Reynolds Rocket meant to me—my blood runneth green! However, after

witnessing the way in which schools in the district are now run, it made a lot more sense. After COVID-19 and trying my best to teach and accommodate my children at home, I realized I could no longer stand back and do nothing. Our children deserve to have the best educational opportunities available to them. They deserve to thrive, and not just survive, in the system. Unprecedented challenges require innovative solutions, and my background has prepared me well to be a voice of positive change.

When elected I will be:

- 1) A voice for parents—87% of the students who currently attend Buncombe County schools have at least one working parent in the home. Rarely are decisions made that consider the needs of these households. I offer a unique perspective given that my children are attending elementary, middle and high school in the Reynolds District.
- 2) An advocate for students—Far too many students have been left behind, following the disastrous year of remote learning. Our district is still picking up the pieces and trying to gain ground; however, needs are still not being met by the Board. Not a single current district member of the County Board of Education currently has a child in any district school.
- 3) Open and transparent—It is exceedingly difficult to obtain information from the current board. Rarely, if ever, do parents receive

replies when they reach out with questions. I aim to respond to all requests and acknowledge that the parents of our students need to be made aware of all changes or potential changes to their child's education.

> More at sdrforacr.com

Rob Elliot



Our public schools need support. I am running as a positive advocate, focused on opportunities that help our students, families and teachers feel safe, cared

for, and supported with the educational resources needed to meet their full potential.

I am the proud father of two students currently in the Reynolds district. Professionally, I am a NC Registered Forester in the wood products industry promoting sustainable forestry practices across our region, and also serve on the Board of Directors of the NC Forestry Association. I am blessed to be married to Andi (Dotson) Elliot, whose family has attended and worked in Fairview and Reynolds district schools since the early 1900s. I have supported our district schools the last 10 years by volunteering as a parent at Fairview Elementary, Cane Creek Middle, and Reynolds High. At Fairview Elementary, I served on the School Advisory Council as the PTA President and on the School Garden Committee for several years. During that time, I worked with school administration and Fairview community members to

organize the Fairview Farmers Market, which was held at the school and designed to connect the school community with local, healthy produce farmers and craft vendors. The market donated its vendor fees to the school's garden and other outdoor education school programs, like Muddy Sneakers. Also during this time, I was elected to serve on the Board of Directors for the NC PTA, where I helped advocate for education issues faced by our schools statewide.

Currently, at Cane Creek Middle, I volunteer for the PTA Advocacy Committee, which helps connect local and state elected officials with the needs of our school community. With my oldest child at ACRHS, I am a member of the PTSO and support the Rocket Launch program, which serves students who may need extra support. I am the son of two public school teachers, and I support our educators in their efforts to achieve living wage certification.

Recently, in recognition of my support for public schools, my campaign was endorsed by the Buncombe County Association of Educators. My vision for our schools includes improving mental health resources for students, supporting our teaching community, and building family and community partnerships. I will collaborate in a constructive way with administration, teachers, staff and families to support our schools to help every child dream big and meet their full potential.

> More at elliottforeducation.org



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The Town Crier's New Teen Columnist

We're excited to introduce our readers to *Ansley Fuchs*, who lives in Fairview with her parents and three siblings and is a freshman at Asheville Christian Academy. We hope you, like us, look forward to learning about life from her perspective.

A lot of students dread going back to school, but I'm excited. Being back in the school building allows me to connect with all of my old friends. I also enjoy classes, sports and the crowded halls. High school is a big deal. Some people



Ansley Fuchs
TEEN PERSPECTIVE

can't wait to get away from middle school, but at the same time, even thinking about high school brings stress and anxiety. Freshmen I know at Asheville Christian Academy said thinking of high school was stressful because now grades matter toward college, and for the first time, we have core classes with older students.

For me, high school is the next level up in everything. Higher academics and sports are very exciting, but the challenge can be stressful, too. The day before

school started, I sat in my room, staring at a wall thinking about all the changes to come, worrying about the classes, drama and homework. I wanted to be in control and didn't want unexpected change. So I tried my hardest to have everything as prepared as it could be. Each class had a binder, homework tabs, notebooks, pens and pencils. Being prepared and organized helped relieve the stress.

One constant coming into the new school year would be volleyball. Over the summer, I had workouts twice a week. Open gyms were scary at first because I was playing with upperclassmen, but I soon learned that the seniors are incredibly nice and welcoming. The third day of tryouts was final cuts. No matter how confident you are, I think there's nothing like when the coach pulls you out in the hall to tell you if you made it or not. Although I expected the best, I let out a big sigh of relief when I was told I had made the team. First high school tryouts in the bag, and I got to play a sport I love with all my friends. Classes hadn't even started, and school was off to a great start!

I'm loving the thrill of being back in the gym, the memories made laughing in the halls and sitting around a crowded lunch table. And even being back in the classroom brings weird excitement. After all, I only have four more years of "carefree" school sports, hanging in the

The day before school started, I sat in my room, staring at a wall thinking about all the changes to come, worrying about the classes, drama and homework.

halls talking about pointless things, or carelessly goofing off with friends.

Thinking about college, preparing, and setting myself up for possibilities and success is terrifying. Next year is the deadline for deciding if I want to pursue valedictorian or other higher academic titles. I'll have to choose if I want to double up and, then, how to cram advanced placement classes into a tight schedule. In a year or two I'll have to decide what my goals in sports are. I love being a multi-sport athlete, but one day I'll have to decide if I want to take one of my sports to the next level and attempt to get recruited. This is scary because, well, it's the big world—high school will be over.

After four short years I might be leaving for college, and I want to have many opportunities and choices when the time comes to make those decisions. When you graduate high school, your childhood is over. And while us big, bad high schoolers don't ever want to be called children, I love the freedom (yes, freedom—not necessarily restraint) that comes with being a child. I don't have to pay rent or a grocery bill. I'm

going to miss family dinners and playing sports all year with my best friends.

Thinking of the future makes me want to lock myself in a vault and never come out. I don't want my high school years to fly by. So my goal from day one of school has been to enjoy every day, class and friend. Even on the awful mornings when I had gotten home at 11 pm after a volleyball game the night before, and I literally don't think I can get out of bed, I chose to make the best out of my day.

Enjoy the little things, and try some big things. Yes, it adds more to my plate, but I think it's healthy to find something fun and enjoyable to balance out the stress of everyday life and school.

My mom calls it the one hundred year test: What are you going to remember in 100 years? You might remember bullies or a teammate that had it out for you, but you are bound to remember so many more of the good times. I try not to get caught up in the bads of today. That doesn't mean high school will be smooth sailing; I know there will be struggles and bumps along the way. But the challenge is to grow in the hardships, take advantage of the opportunities, and make as many memories as possible along the way.

If you would like to contact Ansley, please call/text or email the editor. See page 31 for contact info.

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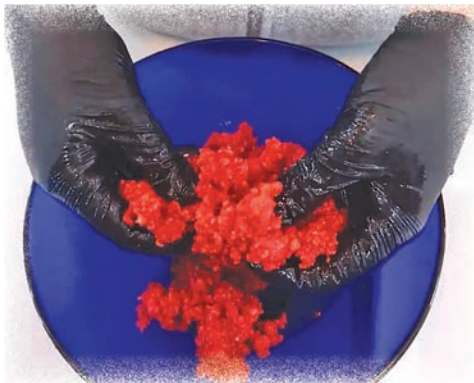
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—Susan M., June 2022



MAGIC WITH GREG

SPOOKY PRANKS FOR HALLOWEEN

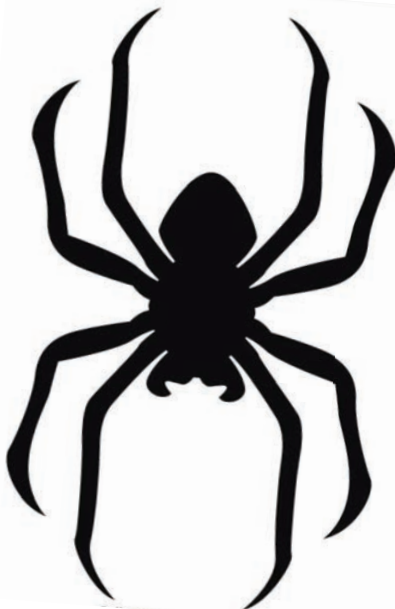


EATING FLESH

Get some Rice Krispies treats, red food coloring, foam tray and plastic wrap. You'll also need to print a copy of a meat label that you'd get from a grocery store.

Cover the Rice Krispies treats with food coloring and let dry. Then, break into pieces in the foam tray. Cover with plastic wrap and place label on the plastic wrap so it looks like hamburger you just purchased at the store. Place in refrigerator and wait for the perfect time to take it out and eat it.

AHHHHH!

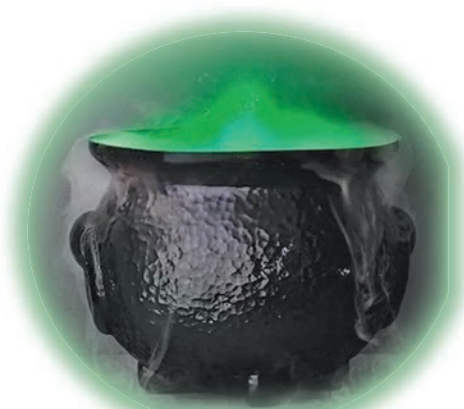


SPIDER SURPRISE

Print and cut out a spider silhouette and tape it on the inside of a lamp shade.

When someone turns on the light, the shadow of the spider will shine through.

ENJOY THE SCREAMS!



BUBBLE BUBBLE

You'll need clear vinegar, baking powder, green food coloring, a small container like a test tube, a small plastic cauldron and a light-up plastic ice cube.

Put the vinegar and a couple drops of food coloring in the test tube. In the cauldron, put the fake ice cube (these typically light up when wet) and baking powder.

Pour your secret potion (vinegar) from the test tube into the cauldron. It will light up and bubble over.

BOOO!

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

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Get to Know Our New Staff Whitney Emrick, Services Coordinator

"I am a native of Charleston, SC and have been in the Asheville area for about six years. I graduated from the University of South Carolina with a BA in Psychology and Master's in Social Work. I feel very blessed to help aging adults/family members navigate resources to have more fulfilling lives.

I am passionate about supporting others, easing worries and being a positive influence in the community. In my free time I enjoy hiking, dancing, yoga, crafting with dried flowers or spending time with my husband and our two cats."



Special thanks to a gift from the estate of Edwina Vamer to the Foundation through Mercy UrgentCare to aid the elderly and homebound in the Fairview Community



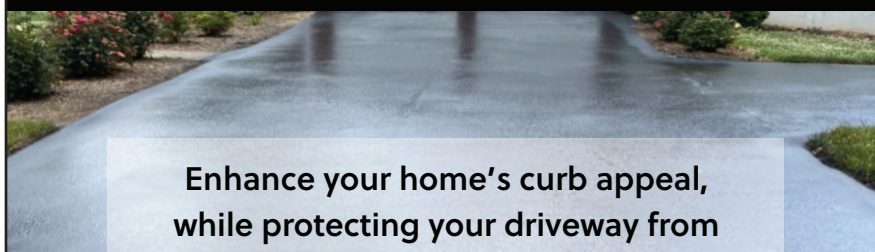
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New Trail Opens in Gerton

The newest section of the Upper Hickory Nut Gorge Trail System opened to the public last month, creating a connection to Blue Ridge Pastures and the Trombatore Trail from a gravel parking lot on Highway 74 in Gerton. This newly opened trail, the Strawberry Gap Trail, was made possible by a partnership among Conserving Carolina, Southern Appalachian Highlands Conservancy (SAHC) and generous, conservation-minded landowners.

This new segment stretches three miles from the parking lot in Gerton to the top of Blue Ridge Pastures. You can do an out-and-back or link up with the Trombatore Trail at Blue Ridge Pastures and continue onward for a longer trek. It climbs a total 1,200 feet one way and 1,450 feet round trip. You'll want to take a pause about halfway up to enjoy a scenic vantage point atop Ferguson Peak looking back toward Fairview, Asheville and distant mountain ranges.

Once you've reached the top, revel in the panoramic views from the grassy summit of Blue Ridge Pastures, looking out to the sweeping Hickory Nut Gorge, the grassy top of Little Pisgah Mountain (where SAHC has protected over 400 acres), Bearwallow Mountain (protected by Conserving Carolina), and distant mountain ranges, including the Black and Craggy Mountains. "Completion of the Strawberry Gap Trail

represents an 85% completion of the 'Upper Hickory Nut Gorge Trail Loop' that Conserving Carolina has been implementing via segments since 2010," said Peter Barr, trail specialist with Conserving Carolina. "This budding trail network will one day expand to exceed 100 miles and link to other regional and state trails, including the Wilderness Gateway State Trail. The new [trail] was funded by a grant from the NC Recreation Trail Program, sustainably constructed by...Shrimper Khare and his crew, and heavily and skillfully supplemented by the Conserving Carolina Rock Crushers Trail Crew."

The new trail crosses private property owned by the Clarke, Ager and Hamilton families, who have generously granted public access of the land, which is protected by conservation easements held by SAHC. A half-mile section traverses Strawberry Gap Preserve, which is owned and managed by SAHC.

Since 2008, SAHC has completed a series of conservation easements with the Clarke, Ager and Hamilton families around Hickory Nut Gap and the Fairview valley, totaling over 700 acres. These easements will forever preserve scenic views from Highway 74 and the ridge around Blue Ridge Pastures.

Preserving the land through easements means that the families continue to own

and use their land. Landowners who grant conservation easements voluntarily divest and extinguish specific development rights of the property in order to permanently protect conservation values like clean water sources, habitat, and farmland, which benefit the broader community.



The new trail is dedicated to the memory of Susie Clarke Hamilton. Her husband, Dr. Will Hamilton (right), and Pat Stone attended the opening ceremonies.

In 2017, SAHC purchased 170 acres in two adjoining tracts at Strawberry Gap and Stony Point, along the western boundary of Blue Ridge Pastures.

The SAHC-conserved land around Hickory Nut Gap helps protect miles of stream corridor and a section of Ashworth

Creek, part of the Chimney Rock-Hickory Nut Gorge Important Bird Area (as designated by the Audubon Society), forests and locally recognized high points at Tater Knob and Ferguson Peak, as well as the wide open area atop Blue Ridge Pastures.

"Big projects don't happen without the support and work of a lot of folks," said SAHC Conservation Director Hanni Muerdter. "We're thankful to the Stanback family and the McClure Foundation for helping fund the permanent protection of this land, along with grants from [federal, state and county governments], and significant donations from the families."

The new trailhead features parking spaces for only 25 vehicles. Please be aware of the protected and fragile nature of the land surrounding the trailhead. If there isn't parking available, try a nearby trail or come back later. This trail crosses through private property, thanks to the generosity of the landowners. Please respect this private protected land by following all of the trail rules, including that dogs are not allowed. Dogs are welcome on nearby Conserving Carolina trails, including Trombatore, Bearwallow, Wildcat Rock, and Florence Nature Preserve.

For more info, visit conservingcarolina.org/strawberry-gap.

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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ACRHS STUDENT OF THE MONTH
Gabriella Nagy

Gabriella "Gigi" Nagy is the student of the month at A.C. Reynolds High School.

Nominated by her English teacher, Jason Rhodes, Gigi is "a great student athlete [and] works hard in class," he said. As a member of the girls' golf team, Gigi's

talent goes beyond the golf course.

As CTE teacher Mr. Ken Ulmer said, "Gigi is just as much of a star in the classroom as she is on the golf course. She is a creative thinker and isn't afraid to put in the work to master new material."

Science teacher Maura Brouwer said, "She is such a joy to have in class. She leads by example, works well with others, and truly cares about understanding content. She is a true gem of a student and human being."

Brit Taylor, Gigi's golf coach, said, "She is a leader of the team, a leader in the classroom and a leader in her church. Gigi has been an inspiration for many young ladies looking to play the game of golf, as well as how to carry yourself and approach school and extracurricular activities."

All winners receive a special mug from the Town Crier. Congratulations, Gigi!

► **Fairview Area Art League Classes**

October 5 and 8, 10 am–12 pm, \$100 for both classes

Re.Imagine Studio, 15 Spivey Lake Drive, Fairview

Mixed Media Collage

In the first part of this workshop, Jan Widner will teach you how to make your own collage papers. In the second class, you will learn how to create a collage painting using your own handmade papers. Working with small canvases that can be completed in the time frame of the class, you will create an abstract collage that you can proudly display in your own home. Be thinking about themes, evoking an emotion, or maybe just something pretty.

October 22, 11 am–2 pm, \$45

Pond Retreat Center, 18 Garren Mountain Lane, Fairview

Photography: Finding Order in Visual Chaos

David Koll will help you explore the process of visually experiencing the world around us, paying attention to how different elements make us feel and creating a photograph that has a simple yet meaningful impact. There will be a discussion of basic compositional ideas, but technical aspects of photography will not be discussed. Anyone can benefit from this experience regardless of prior knowledge or equipment. Bring a camera of any kind (including a smartphone), rain jacket or umbrella, a passion for creativity, and an open mind. Rain date is October 23 at the same place and time. For more info, contact David Koll at southimage@bellsouth.net.

To register, pay for or get more info about any FAAL event, go to re-imagine.corsizio.com.

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PRICE RANGE	NUMBER OF SALES	AVERAGE PRICE	AVG DAYS ON MARKET
160,000-169,999	1	169,000	2
170,000-179,999	0	0	0
180,000-189,999	0	0	0
190,000-199,999	0	0	0
200,000-299,999	5	253,580	16.5
300,000-399,999	1	315,000	10
400,000-499,999	2	475,000	2.5
500,000-599,999	2	580,000	7
600,000-699,999	2	637,500	13
700,000-799,999	1	770,000	4
800,000-899,999	1	880,000	38
900,000-999,999	3	930,333	11
1M-1.5M	1	1,475,000	42
2M-2.5M	1	2,280,000	25

HOMES LISTED: 5	HOMES SOLD: 20	LAND LISTED: 5	LAND SOLD: 2
Max 875,000	Max 2,280,000	Max 2,550,000	Max 385,000
Min 219,000	Min 169,000	Min 150,000	Min 195,000
Avg 518,600	Avg 666,645	Avg 849,000	Avg 290,000

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One Year After Tropical Storm Fred

You can feel the first hint of fall in the air right now, with the briskness of the morning air and the first brushstrokes of orange and red in the mountains. From apple picking to mountain hikes and from the Mountain State Fair to high school football season and getting ready for Halloween, this time of year always feels special in WNC.

As the seasons change, I am also reflecting on the fact that this period marks a year since Tropical Storm Fred hit our region, impacting communities across WNC, including Buncombe, Yancey and Haywood counties. Tragically, lives were lost, homes were lost, and businesses damaged. This storm hit hard and moved fast and it tested our response and preparedness systems. As the evening progressed, it became clear how serious and dangerous this storm was. The heroism of First Responders and neighbors saved lives.

A spirit of tremendous unity and resilience has gone into the response to this storm, from recovery to rebuilding to clean up, all of which continue. For some, life was forever changed that day and the grief continues. For so many, this is still a season of rebuilding and recovery.

At a recent Buncombe County Commission meeting, we received an update on the recovery program across our region. The State of North Carolina is administering

tens of millions of dollars that have been designated for Tropical Storm Fred recovery. The Office of State Budget and Management has set up an office in Waynesville for this work, and they are supporting everything from families rebuilding their homes to the process of repairing or replacing damaged infrastructure.

The good news is that many people are accessing the resources for recovery efforts. But many other people have not yet accessed this support, and it is so important to keep getting the word out about these resources, which are available for people who experienced damage not just from flooding but also from rain. Some people may be holding off because they feel like other people experienced worse damage and they can make do; but these resources are for anyone who experienced damage. We want to make sure everyone in our community is in a safe home, not just for day-to-day living and health, but also because we need to prepare for future storms.

If you know of anyone who could be helped by these resources, please share the information below so they can apply or get more information.

Email: TSFred@nc.gov

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Call: 844-935-1744 or 828-526-6170 (Waynesville office)

Disaster preparedness is a top priority of county government; the NC Association of County Commissioners has made this issue its 2022 central focus. Counties are often on the front lines of response, from EMS to the Sheriff's Office to the many departments on call — Public Health, Planning, IT and General Services. Part of our work at Buncombe County Government is to ensure preparedness for the range of disasters that can face a community. This is often an area of governmental function that goes unnoticed until disaster strikes. Being prepared for response efforts is a daily priority, as is having systems in place for recovery efforts.

We depend on these systems, just as we depend on each other. A few weeks after the storm, my son and I attended a benefit concert for recovery efforts in downtown Canton that drew thousands from across WNC. It was a beautiful night and the music of Balsam Range and Amanda Platt and The Honeycutters filled the air with the sounds of both heartache and promise. It was a powerful testament to who we are and how we show up for each other here in WNC.



Jasmine Beach-Ferrara is a District 2 representative on the Buncombe County Board of Commissioners. jasmine.beach-ferrara@buncombe-county.org, 250-4004.

Local Edward Jones Branch Celebrates Administrators



Stephen Herbert, a local Edward Jones financial advisor, and his branch team members, Kim Fahnley and Leslie Gordon, attended the BOA

Managing Partner's Conference, which recognizes the contributions of the firm's branch office administrators (BOAs) and registered branch associates in some of the company's most successful branch offices.

Team members from 400 branches—Edward Jones has more than 15,000—gathered in St. Louis to share ideas and learn how to improve. They had the opportunity to hear from the company's leaders and collaborate with each other.

"We look forward every year to celebrating with BOAs and registered branch associates, recognizing the critical role they play in developing deep, trusted relationships with our clients and their families while balancing the needs of busy, successful branches," said Gail Childs, an Edward Jones principal. "They personify our firm's purpose: to partner for positive impact to improve the wellbeing of our clients and colleagues, and together, better our communities and society."



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Bittersweet Bounty

Perhaps some of you have this experience, too. As the new seasons begin to peek over the horizon, as the days get longer or shorter, there is, for me, an inevitable push and pull at my heartstrings. The pull is toward the joys that await with the season change. In our current case, cooler days, the jaw-dropping beauty of our mountains in their fall plumage, and an unexplainable clarity in the long-range views. I don't know that autumn is my favorite, but for a guy who grew up in the southernmost parts of Florida, fall still regularly captures my wonder.

The push is to leave behind all of the joys of summer. Long days, swimming holes and the bounty of flora all around everywhere. Bare feet and lazy Sunday afternoons dozing on a screened-in porch with a good book. Maybe you can see why I'm torn?

This time of year is probably the best time for dahlias. My patch is overflowing. I cut four to six vases for my own home each week and then invite my friend who sells bouquets to cut flowers for her purposes. She is generally able to cut several times a week. I thought that perhaps for this installment of my column that I would spare you anymore of my ramblings and instead squeeze as many pretty pictures of flowers into my allotted space as allowed.

Cheers to you and yours as the summer days fade and fall rises up.



Nate Barton is an artist who teaches art. He lives with his wife and two sons in Fairview, where he maintains a flower garden with his mom and grandmother, who are also his neighbors. You can find him on Instagram (@etannotrab).



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Farm to Therapy

The FBA met last month at Flying Cloud Farm, and thankfully, it didn't rain! We sat under the shade of beautiful, old oak trees. But if it rained, we could have ducked into the vegetable and flower shed—which we did anyway. Annie Louise and Isaiah Perkinson gave us a behind-the-scenes tour and told us about their CSA (Community Supported Agriculture) business, with a suggestion to sign up for a 2023 subscription before they sold out.

Then we had a wonderful walk through the farmstand and the fields of flowers with edamame still producing. What a lovely asset to the community Flying Cloud Farm is.



November Meeting

October is National Physical Therapy Month, and the FBA will help celebrate it at SEPT Physical Therapy.

Our next meeting will be October 12 at 6 pm at SEPT's office, located at 1356 Charlotte Highway, Fairview (next to the post office).

Maybe you noticed that Southeastern Physical Therapy has rebranded the company with strong, bold letters—they

are now SEPT. They have eight locations in the Asheville area.

When asked what was the most common area of pain that they treat, Josh Jordan, director of business development at SEPT, said definitely the shoulder and rotator cuff area, followed by hip and knee pain.

The therapists at SEPT can help you identify the muscles that can be exercised to put you back on your feet and also offer postoperative repair treatment. Even a sprain is not too small of a concern. Their goal is for you to avoid unnecessary tests and medications when possible.

SEPT works with all provider networks and welcomes walk-ins. All insurances are accepted, including Medicare and Medicaid.

Become an FBA Member

Join us in October and get three months "free" on your 2023 membership. Fairview Business Association members are business owners living or doing business within the Fairview community.

Membership is \$60 a year. Fill out the membership application at fairviewbusiness.com and then either pay with your credit card or send a check to:

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Spiderwort: A Useful, Prolific Perennial

Autumn is upon us now. Change is ever present and constant. It felt like autumn this morning, at 47 degrees with that glorious, low, brilliant light. What is curious is how, simultaneously, there is much more time for noticing new wonders and delights in the natural world, as this human has chosen to slow down and just be more mindful, opening the door to new discoveries.

For many decades, I have known the spiderwort plant (*Tradescantia virginiana*), as it is a prolific perennial flower that loves shade and blooms in spring with a few extra bloom periods throughout the growing season. This is also a plant that naturalizes everywhere, as I have found it high up in the mountains and in the middle of deep, forested areas. And I am always surprised to see one of its unusual, purple blossoms sprouting out of a carpet of native plants in the understory of the woods.

At our home, Merlin Stone Sanctuary, we have several big clumps growing under a giant sycamore tree and a dozen or more hybrids that have stunning, canary yellow leaves, which provide a dramatic contrast to the bright, purple blossoms. Unlike their cousins, this variety doesn't spread. I always caution people about taking cuttings from the wild, as they really do spread fast. What is amazing is that after so many years of encountering and



growing this plant, I somehow assumed it was poisonous when in fact every part of the plant is not only edible but good.

The flowers, young shoots and roots are edible. The flowers make a great addition to salads and as decorations, and the young shoots are nice as cooked greens, prepared like asparagus. I have yet to eat the roots but have heard good reports on them as well, which is good to know given how prolific this wildflower is in the mountains. But if you, like me, have an aversion to slimy things, the raw leaves can be somewhat moist and sticky. My preference is to use them in soups, where the slime just becomes part of the stock and blends in.

One unusual aspect of this plant is that one can harvest it throughout the growing season. The leaves stay fresh, as do the



flowers and shoots. Most wild edibles have a specific season. For instance, daylily shoots are only good in the early spring, as they become tough and somewhat rank. But spiderworts maintain their freshness all summer long. And because they are so prolific, they are a valuable asset to any wild plant foraging fan.

John Smith, who arrived on this continent in the early 1600s, had a friend named John Tradescant, who was the first true naturalist of the Americas and the gardener to King Charles the 1st. He received many seeds from the new world from his good friend, and spiderwort was among them. You may have noticed that the Latin name for spiderwort contains his name. Tradescant introduced so many plants to old world Europe, including "Cos lettuce," which came to Smith via Pochontas. It was later named romaine lettuce on the other side of the ocean.

Spiderwort also has medicinal uses. The crushed leaves are useful for insect bites, and a tea made of the boiled roots serves as a good laxative.

In my research, I found one fascinating, but rather unusual, bit of information about the common spiderwort flowers. This will come in especially handy if you think you may have experienced a nuclear explosion in your neighborhood. Apparently, the small stamen hairs on the flower are bioassays (or biochemical tests) for radiation levels. The hairs are blue, but when exposed to radiation they turn pink. Who would have thought that you could have a personal Geiger counter growing on your land!

Nature is amazing, as there is an endless amount of joy, beauty and knowledge contained within the diverse realms of plants, mushrooms and trees that inhabit our mountain forests, fields and backyard gardens. Even though humans have been around for thousands of years, we still have much to learn from the natural world around us.



Contact Roger at rogerklinger@charter.net.



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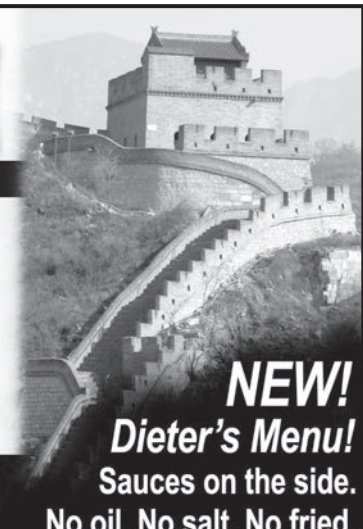
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NEW!

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Make a Local Salad

Is it still salad season in your house? So many fresh ingredients can be found in your gardens and farmers markets this time of year to create a tasty, nutritious, quick local meal. With ingredients locally sourced and organically grown, you can make a delicious salad for a healthy lunch.

Large, green, leafy lettuce bunches and arugula make the best base for any salad. Cucumbers, peppers, carrots, scallions and broccoli sliced up will make your salad colorful and bursting with flavor. Homemade dressing can make your salad sing and is easier than you might think to whip up at home. Using ingredients you likely already have, you can mix and store your tasty salad dressing to maintain freshness and drizzle it onto any salad you create.

A Flexible Salad Dressing Base

Mix equal parts olive oil and vinegar of your choice (apple cider vinegar is delicious), add a dash of Dijon or honey mustard and honey or agave nectar (for a pint of dressing, around 1 tablespoon of honey and mustard is a nice amount), and stir it well. Voila! Add greens and veggies and you have a healthy meal made from local ingredients. Personalize your dressing by adding fresh herbs, lemon or lime juice and different oils or vinegars. The sky's the limit for flavor and creativity.

In our community, you can check out



the share market on Sundays from 4:30-6:30 pm, where fresh produce harvested from the garden is available for free to friends and neighbors.

Support Root Cause Farm by donating and volunteering to get involved with local food access and sovereignty activities in the Fairview community.

Rachel Hurst is Root Cause Farm's summer communications intern. 26 Joe Jenkins Road, Fairview. rootcausefarm.org.

Organic Legacy

By Jim Carillon

Soon when I have my fatal heart attack weeding then hauling heavy mulch to these community garden walkways,

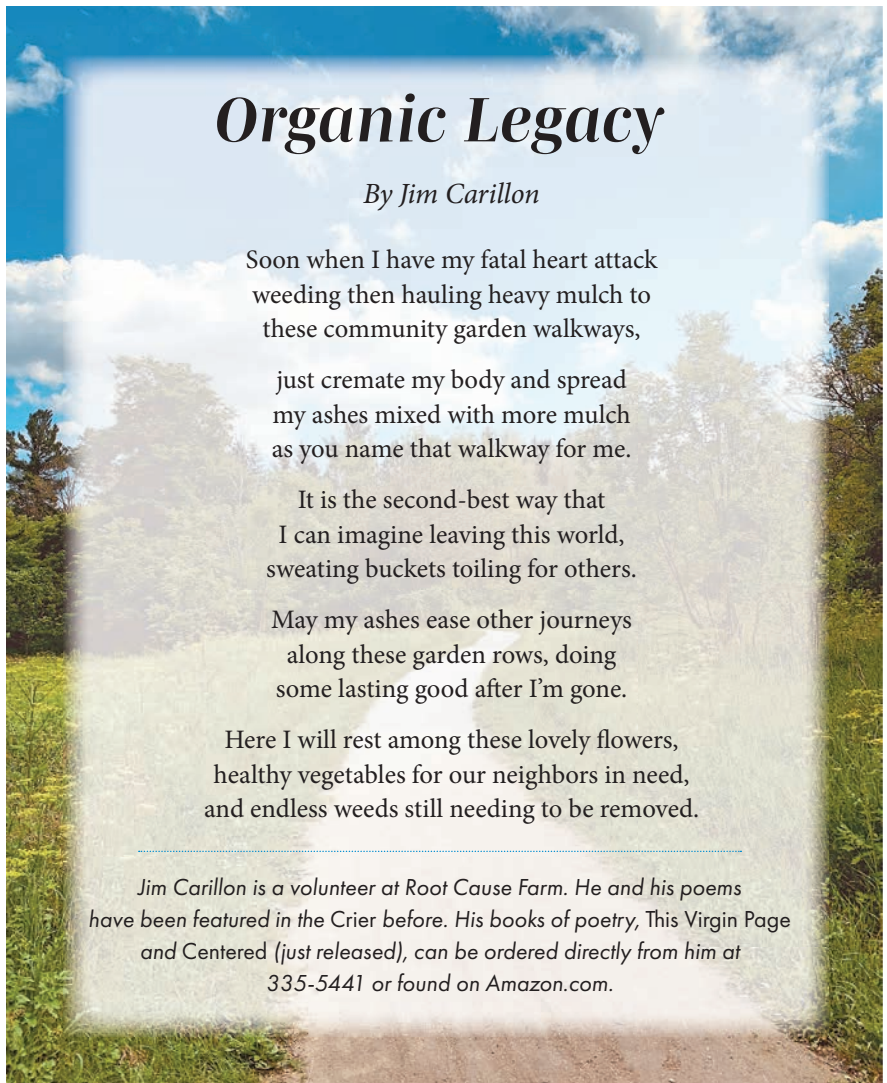
just cremate my body and spread my ashes mixed with more mulch as you name that walkway for me.

It is the second-best way that I can imagine leaving this world, sweating buckets toiling for others.

May my ashes ease other journeys along these garden rows, doing some lasting good after I'm gone.

Here I will rest among these lovely flowers, healthy vegetables for our neighbors in need, and endless weeds still needing to be removed.

Jim Carillon is a volunteer at Root Cause Farm. He and his poems have been featured in the Crier before. His books of poetry, This Virgin Page and Centered (just released), can be ordered directly from him at 335-5441 or found on Amazon.com.



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Insurance Policy Checkup Time

Everybody who owns an insurance policy should consider taking the time to review their policies at least once a year. Whether it be auto, homeowner, life or health insurance, things change.

This especially applies to Medicare Advantage and Rx plans, where the landscape evolves on an annual basis and sometimes dramatically so. I suggest the best time to do this is when you receive your Annual Notice of Change document around October 1. This document, as mandated by Medicare, will come from your Part D or Advantage plan company. Medsup companies aren't required to provide one. The first few pages give a side-by-side comparison of this year's cost and benefits against next year's and is simply the best tool to determine your course of action for this Annual Enrollment Period (AEP). Remember, the AEP is from October 15 to December 7. The decision you make—to change or stay put—is one you'll be locked into through next year.

What Should I Look For?

The obvious things to compare are premiums, standard benefits, deductibles, copays and coinsurances. Value-added items such as dental, vision, hearing aids, gym memberships, over-the-counter allowances, transportation, emergency alerts and meals, among others, are

significant as well. Healthcare provider participation or Rx drug availability should also be considered if you are partial to things like alternative care, hair restoration or other plan-specific offerings not normally covered by Medicare. The most important item to compare, however, is the Maximum Out Of Pocket (MOOP) expense for healthcare costs, which puts a cap on your exposure to those costs. Original Medicare has no MOOP cap. Advantage plans are designed to fix that flaw by establishing a mandated MOOP each year. It's a good measure for your peace of mind.

Your Strategy

If you like what you have, stick with it. No further action is necessary and your policy will roll over for next year. If a change in your health is of concern, consider a Medicare Advantage plan with a lower MOOP or more robust basic coverage, such as a Medicare Supplement and stand-alone Rx plan. Please note that health questions may determine your eligibility for coverage with Medsups.



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

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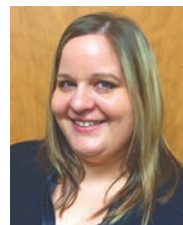
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