



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

NOVEMBER 2022 VOL. 26, No. 11



FAIRVIEW, NC

fairviewtowncrier.com

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CRIER ANNIVERSARY PARTY A SWEET SUCCESS!

Our 25th anniversary party was a great success by any measure. We had incredible weather (for mid-October, especially). More than a hundred community members came out to celebrate with and support us. And those folks were entertained, educated and filled with sweets.

If you were unable to attend and still want to pay tribute to the Crier's 25th, you can donate on our website, mail us a check or drop a check at our office (see page 31 for those addresses).

The Crier would like to thank the many people who helped us have a great day—sponsors, volunteers, artists and others. Below is a list, but look for a special section in December with more photos and a section for each artist who contributed to our silent auction. In addition, the event would not have happened without the support of TE Connectivity, Hilltop Ice Cream, Root Cause Farm and its staff, and Whistle Hop Brewing.

Monetary Support AA Diamond Tile, Americare Pharmacy, Sally Aycock, Cane Creek Asparagus & Co., Chris Carter, Karen Cernek, Clothes Mentor, Daylight Asheville, Daymoon Coffeebar, Frank and Marietta Dixon, ESCO Insurance, Fairview Business Association, Grand Solutions, David and Denise Knapp, Christie Melear, Lynn Stanley, Signs for Hope Marketplace, Re.Imagine Studio, TE Connectivity.

Booth Sponsors Silverpoem Studios & Tenthwave (Paint a Piece of Fairview), Kathleen Lawlor and sons/The Garden Spot (kids planting area), Americare Pharmacy (COVID vaccines), Cool Mountain Realty & Construction (Build a Scarecrow), ESCO Insurance (s'mores).

Volunteers Said Abdallah, Annie Ager,



MAIN SPONSOR



EVENT SPONSORS



The Town Crier (Pat Stone) holding a Town Crier!

Cy Amrich, Brian Alexander, Bill and Ashley Belardi, Janet Brittain, James Burgess, Jim Carillon, Bill Carpenter, Chris Chrisawn, David Fletcher, Keith Florence (K&M Landscaping), Brian and Marcia Gleason, Captain Tony Gowan and other Fairview Firefighters, Blaine Greenfield, Jamie Greenwalt, Dana Irwin (and family), Rick and Susanne Knee, Aileen Lawrimore, Madison Llorento and friend (Sugar Fairies), Herman Lytle, Robin MacCurdy, Ricky Manning, Stacy Martin, Kirsten Mitchell and David Koll, Steve Norris, Bill and Ginny Pearson, Janet Peterson, Ed



Prenetta, Franklin Sides, Diana Soll, Pat and Becky Stone, Nancy Thibodeau (plus anyone we may have missed).

Promotion and Supplies 828 Print & Design, First Bank, The Place Fellowship
Sweets Sponsors All Seasons Heating & AC, Clothes Mentor, Fairview Boarding & Grooming, Imladris Farms, Rising



Sandie Rhodes, the former editor (and current board chair) of the Crier, was honored for her service to the paper and community.

Workplace, Spring Mountain Community Center and Trout Lily Market.

Artists A huge thank you to all the artists who donated works to be auctioned. We'll highlight details about each artist, including their works and contact info, in December.

HOLIDAY SHOPPING—NO SHIPPING NECESSARY!

Signs for Hope Christmas Sale

November 3, 7 pm — online only

Get a head start on Christmas shopping on Instagram Live (@sfhmarketplace) or Facebook Live (Signs for Hope Marketplace). Shipping and local pickup offered.



Annual Fairview Craft and Gift Fair

November 12 (9 am–2 pm) and November 13 (12–4 pm)

Holiday shopping with over 40 crafters of handmade items. Lunch and refreshments will be available. Free admission and free parking. For more information, leave a message at 338-9005 or email fairviewcommunitycenter@gmail.com. Fairview Community Center, 1357 Charlotte Highway, Fairview.



Rusty Dog Holiday Arts & Crafts Show

November 12, 9 am–3 pm

Weather permitting, between Daymoon Coffee and Signs for Hope Marketplace. 379 Old Charlotte Highway, Fairview.

Fairview Handmade Market

December 4, 12–4 pm

Featuring more than 25 local craftspeople and a variety of media. More information at fairviewhandmademarket.com or see ad on page 11. Turgua Brewing Co., 3131 Cane Creek Rd., Fairview.

The Fairview Town Crier
P. O. Box 1862
Fairview, NC 28730

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Note: Fairview Baptist Church's Holiday Craft Fair will not be held this year.

Angels of Fairview

UNTIL DECEMBER 21 Holiday Meal Drive Donations This non-profit group of community members assists local families in need. A \$50 donation will secure a prepared meal for a family of four to six (a 10- to 12-pound turkey, two side dishes, rolls and a dessert). Donations are tax-deductible. Checks should be sent to Angels of Fairview, PO Box 94, Fairview, NC, 28730 or dropped in the dropbox outside the Crier's office (available 24/7), 1185 Charlotte Highway. For more info or any questions, call Laura Booth at 216-6002 or Ron Gortney at 775-7750.

Barn Door Ciderworks

NOVEMBER 12 Fundraiser, 2-5 pm. Local cidery is raising money to support Root Cause Farm. Silent auction, raffle, music, food and drinks. To reserve a table or get more info, contact Katie at 484-1586 or katie@barndoorcw.com. 23 Lytle Rd., Fletcher.

Fairview Area Art League

NOVEMBER 12 Barn Quilt Painting Techniques Class, 12-4 pm, with Nancy Grindstaff. **NOVEMBER 14 Meeting, 11 am.** Annual \$25 membership fee. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview. **NOVEMBER 16 & 29 Alcohol Ink Glass Ornaments Class, 10 am-12 pm and 6-8 pm**, with Robyn Crawford. All classes at Re.Imagine, 15 Spivey Lake Dr., Fairview. To register, pay for or get more info about any FAAL event, go to re-imagine.corsizio.com.

Fairview Business Association

NOVEMBER 10 Meeting, 6 pm. At Re.Imagine Studio at 15 Spivey Lake Rd. off of Old Fort Road. See page 27 for more info.

Fairview Baptist Church

NOVEMBER 14-21 Operation Christmas Child Collection Week. Pack a shoebox with small toys, hygiene items, and school supplies for a child in need and drop it off at 32 Church Rd., Fairview. See ad on page 19.

Fairview Craft and Gift Fair

NOVEMBER 12 and 13. See front page.

Fairview Handmade Market

DECEMBER 4. See front page.

Fairview Seventh-Day Adventist

NOVEMBER 17 Plant-based Cooking Class & Health Lecture, 6:30 pm. See ad on page 15. For more info, call 222-2042. 57 Cane Creek Circle, Fairview.

Food for Fairview

MONDAYS Food Pantry, 3-6 pm. For 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. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

Garren Creek Fire Department

NOVEMBER 5 Turkey Dinner, 5:30-7 pm. Back after a two-year break! Everyone is welcome and donations are accepted. This fundraiser supports firefighters and rescue workers. 10 Flat Creek Rd. For more info, call

Elizabeth Simmonds at 230-3986. **NOVEMBER 10 Board Meeting, 7 pm.** 10 Flat Creek Rd. Residents are invited. **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.

General Election

NOVEMBER 8 Vote! See page 7.

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

NOVEMBER 12 See the front page and

the ad on page 13. 379 Old Charlotte Highway, Fairview.

Signs for Hope

NOVEMBER 3 Christmas Sale, 7 pm. See the front page and the ad on page 3.

Trinity of Fairview

NOVEMBER 17 Surviving the Holidays seminar, 6-8 pm. For those who have lost a loved one. \$5 for a survival guide. Register at trinityoffairview.com. **TUESDAYS Food Pantry** Open Tuesdays, 9 am-12 pm at back of church grounds. For more info, call 628-1188. 646 Concord Rd., Fletcher.

WNC Prostate Support Group

NOVEMBER 1 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.

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.

Hometown Guarantee
a portion of our closings will go to the local Fairview charity of your choice



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Renee Whitmire

THINKING OF SELLING YOUR HOME?

Now is the time to prepare your home for sale. Small projects can bring more money for your home. Call one of our expert agents today to find out what you should do to be ready to sell now! **CALL TODAY! 628-3088**



NEW LISTING! **CHERRY MEADOWS, ASHEVILLE** 3BR/3BA 2,576 SF Newer construction in convenient loc, easy access to I40, I240, NC191. 3/2 main level, fin bsmnt, extra bath 2-story rear deck. \$560K



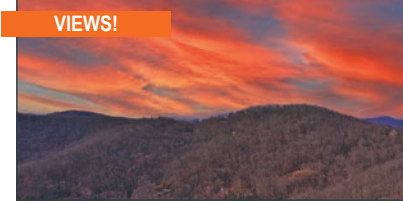
NEW LISTING! **FALL LEAVES DRIVE NEW CONSTRUCTION!** 2K+ SF, 3BR/2.5BA, part fin bsmnt on .65 acres. Main level living, Luxury primary bath. Deck off kitchen. \$675K



NEW LISTING! **BLACK MOUNTAIN** 3BR/BA 1,173 SF.39 acres. New home, front deck, open floor plan, split BR, in wooded setting. STR's OK Affordable homes in this loc are hard to find! \$300K



PRICE REDUCED! **FLETCHER** .52 acres 2BR/1.5BA 1987 single wide. Nice mobile home on 1/2 acre. Open floor plan with bedrooms on each side of home. Level property. \$140K



VIEWS! **10 ACRES FAIRVIEW** Imagine spectacular sunset views. Was 3 lots w/ priv homesite options. Paved access, trails nearby, few homes in area. Adjoins 50+ acres. Call Karen 216.3998 \$100K



NEW LISTING! **INVESTORS DREAM PROPERTY!** This fixer upper is in the heart of Asheville and walkable to downtown. On a large lot. 3BR/1BA, .19 acres \$450K

LAND FOR SALE

To see all our land listings visit coolmountainrealty.com

BEAR CLIFF SUBDIVISION Nebo, 1.41 acres, Come Live and Play at one of Lake James Water-front Communities! **\$29,000**

CHARLOTTE HWY 40 acres, close to Asheville on 5 lane Hwy. 3 miles to I40, I240, Blue Ridge Pkwy and Asheville. Beautiful, high demand area in Biltmore/Fairview Township. Property has water, gas, electric, cable, sewer, etc. Could be commercial or multi-family with zoning change. **\$2,550,000**

STEEP, CHEAP & EASY TO ACCESS! 5.5 acres, Ideal for two short-term rentals on Piers (save on foundation costs). Only 10 min from the sweet town of Waynesville. Great opportunity for investors! Call Karen Cernek 828.216.3998.

COMMERCIAL! 2+ ACRES Unique to the current market. Wonderful opportunity in the heart of Fairview, corner of Emma's Grove and Hwy 74. Incredible 2.85 level acres great for your home or business. Level with creek and mountain views. **\$600K**

UNDER APPRAISED VALUE! Fairview \$75K site work & driveway completed. Come build your dream home on 11 acres with incredible YEAR-ROUND VIEWS at 3,500ft. **\$379K**

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

HOWLAND RD, ASHEVILLE 2.07 acres. Spectacular views located off Town Mountain Road in Peach Knob Meadows Subdivision. Just minutes to downtown and the Blue Ridge Parkway. **\$235,000**

UPDATES

Holiday Closings

The library will be closed for Veterans Day, Nov. 11, and for Thanksgiving, Nov. 24-26.

Book Sale: Save the Date

December 3, 10 am–5 pm. The Friends of Fairview Library (FOFL) will host a used book sale. Purchase a box for \$10 and fill it up with as many books as you like.

PROGRAMS FOR KIDS

Special Event: Professor Whizzpop

November 12 at 2 pm. Professor Whizzpop encourages young readers through madcap magic, zany jokes and other shenanigans. Not to be missed. Ages 5–10.

Weekly Story Time at the Library

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

CRAFTING AND CREATING

**Take-Home Craft Kit:
Make Your Own Book**

What better way to celebrate National Book Week (November 7–13) than by writing and illustrating your own book? Stop by throughout the month and pick up a kit to make your own mini-book. While supplies last. Ages 5–10.

In-House Craft Kits: Fall Trees

Fall trees made from construction paper and tissue paper.

PROGRAMS FOR ADULTS

Memory Cafe: Music of the 1950s

November 19 from 1–2 pm
Take a stroll down memory lane at Fairview Library's Memory Cafe. Listen to some golden oldies, dance like you're at the sock hop, and share your favorite musical memories from the '50s.

We'll have crafts, fun facts, vinyl records and more to get the memories flowing.

This event is a gathering designed for people who are experiencing cognition and memory loss as a place to socialize, reminisce and receive support, but it is open to all. Refreshments will be provided.

Fairview Book Club

The Naked Don't Fear the Water by Matthieu Aikins
November 15 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.

FRIENDS OF FAIRVIEW LIBRARY

Friendship Tree

FOFL is once again sponsoring the Friendship Tree program, which places books in the hands of local children in need and promotes literacy and a love of both learning and public libraries.

Visit the library and select a gift card from The Friendship Tree with pertinent

EVENT

**ONE NIGHT, TWO FAIRVIEW AUTHORS
Jim Carillon and Julie Bagamary**

November 22 6:30 pm

Join us for an evening of readings, conversation, and Q&A with two local Fairview authors.



Julie Bagamary's two books are about family. Her first book, *Foster Parenting Matters: Creating A Home of Hope and Healing*, helps others learn, through her real-life account, the do's and don'ts of foster parenting and what she wishes she had known about healing children. She will inspire you to come along with other foster parents in their journey as well. Julie's more recently published book, *Creating a Legacy with Art: Innovative Ideas to Strengthen Relationships with Your Family*, will inspire you to create a family legacy using simple art or handicraft and to start artistic traditions of your own for your children, grandchildren, and beyond.

Jim Carillon moved to Fairview 15 years ago and has been seriously writing poetry for the last five years. Jim's poetry describes the relationships formed and the experiences he's had as a foster parent in a simple day-to-day language. Other poems focus on family, life lessons learned through social justice volunteering, and daily joys. His first book of poetry, *This Virgin Page*, was published two years ago. *Centered* was published earlier this year.

Both authors will have their books available for sale at this event.

info about needed books. Buy a new book (\$15 minimum retail value) and bring it to the library or donate \$15 and FOFL will shop for you. Bring donated books (unwrapped) to the library by December 3.

Sponsors

FOFL thanks the following business members: Americare Pharmacy, Daymoon Coffeebar, Fairview Animal Hospital,

Fairview Chiropractic Center, Hickory Nut Gap Farm Store, Hot Dog King, Local Joint, Michael Martinsen, DDS, Tammy Murphy Insurance Company, Trout Lily Market, Twardon Family Care LLC, and Whistle Hop.

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



COMING SOON...

Christmas Sale at the Marketplace!

SHOP WITH US ON INSTAGRAM LIVE AND FACEBOOK LIVE!

NOVEMBER 3rd at 7pm

- + Get a head start on Christmas shopping!
- + We've stocked our inventory just for you!
- + Shop from the comfort of your own home!
- + We offer shipping and local pickup!



Spend \$25 or more on 5 visits and receive 20% Off on one regular priced item on your next visit.

PICK UP A LOYALTY CARD ON YOUR NEXT VISIT TO START SAVING!







WE'RE OPEN
WED-SAT
9:30am - 4:30pm



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- **24-HOUR OPEN GYM OPTION**
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CALL TODAY FOR MORE INFO 767-2632

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19 Kristie Scott Lane, Fairview behind KD's gas & Trout Lily






UNDER NEW OWNERSHIP!

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WNC'S COMMERCIAL TRUCK CENTER



2019 RAM 2500 BIG HORN

Anti-lock Brakes, Anti-theft System, Auxiliary Audio Input, Back-up Camera, Bluetooth, Cruise Control, more!

\$52,995



2003 FORD F350 SRW SUPER DUTY

Come see us to learn more about this vehicle and take a test drive!

VISIT TODAY!



2019 GMC G3500 16' BOX TRUCK

Rear wheel drive, 6.0L V8 F OHV 16V Engine, 8 Cylinders

\$37,995



2019 CHEVY EXPRESS G2500 CARGO VAN

Anti-theft System, Auxiliary Audio Input, Back-up Camera, Cruise Control, Keyless Entry, more!

was \$33,995 **\$31,995**



2014 FORD F350 12' FLATBED

26K miles! Automatic Transmission, 6.2L V8 F SOHC 16V Engine, 8 Cylinders

\$34,995



2019 RAM PROMASTER 2500

29K miles! Aux Audio Input, Back-up Camera, Bluetooth, Cruise Control, Keyless Entry, more!

\$44,995



2013 FORD F150

A/C, Anti-lock Brakes, Auxiliary Audio Input, CD/Changer, Cruise Control, Stability Control, more!

\$22,995



2013 FORD F150 SUPER CAB

24K miles! AM-FM Stereo, Anti-lock Brakes, Aux Audio Input, CD/Changer, Cruise, Stability Control, more!

\$23,995



2019 MITSUBISHI FUSO 18' BOX TRUCK

Anti-lock Brakes, Aux Audio Input, Back-up Cam, Cruise, Keyless Entry, Stability Control, Wood Trim, more!

\$49,995



2016 CHEVY EXPRESS G3500 BOX TRUCK

A/C, AM-FM Stereo, Anti-lock Brakes, Auxiliary Audio Input, Stability Control, Sunscreen Glass, more!

\$29,995



2020 TOYOTA TUNDRA DOUBLE CAB SR5

Anti-theft System, Aux Audio Input, Back-up Cam, Bluetooth, Fog Lights, 4WD, Keyless Entry, Rear Airbags, more!

\$36,995



2018 GMC SIERRA K2500 HD

Anti-lock Brakes, Anti-theft, 4WD, Keyless Entry, Leather Upholstery, Tinted Windows, Wood Trim, more!

\$39,995

1021 Charlotte Highway | 828-222-2308 | highcountrytruckandvan.com

Narcissa Nicholson Rickman, Part 1

Narcissa Elizabeth Jane Nicholson Rickman was born on September 13, 1855, in the Cherryfield section of what is now Transylvania County, NC. Cherryfield is located between Cathey's Creek and Rosman in western Transylvania County. This area was part of Henderson County at the time of her birth. Her birth name was Narcissus; she went by Narcissa, but we all called her Aunt Narsis. She was the daughter of Evin Pearson Nicholson and Rebecca Glazener. Just before the Civil War broke out, Evin and Rebecca moved to Boyd Township in what is now Transylvania County, bordering the Henderson County line.

The Nicholson family became members of Boylston Baptist, which was just across the line in Henderson County. Narcissa was a charter member, and she was able to attend the church's 100th anniversary. Very few people have ever been able to do that. Evin Nicholson was 37 when he left to fight in the war. Narcissa followed her father to the top of the mountain when he left. She told me she waved goodbye to him until he got out of sight.

Evin's father, William Harrison Nicholson Sr., also fought in the war. He drove a supply wagon and was killed by bushwhackers at age 68 in 1865. Narcissa was about 10 when the war ended. She saw her father walking home in the distance and



Four of the Nicholson siblings (left to right): Ernest, Wit, Narcissa and Henry

ran to meet him. He picked her up and carried her back to their house.

Evin and Rebecca lived in Boyd Township until their deaths. They were taken back to Cathey's Creek Baptist Church to be buried. Evin's mother was Jane Duckworth Nicholson, whose mother, Keziah England Duckworth, had donated the land for Cathey's Creek Church and cemetery. Keziah Duckworth's husband, Jonathan Duckworth (1760-1807), died of smallpox in Burke County, NC, leaving

her with a large number of children. Keziah was afraid the county might try to take her children away from her. She and her children moved to the thinly settled area of Cathey's Creek to keep this from happening.

Narcissa Nicholson married Nicholas Osborne Rickman (March 20, 1847-June 2, 1901). Nicholas was the son of John Brown Rickman (1821-1892), who was born on what is now called Miller Road in Fairview. Going south on Miller Road,

the old Rickman home place was on the left, about a quarter mile past the first bridge on the left. John's mother was Sarah Williams, a daughter of John Williams and Mary Ashworth. The Rickman place later belonged to the Mitchell family.

Narcissa was a little over four feet tall and wore a size four shoe. After her husband died, Narcissa never remarried and raised her son and three daughters by herself. Her son, Andrew Cornelius Rickman, was 17 when his father died. With help from Andrew and her three daughters, Narcissa was able to make it on her own. She also had seven brothers who lived nearby.

Narcissa only went to school for less than a year, but she was able to read and write. The Nicholsons and Glazeners were born to handle money. They did not have to worry about that. Narcissa was always able to provide for her family. My grandfather, Henry H. Ingle (1884-1873), married Narcissa's niece, Ollie Davis—he used to say if there was a dollar to be had, a Nicholson would always be standing first in line to get it.

Part 2 will be in next month's paper.

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).

2021 TOP AGENT OF THE YEAR




Call Allen!
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30 ACRES ON 5 LANE HWY 74A, water, sewer, gas, electric, cable w adorable cottage & acres of gardens **\$1,950,000** MLS# 388748



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.

Grey Beard REALTY

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FEATURED LISTING



4 BR | 2 BA | 2,175 SF | .78 ACRES

Candler

18 Windswept Drive

Desirable, well-established neighborhood of High Meadows. Open-concept kitchen and living space, split bedroom plan offer ease of single-level living with plus 4th bedroom above two-car garage. Private, screened-in back porch and outdoor firepit. Granite countertops, hardwood floors, spacious primary bedroom/en suite with large walk-in closet. Just 10 minutes from Asheville, this home



offers tremendous potential, from an excellent short-term rental to a second home in the mountains or a primary residence.

ACTIVE LISTING Sara McGee
\$699,000 | MLS ID 3908349

ACTIVE LISTINGS

Asheville



3 BR | 4 BA | 2,645 SF

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

Black Mountain



3 BR | 2 BA | 1,628 SF

111 Rainbow Lane
\$659,000 | MLS 3869477

Black Mountain



3 BR | 4 BA | 4,029 SF

57 Last Resort Road
\$1,249,900 | MLS 3906023

FAIRVIEW REAL ESTATE SEPTEMBER 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
\$300K-599K	8	\$463K	56	101.1
\$600K-899K	5	\$732K	23	96.6
\$900+	1	\$1.05M	13.5	100

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

Agent Spotlight RHONDA TURPIN



“ We love Rhonda! We are first-time home buyers and didn't know much about the process. Rhonda was extremely patient, helpful, and kind. She was available whenever we needed her, no matter the time or day. We highly recommend Rhonda to anyone!

—Allyssa S.



CONTACT RHONDA TODAY!
828-606-5109 | rhonda@greybeardrealty.com

☆☆☆ **ELECTION DAY! November 8 6:30 AM–7:30 PM** ☆☆☆

REGISTRATION

The deadline to register was October 14. To check your status, see below.

YOUR INFORMATION

To confirm your registration status and to find your senate and house districts and polling place, go to vt.ncsbe.gov/RegLkup and enter your name, then click on your name on the next screen.

You will also find a sample ballot there. You can also call the county's voter registration specialist, Joyce Kanavel, at 250-4209.

IDENTIFICATION

You do not need ID to vote.

YOUR VOTE MATTERS

On Election Day, you should always vote in your precinct. If, for whatever reason, you vote in another precinct on November 8, you'll have to fill out a provisional ballot, which will be reviewed by the Board of Elections and could be rejected.

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.

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

You can get a sample ballot at the link listed above. You can also find a list of candidates and referendums in last month's issue—either the print edition or on our website.

LOCAL PRECINCTS

PRECINCT 37.1

Garren Creek Fire Department
10 Flat Creek Rd., Fairview

PRECINCT 38.2

Cane Creek Middle School
570 Lower Brush Creek Rd., Fletcher

PRECINCT 38.3

Trinity of Fairview Church
646 Concord Rd., Fletcher

PRECINCT 39.2

Fairview Fire Department
1586 Charlotte Hwy., Fairview

PRECINCT 39.3

Fairview Community Center
1357 Charlotte Hwy., Fairview

PRECINCT 57.1

Skyland Fire Department (Bishop Substation)
310 Williams Rd., Fletcher

PRECINCT 60.2

Reynolds Fire Department
1 Charles A Lytle Ln., Asheville

PRECINCT 60.4

Abiding Savior Lutheran Church
801 Charlotte Hwy., Fairview

DO YOUR HOMEWORK

You can research races and candidates at the following websites, which all claim to be nonpartisan:

Votesmart.org

Ballotpedia.org

League of Women Voters

lwvab.org

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

LIVE IN HENDERSON COUNTY?

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

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or visit
buncombecounty.org/vote

SEE WHAT THE PEOPLE OF FAIRVIEW ARE SAYING ABOUT...

SEPT PHYSICAL THERAPY

This was my second time going to SEPT in Fairview, once for my "tennis elbow" and this last time for rotator cuff surgery. All staff there are amazing, they pushed me hard enough to get to where I'm able to use my shoulder again and my surgeon was very pleased with the results. I would highly recommend this facility to everyone and will go there again if I need to.
-KT

Went here for right leg pain with calf spasms. The therapist and her team did a great job. From the moment I walked in the door till I left, I felt welcomed. They helped with my needs and concerns, Gave me a variety of things I can continue to do at home. They always had a smile and an encouraging word. I have and will continue to recommend this group for any Physical Therapy needs.
-SJ

My recovery from a total hip replacement has been tremendously successful in large part to the work I did at SEPT. The therapist is brilliant and fun to work with too. An altogether professional and pleasant staff. Thank you!!
-GK

The therapist and her staff are great. They are very knowledgeable and friendly. The office is kept very clean. definitely recommend them.
-GA

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DELAY OR AVOID KNEE OR HIP REPLACEMENT, BURSITIS/TENDONITIS, ITB SYNDROME

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"



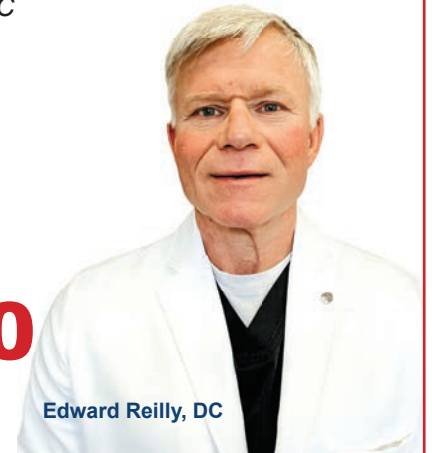
"I came to Dr. Reilly with a chronic shoulder problem that was interfering with my workout. He recommended the Graston technique and laser. After the first treatment, I felt better. I was aware that it was helping immediately. I was released after three treatments, with no

residual symptoms." —RC



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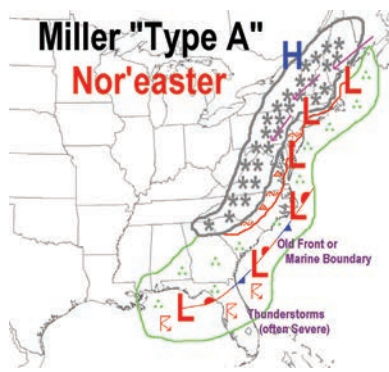


Edward Reilly, DC

Acorns and Nor'easters

One thing that stands out to me this fall, at least so far, is the vast quantity of acorns that have fallen from the many oak trees on my property. A piece of folklore tidbit I've shared in the past states that trees' production of nuts and fruits are a predictor of the upcoming winter. However, the amount of acorns produced this summer and fall by any oak tree is really a measure of last year's summer weather. Trees and shrubs begin to form their growth and fruit buds for next year's crop during the months of July and August. Last year, we had lots of moisture and sunlight, and growing conditions were good for oaks; and these oaks set a lot of buds for our current growing season. This means the acorns falling from the trees this year are a direct result of last year's growing conditions. While I would like to believe that we will have another cold and maybe snowier winter, I just can't trust the acorns to help me out.

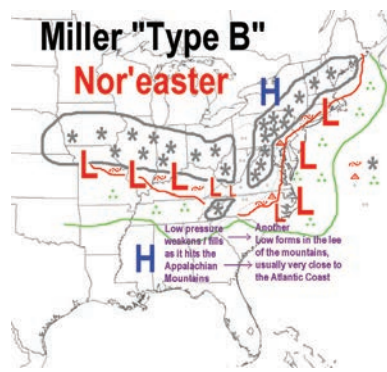
Temperature averages will continue to drop as we head through November, with average highs around 63 at the start of the month and dropping to 53 by month's end. The lows drop from 40 at the start of the month to a frosty 32. The warmest day on record for November was 83 degrees on the first of the month in 1950, and the coldest was a numbing 8 degrees on the 25th, also in 1950. The average



precipitation is 3.65 inches of rain, and major snowfalls are quite uncommon in November. The heaviest daily snowfall recorded was 5.4 inches on November 11, 1954, at the Asheville airport.

Seasonal nor'easters can bring snowfall to our region. They can be classified into two categories, Miller-A or Miller-B storms, which are named after the researcher (J.E. Miller) who came up with this classification system in 1946. They are called nor'easters due to their generally northeastward progress.

Miller-A storms that develop primarily on the Gulf Coast or near or along the east coast along an old cold front are considered "classic" nor'easters and have one main center of circulation. These storms can bring us heavy snow if the low center tracks just to our south and east. If the low center tracks well to our east or forms off the east coast, we



usually just get the winds with little snowfall. The blizzard of 1993 tracked perfectly for us to get about two feet of snow (or more).

A storm where the low center passes to our west up the Ohio Valley is a Miller-B. These storms produce mixed rain, snow, sleet and freezing rain. As these storms approach the Appalachians, they lose their coherent/compact surface low center, which then jumps or re-develops along the east coast. When this re-development (called a "center-jump") happens, the storm can produce heavy snow to our northeast, but we usually get a little snow with strong winds.



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

WEATHER WONDER

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

The average cumulus cloud can weigh up to 500 tons. The reason it can float in the sky is that the density of the same volume of cloud material is less than the density of the same amount of dry air around it. So the surrounding air exerts an upward buoyant force equal to the weight of the cloud. Just as oil floats on water because it is less dense, clouds float on air because the moist air in clouds is less dense than dry air.

QUESTION of the MONTH

What is an Alberta clipper?

Find the answer in December's Weather Wonder!

Sara Disher Ratliff

for Buncombe County School Board



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My campaign is dedicated to my father, Sonny Disher, who passed away in 2020. He was the epitome of a great leader and my mentor. He had a plaque on his desk that read "A sign of a good boss is one who can step on your toes without messing up the shine on your shoes."

I ask that you choose me for the Buncombe County School Board – Reynolds District Seat. All voters, regardless of the district you live in, can vote for all available district seats.

Election day is Tuesday, November 8th

Learn more at sdrforacr.com

Bacon (n.): The main reason you are not a vegetarian

Last night, I ordered a glass of wine with my dinner, and the waiter asked for my ID. I replied, "Do I look that young?" And the waiter said, "No, I just wanted to see if you qualified for the senior citizen discount."

*

The older I get, the earlier it gets late.

*

BREAKING NEWS

50 Cent changes name to 85 cent to adjust for inflation.

*

We played "Spin the Bottle" when I was a kid. If they didn't want to kiss you, they would have to give you a quarter.

By the time I was 12, I owned my own home.

*

Never buy flowers from a monk. Only you can prevent florist friars.

"When I'm in social situations, I always hold onto my glass. It makes me feel comfortable and secure, and I don't have to shake hands."

—Larry David

*

WARNING

There is an email going around offering processed pork, gelatin and salt in a can. If you get this email, do not open it. It's spam.

*

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

Q: What goes up but never comes down?

A: Your age.



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

Anyone with a Facebook account who has downloaded other apps, like photo editors, VPNs, flashlight apps, 3D games, fitness trackers, horoscopes, and business or ad management apps should change their password for Facebook. Many of those apps, more than 400 according to Meta (the parent company of Facebook), have sucked up Facebook credentials. Look through the list that Meta published online (see the direct link at fairviewtowncrier.com/links). And, if any app asks you to authenticate using your Facebook credentials, run away from that app.

If you use Zelle to pay friends, be careful of scams that have you "Zelle" them money. Some Zelle users have been reporting that their banks are not refunding such frauds. Zelle, designed by seven major banks in 2017 to simplify sending money from your bank account to that of a friend (sort of like Venmo), has been facing a large increase in fraud. If money is illegally taken from your account without your authorization, the banks have to put it back. But if you are talked into sending money to a fraudster via Zelle, banks are using a loophole—you "authorized" that transaction because you started that transaction—to get out of refunding the charge. Consider contacting your federal representative or senator to ask them to clarify the federal rules on this so that this is truly handled as fraud.

Scratching your head when looking in

your fridge, trying to figure out what to make from the oddball assortment of ingredients? My Fridge Food (myfridgefood.com) may be able to help. If you need it on your tablet or smartphone, there are installers for Android or iOS.

The IRS will never text you, so don't ever respond to such a text. They also won't call or email you, so no need to reply to those either. When they want your attention, they will contact you by postal mail only.

If you have security cameras around, test them in bad lighting (at night or with bright lights around) to see if you can still make out important identifying marks or license plate numbers. You might find that you need to reposition or add cameras to better cover your property.

Snapchat, which was only a mobile app, has finally come to desktop computers—if you use Chrome or Edge. Go to web.snapchat.com to log in. As this is just a website, there are limitations. For instance, you can't open snaps on your desktop, only your phone.


Craigslist (craigslist.org) is a reminder that an old design can still be a good design. It has nearly the same look as when it first started out decades ago, proving that a functional site that gets the job done does not have to change just for change's sake.



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

Eric is a former member of the Navy. Use of his military rank, job titles, and photographs in uniform does not imply endorsement by the Department of the Navy or the Department of Defense.

VOTE FOR ERIC
 EARLY VOTING starts Oct. 20th
 General Election Day November 8th



ERIC AGER grew up on his family's farm in Fairview. After graduating from Reynolds High School and the Naval Academy, Eric served our country for over 25 years as a pilot and military attache. Upon retirement as a Commander, he came back home to work as Operations Manager at Hickory Nut Gap Farm. He and his wife Rachel are the parents of 4 children.

VOTE
ERIC AGER
NC House 114
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Organizing With Your Spouse or Partner

Everyone has stories about the person they live with. I've heard complaints of putting the milk back in the refrigerator with less than an inch in the bottle, leaving a trail of clothing on the bedroom floor, leaving dirty dishes in the sink, and not putting the top back on the toothpaste. Most of us are left to compromise if we want our relationship to remain peaceful.

Here are a few tips that you can try that might help keep things calm:

Communicate Effectively

Many of us speak in generalities, but others use specifics. If I ask my spouse to pick up mustard at the store, somehow, when the classic yellow mustard that I envisioned arrives home, it is anything but that. Did you know there are 16 types of mustard? The small glass jar that I wanted lasts close to a year (there are only two of us in the house). But somehow, a large, 14-ounce plastic bottle that you turn upside down to pour arrived at my home. There are many things at the store that have multiples types, sizes and brands—tissues, storage wrap, etc.

When we request things from each other, we need to be specific. If we don't, it's likely our partner will not buy exactly what we want. Once home, this product might end up in the cabinet, never to be used, and worse, it might lead to a disagreement between the two of you. The

requester may think the buyer is disorganized or doesn't listen or care.

When requesting items for your partner to pick up or purchase, try the following:

- Write down a thorough list (including the specific size, brand and name of what you want). If necessary, take a picture with your phone to clarify what you want and send it to them.
- Have your partner call you if there is even the slightest question on what to purchase.
- Thank them profusely when they come home with the right item!

Clearly Mark Storage Areas

You might know where you want items placed, but your partner might not. Many times, your partner may leave their stuff all over the house and not where you want it. They might not know where an item goes, it might be too difficult to reach, or it might take too much time to put it away. Here are some steps to take to keep organized and avoid conflict.

- Make sure you discuss new or existing storage locations.
- Place a large laundry basket in the bedroom, closet or bathroom so it is easy to see and throw dirty items into.
- Put empty hangers or hooks in coat closets that are easy to access so that coats are not left on the furniture.
- Have a small container on or near the



bathroom sink so brushes, deodorants, lotions, toothpaste, and others items are easily stored and not left all over the sink.

- Place clear containers in kitchen cabinets to designate places for types of food (e.g., bags of snacks, cans of soup, vegetables, fruit). Items will be easy to find and to put away.

Separate Spaces

You might want your space to be organized and clean, but your partner might not. Here are some ideas.

- Consider creating a zone where your spouse can relax, work or just hang out that doesn't have to meet your organized needs.
- Discuss boundaries of how disorganized it can become and come to a compromise when it comes to the cleanliness of the space.

- Agree to keep other open spaces in the house clean and organized.
- Place a small sign on the doorknob indicating that the area behind the door is private and should be left alone.

We all think differently, and we need to keep the lines of communication open so that resentment and miscommunication are kept to a minimum. Always try to be respectful of each other's needs. If you think that your partner is ignoring or purposely not addressing your needs, sit down and talk about how you can both work on resolving differences. Improve your connection by staying organized and in tune with each other.

Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at diana@grandsolutions.net.



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By JOHN SMITH

Getting to the Source

Have you ever witnessed a spring head? And I don't mean a pipe on the side of the road. I mean the natural point where water hits the air for the first time, celebrating its new life. The wonderment of how water travels within our earth to arrive at its predestined location boggles the mind—at least my mind. I wonder if some water we use traveled through the planet to get to us.

Spring heads travel up from the unseen. Deep within the earth and from under the rock strata, there is a crack that leads to another crack and so on. The water climbs this staircase up to the surface and then shows itself to the world, and the water behind it quickly takes its place.

The best springs I have found all come out from under large rocks and boulders. The rock is like a filter, keeping the water as clean as possible. That's why we see hand-mixed cement spring boxes and spring storage tanks all around the woods in Fairview. If you have a spring storage

container made of cement near your house, then most likely you have a spring box somewhere in your woods.

It can be harder than you think to find a spring head location, as it's easy to overshoot the source. When I was hunting the spring on my property, I was in an area that had a downed tree and a partial subterranean situation. I went about 50 yards above this spot, making sure not to overshoot it. Then I begin to grid out my position back to the spot where I saw water. It was a lot of work in 100-degree weather. And I didn't even have to deal with other dangers, such as storms or meeting a wildcat with a not-so-great attitude.

How to Hunt Water

To find your spring (if you have one), I suggest you go to a real estate web site and find your property. Look at your property and the border lines of each property surrounding yours. It's also a good time



Left: Can you find the saw? Cleared and ready for the dam.

Above: Dam ready, pipe in place and gauge. This spring is 3.5 GPM.

to look for blue line streams, which will appear as a broken or solid blue line (or a purple line) on a USGS topographic map. The federal government considers blue line streams subject to its environmental regulations. (Streams do not have to be blue lines to be considered waters of

the state.) Even though blue lines can sometimes complicate building plans, they are a good guide to potential water on your property. And there could be more than one spring on your property—plenty for everybody!

On your property, go to the highest

Edward Jones

> edwardjones.com | Member SIPC

Happy Thanksgiving

We are thinking of you this season and hope you have a wonderful Thanksgiving.



Stephen M Herbert, ChFC®, AAMS™

Financial Advisor

1185 Charlotte Highway Suite I
Fairview, NC 28730
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Broken spring box still putting out near 0.3 GPM. Check the moss. The plastic pipe dates its use. The cement spring box in the corner also dates itself. For that, I am guessing near the turn of the last century.



This is the force it takes to move water uphill using a water hammer. You could also use this force to produce electricity.



This is the spring I rediscovered when starting our goat ranch homestead in California. This was recorded with the local county at 9.95 GPM. Notice how dry the background is. This is very normal for the part of California we were in.

elevation on the map (which is where any blue line stream will start). This uphill area could be the beginning of your spring. If you don't have a map to check, look for land features such as boulders and water coming out of nowhere. Another important thing to do is use your ears. What you hear can be a great asset, especially when maps do include many land features.

Pay attention to property borders, as water you find may be on someone else's land. Water rights will always be an issue as long as humans need it. You can

get written permission from a neighbor to access their water, even if they sell the property.

After you've found your spring head (and made sure it's on your property or you have permission to use it), you're ready for the next steps. You'll need a good pair of pruners or a machete, a piece of 8-inch PVC that's 1 to 2 inches in diameter, a 5-gallon bucket, and a timer.

Use the pruners or machete to clear out the area around the spring. Next, gather some rocks and mud or clay and build a dam. Direct the water to flow to one

distinct spot, where you will place the pipe. Now you'll measure the water's flow rate into the bucket. Start a timer and run water into your bucket for 10 seconds. After that, determine the amount of water in the bucket (in gallons) and multiply by six. For instance, if your bucket has two gallons, then the water flow is 12 gallons per minute. If you read my previous article (in the April issue), you might remember that one gallon per minute equals 1,440 gallons per day. Use that formula in order to choose between multiple springs you want to use or to determine how best to

use your water flow—for farming, planting or residential use.

So what's next? You have to harness, deliver and store the water in tanks before transferring it to its destination, which includes springs boxes, water pipes, storage tanks and back pressure. And the route you took to the source isn't always the route to the destination. But that's for the next article. First, you need to find your spring head. Happy hunting!

John Smith is a Fairview-based natural spring consultant. See his ad on page 30.

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Set Your Brain Up for a Healthy Winter

It is finally time to break out the flannels and sweaters. With the temperature dropping and fall upon us, now is the time to get your brain and body ready for the winter. There are some great examples of this in the animal world, such as bears increasing their food intake or dogs shedding their summer coat in preparation for the thicker winter one. Our human bodies also need to be ready for the colder months ahead.

Winter is notorious for flu/cold season, but a less-talked-about winter health concern affects a very high number of people as well; and that is seasonal affective disorder (SAD). SAD is a mood disorder characterized by depression that occurs at a certain time each year; the winter is typically the most common time. Below are a number of factors involved, and some advice for how to keep these things in check.

Sunlight

As the weather gets colder and the sun begins to set earlier, people tend to get less time outside. While I enjoy being cozy under a blanket with a good book as much as the next person, this decrease in sunlight exposure can affect your health. Sun exposure plays a big role in vitamin D status. Vitamin D helps fortify our immune system and allows us to absorb

calcium properly from our food. Another important function of vitamin D is helping our mental health. Studies show that people with less vitamin D tend to be more depressed, and people with higher vitamin D levels tend to be less depressed.

There are multiple aspects currently being investigated by the scientific community.

- Vitamin D receptors are highly concentrated in the mood regulation centers of the brain (called the cingulate gyrus and the prefrontal cortex).
- Vitamin D modulates immune system function in the brain.
- Vitamin D appears to have anti-inflammatory properties.

So, get outside! Now is a great time to make sure to get plenty of sun exposure before the cold really kicks in. Sunlight can also help improve sleep, energy and even our ability to focus if we get adequate amounts.

Sweet Treats

This time of year is known for overeating—Thanksgiving meals and leftovers and candy on Halloween. You probably know that limiting your intake of pies, cookies and chocolate bars is good for your waistline, but you might not know how important it is for your brain health.

These foods are high in processed sugars, which are detrimental to our nervous system. Sugar affects the same part of the brain as drugs like cocaine and heroin. Once we start the pattern of having dessert with every meal and snacking, it becomes more difficult to stop. When we overconsume sugar, we create inflammation in our brain that can affect our cognition, energy and moods. Keeping the sweets to a minimum is a great way to be sure your brain has a healthy winter season.

Holiday Gatherings

With the holidays fast approaching, families and friends are gathering together, for better or sometimes for worse. Our brains crave socialization, whether we realize it or not. For many, this is a great source of joy and stress. However, relationship dynamics are often under pressure at this time of year, and when people get together, they inevitably have some degree of tension.

Finding ways to properly communicate and set boundaries is vital. If you find your blood pressure rising at the idea of a family dinner, be sure to proactively manage your stress. Get a good workout the day before, write in your journal, do your meditation practice, or take a moment of prayer for yourself. The more you do to prevent stress, the better.

Social Media

My sister lives across the world in Tel Aviv, Israel, and I am very grateful for the technology that allows us to share pictures and messages. Social media can be beneficial, but it can also be detrimental. Especially at this time of year, the posts, photos, stories and reels flooding your phone can be a lot for your brain to absorb. Consuming social media can actually make you feel more depressed. By looking at the highlights from others' lives, you begin to compare them with your own life, which is not a healthy thought process. If you find yourself caught endlessly scrolling, try putting down the phone for a good book or call a friend to see how they are actually doing.

The changing of the seasons can be challenging for the brain, especially when shifting to colder temperatures and shorter days. These tips are meant to help you understand more about why moods change with the weather and what you can do to enhance your brain health.



Dr. Henry Zaremba is an associate and lead clinician at APEX Brain Centers. He is a board-certified chiropractic neurologist. Visit ApexBrainCenters.com or call 708-5274.



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PND Alternative Treatments

Peripheral neuropathy disease (PND) and other types of nerve damage result from damage to nerves outside the brain and spinal cord (peripheral nerves), often causing weakness, numbness and pain, usually in your hands and feet, and significantly affecting balance.

Peripheral neuropathy can be the result of a lack of blood and oxygen, metabolic problems or inherited causes, yet over 50% of cases are deemed idiopathic (i.e., no one knows why they occur). One of the most common causes (about 30%) is diabetes.

People with PND generally describe the pain as stabbing, burning, numbness and tingling, in addition to the loss of balance. In rare cases, symptoms improve. Traditionally, anti-epileptic drugs such as gabapentin reduce the brain's perception of pain, yet do not arrest or improve progressive nerve degeneration.

Two years ago, Vicky R. came to our office with PND. She is diabetic and had been exposed to toxic mold. She'd sought treatment from neurologists and the Mayo Clinic, one of the premier neuropathy centers, but was still experiencing issues. She could barely walk, had difficulty with all major activities—walking, sleeping, balance—and was unable to drive. These issues also caused her to be overweight. She was desperate and thought she would soon become permanently disabled. And

she was only 45 at the time.

There are alternative treatments available for PND.

Pulsed electromagnetic field (PEMF) therapy uses electromagnetic fields to heal mental and physical health issues.

Class 4 lasers are engineered to produce the wavelengths of light necessary to potentially stimulate damaged cells, break up formed scar tissue, and stimulate the healing process. A laser beam is moved over the skin so that the light energy (photons) penetrates the tissue.

Nerve electrotherapy can allow nerves to heal themselves rapidly, through electrical and chemical stimulation.

These treatments, in addition to a customized exercise program, helped Vicky. She recovered all feeling in her legs and feet, which allowed her to walk and get back to the gym.

If you are having issues with PND, talk to your doctor or health care provider about alternative therapies.



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

fairviewdc.com.

Black Mold Warning

By Mike Heninger

According to moldbustersusa.com, 70% of homes in the US have some kind of mold in them. The most toxic form is black mold. I share this with you because I was unknowingly exposed to black mold for more than six months and suffered severe consequences I would not want you to experience.

In the past, an air conditioning service company found mold in the inner air handler of my house during an inspection. They cleaned it up, bleached the vent covers and installed a device in the air handler to neutralize future mold. But we missed two vents in a bedroom that were behind furniture next to my bed.

When discovered, the two vents were covered in black mold, which explained my medical condition. For six months, I experienced night sweats and very low energy. I required 15 hours of sleep a day and woke always more tired than when I went to sleep. Those symptoms went away when the black mold was bleached from the two remaining vents.

For a few dollars, you can get a mold test at a big box store in the paint section that will give you results in a few days. I encourage you to inspect your air vents and also have an HVAC company inspect your system annually. Many usually run a special on inspections and service. Be well!



Above: One of the vents before being cleaned with bleach. A petri dish (inset) shows the positive test result (i.e., spores) from the vents in Heninger's bedroom.

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TWISTS AND TURNS

CREATION

from DESTRUCTION

By **CLARK AYCOCK**

Things used to move slowly on Drovers Road—what we now call Charlotte Highway, Gerton Highway or 74A. As a dirt road in the 1800s, it allowed farmers to travel on foot or horseback alongside their livestock—cattle, hogs and turkeys—from the mountains into Asheville. Eventually, stagecoaches made their way up and down the road, stopping at Sherrill’s Inn to rest passengers and horses. And when trains and then, later, larger roads diverted away most of the automobile traffic, the road’s picturesque curves inspired unhurried sightseeing.

Prior to the 1940s, the Ruff family owned property on Gerton Highway near where Laughing Waters is today. When Bryson Ruff came back from serving in World War II, he purchased more property just a ways up the road—a little more than a quarter-mile east of Upper Hickory Nut Gorge Community Center—and built a small produce stand there in the ’50s, selling to tourists and other folks using the road.

Bryson “sold chairs and birdhouses and touristy-type things he made himself,” said Norris Lyda, Bryson’s grandson, who lives with his family behind the produce stand and across the creek. “He also grew and sold row crops and sold apples, pumpkins and jam that he could buy from other locals.”

Bryson also disassembled a structure from the original property and reused its wood to build a family home, now owned



Right: One of the harps that lined the fence that separated the workshop from the road. Below: The aftermath of the crash that left the fence and the artwork destroyed. Below left, when younger, Pablo often played in Hickory Creek.



by Tom Milroy, across the street from the produce stand. (*Crier* readers may remember Milroy’s name from a series of articles we did on his love of the poet Robert Burns.)

Like many old-time buildings, the produce stand was put together with a dedication to craft, resilience and humble materials, such as long, old-fashioned nails, so it’s still in good shape today. The property with the produce stand was sold in the 1990s, when Bryson retired. And there the building sat—well-worn but well-loved.



Artists Michael Luchtan and Kehren Barbour met in Asheville in 2011. Luchtan was born in Arkansas and grew up in northeast Georgia. After graduating from the University of Georgia, he ran a small farm, played country music and worked construction. He got his master’s degree in Appalachian Studies at East Tennessee State University. Barbour, born in West Virginia, graduated from Florida State with a degree in fine arts and then got her master’s in Appalachian Studies and Sustainable

Development at Appalachian State. She began working in the theater at age 14 and professionally as a scenic artist in college. Growing up in a sometimes volatile home, she found escape as an artist, and building relationships with neighbors and connections in the community has always been second nature to her.

Soon after they met, Luchtan taught himself to play piano and got to know a local piano tuner. When he asked the tuner what happens to pianos that can’t be used anymore, he learned that a landfill was the only option. Barbour, an artist who seeks inspiration from the materials in her surroundings, did not like that answer.

The artists then stumbled on the chance to claim around 40 pianos that had been left exposed for more than 20 years and were destined for the landfill. They decided to re-use the separated parts of the pianos—keys, strings, the harp (the iron frame that holds the piano strings)—as materials for new art pieces. In Barbour’s mind, this was an opportunity to create with a literally resonant material that allowed for a conversation about the continued and creative reuse of rare and

beautiful materials.

She had a studio in the River Arts District and Luchtan had a space at the Asheville Music School. But both were up a flight of stairs, and, well...have you ever tried to lift an old piano? So, they started looking around for a shared space where they could store the pianos.

And wouldn’t you know it? There was an ad on Craigslist for a little red produce stand in Gerton. But now it would “produce” art.



Barbour and Luchtan’s work in Gerton—the PostPianoProject—ran for eight years and transformed parts from 42 decommissioned piano into prints, paintings, assemblages, drawings, installations, instruments and songs. Their son Pablo was born in 2013, and he spent time in the workshop and wading in the creek out back. The artists added the silver Argosy camper later for storage of artwork and additional studio space.

They started building a fence to separate and hide the studio from the road in 2012. And as much as possible, they wanted it to blend into the surroundings. If you’ve driven around that curve often, you might have stopped noticing the fence—like it was a tree or rock. The interior and exterior of the fence was lined with harps from more than a dozen pianos. The metal for the fencing came from the roof of the workshop. This functional fence/artwork was designed to hug the curve of the road and use the vibrations from the creek, the wind and passing vehicles to “strum” reclaimed metal piano strings that ran between the harps.



In 2019, Luchtan received a grant to continue his research into bluegrass played outside of the Appalachian mountains. He and Barbour—and Pablo, of course—moved to Barcelona, Spain, where he researches bluegrass events in Europe at Barcelona’s Universitat Obert de



“Maybe this is the starting place for a new story,” Barbour said.

Barbour and Luchtan, with son Pablo, are currently living in Spain, but their thoughts are often in the workshop in Gerton.

guy-line that supported an electricity pole, snapped the pole in two, flipped over and landed upside down in Hickory Creek, which runs alongside the road.

Tom Milroy, who was home across the street, heard the horrible sounds the crash made. (You can read a poem about his experience at fairviewtowncrier.com/links.) When he crossed the street, he saw that the car had destroyed the fence and artwork, with the pieces scattered all over. He got in touch with Barbour and Luchtan to let them know.



The driver and his passenger were not seriously hurt, but he was uninsured. As the studio had no mortgage, the artists didn't feel they needed insurance of their own—and have learned otherwise. They are considering legal action against the driver to try to get some financial relief, but that could prove difficult.

The artists can only experience this from afar. “Honestly, looking at a place that is so near to our hearts but from so far away has been hard,” said Barbour. But it's been helpful for them to look at this as

artists, trying to find a different perspective. “Maybe this is the starting place for a new story,” she said. “A starting place for the next chapter for the workshop.”

Norris Lyda and his two younger sons, who run a part-time metal recycling, junk and hauling business, cleaned up the property as best as they could. And now the artists want to rebuild the fence and replace the site of the crash with a thing of beauty that also honors the history of the building and the community.

They have not yet been able to receive compensation from the state's uninsured motorist fund, so they are trying to raise funds to rebuild through a special art sale. As a matter of fact, a new piano totem from Barbour, made from a piano salvaged from the streets of Barcelona, is on a boat headed to the US right now. You can get updates on that piece of art, where it will be displayed locally, and the artists on Facebook (search for “PostPianoProject”). If you have questions or can help with the uninsured motorist fund, send an email to luchtan@gmail.com.

Clark Aycock is the managing editor of the Town Crier.

Catalunya. Barbour works as a language consultant for companies in education, health care, design, and alternative energy. And they both continue to create art.

So, they weren't around in February of this year, and that's probably a good thing. This curvy road, once filled with

slow-moving drovers and drivers, now is part of our fast-paced world. It carries speedy cars and motorcycles racing with the wind. The curve at the produce stand/studio was too much for a driver going twice the speed limit. He crashed through the fence with the artwork, ran up a metal



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Off to a Great Start at FES

It's a wonderful time to be an FES Cardinal. Students at Fairview Elementary have enjoyed many exciting activities throughout the first quarter of the school year, and the excitement has been contagious. The halls of Fairview Elementary were filled with enthusiastic students and families as they met their new teachers. The first day of school was welcomed with lots of smiles, laughter, and hugs, and the first few weeks of school have been nothing short of exhilarating and educational.

Rockin' Readers Week was a huge success, and it was a great way to encourage reading and literacy. Fun activities were planned each day: chewing gum while reading, wearing wacky socks while reading, reading outside, story-related art projects, buddying up with a book and a favorite stuffed animal, reading with a flashlight, dressing up like a favorite book character, and so much more. Students

also had a chance to shop at the book fair to build their home library.

Open house was a fun event. Once again, the halls were filled with families happy to see what their students have been learning and doing in their classrooms. This was a great opportunity for parents to engage with teachers, ask questions, and learn more about the school and the curriculum being taught in the classrooms.

After-school and extracurricular activities have been in full swing. Students have been participating in the unicycle and jump rope teams, tennis, sewing and drama clubs, Bricks for Kidz, and various other extracurriculars. They have also enjoyed being part of the FES News Team, Ambassadors, Math Team, Battle of the Books Team, and more.

Several grade levels have also recently enjoyed their first field trips of the year. So far, students have enjoyed trips to the North Carolina Arboretum, the Hands



On! Children's Museum, Emerald Village, Careers on Wheels, and the Fairview Public Library. Second graders also enjoyed a visit from WLOS meteorologist and reporter, Karen Wynne, and first graders enjoyed a stop from the BCSF Bookmobile.

Administration has been hard at work observing teachers and classroom activities and seeing the many wonderful, creative, and insightful ways teachers present lessons and encourage learning. Teachers are undergoing professional development and curriculum trainings after school, on workdays, and even on some weekends. The Yearbook Committee has started collecting fun snapshots and making plans for a great yearbook. The School Improvement Team has met to help plan school-wide events, make important curriculum decisions, and set grade-level and family engagement goals. The Parent Advisory Council has also had multiple meetings to learn about things such as daily scheduling, student recruitment and school safety, while having an opportunity

to share their input and ask questions.

The FES PTA organized a delicious Spirit Day with Smokey & The Pig and a parent social at Hilltop Ice Cream. They've also arranged several special treats for FES staff, which always makes them feel special and appreciated. The Dads Club hosted two well-attended Daybreak with Dad events, have been reading in classrooms, and have shown their support for FES staff with yummy treats. The encouragement staff and students receive from these two groups is endless.

The FES staff has also had many things to celebrate so far this year. They've showered two staff members who are both now newlyweds, and they enjoyed a delicious lunch and dessert in celebration of Fairview Elementary exceeding growth based on last year's End-Of-Grade (EOG) test scores.

Staff and students just finished giving back to the community with a Food for Fairview food drive and just finished their biggest fundraiser of the year—the Booster Fun Run. They have also enjoyed multiple



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Spirit Days, when they were encouraged to wear their best FES attire and show their love for the red and black—and of course the school mascot, Freddy the Cardinal.

Many other days have been filled with activities such as school pictures, safety-related drills, grade-level positive behavior celebrations, PE, music, art, library fun, STEM activities, and more. The fun and



learning never ends at Fairview Elementary. There are many exciting things ahead, and the staff and students are geared up to make this the best year yet. Let's go, Cardinals!

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

CHRISTI HURD

Grounded in Gratitude

One of the reflective questions I often ask parents is to define for themselves their "North Star" or mission statement and flesh it out as a family. Would you include gratitude as one of your family values?

How can we instill the value of gratitude in our kids? Here are a few ideas to add to your own:

- Grab a mason jar and ask each family member to write down something they are thankful for and leave in the jar. It will be a visual reminder and perfect discussion prompt.
- Read books about gratitude. Two of my favorites are *Have you Filled your Bucket Today?* By Carol McCloud and *The Giving Tree* by Shel Silverstein.
- Have notecards and postage stamps readily available in your home so that when something praiseworthy occurs you can immediately jot down a note of thanks and actually mail it. That note will become a prized keeper!
- Play the "alphabet thanks" game. For each letter, ask your family to name things they are thankful for and post it on a window in your home.
- Now is the time to start a gratitude journal. Title a page "A Happy Heart is a Thankful Heart" and list at least 100 things you are grateful for—all in one sitting. See what it does to your mindset.

Christi Hurd, who taught at Cane Creek Middle School, is a certified PCI Parent Coach and is passionate about helping families flourish. To learn more about her services, see hurduddleparentsupport.com



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STUDENT OF THE MONTH
Reggie Fields

November's A.C. Reynolds High School Student of the Month is Reggie Fields. Nominator John Cunningham is impressed by how Reggie "has continued to work hard on the football field and in the classroom, despite many unforeseen challenges outside of school."

Bill Rice, Reggie's social studies teacher, said, "Reggie is always upbeat and never lets anything get him down. He's respected by his classmates and is an excellent student."

Known for his loyalty to his teammates, his respectfulness toward others, and his hard work on and off the field, Reggie is a great example of what it means to be a Rocket. Congrats, Reggie!

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Lyme Disease: What Dog Owners Should Know

Lyme disease is also referred to as Lyme borreliosis, a bacterial infection that certain species of infected ticks can transmit to humans, dogs and other animals. Since ticks don't fly or jump, they make contact with their host by lurking on the tips of long grass or bush and then quickly grabbing onto your dog when it walks by.

An infected tick carries the bacterium *Borrelia burgdorferi*. When it bites a dog or person, it transmits the virus through the bloodstream. Once it enters the bloodstream, the bacteria can reach different parts of the body and result in problems with specific areas or organs, including joints, as well as general illness. The disease can be transmitted after a tick has been attached to a dog for 24 to 48 hours.

Year-Round Problem

Lyme disease has been found in every state, and we are seeing more of it each year in the south. In Fairview, ticks are a year-round problem. Outdoor activities leave you and your dog vulnerable.

Lyme disease can be diagnosed with a simple blood test. At our clinic, we offer a heartworm test that also tests for exposure to Lyme (as well as two other tick-related diseases: Ehrlichia and Anaplasma). In a large portion of the cases

that test positive, the pet parents never even knew that their dog had a tick on them. Unlike fleas, which stay on your pets, ticks climb on, bite to get a meal of blood, and then fall off.

A Positive Test

If your dog tests positive for Lyme disease, this does not necessarily mean they are sick with the disease. The test detects an antibody response to the bacteria, so at the very least, your dog has been exposed. If your dog tests positive, we encourage you to have its kidney values and urine checked. A course of antibiotic therapy is also recommended.

One of the best ways you can help to prevent your dog from getting Lyme disease is to have it on tick prevention all year-round. Vaccinating against the



IMAGE: dontgettickedy.org, nysipm.cornell.edu

advantage of this protection.

Dogs who test positive for Lyme don't have natural immunity. Lyme bacteria can be cumulative in the system, so the next time the dog is bitten by a tick it runs the risk of acquiring more Lyme bacteria. Vaccinating dogs who have tested positive for Lyme is still important.

Dogs are not a direct source of infection for people. Lyme disease can't be transmitted from one pet to another, nor from pets to humans—only through tick bites. A carrier tick could come into your house on your dog's fur and get on you. If your dog is diagnosed with Lyme disease, you and any other pets have probably been in the same outdoor environment and may also be at risk.



Susan Wagner is a veterinarian at Cedar Ridge Animal Hospital, 184 Charlotte Highway, Fairview. 575-2430.

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Cut two small, equal-sized squares from the piece of paper. Tape these squares to the bottom of each plate but only tape three sides on each. This will create a pocket to hold a quarter. Place a quarter into each pocket.

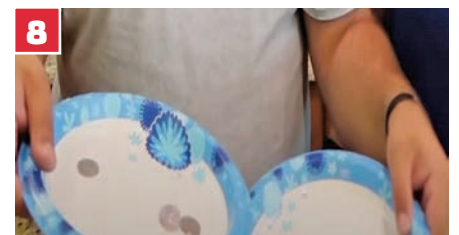
PERFORMANCE

Hold the two plates (with pockets) level and place them on a flat surface. (Make sure the openings of the pockets are aligned with the direction you want to "pour.")

Place a quarter onto the center of one of the plates. Pick up both plates and pour the quarter from one plate to the other. Now you have two quarters! (The other coin will come out of the pocket when you pour.)

Next, pour the two quarters back onto the first plate, and there are now three quarters!

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



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Fairview Inspires One of SAHC's Leaders

In conservation, we talk about connecting people with land and nature.

Southern Appalachian Highlands Conservancy's (SAHC) membership director Cheryl Fowler is at the heart of that connection. For more than 20 years, Cheryl has been the face of SAHC for members, neighbors and volunteers.

"My favorite thing about working with SAHC is the people, because we all share a common interest and love of protecting the environment," said Fowler. "If it wasn't for the people, conservation would not happen. I love getting to know all those folks over the years, laughing and talking with them."

Fowler's laughter is infectious, in a positive way. If you get to spend time with her, you know that a heartfelt laugh is the best way to raise your spirits. She grew up in the Waynesville and Haywood County area and has lived in Fairview since 2010. In both areas, Cheryl says that protected land is important.

"I think my perception of conservation in Haywood County and Fairview is different because of the different time frames," she said. "Growing up in Haywood County, I acquired a love and level of respect for outdoors because I was around hunters and fisherman. There's a lot of public land, national forests and game lands. I remember going fishing

with family at Camp Daniel Boone. It was always around us, and I almost took it for granted. I loved and enjoyed the land, but didn't really know about conservation. By the time I moved to Fairview, I had a different eye for it because I'd been working at SAHC for many years and had a better understanding of what goes on behind-the-scenes. Here, I think more about conservation in terms of agriculture, scenic views and outdoor recreation."

A Wonderful Sense of Community

"When I go to Food Lion or drop Charlie off at Fairview Elementary, I can look up and see Little Pisgah, and I know that view is protected because SAHC holds a conservation easement on the land," she said. "I appreciate SAHC's farmland conservation work when I go up to Hickory Nut Gap to get our apples, and I stop by the Flying Cloud Farm kiosk about once a week to see what's available there. When I look out my window, I see trees everywhere. I have a practical connection to the land and the work SAHC does, every day. Fairview as a whole has such a wonderful sense of community—people appreciate what they have and jump to help each other out when needed. I love living here. The scenic views are definitely a common denominator; I see people taking pictures of these beautiful views, and I'm proud that SAHC



Cheryl Fowler and her son Charlie

helps protect this sense of place."

During the recent opening ceremony of the Strawberry Gap Trail (a part of the regional Upper Hickory Nut Gap Trail System made possible through a partnership of Conserving Carolina, Southern Appalachian Highlands Conservancy, conservation easement landowners, and generous funders), Cheryl spoke about the importance of this place and the outdoor

recreation opportunities available here.

"I feel so much pride in being a part of that," she said. "When we had the grand opening of the Strawberry Gap Trail, I was proud of the organization for helping to make it happen, and I felt fortunate to live in a place where we have those assets, to be able to go on a beautiful hike within 15 minutes from home."

"Special events are another one of my favorite things," she added. "Appalachia Day in October was super fun. Wicked Weed Brewing sponsored it as part of their ongoing support for SAHC, and Hickory Nut Gap hosted. We're thankful to Jamie and Amy Ager for opening up the farm for that event. A lot of folks came out, and I got to talk with many people who now have an appreciation for what we do. It was great to see neighbors from the community and SAHC members come out together. Any time you get good music and people out for a common cause, it's a great time."

Cheryl welcomes questions about SAHC membership, corporate partnerships and events. You can contact her at cheryl@appalachian.org.

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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IN MEMORIAM

Junius “Bud” Sales, Jr.



Junius “Bud” Sales, Jr., 85, passed away at his home on Thursday, October 20. He is survived by his wife of 62 years, Aretha Wilson Sales, daughter Keila Briggs and husband Blaine, grandchildren, Annlei Briggs Burke, husband Josh, Ivy Briggs, Nathan Sales, wife Kate, Laurel Sales, and sister, Peggy Whisnant and husband J.D. He was preceded in death by his parents, Junius “Pap” Sales, Sr. and Annie Hughes Sales, and son, Richard Sales.

Bud was born on March 18, 1937 in Asheville, and was a lifelong resident of the Reynolds Community. He became the sixth generation of the Sales family to farm their land after graduating from North Carolina State University with a horticulture degree in 1959.

Bud opened Sales Greenhouses in 1972. The greenhouse business diversified the family farm, which was primarily growing cabbage, corn, and tobacco at the time. The greenhouse celebrated a successful 50th season this past spring. Bud was incredibly proud of being a farmer and the fact that Sales Farm is designated as a bicentennial farm, having continuously operated for over 200 years, by the N.C. Department of Agriculture. His influence and efforts were crucial to establishing the North Carolina Mountain State Fair and he served on advisory committees for Governor Jim Hunt and Commissioners of Agriculture Jim Graham and Steve Troxler. He also served for many years in the North Carolina Vegetable Growers Association.

Bud was a lifelong advocate for agriculture and Western North Carolina, and was instrumental in establishing the Western North Carolina Farmers Market. He was inducted into the North Carolina Agricultural Hall of Fame in 2005 and was awarded the Order of the Longleaf Pine for significant contributions to his community by Governor Easley in 2004.

Bud was a founding member of Reynolds Fire Department, established in 1968. He served as Chief from 1968 to 2008 and was the longest-serving continuous fire chief in North Carolina. Under Bud’s leadership, the fire department grew from a single hand-me-down truck and a group of volunteers to a full-fledged agency and vital community resource. He continued to serve on their board of directors after his retirement.

Bud was a charter member of Reynolds Baptist Church, established in 1969. He was active in the congregation and served as a life-long deacon. In 2018, he donated land to Reynolds High School in honor of Richard to serve as the practice field for the marching band. The cross country course for the high school is also located on his property, and is used by many in our community. He enjoyed visiting with his neighbors every day as they walked their dogs. He believed in living a life committed to Christ and lived out his values in the way he cherished his family, friends, and community.

He was buried at the Gashes Creek Baptist Cemetery with a procession led by the Reynolds Fire Department.

The Sales family would like to say a very special thank you to the Reynolds Fire Department for all their loving support during this difficult time.

— written by Kate Raybon Sales



Andrew Michael Labb

Andy, age 79, passed away peacefully in his home on Wednesday, October 19, 2022. He was born October 28, 1942, in Sarasota, Florida. He moved to Fairview in 1978, and he was happy to call these mountains home ever since. Andy was a construction worker with a specialty in hanging drywall, and he had an amazing knack for creating and building beautiful projects. He enjoyed drag races, the NHRA, and everything car-related. He was also an avid reader and a skilled mechanic.

Everyone who crossed Andy’s path loved him dearly, for he was kind and caring to everyone that he met. Andy was an amazing man, and a loving father, grandpa, husband, and friend. Andy will live on through the many lives that he has touched along his journey. He is survived by his wife of 40 years, (JoAnn Labb), two sons, (Gabe Labb and Chris Griffin), three daughters, (Becky Labb, Bethany Labb, and Annis Pearl Anderson), six grandchildren, one great grandchild, and many friends.

A memorial service was held on October 29 to remember Andy’s life and celebrate the wonderful times we all shared with him.

Condolences can be made to the family at ashevilleareaalternative.com.



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It’s likely that this fear of failure is holding you back from other things you want to achieve in life that you don’t try. However, you should understand that this fear is only a habit, and not reality. Past or future failure is not a fact. So, if you have doubt or a list of excuses and procrastinations, realize it’s a habit—and that it’s time to stop putting faith in what you think are the “facts.”

The ticket to changing your life is to keep turning down the fear and turning up the faith in yourself. Bring back your “why” and put it to the forefront of your mind. This will shift your negative “have to” and “should do” attitude to a positive, inspiring “want to” perspective.



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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When Should You Adjust Your Investment Mix?

There are no shortcuts to investment success—you need to establish a long-term strategy and stick with it. This means that you’ll want to create an investment mix based on your goals, risk tolerance and time horizon—and then regularly review this mix to ensure it’s still meeting your needs.

In fact, investing for the long term doesn’t necessarily mean you should lock your investments in forever. Throughout your life, you’ll likely need to make some changes.

Of course, everyone’s situation is different and there’s no prescribed formula of when and how you should adjust your investments. But some possibilities may be worth considering.

For example, a few years before you retire, you may want to re-evaluate your risk exposure and consider moving part of your portfolio into a more risk-averse position. When you were decades away from retiring, you may have felt more comfortable with a more aggressive positioning because you had time to “bounce back” from any market downturns. But as you near retirement, it may make sense to lower your risk level. And as part of a move toward a reduced-risk approach, you also may want to evaluate the “cash” positions in your portfolio. When the market has gone through a decline, as has been the case in 2022, you may not want to tap into your portfolio to meet short-term and emergency needs, so having sufficient

cash on hand is important. Keep in mind, though, that having too much cash on the “sidelines” may affect your ability to reach your long-term goals.

Even if you decide to adopt a more risk-averse investment position before you retire, though, you may still benefit from some growth-oriented investments in your portfolio to help you keep ahead of—or at least keep pace with—inflation. As you know, inflation has surged in 2022, but even when it’s been relatively mild, it can still erode your purchasing power significantly over time.

Changes in your own goals or circumstances may also lead you to modify your investment mix. You might decide to retire earlier or later than you originally planned. You might even change your plans for the type of retirement you want, choosing to work part-time for a few years. Your family situation may change—perhaps you have another child for whom you’d like to save and invest for college. Any of these events could lead you to review your portfolio to find new opportunities or to adjust your risk level—or both.

You might wonder if you should also consider changing your investment mix in response to external forces, such as higher interest rates or the rise in inflation this year. It’s certainly true that these types of events can affect parts of your portfolio, but it may not be advisable to react by

shuffling your investment mix. In the first place, nobody can really predict how long these forces will keep their momentum—it’s quite possible, for instance, that inflation will have subsided noticeably within a year. But more importantly, you should make investment moves based on the factors we’ve already discussed: your goals, risk tolerance, time horizon and individual circumstances.

By reviewing your portfolio regularly,

possibly with the assistance of a financial professional, you can help ensure that your investment mix will always be appropriate for your needs and goals.



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert. 628-1546, stephen.herbert@edwardjones.com.

SEPT 2022 FAIRVIEW REAL ESTATE STATISTICS

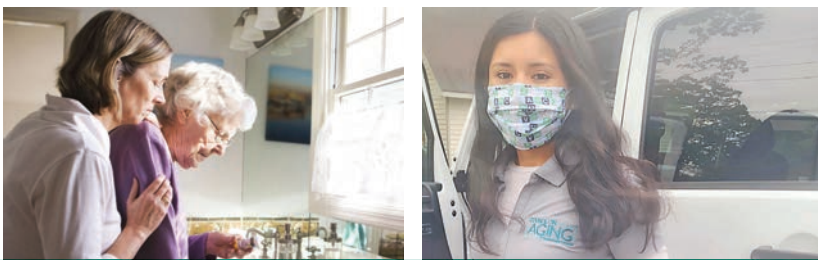
PRICE RANGE	NO. OF SALES	AVG PRICE	% LIST-SALES PRICE	AVG DAYS ON MARKET
300-399,999	3	377,354	120	99
400-499,999	3	476,333	98	22
500-599,999	2	535,000	107	46
600-699,999	1	622,500	75	60
700-799,999	2	752,500	88	23
800-899,999	2	820,000	0	9
900-999,999	1	995,000	0	19
1M-1.2M	1	1,100,000	0	8

HOMES LISTED: 11	HOMES SOLD: 15	LAND LISTED: 6	LAND SOLD: 1
Max 4,250,000	Max 1,100,000	Max 375,000	135,000
Min 284,900	Min 284,900	Min 75,000	Min --
Avg 932,900	Avg 632,904	Avg 184,667	Avg --

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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 Varner to the Foundation through Mercy UrgentCare to aid the elderly and homebound in the Fairview Community



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So Long, Friends and Neighbors

When all the votes are tabulated on November 8, I will officially become a lame duck. My term ends on December 31, and I am still optimistic that the NC House of Representatives will be called back to Raleigh in December to vote on a bipartisan version of Medicaid expansion. That would be a great policy victory for the people of our state and for our hospitals, and a great way for me to ride off into the sunset.

One other looming policy question is whether the General Assembly can respond to the horrible shooting event last month in Raleigh that resulted in five deaths, with the 15-year-old shooter still in critical condition as I write. How did this teen get his weapon, and how on earth did he justify his actions? With recent court cases striking down gun laws, I see little hope for what I believe are common-sense restrictions.

Inflation remains a daily problem for all of us, and there is little state government can do to rein it in. The Federal Reserve is trying to take some of the heat out of the economy with higher interest rates, but that can certainly lead to a recession. Inflation is a global problem, and even our national leaders have few levers they can push to make a difference. The pandemic created a drastic reduction in the buying of goods and services, and consequently,

there were huge layoffs of workers. That pent-up demand was unleashed as restrictions eased, but suppliers were in no position to satisfy the demand, pushing the prices of available goods higher and higher. That was especially true in the energy sector (gas and oil).

With the 2022 election about to wind up, many political questions will be answered. Will Governor Cooper retain his veto power, or will the House and Senate become super majorities for the GOP? Will there be an effort to ban abortions in NC? Will the Democrats retain their 4 to 3 majority in the NC Supreme Court? If not, will extreme gerrymandering return? Will climate change be addressed in Raleigh in 2023? Will our traditional public schools, teachers especially, be supported? Can NC once again become a leader in clean air, clean water and regenerating our soils for the future? And can we re-focus on a vision for our fabulous university and community college systems after a decade of infighting?

American "exceptionalism" is bandied about from time to time, and what I know to be true is the following: what has made America exceptional throughout our history is the unleashing of the creative energy and hard work of all of us. The "common" person turns out to be not so common after all. Our music, art and

business culture is all about the celebration of what everyday people can accomplish. We must be vigilant to fend off the elites that want to control our politics and our economy. We must free all Americans from whatever bondage, legal or cultural, binds them to mediocrity. And we must maintain religious freedom above all else and guard against groups that try to establish themselves as our national faith.

In the end, effective politics delivers effective changes as we try to incorporate new technology and keep trying to break down the barriers that stymie personal freedoms. Delivering those changes can be disruptive to the comfortable patterns of life each of us has come to enjoy. But we live in an era of great disruption, and our laws must continually be updated.

We also live in an era of massive advertising, and we have become a people manipulated to the wills of others in ways sometimes subtle and sometimes not. You cannot even pump gas without having to endure an ad or two. And now we have all the dark places on social media trying to push the buttons in our head, trying to capture our identity for nefarious purposes. And have you had enough of the billions of dollars of TV ads spent to get your vote in 2022?

The money game in politics is having a corrosive effect on our democracy. Each

election cycle, more and more is being spent. Billionaires are pouring their wealth to maintain their influence and elite status in our society, and special interests are overwhelming the system. Clever political strategists test out messages for their effectiveness. Truth is so often a casualty, and when elected officials no longer feel bound by honesty, the delicate structures of government start to collapse.

I have served the citizens of Buncombe County for eight years, and I truly thank my constituents for their support. It has been a great experience for me, personally, and a chance to be involved with so many wonderful people. In truth, democratic government is hard work, and quite frustrating at times. The NC General Assembly is 170 legislators all pushing for their own agendas. I am planning to stay involved.

I especially want to thank you for your encouragement with these articles. I have tried to give readers some insight into how policy is formed in our state government.

And finally: please vote. There is still time.



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



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Fairview Kiwanis Volunteers Give Back

We all know what a wonderful community Fairview is when it comes to helping folks in our area. I want to share some of the volunteer work of Fairview residents who are part of the Kiwanis Club of Asheville, which was founded in 1919. With the mission of “improving the world one child and one community at a time,” Kiwanis plays an important role by providing services to underprivileged children, organizations and area schools.



Russ Martin has been a Kiwanis member since 1971, he recently received his 50-year pin for his service. He was president of the Asheville club from 1989 to 1990 and lieutenant governor for the WNC Kiwanis division from 2005 to 2006. Martin has received a well-deserved “Kiwanian of the Year” award for his service.

Readers may also recognize him as the mayor of Asheville from 1993 to 1997 and an Asheville City Council Representative from 1987 to 1989. He has lived in the mountains since 1971 and moved to Fairview (Windsong Estates) with his wife, Karon Korp (see below) in 2016. Martin has served as the Windsong HOA president for the past three years. He retired as a financial consultant after almost 40 years and now works with Korp in real estate.



Karon Korp is another long-time volunteer, joining Kiwanis in 1998. She has served on the board of directors for many years, served as newsletter editor and fundraising sponsor chair, and is currently the advisor to the Key Club at A.C. Reynolds High School. Korp is another well-deserved recipient of the “Kiwanian of the Year” award for her contributions to the organization.

Karen has worked in real estate for the past 10 years, and prior to that worked as a community project manager. She moved to the Asheville area in 1990 and then to Fairview, a place she loves and calls home, to be closer to her sister’s family.



I am one of the latest additions to the local Kiwanis chapter, joining the organization just earlier this year. I’ve already volunteered time to several Kiwanis projects and am looking forward to many more in the future. I am an IT project manager who moved to the Asheville area in 2012 and have been a Fairview resident since 2014, living near Whistle Hop Brewing. My two children attended the local elementary, middle and high schools.

What Does Kiwanis Do?

The dedicated local volunteers have completed many community services and projects. A partial list is presented below.

- Adopted Johnson Elementary School in Asheville to provide learning incentive awards, school supplies and campus beautification projects;
- Provided \$50,000 in funding and manpower for the construction of a playground at Transformation Village in Asheville, which provides transitional housing for homeless women, mothers with children, and veterans;
- Raised money to help build the Kiwanis Family Care Center at Mission Hospital’s neonatal intensive care unit;
- Raised money to build a cabin at the Victory Junction Gang Camp for Kids, a camp for children with serious medical conditions in Randleman, NC;
- Supports the Veteran’s Restoration Quarters in Asheville, which provides transitional housing for veterans;
- Hosts an annual dinner and Christmas shopping spree for kids in need;
- Advises the ACRHS Key Club, a student-led volunteer group;
- Provides annual scholarships for graduating seniors from each of their three Key Clubs at Enka, Reynolds and Erwin high schools;
- Sponsors the annual Biltmore Classic 5k and 15k race events;

- Sponsors the Terrific Kids recognition program, which targets character development, self-esteem, and perseverance in the classroom;
- Runs the Kiwanis Book Giveaway program for schools, shelters and other groups;
- Supports the Sleep Tight Kids program, which provides night-time related items to children who are experiencing trauma or displacement;
- Supports a drone racing initiative as an after-school program in 2023.

That’s quite a list! As you can see, thousands of children have benefited from the work of local Kiwanis volunteers.

Russ, Karon and I would like to encourage everyone from our Fairview community to learn more about Kiwanis, as any contribution, small or large, can make a difference in a child’s life. There are multiple ways to become involved, from participation in individual events and contributions of funds or resources to business sponsorships and becoming a club member. We meet the first and third Tuesdays in Biltmore Park from 12–1:30 pm, at the WCU Campus Building (28 Schenck Parkway, Asheville). Anyone interested in becoming involved in the organization should email kiwanisclubofasheville@gmail.com, visit ashevillekiwanis.org, or call the club president, Scott Schwartzkopf, at 551-9700.

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November Meeting

The next meeting will take place on November 10 at 6 pm at Re.Imagine Studio, located at 15 Spivey Lake Rd. off of Old Fort Road. Jeff and Nan Cole have created a new business offering artist studio spaces for rent, a retail fine art and crafts gallery,

a meeting space, creative workshops and an upholstery workroom. It will also serve as the new home of the Fairview Area Art League. FBA members will be able to tour the building, see one or more of the artist studios, and shop the retail gallery offering art for all budgets. The building has been a community gathering spot over the years—a roller rink, dance hall, the old Ecclesia Baptist Church, and now an art space. For more information, call 338-0070 or find them on Facebook.

Holiday Party

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Wild Onions and Garlic

Regardless of the climate, a few wild edible weeds survive and thrive no matter what conditions they face, and two of the toughest are the wild onion (*Allium vineale* L.) and wild garlic (*Allium canadense*), which stay green all winter and are thriving, even on the borders of our gravel driveway.

Wild onions and garlic belong to the lily family. Wild garlic is the most common; it has flattened leaves rather than the hollow tubes of a scallion. It can have pinkish-white flowers or tiny bulblets on top with sprouted green tails. If these weeds set underground bulbs, they will be no bigger than pearl onions. These are weeds that most people are familiar with, as they are nearly indestructible and grow everywhere—in grass lawns, fields, roadsides and woodland borders. Unlike their delectable and prized Appalachian cousins, the “ramps,” which are harvested in April and have broad, flat leaves, wild onions are common all year and look like miniature chives in the landscape.

There are a number of poisonous members of the lily family that should be avoided, but the easiest way to ensure 100% identification is to use your nose. Wild onions and garlic are very pungent and smell just like a concentrated version of their cultivated relatives. So, for those who are new to the bounty of edible wild plants, “sniff before you eat.” Any

plant that looks and smells like an onion or a garlic is edible. If you do not smell garlic or onion, beware: you might have a similar-looking toxic plant like star of Bethlehem.

Wild onion and wild garlic are often confused, and it doesn't really matter. Oddly enough, wild onion is often described as having a garlic smell, and wild garlic is described to have an onion smell, which does not simplify the issue. Both plants have long, narrow leaves, which is why they are sometimes mistakenly identified as grasses. Wild garlic will have two to four leaves, and wild onion is described as having more than two. The wild onion leaves are flattish above, slightly convex below and not hollow. Wild garlic has hollow leaves and a membranous covering on the tiny bulblets.

All parts of the plants are edible: the underground bulbs (if any), the long, thin leaves, the blossoms, and the bulblets on top. The bulblets are small cloves the plant sets where it blossoms. They are strongly flavored and are great in soups or stir fries, as cooking moderates the intensity of the flavor. Many times while backpacking, I have used wild onions or garlic to flavor meals on the trail. One of the best wild meals I ever had was during a backpack trip into Otter Creek Wilderness, where I picked three cups of ostrich fern fiddleheads and sautéed them with wild garlic



and wild ginger over rice. It was a yummy treat for us all.

Wild onions and garlic, like their cultivated cousins, are rich in antioxidants, and a number of studies have indicated that they are beneficial in reducing cholesterol and blood pressure and possess strong anti-bacterial, anti-viral and anti-fungal properties. In addition, garlic compounds may help regulate blood sugar levels.

The bulbs and greens were used extensively by Native American tribes, colonial settlers and lumberjacks to flavor stews. Some folks relish pickles made from the tiny bulbs, as they possess a stronger, more intense flavor. Other folks find the wild varieties much too pungent. It is all a matter of taste and habit.

It has often been said that the name for the city of Chicago arose from an Indian phrase that means, “Where the wild onions grow.” In reality, this was a French mistranslation of the Menomini phrase

“Sikaakwa,” which means striped skunk. The skunks were abundant there because wild onions, like ramps, grew in abundance by the river, and skunks know a good food when they smell it.

In our gardens, we grow three kinds of cultivated garlic. They are only two to three inches tall and will not be harvested until June, but everywhere else in the yard, clumps of wild onions and garlic are full-sized and healthy. So why not give these wild cousins a taste, as it is always a good thing to weave wild greens and vegetables into our modern diets. And, it is a way to connect with our ancestral roots.



Contact Roger at rogerklinger@charter.net.

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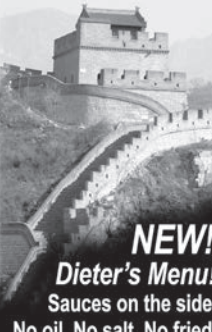
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Ins and Outs

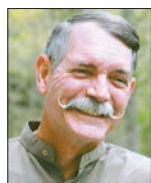
The two pathways available for Medicare beneficiaries to enhance their basic Medicare benefits are supplements and Advantage plans. Each is mutually exclusive of the other and accomplishes the enhancement differently. Advantage plans are regulated by the federal government, and supplements are regulated by the states. Advantage plan benefits are variable from one plan to another and can change from year to year. Supplements have fixed benefits that rarely change. Both plans require eligibility for Part A and B to enroll.

Ancillary Considerations Medical benefits, which I'll classify as the "ins," and premiums are perhaps the biggest considerations when purchasing a policy. But I've seen the ancillary features, the "outs" if you will, be the final determiner. For instance, I ask up front about networks. HMOs and PPOs imply limited access to healthcare providers. Freedom of choice can be a showstopper despite attractive benefits and premiums. Supplements don't have a network per se but are limited to the broader universe of participating Medicare providers countrywide. Just don't expect Medicare, an Advantage Plan or a supplement to pay for the services of a non-participating provider. Advantage plan network providers must be credentialed with Medicare to participate in the plan. They are essentially just a subset of Medicare's vast network.

Supplements Considerations include: underwriting may be required; no network constraints; no referrals; guaranteed renewable coverage; same coverage when relocating; 30-day free look; enroll/disenroll at any time; medically underwritten except for certain open enrollment and guaranteed issue cases; and electronic claims cross-over for processing with any Medicare credentialed provider. Supplements don't cover prescriptions; stand-alone coverage must be obtained separately.

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Bottom line—consider both the "ins" and "outs" when shopping for plans.



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