



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

DECEMBER 2022 VOL. 26, No. 12 | FAIRVIEW, NC | fairviewtowncrier.com



## CHRISTMAS SERVICES



**Cane Creek Missionary Baptist Church** 506 Old US Hwy. 74, Fairview

**Sunday, December 18**

Song service featuring Christmas music during worship hour 11 am

**Fairview Baptist Church** 32 Church Road, Fairview

**Sunday, December 25**

Christmas Worship Celebration 11 am

**Old Fairview Sharon Church** 291 Sharon Road, Fairview

**Sunday, December 11**

Old-fashioned candlelight service, 5:30 pm

Attendees are encouraged to wear clothes in the styles of the past (1800s and 1900s), but it is not required. Refreshments will be served after the service.

**Trinity of Fairview** 646 Concord Road, Fletcher

**Wednesday, December 21** Candle and carol service, 6:30 pm

**Sunday, December 18** Children's Christmas musical 9:15 am and 10:45 am

**Sunday, December 25** Family Christmas service 10:45 am

**Sunday, December 25** Midnight Christmas service

**Sunday, January 1** New Year's Day service 9:15 am and 10:45 am

## Fairview Loses Beloved Doctor

"Dr. Will Hamilton passed away on November 23," according to his family. "He was a pillar of the community, doctor to many families from birth through death, and shared his broad range of interests from theology and spirituality to birding and hiking to art and music with his family and many friends. He always had an open heart, a genuine interest in people, and a twinkle in his eye."

A celebration of his life will be held on December 17 at 11 am at First Baptist Church (5 Oak Street, Asheville), with a reception to follow.

The family hopes to put together a longer remembrance for the *Crier's* January issue, as Will had a life full of wonderful experiences and adventures. If you have any memories to share, please get in touch with the *Crier's* editor (see



page 39 for contact information).

The *Crier* sends condolences to all of Will's family and friends.

## Fairview Christmas Celebrations

### DECEMBER 3

**Breakfast With Santa** 8:30–10 am  
Pancake breakfast for adults and kids, crafts, and photos with Santa and his elves. All free.

**Fairview Community Center**  
1357 Charlotte Highway

### DECEMBER 4

**Fairview Handmade Market** 12–4 pm  
Featuring more than 25 local crafts-people and a variety of mediums. Food truck, live music, food drive and raffle. Information at fairviewhandmademarket.com.

**Turgua Brewing Co.**  
3131 Cane Creek Road

### Christmas Lunch

Following morning service (11 am)

**Cane Creek Missionary Baptist Church**

506 Old US Highway 74, Fairview

### DECEMBER 5

**Holiday Workshop** 10 am

Help decorate the center and make greenery for Gerton's street signs. Bring your own gardening clippers.

**Upper Hickory Nut Gorge Community Center**

4734 Gerton Highway, Gerton

### DECEMBER 6

**A.C. Reynolds Concert/Symphonic Bands Holiday Concert** 7–9:30 pm

1 Rocket Drive, Asheville

### DECEMBER 11

**Christmas Play: "Heirlooms"** 6 pm  
**Cane Creek Missionary Baptist Church**

### DECEMBER 15

**Holiday with the Horses** 4–6:30 pm  
Decorate the barn, dress up the horses, and make ornaments with Project HNG. See page 2 for full info.  
2063 Charlotte Highway, Fairview

### DECEMBER 17

**Holiday Brunch with Santa** 9 am  
See entry on page 2 for information.

**Spring Mountain Community Center**  
807 Old Fort Road, Fairview

### DECEMBER 16

**Movie Night for 5th to 8th graders: "How the Grinch Stole Christmas"** 6–9 pm

**Emma's Grove Baptist Church**  
431 Emma's Grove Road, Fletcher

### DECEMBER 18 & 21

**Christmas Play: "The Judgement"** 6 pm (12/18) and 7 pm (12/21)

**Spring Mountain Baptist Church**  
11 Spring Mountain Road, Fairview

### DECEMBER 20

**Christmas Gathering** 6:30 pm

Bring finger foods and a small, inexpensive gift to exchange.

**Upper Hickory Nut Gorge Community Center**

## Help the Crier Help You!



Kathleen Carter

**Kathleen Carter moved to Fairview** (off Charlotte Highway) earlier this year and has enjoyed getting our paper. "The *Crier* has helped me find fun things to do, locate a good hairdresser, learn about the varied and fascinating history of the area, identify unfamiliar birds, and more. It's been a great help in getting familiar with the area."

If the *Crier* has been helpful to you, please consider donating to support us! \$20 feels about right, but any amount helps. Public support helps us keep our nonprofit status, which allows us to mail the paper to you at a reduced rate.

Donate online at fairviewtowncrier.com, mail a check to Town Crier, PO Box 1862, Fairview, NC 28730, or drop off your donation at our office at 1185 Charlotte Highway anytime in the blue dropbox.

## Letters to Santa

Once again, Fairview-area kids can drop off their letters to Santa at a special mailbox at 467 Emma's Grove Road (near Lytle Road) in Fairview/Fletcher. A new, sturdier (and bigger!) box was built this year, with help from the Fairview Volunteer Fire Department.

There's a wrap-around driveway for easy and safe access away from the road. **Drop off a letter with your child's first name, last name and return address by December 23** and they will receive an official letter from Santa. He'll be very busy after that date, so letters received after the 23rd may be answered by one of his elves.



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

NON-PROFIT  
U.S. Postage Paid  
Permit #100  
Fairview, NC 28730

Postal Patron  
Fairview, NC 28730

COMMUNITY EVENTS & UPDATES

**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 meal for a family of four to six (a turkey, two side dishes, rolls and a dessert). Donations are tax-deductible. Send checks to Angels of Fairview, PO Box 94, Fairview, NC, 28730 or put 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.

**Blood Drive**  
**DECEMBER 6** 2–7 pm. Cool Mountain Construction and ESCO Insurance are teaming up with The Blood Connection. All donors will receive a \$10 eGift card, a t-shirt, and be entered in a drawing for a five-night stay at a beach condo in SC and three \$500 Airbnb gift cards. Make an appointment at [tinyurl.com/rxkht5ah](https://tinyurl.com/rxkht5ah) or try stopping by. 771 Charlotte Hwy., Fairview.

**Fairview Area Art League**  
**DECEMBER 12** *Holiday Potluck*, 2–5 pm. Annual \$25 membership fee. For more info, email [FaArtLeague@gmail.com](mailto:FaArtLeague@gmail.com) or visit [facebook.com/fairviewart](https://facebook.com/fairviewart). Re.Imagine, 15 Spivey Lake Dr., Fairview.

**Fairview Business Association**  
**DECEMBER 7** *Holiday Party*, 6–8 pm. At Black Bear BBQ. See page 35 for more info.

**Fairview Seventh-Day Adventist**  
**DECEMBER 15** *Plant-based Cooking Class & Health Lecture: Christmas*

*Meal*, 6 pm. See ad on page 13. 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. (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**  
**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.

**Keep Fairview Clean**  
*Help Remove Roadside Litter.* Supplies provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations, email [keepfairviewclean@gmail.com](mailto:keepfairviewclean@gmail.com) or call 222-3659.

**Project HNG**  
**DECEMBER 15** *Holiday with the Horses*, 4–6:30 pm. Help a local nonprofit, which operates the Hickory Nut Gap Farm Horse Camp, among other efforts, decorate their barn, dress up the horses, make ornaments for the tree, and decorate cookies. Hot chocolate will be served. Recommended donation of \$25 per family (cash, check and Venmo accepted). 2063 Charlotte Hwy., Fairview.

**Re.Imagine Gallery & Studios**  
**DECEMBER 3** *Christmas Ornament Workshop with Paula Entin*, 1–2 pm. **DECEMBER 9** *Free Wine & Cheese Open House*, 6–7:30 pm. **DECEMBER 17** *Free Pop-Up Quilt Show & Sale with Paula Entin*, 1–5 pm. Learn more/register at [re-imagine.corsizio.com](https://re-imagine.corsizio.com). For general info, go to [reimaginefairview.com](https://reimaginefairview.com). 15 Spivey Lake Dr., Fairview.

**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](https://rootcausefarm.org).

**Signs for Hope Global Marketplace**  
**DECEMBER 27–29** *After-Christmas Sale* See ad on page 12. 379 Old Charlotte Hwy., Fairview.

**Trinity of Fairview**  
**STARTING IN JANUARY** *GriefShare.* For those who have lost a loved one. \$5 for a survival guide. Register at [trinityoffairview.com](https://trinityoffairview.com). See ad on page 30. **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**  
**DECEMBER 6** *Free Meeting*, 6:30 pm.

Medical professional speakers. First Baptist Church of Asheville, 5 Oak St. and via Zoom. [wncprostate@gmail.com](mailto: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.  
**DECEMBER 17** *Holiday Brunch with Santa*, 9 am. SMCC will hold a brunch instead of its usual breakfast potluck. Join them as they share treats, fruit and hot chocolate for the kids, and coffee, cider and a holiday bread and cake for adults. Santa will be on hand to take pictures. There will be a craft event to celebrate the season with our feathered friends and a snowball fight—yes, a snowball fight, even if there is no snow. There will be a prize for the ugliest sweater and the bravest caroler. So dig through those old sweaters and decorate them a bit while you practice the Christmas favorites we all know and love.  
Please bring a canned good or two for Food For Fairview so we can remember those who are food challenged.  
For more information or to volunteer, call Maria Horton at 778-0279.

**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](https://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](mailto:clark@fairviewtowncrier.com). For staff directory, contacts and additional info, please visit [fairviewtowncrier.com](https://fairviewtowncrier.com) or see page 39.

Edward Jones®


> [edwardjones.com](https://edwardjones.com) | Member SIPC


New job,  
new retirement  
account options

Changing jobs? Consider these 401(k) options:

- Leave the money in your previous employer's plan
- Move it to your new employer's plan
- Roll it over to an Individual Retirement Account (IRA)
- Cash out the account subject to early withdrawal penalties

We can talk through your financial goals and find the option that works best for you.





**Stephen M Herbert , ChFC® , AAMS™**  
Financial Advisor

1185 Charlotte Highway Suite I  
Fairview, NC 28730  
828-628-1546

2 | THE FAIRVIEW TOWN CRIER December 2022

UPDATES

Holiday Closings

The library will be closed for Christmas, December 23–27.

Book Sale

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

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:  
Origami Snow Man Corner Page  
Bookmark

While supplies last. Ages 5–10.

In-House Craft Kits: Gingerbread Village

Come help us create a cardboard gingerbread village.

PROGRAMS FOR ADULTS

Fairview Book Club

*Becoming Mrs. Lewis* by Patti Callahan  
December 20 at 7 pm via Zoom.

The love story of C. S. Lewis and his wife, Helen

Joy Davidman Gresham, was improbable—and seemingly impossible. Their Eros-story led to some of Lewis's greatest works, yet Joy is most commonly known for how she died. *Becoming Mrs. Lewis* allows us to see how this brilliant and passionate woman lived—and why she stole Jack's heart.

~Thomas Nelson publishing



Future Books and Book Club Dates

*Circe* by Madeline Miller—January  
*The Vanishing Half* by Brit Bennett—February  
*Wise Blood* by Flannery O'Connor—March  
*Freedom at Midnight* by Larry Collins and Dominique Lapierre—April  
*XI* by Kazuo Ishiguro—May

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

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

FES 3rd Graders Win Food Drive

Food for Fairview and Fairview Elementary School recently held their first food donation drive since 2019. It has typically been the biggest single food drive of the year, and it was a tremendous success.

I would like to thank the pantry volunteers, who counted and picked up the donated items daily, and FES school staff, principal Dr. Angie Jackson, and all the students and parents who purchased and brought in the food donations. One checkout receipt found in a bag of donated food was for 26 items totaling over \$50. The pantry volunteers helped one grandmother bring in more than 70 items on the final afternoon of the competition.

The drive is a friendly competition among the six grades at FES to see which can bring in the most food during one week. The daily totals and final numbers by grade are listed in the chart at right.

The winning class will celebrate with a pizza party generously sponsored by the Fairview Business Association. Congratulations to the 3rd graders! And let's do it again next year.

For the drive to be a success, students and, especially, parents need to know about it. And the person who made that happen is Ron Bradley of 828 Printing and Graphics, who printed (on truly short

Grade	M	Tu	W	Th	F	Total
K	2	24	7	67	269	369
1	13	5	0	47	174	239
2	0	16	48	75	189	328
3	26	56	24	74	342	522
4	0	0	35	52	89	176
5	53	3	52	57	187	352
Daily total	94	104	166	372	1,250	1,986

notice) the flyers announcing the drive that went home with students.

Three Pantry Donation Wagon Locations

- **First Bank**  
5 Olde Eastwood Village Boulevard, Asheville
- **Americare Pharmacy**  
1356 Charlotte Highway, Fairview
- **Re.Imagine Gallery & Studios**  
15 Spivey Drive, Fairview (open Friday to Sunday)

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

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

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

**SEPT PHYSICAL THERAPY**

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

**SEPT PHYSICAL THERAPY** (828) 338-0707  
1356 Charlotte Highway  
(across from Fairview Elementary School)

Serving Fairview, Fletcher, Gerton and Reynolds  
All referrals and insurances welcome  
**WALK-INS WELCOME!**

[WWW.SEPTPHYSICALTHERAPY.COM](http://WWW.SEPTPHYSICALTHERAPY.COM)

# Grey Beard REALTY

Eastwood Village  
across from Ingles  
Highway 74

Serving the community since 1999

828.298.1540  
greybeardrealty.com

## FEATURED LISTING



3 BR | 4 BA | 4,255 SF | 1.01 ACRES

### Asheville

22 Barebridge Hills Drive

Sophisticated mountain getaway minutes from downtown Asheville. Barebridge Hills professionally landscaped home features custom staircase, wet bar, fireplace, and large primary suite with soaking tub. Gourmet kitchen opens onto large porch. Three bedrooms upstairs, entry-level primary, and one-bedroom suite below, which includes full kitchen, laundry room, luxury bath, private porch and entrance.



Perfect opportunity for an income-producing property!

**ACTIVE LISTING**

Alejo Rottenberg and Bob Rhein  
\$1,175,000 | MLS ID 3908969

## ACTIVE LISTINGS

### Candler



4 BR | 2 BA | 2,175 SF

18 Windswept Drive  
\$699,000 | MLS 3908349

### Black Mountain



3 BR | 4.5 BA | 2,533 SF

45 Mountain View Road  
\$1,490,000 | MLS 3908804

### Asheville



2 BR | 1.5 BA | 1,045 SF

9 Rocking Porch Road, Unit 3A  
\$299,000 | MLS 3914405

## FAIRVIEW REAL ESTATE OCTOBER 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	2	\$247K	20	115.5
\$300K-599K	7	\$457K	25	98.4
\$600K-899K	5	\$757K	57	98.1
\$900+	2	\$1.55M	7.5	106.8

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

## Agent Spotlight ADAM JOHNSON



“

We found Adam online by chance and we are so glad we did. He's warm, patient, and instills a level of trust that doesn't come easily. He's not just a consummate professional, but fun to work with, and a person who really cares.

—Colleen B.

”

**CONTACT ADAM TODAY!**

828-712-9712 | adam@greybeardrealty.com

## Narcissa Nicholson Rickman, Part 2

In part 1, we learned that Narcissa Elizabeth Jane Nicholson Rickman was born on September 13, 1855, in the Cherryfield section of what is now Transylvania County, NC. She married Nicholas Osborne Rickman, who was the son of John Brown Rickman, who was born on what is now called Miller Road in Fairview.

Narcissa only went to school for less than a year, but she was able to read and write. She 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.

And now the story continues.

\*\*\*\*\*

My grandfather, Henry Ingle, was building my parent's house, as well as a house for him and grandmother. When visiting at age 95, Narcissa would walk up the hill a quarter mile from where my grandparents lived to inspect the job my grandfather was doing on the houses. When I went to her annual birthday parties, she would ask me if those big trees were still alive in the yard and how the barn and the garden were doing.

Narcissa broke her hip when she was around 96. Although the doctors did not give her much hope, she recovered. She fell and broke her hip again when she was 112

and was never able to walk again after that. She died in 1968 at age 113.

Narcissa like to visit her kin. She would have her granddaughter take her to visit her first cousin, Mary Tinsley Hamblin, in Brevard. Mary Hamblin lived to be 109, though she claimed to be only 107. She would also visit her first cousin Fernand N. "Denny" Nicholson. He lived to be 102. Narcissa said smoking that old pipe for 80 years killed him. Denny married Cora Lee Holden. She was 33 years younger than him but only outlived him for a few years.

Narcissa's brothers lived a long time as well. They were James Harrison Nicholson (1848–1936), Floyd Mason Nicholson (1850–1946), Sevier Nicholson (1853–1946), Henry P. Nicholson (1865–1959), Augustus Nicholson (1868–1939), who died in a car wreck in Greenville, SC, Ernest Nicholson (1871–1957), and Wit Jud Nicholson (1873–1977). Uncle Wit was my favorite.

The only Nicholson to die young was my great-grandmother, Ellen Augusta Nicholson Davis (1860–1901). She died young because my great-grandfather Thomas Jefferson Davis was a lazy hypochondriac who wouldn't work. He was born in 1854 and died in 1946 at age 92. He would go from relative to relative spreading all the family gossip. They



Narcissa and three of her children (left to right): Sally, Cornelius and Cannie

would all keep him a week or two just to find out what was going on with the rest of the family.

Narcissa and Uncle Nicholas Rickman had four children.

1. Andrew Cornelius Rickman (July 7, 1884–May 29, 1960). He married Flora Pearl Powell (1899–1982).
2. Cannie Jane Rickman (January 1, 1886–February 20, 1977). She married Zebulon Vance Bell (1879–1957).

3. Sally Rebecca Rickman (March, 13, 1889–November 8, 1982). She married Fred Scruggs.

4. Bessie Lee Rickman (April 13, 1890–August 7, 1992). She married Harkless Calloway Hensley.

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

HOMEOWNERS  
HOME BASED  
BUSINESS  
RENTAL PROPERTIES  
MANUFACTURED  
HOMES  
TINY HOMES

**ESCO**  
insurance agency  
family owned and operated since 1960

*Got something new to insure?*

Call or text Joanne today for a FREE quote!  
**828.231.6577**

Joanne Winkler

learn more at [esco1960.com](http://esco1960.com)

## Safely Get Rid of Body Fat, Improve Brain Function!

Studies show a connection between belly fat and cognitive decline

### The APEX Brain Body Fat Reduction Solution

Baseline Testing

Individual Care Plan

Fat Reduction Treatments

**FREE CONSULTATION**  
with one of our board-certified physicians

**CALL TODAY**  
**828.708.5274**

**APEX BRAIN CENTERS** 2 Walden Ridge Dr., Suite 90, Asheville  
[APEXBRAINCENTERS.com](http://APEXBRAINCENTERS.com)

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



771 CHARLOTTE HWY, FAIRVIEW  
www.coolmountainrealty.com  
828.628.3088

## Your Local Hometown Realtor



Jenny Brunet



Karen Cernek



Omar Fakhuri



Andy Gilbert



Allen Helmick



Susan Lytle



Devon Satchell



Justin Schmidt



Wanda Treadway



Sophia Underwood



Donna Webb



Renee Whitmire

## LAND FOR SALE

To see all our land listings visit  
[coolmountainrealty.com](http://coolmountainrealty.com)

**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**

**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**

**PRICE REDUCED!** Fairview \$75K site work & driveway completed. Come build your dream home on 11 acres w/ incredible YEAR-ROUND VIEWS at 3,500ft. **\$349K**

**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. **\$235K**

**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**

**BEAR CLIFF SUBDIVISION** Nebo, 1.41 acres, Come Live and Play at one of Lake James Waterfront Communities! **\$29K**

**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.

## 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**

**PRICE REDUCED!**



**FALL LEAVES DRIVE NEW CONSTRUCTION!** 2K+ SF, 3BR/2.5BA, part fin bsmt on .65 acres. Main level living, Luxury primary bath. Deck off kitchen. **\$650K**

**PRICE REDUCED!**



**CHERRY MEADOWS, ASHEVILLE** 3BR/3BA 2,576 SF Newer construction in convenient loc, easy access to I40, I240, NC191. 3/2 main level, fin bsmt, extra bath 2-story rear deck. **\$528K**

**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**

**NEW LISTING!**



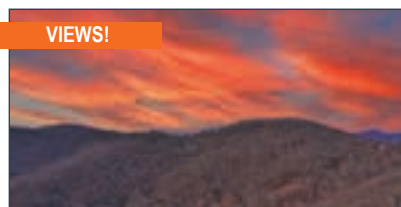
**BLACK MOUNTAIN** 3BR/BA 1,173 SF.39 acres. New home, front deck, open floor plan, split BR, in wooded setting. STR's OK Affordable homes in this loc are hard to find! **\$300K**

**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**

**2021 TOP AGENT OF THE YEAR**

Call  
Allen!



**329-8400**

**ALLEN HELMICK, GRI**  
FAIRVIEW REALTOR FOR 38 YEARS

**SOLD** hundreds of homes  
**SOLD** thousands of acres  
**SOLD** numerous commercial



**PRICE REDUCED \$200,000!!**



**14 ACRES** currently used as a short term rental. 13" Montana logs, wooded & pastoral setting w creek, 2 car garage w apt, \$1,950,000 or 10 acres w shared drive **\$1,250,000** MLS #3827860



**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.

# November Had It All

Some interesting facts on last month's weather is November can and usually does feature all kinds of weather. We had all four seasons last month, starting with dry and warm temperatures with several days near the 80 degree mark. That was followed by Nicole's rainfall, which averaged from 3 inches on the east side of Fairview up to 6 inches or more along the escarpment at the eastern end of Buncombe County. Once Nicole was out of the way, a change to colder and more seasonable weather finally set in, with minimum temperatures into the mid 20s several times during the latter half of the month.

In terms of snowfall, we occasionally have a white November. The snowiest was November 1968, when 9.6 inches fell (from November 9 through November 12). One of the earliest November snows was actually just a couple years ago on November 1, 2014. The Asheville airport recorded 3.2 inches of snow: a new daily record. And we had anywhere from 3 to 5 inches of snow across the Fairview area.

December starts meteorological winter, which is defined as the three coldest months on average (December, January and February). The weather pattern favors more of a milder Pacific flow, at least for the first part of winter. I think winter will

## QUESTION of the MONTH

How do atmospheric pressure changes affect our health?

Find the answer in January's Weather Wonder!

only be a visitor in December; we will have just a few cold days and temperatures will again be above average. However, we will have to wait and see if that is true. Generally, our coldest period of weather comes after the New Year, during parts of January and February.

No column in December would be complete without a look at the probability of snow or even a flurry or two at Christmas. In terms of a "White Christmas," let's take a look at the historical record. These snowfall numbers/percentages are based on the records taken at the Asheville airport, and the early years of the records are based on data from the old Asheville city office, which was in the Grove Arcade Building. The probabilities for the rural Fairview area are a couple of percentage points higher, but generally it will be very close.

The chance of seeing at least a trace or a few flakes of snow on Christmas day is about 26%. This is based on the daily snowfall records that go back continuously

from 1888 through 2020. There has been at least a trace of snow reported on 35 separate occasions on Christmas day out of those 133 years. The largest snowfall on Christmas day actually happened just back in 2010. In that year, between 7 to 10 inches of snow fell, making it the snowiest Christmas on record since reliable daily snowfall records began back in 1888. We had a cold Christmas Eve and Christmas Day in 2020, with a couple inches of snow and temperatures on Christmas only in the 20s. Last year was the warmest, with temperatures topping out above 70, which broke records. I think it is a good bet that we will be somewhere between the two this year. The coldest Christmas was back in 1983, with a high temperature of 14 and a low of -7.

The probability of getting accumulating snow—let's say a third of an inch or more—isn't that high, only about 8%. This has happened on only 10 occasions on Christmas day since 1888. We will have to wait and see if it will happen again this year.



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

## WEATHER WONDER

### What is an Alberta Clipper?

An Alberta clipper is a fast-moving low-pressure system that originates in or near the Canadian province of Alberta just east of the Rocky Mountains and tracks east-southeastward across southern Canada and the northern United States to the North Atlantic Ocean.

Alberta clippers constitute a major winter-season storm track for extratropical cyclones in the Northern Hemisphere, tracking across the continent in two to three days. The term was coined in the late 1960s by Rheinart Harms, a meteorologist who noted the rapid speed of these snow-producing storms as they moved across the Dakotas from Alberta toward the Great Lakes.

Learn more about Alberta clippers at [theweatherprediction.com/weatherpapers/003](http://theweatherprediction.com/weatherpapers/003).

## Fairview's Hometown, Locally-Owned & Operated Pharmacy

**DON'T WAIT  
TIL YOU'RE  
SICK AS  
A DOG!**

**Get your flu shot  
and COVID-19  
booster today!**



Fairview Business Park  
1185 Charlotte Highway  
Fairview, NC 28730

Phone: (828) 628-3121  
Hours: Mon-Fri 8am - 6pm  
[americarepharmacy.net](http://americarepharmacy.net)



**Family Health Center  
at Cane Creek**



1542 Cane Creek Road  
Fletcher, NC

**628-8250**

Mike Coladonato, MD | Benjamin Gilmer, MD | Amy Santin, MD  
Angela Zarrella, FNP | JT LaBruyere, PA | Olivia Caron, PharmD, BCACP, CPP

**UNDER NEW OWNERSHIP!**

**HIGH COUNTRY  
TRUCK & VAN**

**1021 Charlotte Highway  
828-222-2308**

## WNC'S COMMERCIAL TRUCK CENTER



### 2016 FORD TRANSIT T-350 12 PASSENGER

Mileage: 81,955  
VIN: 1FBZX2ZM1GKB42008  
Color: white  
Trans: auto  
Fuel: flex

**\$35,995**



### 2020 FORD TRANSIT T-250 MED ROOF AWD

Mileage: 90,030  
VIN: 1FTBR2C82LKA17001  
Color: white  
Trans: other  
Fuel: flex

**\$42,995**



### 2019 GMC G3500 16' BOX TRUCK

Mileage: 100,127  
VIN: 7GZ37TCG2KN003753  
Color: white  
Trans: other  
Fuel: flex

**\$37,995**



### 2013 RAM C/V TRADESMAN

Mileage: 92,915  
VIN: 2C4JRGAG3DR695875  
Color: white  
Trans: auto  
Fuel: gas

**\$17,995**



### 2016 RAM 3500 ST UTILITY

Mileage: 123,870  
VIN: 3C63R2GT0GG195741  
Color: white  
Trans: auto  
Fuel: gas

**\$32,995**



### 2013 RAM 2500 CREW CAB UTILITY 4x4

Mileage: 122,542  
VIN: 3C6TR5HT7DG587529  
Color: white  
Trans: auto  
Fuel: gas

**\$32,995**



### 2015 RAM 2500 TRADES- MAN CREW CAB SWB 4WD

Mileage: 87,208  
VIN: 3C6TR5CT4FG649429  
Color: white  
Trans: 6A  
Fuel: gas

**\$31,995**



### 2016 RAM 2500 ST

Mileage: 107,116  
VIN: 3C6TR5HT0GG303792  
Color: white  
Trans: auto  
Fuel: gas

**\$30,995**



### 2016 RAM 2500 ST

Mileage: 108,115  
VIN: 3C6TR5CT3GG354453  
Color: white  
Trans: auto  
Fuel: gas

**\$29,995**



### 2014 FORD F150 SUPERCREW

Mileage: 112,163  
VIN: 1FTFW1ET7EKE03423  
Color: white  
Trans: auto  
Fuel: gas

**\$23,995**



### 2013 FORD F150 4x4

Mileage: 82,130  
VIN: 1FTMF1EFXDFC17044  
Color: white  
Trans: auto  
Fuel: flex

**\$25,995**



### 2013 FORD F-250 SD UTILITY

Mileage: 46,021  
VIN: 1FDBF2A64DEB89410  
Color: blue  
Trans: 6A  
Fuel: gas

**\$36,995**

**1021 Charlotte Highway | 828-222-2308 | [highcountrytruckandvan.com](http://highcountrytruckandvan.com)**

# Using Collage for Self-Discovery

For many years, I have dabbled in arts and crafts as a hobby, but my profession is a psychotherapist, specializing in relationships and trauma. I have always been interested in acquiring training in non-verbal means of self-discovery. Although talking is a large part of what I do, some folks need other means of getting in touch with themselves.

For the past 10 years, I've been hooked on a practice that combines my work and my interest in art. SoulCollage is a primarily non-verbal exploration of self, using collage as the vehicle. I enjoyed it so much that I wanted to become a facilitator. In 2011, I went to California with 25 other interested people to be trained by two instructors, including Seena Frost, the creator of SoulCollage (who has since passed on).

So, what is SoulCollage? The most important thing to know about it is that it requires no experience in making art. So many of us grow up believing we're not creative, which leads to inhibitions in doing things we might really enjoy. With SoulCollage, the process, rather than the finished product, is emphasized.

The process is simple. It centers around cutting out images and gluing them to 5" x 8" cards (see examples shown). The power of the process is in the questions you ask yourself when you explore the meaning of



the card. You are invited into your intuition and feeling self, rather than your rational self. Images mean different things to different people. For example, a wolf might represent something frightening to one person or it might symbolize protection and power to someone else. I often say that the image picks you and not the other way around. The image says "Hey, here I am—I have a message for you."



hold difficult memories or feelings. But more importantly, your cards can assist you in connecting to parts of yourself that are allies and resources. For example, I often choose animal images that for me symbolize strength, love, wisdom and kindness. Accessing these qualities through a simple process is very valuable.

SoulCollage can help you experience greater wholeness by allowing you, through the process, to embrace more of who you really are. Done in a small group setting, it offers less superficial ways to relate to others. Time flies when you're making cards, and since it emphasizes the process, it reduces our anxiety about "doing it right." Your cards can sometimes point you in certain directions and to making decisions

that serve your best interest. They can show you the obstacles that are getting in your way and support you in overcoming them. The process can help to strengthen the muscle of self-empathy.

SoulCollage is sometimes used in the healing of trauma, which is more prevalent than many people may realize. An individual's past trauma typically lives both in the psyche and in the body, and SoulCollage is a potent way to access those aspects that may need an extra dose of attention and empathy. In fact, the practice of SoulCollage is being used in many clinical settings all over the world.

Since discovering the SoulCollage process, I have created more than 150 cards and I often refer back to them when I need to remember a particularly helpful message. Making cards is like eating potato chips for me. You can't make just one! Most people are amazed at how beautiful their cards turn out, which allows their confidence in their own creativity to grow.



Marcia Gleason, CSW, is a clinical social worker and SoulCollage facilitator. She lives in Fairview with her husband Brian, Luna (her tame parrotlet companion) and two budgies. Email [marciawgleason@gmail.com](mailto:marciawgleason@gmail.com).

## FIRST BANK

**Find the joy in banking with the team you know.**

Personal Banking

Lending

Business Banking

Mortgage

Visit one of our 16 locations across Western North Carolina.

### Asheville East

10 South Tunnel Road | 828-298-8193

### Asheville Reynolds

5 Olde Eastwood Village Boulevard | 828-298-8711

### Fletcher

3551 Hendersonville Road | 828-651-8074



Loans subject to credit approval.  
First Bank NMLS ID 474504.  
Equal Housing Lender. Member FDIC.

## HAPPY HOLIDAYS TO ALL OUR CUSTOMERS!



### PLUMBING • HEATING • BOILERS • WATER HEATERS

Bolton Services is a family business dedicated to serving our WNC neighbors.



**Give us a call today! 828-253-3621**  
Monday-Friday, 8 am-5 pm

**EMERGENCY AFTER-HOURS SERVICE AVAILABLE**

[boltonserviceswnc.com](http://boltonserviceswnc.com)



Quick and friendly service! Very professional and I would recommend to others.  
—Trevor G., February 2021



Repairs were made by courteous, knowledgeable people with decades of experience. Also, Bolton was very cost competitive.  
—Gary G., September 2020



# KNEE PAIN? SHOULDER PAIN? FOOT PAIN? HIP PAIN?

**NOTHING HAS HELPED? TIRED OF MEDICATIONS?**



HIGHEST LEVEL CERTIFIED

+



ONLY 30-WATT CLASS 4 LASER IN WNC

+



ONLY ONE IN WNC!

*Safe, effective options using advanced technologies unavailable anywhere else in North Carolina — all in one place!*

## 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"*



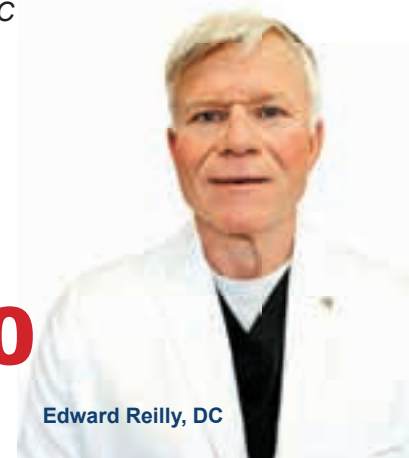
"I came to Dr. Reilly with a chronic shoulder problem that was interfering with my workout. He recommended the Graston technique and laser. After the first treatment, I felt better. I was aware that it was helping immediately. I was released after three treatments, with no

residual symptoms." —RC



**Call for an always FREE Graston + Lightforce  
Laser + Miracle Wave consultation! 628-7800**

**2 Fairview Hills Drive, Fairview fairviewdc.com**



Edward Reilly, DC

# Linda Stout: Changing the World, But Always Loving Home

“I’ve always loved it here,” Linda Stout said of Western North Carolina. Her home in Reynolds reflects that devotion. The open floor plan allows light to pour in from one of her several porches; her expansive lawn is meticulously landscaped to showcase the area’s natural beauty. “That’s why we bought this land on Garren Creek Road in Fairview and built that little round purple house,” Linda explained. “Because I was homesick.” She paused, then added, “I bet people will remember that little house.”

Linda’s connection to WNC is in her DNA. Like her mother, Linda was born in Sylva. She spent her early years here and enjoyed many holidays and extended visits with her Appalachian relatives. So, although the Stout family moved east to Asheboro when Linda was about five, her love for WNC never wavered.

In Asheboro, the Stouts lived with relatives in cramped quarters, saving for a place of their own. Linda’s father worked as a tenant farmer and her mom as a millworker.

“Then the wreck happened, and mother was disabled from then on.” Linda’s bright affect darkened momentarily at the memory.

It was 1959. A drunk driver plowed into the young family, leaving each of them with life-altering injuries. Despite the staggering damages, the Stouts never received remuneration for their losses or any assistance with their mounting medical bills. Their meager—if growing—savings account was just one more victim of the devastating wreck.

The injuries Linda’s mother sustained left her unable to care for Linda and her two younger sisters. Plus, Linda’s dad, now the sole provider, had to work even longer hours. By default, the cooking, cleaning and childcare fell to Linda.



Linda at seven

“But mother made it into a game,” Linda said, laughing. “She was the queen, and I was the princess,” Linda said, shaking her head at the memory. “Of course, it wasn’t always fun!” On the days when it all got to be too much, Linda would announce that she was running away. Her mother would say, “Okay, just pack a sandwich for your trip and don’t go farther than the sound of the car horn.” With the necessities packed, Linda would set off for a day in the woods.



Linda Stout. Learn more about her on her website, [lindastout.org](http://lindastout.org).

“Those days were wonderful!” Linda said, smiling. “Our whole family lived in a camper trailer about the size of this room.” She gestured around the room then clarified: “Actually, it might have been smaller.” In truth, the camper was 10 x 40 feet (for a family of five). “Anyway, I would just walk away from all that stress and spend the day in nature all by myself. Before it got dark, I’d make my way back home.” She paused, looking out at the birds dining in one of the dozen or so feeders on her porch. “I guess I did that once a month or so. My parents knew I needed it.”

## School Years

In school, Linda was an outstanding student, committed to making the top grades in her class. “I told my teachers I was going to go to college to become a teacher,” Linda recalled. “Then one day, in front of my whole class, a teacher said that I was stupid, and that I should forget about college.” Linda remembered the moment with frustration. “Unfortunately, for a while, I believed her.”

Today, it’s hard to imagine anything slowing Linda down. She graduated high school as valedictorian and was awarded a National Merit Scholarship (a fact she gladly shared with that teacher who bet against her). But then red tape and sloppy administration killed her college dream, and she began forming a new vision.

As a little girl, Linda had learned that people living in poverty are often treated with disrespect and even disgust. This classism had marked her youth and followed her into the workforce. Then, as a single, professional woman in the 1970s, she faced sexism and witnessed overt racism. Linda is a 13th generation Quaker; she was formed from an early age by the Society of Friends’ belief in the value of all humanity. She had grown up learning to reject these -isms wherever they arose. As an adult, Linda often had to choose between her ideals and her employment.

When the time was right, Linda started a nonprofit, Piedmont Peace Project, where her vision of peace and justice



Among her many academic achievements, Linda received an honorary doctorate from Allegheny College in Meadville, Pennsylvania.



Linda inspires groups with her vivid storytelling and practical wisdom.

set the standard of operations. Under her leadership, Piedmont Peace Project produced tremendous results. Folks noticed. Among those who realized Linda’s extraordinary talents? Harvard University.

## Student Teacher

“They offered me a Public Policy Fellowship in 1993,” she said, “and I taught a class a semester for two years.” That’s right. Linda Stout took her high school diploma right on up to Cambridge and joined the faculty. “There was this one time when they listed the fellows’ education in some publication. When they asked me for my degrees, I told them I had a high school degree, but that was it.” Linda’s laugh is always ready, particularly when she identifies the ways her experiences have combined to afford her opportunities seemingly out of reach for that little girl from Sylva.

Her time in Massachusetts stretched out beyond the two years, though. She married, she and her wife took in three children they raised as their own, and her work as an organizer continued to thrive.

Over the course of her career, Linda has authored multiple books and countless articles. She is known internationally as an expert in grassroots organizing and has worked alongside some of the great social justice advocates of the day. She has raised millions of dollars for social justice and has launched dozens of nonprofits through Piedmont Peace Project and her current nonprofit, Spirit in Action. Her efforts have circled the globe.

“I would always come back here though,” Linda said. “I would spend time in the little purple house in Fairview writing and planning for events. And I always knew I wanted to retire in this area.” The wind blows the chimes on her deck, as some of the last leaves float from their branches. “I just love it here!”



Rev. Dr. Aileen Mitchell Lawrimore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Road. She blogs regularly at [aileengoeson.com](http://aileengoeson.com)

# Support and Nurture Your Brain

**T**he human brain is a peculiar thing. It is who and what we are as individuals and as a species. It is responsible for humanity's greatest accomplishments and its greatest horrors. It is what allows us to experience love and compassion as well as hatred and resentment. It is what allows us to be aware that we are aware: consciousness. When functioning properly, we tend to take it for granted and be unaware of it. When it is experiencing dysfunction, it is the only thing that matters.

We have some control over our brain's function, but we have no control over the genetics we are born with. We also have little control over our early childhood experiences, which can either nurture or break a developing brain. Accidents or repetitive injuries from contact sports can damage our delicate brain, which has the consistency of a firm custard or crème brûlée. Our skulls are quite good at protecting it from trauma most of the time.

Obviously, we should try to avoid these and other damaging events as much as possible for ourselves and our loved ones. Excessive alcohol is toxic to brain activity. No more than one alcoholic drink daily is recommended. Smoking, in any amount, damages all blood vessels in the body,

especially the tiny, delicate ones in the brain. A cerebrovascular accident, also known as a stroke, is one of the most terrible things that can happen to your brain. It occurs when part of the brain is starved of necessary oxygen or nutrition for even a short period of time. That part of the brain stops working normally, as does the part of the body controlled by it.

So besides avoiding the bad influences on the brain, is there anything you can do to actively support and nurture brain health? Yes!

## Proper Diet

Eat real food, including lots of fruits and vegetables. Minimize processed foods, fried foods and fast foods. Eat less overall. Eat mostly plants.

## Physical Exercise

Sustained aerobic exercise seems to be the best for your brain. Do something that gets your heart rate up and your body sweating, making it a little challenging to continue a conversation while exercising.

## Social Connection

Isolation is torture for the human brain. We are social animals. We need connection, togetherness and community to be healthy. Spend time with friends and family. Help others in need.

## Mindfulness

Spend time cultivating an observing relationship with your thoughts. Realize your thoughts need not drive your emotions or behaviors. Don't believe everything you think!

## Sleep

Protecting the time your brain needs to fix and restore itself is essential. Practice sleep hygiene. The ideal is eight hours per night.

## Brain Exercise

Just as exercising your body is important for your brain's blood flow, exercising your brain with cognitive challenges is important. Try to learn a new skill that is hard for you. Learn a new language or start reading more or start doing brain puzzles. If you are already good at doing those things, find something else to challenge your brain. Exercising your brain in this way makes it more flexible and resilient.

Wishing you good health and happy holidays!

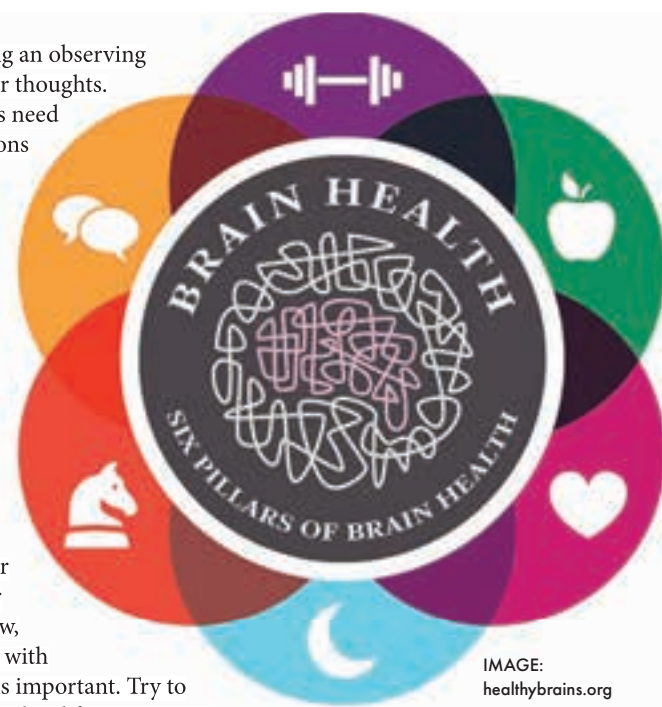


IMAGE:  
healthybrains.org



Mike Coladonato, MD, is a Family Medicine Faculty Physician and Medical Director, Cane Creek satellite clinic at MAHEC Family Health Center at Cane Creek. [mahec.net](http://mahec.net)

## ACHIEVE YOUR NEW YEAR'S GOALS!

**GYM OPEN 24 HOURS!**

## SPECIALIZED FITNESS

[specializedfitnessnutrition.com](http://specializedfitnessnutrition.com)

- **FREE DROP-IN COMMUNITY FITNESS CLASS!** M-F, 12pm and 6pm
- **PERSONAL TRAINING & NUTRITION COACHING**

*Fairview native  
Crystal White, owner*

**CALL TODAY FOR MORE INFO 767-2632**

**FOLLOW US FOR THE LATEST UPDATES!**

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

# SIGNS FOR HOPE

## CHRISTMAS SHOP WITH US!

We have gifts for all ages and interests!

AND support our annual fundraiser by purchasing your Christmas wreaths and garlands at Lynch Creek Farm!

**LOYALTY CARDS**

**SIGNS FOR HOPE**

*Come by and grab one to receive discounts!*

**After-Christmas Sale!**

20% off Christmas decor & scents  
12/27-12/29

**FOLLOW US ON SOCIAL**

@signsforhope  
@sfhmarketplace

Signs for Hope  
Signs for Hope Marketplace

## Dancing Can Improve Mobility and Mood

Individuals over 65 and those with a neurological disease have an increased risk of falling. Falls are the leading cause of injury-related death in this age group, and One in five falls is associated with serious injury — the most common being traumatic brain injury. Over 800,000 people are hospitalized due to an injury from a fall each year.

Joe walked through our clinic's door with his rolling walker, barely able to pick up his feet to get over the threshold of the door. His hands tremored. He said he fell twice over the weekend because he could not move. He smiled and said, "I am here, and now I know I can move for an hour." He reached out to take my hand, and we formed a closed position as slow salsa music started. Rhythm is an important part of music and dance therapy for people with Parkinson's, it plays an essential role by creating a series of organized movements. It helps to fight against the cognitive issues that affect the functionality of movement. The dance began and Joe was able to move his legs without shuffling, falling or tremors.

Dancing is an aerobic exercise, which has been demonstrated to improve physical and cognitive function in people with neurological disorders and in aging individuals. Dance is a complex activity using a combination of physical and

mental tasks to learn moves and formation patterns. Physically, dance requires balance, flexibility, speed and coordination—all skills that diminish with age. Dance calls on brain power, to remember and repeat steps, work with a partner and coordinate together. Plus, it's social, which engages yet another part of the brain. And, it's fun!

### Physical Advantages

Dancing has been shown to enhance strength and muscular function in older people, as well as balance and flexibility, resulting in improved stability and fewer injuries including falls. Dancing can also enhance your cardiovascular health, lowering your risk of acquiring heart disease. In addition, dancing is recommended for individuals who want to maintain or build muscle mass. The physical demands of dancing require you to use your muscles, which can help release tension from your body and help you sleep better at night.

### Psychological/Mental Advantages

Dancing can be very therapeutic. It can help deal with pain, improve mood and even give a sense of happiness. The emotional connection — being part of a regular social activity and staying active — is helpful for people with Parkinson's. When it comes to dancing together, the cues received are not just auditory, but also visual, and even based on touch if they

are paired with another dancer. Whether it's the waltz, fox trot or salsa, partnered dancing is a perfect activity for people with balance deficits. With a partner, you might be able to do movements you would not be able to do if you have balance or impaired movement issues. Partners offer physical support and can help coach, encouraging you to push yourself. Dancing improves cognitive engagement required to learn and follow choreography, as well as training motor coordination. These dance-based mind-motor exercises have been shown to reduce fall risk by over a third when compared to older people who engage in other forms of exercise, like walking or aerobic activities.

### Social Advantages

Dancing can bring people together. From tango to swing, there are many styles of dance that allow you to socially interact, improving mood and decreasing depression. Make new friends, have fun, and get a good workout all at the same time.

With a chronic condition, you may not feel like dancing the night away. But dancing with a partner may be the best thing you can do for the body and mind. Partnered dancing offers tremendous benefits to people with Parkinson's, Alzheimer's and other forms of dementia, and those recovering from a stroke. The

strongest evidence for the benefits of partner dancing is in Parkinson's. Partnered dancing echoes many of the key elements recommended in physical therapy for Parkinson's, such as responding to cues, learning new ways to move and engaging in balance exercises. Partnered dancing helps people with Parkinson's develop a better gait while walking, have less rigidity in their movements, improve their ability to use their arms and hands, and in general, helps with functional mobility.

Our posture and movements have the power to transform our mental state—to evoke repressed memories, to release spontaneity and creativity and to reorganize our brains. New ways of moving and dancing may produce new ways of feeling and perceiving the world. When mobility starts to fail and falls begin, individuals have a choice — they may choose to try something new and head for the dance floor. Life is a dance!



Allison Fender is the co-owner of Unified Therapies, located at 145 Charlotte Highway, Suite 40, Asheville. She has a Doctorate of Science in

Physical Therapy with a concentration in Neurology. For more information, go to [unifiedtherapies.com](http://unifiedtherapies.com) or call 414-2368.

# Plant-Based Cooking Class



## Christmas Meal

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

**Thursday, December 15 @ 6:00 PM**

**CALL TO REGISTER:**  
**828-222-2042**

# Merry Christmas!

## FAIRVIEW LANDSCAPING



storm  
debris  
cleanup

drainage  
issues

grading

gravel  
road  
repair

...and much more!

Fully insured and licensed.  
 We show up on time — *every time.*

**GIVE US A CALL TODAY!**

## 828 628-4080

2135 Cane Creek Road in Fairview  
[fairviewlandscaping.com](http://fairviewlandscaping.com)



## The Fairview Town Crier Really Gets Around!

Every month,

the Fairview Town Crier fills mailboxes and hits the streets – and is posted online at fairviewtowncrier.com. We also regularly stay in touch with 2,000 people via our Facebook and Instagram accounts.



More than **9,000** copies

are directly mailed to every home in Fairview and Gerton and most of Reynolds and Fletcher.



An additional **350** copies

are available for pickup at our offices, the library, and many businesses around the area.



## Advertise with us!

For information, contact our office at  
828-628-2211 | [office@fairviewtowncrier.com](mailto:office@fairviewtowncrier.com)

## FAIRVIEW-AREA TAKEOUT OPTIONS

*Treat yourself to some local takeout this holiday season!*

**SUPPORT LOCAL!**  
**PICK UP SOME FOOD TO GO!**

**CALL FIRST TO CONFIRM HOURS!**

### Angelo's Restaurant

1226 Charlotte Hwy., Fairview  
628-4031

### Angie's Sandwich & Soup

1395 Charlotte Hwy., Fairview  
338-5015  
[facebook.com/AngiesSandwiches](https://facebook.com/AngiesSandwiches)

### Barn Door Ciderworks

(appetizers, desserts)  
23 Lytle Road, Fairview  
484-1586  
[barndoorcw.com/menu](https://barndoorcw.com/menu)

### Black Bear BBQ

800 Fairview Road, Asheville  
298-1035  
[blackbearbbqavl.com/menu](https://blackbearbbqavl.com/menu)

### Daymoon Coffeebar

381 Old Charlotte Hwy., Fairview  
338-0550

### Dunkin'

192 Charlotte Hwy., Asheville  
412-3032

### El Tapatio food truck

parked at New Moon Marketplace  
1508 Charlotte Hwy., Fairview  
337-2542

### Fairview Grocery

(breakfast foods and microwaveable meals)  
1612 Charlotte Hwy., Fairview  
338-0014

### Food Lion

(hot wings, rotisserie chicken, etc.)  
1350 Charlotte Hwy., Fairview  
628-2283

### Great Wall Chinese Take Out

4 Olde Eastwood Village Blvd., Asheville  
298-1887

### Hickory Nut Gap Farm

57 Sugar Hollow Road, Fairview  
628-1027  
[hickorynutgap.com/shop](https://hickorynutgap.com/shop)

### Hilltop Ice Cream Shop

520 Old Highway 74-A, Fairview  
775-2482  
[facebook.com/HilltopIceCreamShop](https://facebook.com/HilltopIceCreamShop)

### Hot Dog King

1487 Charlotte Hwy., Fairview  
628-1036  
[facebook.com/thehotdogkingfairview](https://facebook.com/thehotdogkingfairview)

### KD's One Stop

(pizza, hot dogs, and more)  
1299 Charlotte Hwy., Fairview  
628-1122

### The Local Joint

1185 Charlotte Hwy., Fairview  
338-0469  
[facebook.com/THELOCALJOINTandJOINTNEXTDOOR/menu](https://facebook.com/THELOCALJOINTandJOINTNEXTDOOR/menu)

### Nachos & Beer

30 Charlotte Hwy., Asheville  
298-2280

### Piazza

4 Olde Eastwood Village Blvd. Asheville  
298-7224  
[piazzaeast.com/#menu](https://piazzaeast.com/#menu)

### Rise Above Bakehouse

1207 Charlotte Hwy., Fairview  
222-2600  
[riseabovebakehouse.com](https://riseabovebakehouse.com)

### Sky Mountain Pizza

1321 Charlotte Hwy., Fairview  
338-5039  
[skymountainpizza.com/menu](https://skymountainpizza.com/menu)

### Smokey & the Pig

913 Charlotte Hwy., Fairview  
222-2595

### Subway

4 Old Eastwood Village, Asheville  
299-845

### Trout Lily Deli & Market

1297 Charlotte Hwy., Fairview  
628-0402  
[troutlilymarket.com](https://troutlilymarket.com)

### Turgua Brewing

(food truck most nights)  
3131 Cane Creek Road, Fairview  
338-0218  
[turguabrewing.com/events](https://turguabrewing.com/events)

### Troyer's Country Amish Blatz

(sandwiches, baked goods)  
14 Bonn E Lane, Fairview  
280-2381  
[troyerscountryamishblatz.com](https://troyerscountryamishblatz.com)

### Whistle Hop Brewing

(food truck daily after 3 pm)  
1288 Charlotte Hwy., Fairview  
338-9447  
[whistlehop.com/events](https://whistlehop.com/events)

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

Tradition (n.): Peer pressure from dead people.

What's the difference between the Christmas alphabet and the ordinary alphabet?

The Christmas alphabet has Noel.

\*

Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.

\*

The guy at the furniture store told me the sofa would seat five people without any problems.

Then it occurred to me, I don't think I know five people without any problems.

\*

Yesterday, I saw a book called HOW TO SOLVE 50% OF YOUR PROBLEMS ... so I bought two copies.

Police officer: "Pull over."

Harry: "No, it's a cardigan. But thanks for noticing."

—Harry Dunne (Jeff Daniels) in "Dumb and Dumber"

"Someone asked me, if I were stranded on a desert island what book would I bring: 'How to Build a Boat.'"

—Steven Wright

A man went to buy stamps for his Hanukkah cards. He asks the clerk, "Do I have to stick these on myself?" The clerk says, "Well, it'll work better if you stick them on the envelopes."

\*

What do you call a pencil with erasers on both ends?

Pointless.

\*

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

Q: What time is it when an elephant sits on a fence?

A: Time to fix the fence.



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

The new mac OS system, Ventura, introed in October, has a back-ground noise generator to play rain, stream or ocean sounds. Go to System Set-tings, under the Apple logo in the upper left corner, and search for "background sounds" to choose and activate different ambient sounds. This might be enough of a reason to upgrade. You can, of course, search in your favorite streaming music service for white noise or ambient sound playlists that will work on any device.

Consider turning off all notifications on your phone. These are separate alerts from ring tones and texts. Letting every app provide updates is distracting and will slow productivity or keep you hooked on "just gotta check one more thing" thinking before putting down your device. Take the time to learn how to refine your notifica-tions or learn how to disable them entirely.

OneZoom tree of life explorer (onezoom.org) lets you visualize how dif-ferent life forms are related to each other, including extinct ones. Start at onezoom.org/life and move and zoom around. Learn more at onezoom.org/introduction.

Gmail users, especially those using the older view on the web, are finding that they can no longer switch back to that classic interface. The integrated view with Gmail, Chat, Spaces, and Meet on the left side of the window will also become standard for users who have turned on

Chat. Through quick settings, customize this new interface to include your most important apps.

Still using Windows 7 and relying on Chrome as your browser? Google will stop supporting Windows 7 in February, at least if you want to run up-to-date versions.

Airbnb is working on a total price display update to roll out in December so you can see the true price, pre-tax. When you search, the price will be first in the search results. This may be an example of one country's (Australia) requirements for pricing clarity, but it is being rolled out for the rest of the world.

Starlink internet service is starting to institute daytime data caps. If you use more than 1 TB of data in a month, from 7 am to 11 pm your speeds will be slowed for the benefit of others. This is on top of recent reports that their average speeds have slowed since the beginning of 2022.


Because I no longer have a short-wave radio, it was great to find InternetRadio (internet-radio.com). You may have to stumble around a bit, as its search function is not great. But it is a good alternative to Radio Garden (radio.garden—"garden" is the domain name, like .com or . net).



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

# Re.Imagine

## Gallery and Studios



Artist: Lynn Stanley

Fine Arts and Crafts  
Creative Workshops • Local Artists

Reimaginefairview.com

WNC's Newest Gallery  
15 Spivey Lake Drive, Fairview • 828-338-0070

# At Unified Therapies, our focus is on you.



PHYSICAL THERAPY

OCCUPATIONAL THERAPY

SPEECH LANGUAGE PATHOLOGY

MENTAL HEALTH SERVICES

Our team works together to identify the obstacles our clients face. We customize treatment plans to increase resilience and independence, providing new hope and a greater quality of life.

NO REFERRAL NEEDED!

Contact us today to learn how we can help you!



Allison Fender    Kimberly Sasdelli



145 Charlotte Highway, Suite 40, Asheville  
(828) 414-2368 [unifiedtherapies.com](https://unifiedtherapies.com)

# Wild Monarch Butterflies Captivate Fairview

On a warm, sunny October afternoon in the Cane Creek valley, dozens of beautiful butterflies fascinated children, charmed adults and made everyone smile. A crowd had gathered in the sunny fields behind Turgua Brewery for the brewery's second annual Monarch butterfly release. On the first day for these butterflies in the wild, conditions couldn't have been better. Many took wing in the light breeze above the crowd and circled effortlessly. Others sat calmly on the hands and clothes of their appreciative audience, as if posing for pictures before lifting off into the sky.

This feel-good event wouldn't have been possible without the dedicated efforts of Gerton's Sara Fletcher, who hand-raises small batches of Monarchs on local milkweed plants. Sara provided several dozen adult Monarchs for this occasion and gave an enjoyable talk about Monarch butterfly life cycle, migration and conservation. She's been rearing Monarchs for many years; in fact, the Town Crier wrote about Sara's Monarchs in November 2015.

Looking at Sara's monarch-red hair, it isn't hard to imagine the Monarch butterfly was always meant to be her muse. Her bond with butterflies becomes clear when you learn how much work is involved to raise them in quantity through their life cycle. This takes dedication! First, she spends hours searching for wild



ABOVE, LEFT: Sara Fletcher shares hand-raised Monarchs with local youngsters before their release.

BELOW: Sara hands out live Monarchs in envelopes during the event at Turgua Brewery.

milkweed leaves, the only acceptable food for Monarch caterpillars, to find eggs the size of a grain of sugar and tiny, freshly hatched caterpillars. Sara then spends a few hours a day for several weeks caring for her adoptees. This amounts to trying to recreate all the healthy conditions they would have in the wild while reducing the dangers that kill about 90% of wild Monarchs before the adult stage. Outdoor patterns of temperature, air circulation and moisture (think of dew and rainfall in the wild) should be imitated for best results. Daily rearing cage cleanings and fresh milkweed are a must. Sara also strictly avoids crowding caterpillars, which can spread disease. When all goes well, the caterpillars transform into glossy green

chrysalids in late summer that hatch in fall, just in time for their release at events like this one. Meanwhile, the hungry butterflies must be fed nectar to strengthen them for the long migration flight ahead.

Why are Monarchs so captivating? Even among butterflies, they are unique. Beyond being one of the largest and most beautiful American butterflies, Monarchs that hatch in autumn have a truly extraordinary way to survive the winter: they migrate, then overwinter in mass numbers on a few very small groves of trees in central Mexico (eastern Monarchs, including ours) or coastal California (western ones). Some fly thousands of miles to reach these wintering grounds. In March, these butterflies disperse and head back northward for the summer, laying eggs on milkweed along the way before their lives end. Their offspring are the Monarchs of midsummer, and the late summer and fall brood adults migrate south once again. Monarchs are toxic to eat, and some are lost to inexperienced predators, who learn not to make that mistake again.

In recent years, Monarchs have become much less common. The eastern population, once hundreds of millions of butterflies, has declined by 80%, and the western population has declined by over 95% in just the last few decades. The leading causes include loss of habitat and milkweeds, overwintering site degradation, disease and overuse of herbicides and insecticides. Overwintering Monarchs occupied just five acres of trees in Mexico in 2021, as compared to 44 acres



in the mid-1990s. Perhaps surprisingly, commercial raising of mass quantities of captive-bred Monarchs is not considered a good conservation strategy due to the documented spread of disease and inbreeding. Raising small numbers of all-wild stock in close to natural conditions, as Sara does, may help more healthy butterflies survive for the fall migration.

Still, much can be done to help Monarch conservation. Organizations such as the Xerces Society and Monarch Watch are working with farmers, park managers and gardeners to plant milkweeds and nectaring plants needed for the Monarch's survival. If you wish to help, be sure to plant only milkweed species found in our area (see below) and verify that any milkweeds or flowering plants bought from nurseries haven't been treated with pesticides.

Go to [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links) for more info about monarchs, their conservation and how to grow milkweeds and nectaring plants for butterflies.

Doug Norton ([dougnorton99@gmail.com](mailto:dougnorton99@gmail.com)) is a retired watershed ecologist and online science educator who lives in Fairview.



The three best foodplants for Monarchs in our area are swamp (above), butterfly (upper right) and common (right) milkweed species. All grow wild in Fairview.



**EXPRESSIONS**  
CABINETRY

Expressions Cabinetry.com  
828-278-7999  
Fairview Owned & Operated



# THANK YOU!

...to our many sponsors, readers and supporters who came out to celebrate our 25th anniversary with us.

**SPECIAL SECTION**

Save it and support the businesses and artists who support us!

*Thank You to*

**TE CONNECTIVITY**

OUR MAIN SPONSOR

*and*

**HILLTOP ICE CREAM SHOP  
WHISTLE HOP BREWING**

OUR EVENT SPONSORS



## FRIENDLY FAIRVIEW FACES

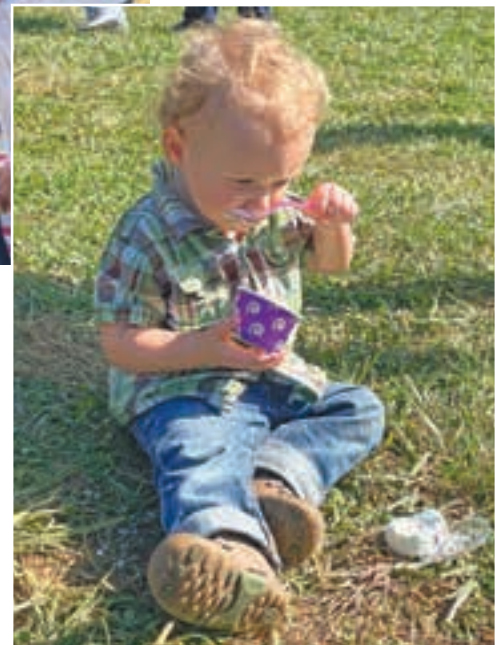
People came out to help and to enjoy themselves.



Chris Chrisawn brought his own safety vest and walkie talkies, and did an awesome job as parking coordinator.



Sugar fairies made sure everyone had enough candy throughout the day.



A young man enjoyed some Hilltop ice cream.



Patrick Graff donned a Crier's hat and manned the check-in booth.

## AA DIAMOND TILE

### LICENSED NC GENERAL CONTRACTOR

**RONNIE YOUNT**  
Over 40 years experience!

SHOWER LEAKS REPAIRS  
TUB-TO-SHOWER CONVERSIONS  
KITCHEN/BATH REMODELS  
HANDICAP ACCESSIBLE APPLICATIONS

Happy Holidays!

Call Ron!  
450-3900

visit us today at [aadiamondtile.com](http://aadiamondtile.com)

Fairview's Hometown, Locally Owned & Operated Pharmacy

**Americare**  
Pharmacy  
[americarepharmacy.net](http://americarepharmacy.net)

1185 Charlotte Hwy | 628.2131

“A totally new kind of resale shop for women,”

**CLOTHES MENTOR**

Cash on the spot  
Sizes XS-24 & Maternity  
Specializing in upscale clothing, shoes & accessories

1829 Hendersonville Rd  
828.274.4901  
Sun: 12-6 Mon-Sat: 10-7  
[ClothesMentor.com/Asheville](http://ClothesMentor.com/Asheville)

Conservation, Celebration, Relaxation

Vacation Rentals • Wedding Venue • Local Honey

137 Bob Barnwell Road, Fletcher | 628-1758 | [cloud9relaxation.com](http://cloud9relaxation.com)

**COOL MOUNTAIN**  
REALTY & CONSTRUCTION

Buy • Sell • Build

771 CHARLOTTE HWY, FAIRVIEW  
[www.coolmountainrealty.com](http://www.coolmountainrealty.com) 828.628.3088

**Daylight Asheville**

Let us brighten your day. It's easy...  
on your eyes, on the wallet, to have installed

Call Maria today!  
**828.778.0279**  
[daylightasheville.com](http://daylightasheville.com)

**SOLATUBE**  
Premier Dealer

Daylighting Consultation | Certified Installation

Maria Horton  
Solatube Premier Dealer

Open Mon - Fri 7 - 5  
and weekends 8 - 3

828.338.0550  
381 Old Charlotte Hwy

Website under construction at  
[www.daymooncoffeebar.com](http://www.daymooncoffeebar.com)

**PRINTING | DESIGN | BRANDING**

Serving Western NC for over 20 years

828-216-0955  
[info@828printingandgraphics.com](mailto:info@828printingandgraphics.com)  
[828printingandgraphics.com](http://828printingandgraphics.com)

Ron Bradley, Owner & Fairview Native

# HELPING HANDS



Local companies and organizations made sure there was plenty to do, and volunteers helped keep everything running smoothly.



Above: Nate Barton, who writes the Semi-Serious Gardener column, and his grandmother brought beautiful flowers for the check-in table.



Top: Stacy Martin (right) applied fun temporary tattoos.



Above: A donation wagon for Food For Fairview was on hand.

Right: Cool Mountain Realty sponsored the Build Your Own Scarecrow contest.



Left: Brian and Jenny Brunet from Cool Mountain Realty.



Americare Pharmacy offered free COVID-19 booster shots.



Kids could play in Root Cause Farm's planting garden.


## These generous artists donated their work to our silent auction



**CY AMRICH**  
Digitally Altered Photography  
STUDIOS  
f



**ARTPLEX SOLUTIONS**  
CUSTOM PLASTIC FABRICATION OF ART MOUNTS, DISPLAY CASES & MORE  
ABSTRACT ACRYLIC PAINTINGS  
CINDY CHRISTENSEN & JIM ASHLEY  
INFO@ARTPLEXSOLUTIONS.NET



**Paul Christopher**  
828-775-3564  
PaulsAsheville.com  
*Photography of Asheville and the surrounding area thru the eyes of a native Ashevillean*



**Paula Entin**  
Master Quilter and Mixed Media Fiber Artist  
*Fibersong.com*  
Member of Studio Art Quilts Association, the Asheville Quilt Guild, the Modern Quilt Guild of Asheville, and the American Quilters Society



**Stephen Fulghum**  
TENTHWAVE DESIGNS  
Fine Art Photography  
Trackside Studios  
375 Depot Street, RAD  
steve@stevefulghum.com



**Marcia Gleason**  
Collage • Geo Abstract  
Mixed Media  
Quilted Fabric Art  
marciawgleason@gmail.com



**ej haack**  
neurographics  
watercolors  
and anything new  
ellenhaack@gmail.com  
facebook.com/ellen.haack.7



*Trail Spirit Masks*  
**Philip Hulsey**  
828.424.9834  
smokeyridge19@gmail.com  
f PhilipHulseyArtwork



**Maria Horton**  
Cold Wax Painting  
Wabi Sabi Collage  
Quilting, Cooking  
& More!  
daylightasheville@gmail.com



**DANA IRWIN**  
WATERCOLOR • ACRYLIC • DESIGN  
ILLUSTRATION • BOOK DESIGN  
DANAMARIRWIN@GMAIL.COM  
FACEBOOK.COM/ DANAMARIRWIN  
MEMBER OF *Saint of Paint*

## SUPPORTING ARTISTS

Many of these artists are members of the Fairview Area Art League (FAAL), generous supporters of our Sweet 25 event.  
For more information about FAAL, find them on Facebook (@fairviewart).



Janet Link

JLArt

Dream Create Live



Facebook.com/janetleighlink  
etsy.com/shop/JLArtandCraftStudio

Email: janetlink99@gmail.com



Southern Image  
Photo works by David Koll

828.299.7867 • southimage@bellsouth.net  
fineartamerica.com/profiles/david-koll

Little Inspired  
Zealous Art



LIZA • Artist of Paper & Clay



LITTLE.INSPIRED.ZEALOUS.ART@GMAIL.COM



Builder • Outdoorsman  
Maker of signs  
live edge • carved • inlays

Monthly Outdoor Art Fairs  
at Daymoon Coffeehouse  
and Signs for Hope Global  
Marketplace in Fairview.

plongwell@bellsouth.net



Anne Ogg

Woodturner  
specializing in  
miniatures

Facebook.com/anne.ogg



Mary Alice  
Ramsey

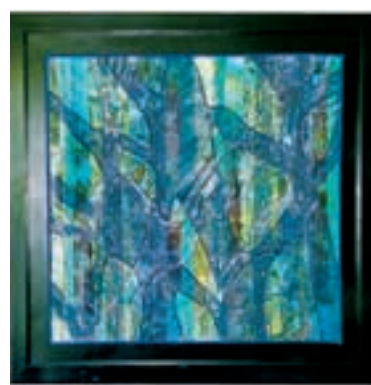
Journals  
Wabi Sabi Books  
Paintings  
Written Word  
Oral Word  
Poetry

www.maryaliceramsey.com



whimsical fine art by Roz

www.DrunkenCows.com



Eileen Sercy

2D and 3D art from  
fabric, wool fiber, paint, and wax

MEMBER OF



Email: eileen.searcy@yahoo.com



Facebook.com/eileensercy



We use color to  
reflect your light.

Celebrate your best self.

sonnestudios.com



@sonne.studios email: leigh@sonnestudios.com

Silverpoem Studio  
Lynn Smith Stanley

Asian Brush Painting  
Watercolor



silverpoemstudio.com  
silverpoem@gmail.com

375 Depot Street, River Arts District



Call or text for a FREE quote!  
**828.231.6577**

learn more at [esco1960.com](http://esco1960.com)



[fairviewbusiness.com](http://fairviewbusiness.com)



1003-A Charlotte Hwy 828.691-0164

[thegardenspoton74@gmail.com](mailto:thegardenspoton74@gmail.com)  
[thegardenspoton74.business.site](http://thegardenspoton74.business.site)



**FREE consultation!**

call Diana, 516.238.6979

[f grandsolutions.net](https://www.facebook.com/grandsolutions.net) [Instagram](https://www.instagram.com/grandsolutions.net)



**OPEN ALL YEAR**

520 Old US Hwy 74 next door to Whistle Hop Brewery

[f 470-8083](https://www.facebook.com/hilltopicecream.com) | [hilltopicecream.com](http://hilltopicecream.com) [Instagram](https://www.instagram.com/hilltopicecream.com)



[imladrisfarm.com](http://imladrisfarm.com)

## Lick Log Branch Apiaries

Honey	Bees Wax Hand Salves & Lip Balms
Bees Wax	
Propolis Tinctures	Bees Wax Food Wraps
Beard Oils & Balms	Bees Wax Candles

111 Long Gap Road 828.275.2486

[f](https://www.facebook.com/licklogbranchapiaries) [Instagram](https://www.instagram.com/licklogbranchapiaries) [licklogbranchapiaries@gmail.com](mailto:licklogbranchapiaries@gmail.com)

## Re.Imagine Gallery and Studios

*WNC's Newest Gallery*

15 Spivey Lake Drive, Fairview 338-0070

[reimaginefairview.com](http://reimaginefairview.com) and Facebook (@Re.ImagineFairview)

# SHOW AND TELL



Folks were entertained and informed by some of the artists who donated their work for auction.



Marcia Gleason let the community know about Soul Collage (see page 9 ).



Storytellers Becky Stone (above) and Kirsten Mitchell told tales.



Far left: Pat Stone, dressed as the Town Crier, made proclamations about historic Fairview events. Those playing in the contest had to declare if he was telling the truth... or a lie. It was great fun!



Left: Sandie Rhodes, the Crier's former editor and publisher, received a painting by Roz in recognition of her service to the community.



Far left: Local beekeepers, including Ricky Manning, were on hand to show the hives at Root Cause Farm.



Left: Many talented local artists had their work displayed at auction.



# SIGNS FOR HOPE

Global Marketplace

*Treasures from WNC & around the world!*

379 Old Charlotte Hwy | 222-2180 | [signsforhope.org](http://signsforhope.org)

# SUBWAY

1395 Charlotte Hwy  
628-3080 [order.subway.com](http://order.subway.com)

The Whistle Hop logo features a green tree and a yellow cornucopia. Below the logo, the address "288 Charlotte Hwy" and phone number "338-9447" are listed, along with the website "whistlehop.com". The background image shows an outdoor seating area with people sitting at tables.

## PAINT A PIECE OF FAIRVIEW



At the event, Fairview artists Lynn Stanley and Steve Fulgham created a booth that allowed folks to paint a piece of what Fairview meant to them. The small canvases were then collected and displayed in the lobby of the Fairview Public Library for the month of November.



## CNA Jumpstart at Flesher's

In order to increase direct care staffing in long-term care facilities during the unexpected time of the COVID-19 pandemic, the American Health Care Association and Centers for Medicare and Medicaid Services issued a temporary waiver to allow people that wished to become certified as a Certified Nursing Assistant (CNA) to gain on-the-job training under the direction of Registered Nurses.

This program allowed people to work in long-term care facilities as a Temporary Nurse Aide after taking a training course from the American Health Care Association, getting direct care training at the facility. After completing the required training and hours, they could take the North Carolina CNA test to become certified.

Flesher's Fairview Health Care Center was thrilled to assist many through this training with their scholarship program. The program was overseen by Flesher's director of nursing and assistant director of nursing.

But overseeing and implementing the program was just one part of it. The long



Front, L-R: Jennifer Kime, BSN, RN, director of nursing; Amber Schlagmuller, CNA (Arden); Brandee Davis, CNA (Reynolds); Kayla Smith, BSN, RN, assistant director of nursing. Back, L-R: Hailey Holiday, CNA (Fairview); Melissa Taylor, CNA (Fairview); and Aubree Lance, CNA (Fairview).

hours that these temporary nurse aides spent doing on-the-job training and skills labs set up by the facility, studying, and passing the state exam to become CNAs took a huge commitment.

Each has a huge heart for caring for the elderly and stepped up to help those residing in Flesher's during the ongoing COVID-19 pandemic.

### LETTER TO THE EDITOR

On Monday, November 7, our small group met at 9:30 am at Spring Mountain Community Center to walk the track our usual three miles. The trail follows Cane Creek part of the way. We often hear a kingfisher, and hear and see other birds, ducks, and a Blue Heron at times, and sometimes see deer in a field across the creek. It is a perfect place to observe nature. We are all lovers of nature and animals!

On our way around the track, a car came into the parking area and stopped. A man got out and opened the trunk, brought out a large cooler and walked to a picnic table near the creek. We thought he might be expecting others to come for a breakfast picnic. As we got nearer, he took something out of the cooler and set it on the ground, then took another object out and put it on the ground. He then picked up the cooler, went back to his car and drove away. When we got around to where he had been, we saw two full-grown hens. He had those chickens in that cooler and set them out to fend for themselves. They were not afraid of us or our two dogs. Their wings had been clipped so they could not fly. We were upset and angry that he had abandoned those hens—they wouldn't last a day or night with so many predators around that wooded area. That man was thoroughly verbally abused by us. How could he be so thoughtless as to dump those chickens in a place so rife with predators?

Calls were made to find someone who might want two hens. The young couple who live across the creek were driving by on their road. They stopped, and we asked if they wanted two chickens. They were agreeable and drove over to the trail and creek to try to catch the chickens.

When we finished our walk, the couple was still trying. There was a large buzzard circling overhead—it had already spotted its meal! A hawk was also seen. We all went home not knowing the fate of the chickens. The next day we found out the chickens had finally been caught by the couple and were in a safe place.

Thanks to the young couple—sorry, I don't know their names—who were concerned and patient enough to catch the chickens and give them a good home.

The moral of this letter is: Do not abandon any animal. You don't know who is watching!

—Pat Jenkins, Fairview



DR. ASHLEY LUCAS

### Holiday Challenges

What's more challenging—being left feeling deprived from eating all the traditional holiday foods and family favorites, or the anxiety from thinking about it before it

starts? These tips can help you with both.

- **Modify** your traditional holiday meal with new versions that align with your long-term goals. Choose low-carb stuffing (made with cauliflower). Be aware of portion sizes of turkey, beef or fish. Try a zero-carb cranberry mocktail (such as La Croix's Razz-Cranberry). Other healthy alternatives are blanched French green beans with salt, butter and herbs, mashed cauliflower, slow-roasted Brussel sprouts, and crustless pumpkin pie.
- **Celebrate people, not food** Make people the centerpiece.
- **Get moving** Start off your morning with a fun run/walk with family and friends. Search for a local holiday-themed run.
- **What have you been grateful for** this year? Write your list at some point during the holidays. Share highlights with guests at dinner.
- **Take a nap** If you don't normally have the time to nap during the day, take a power nap! Consider it self-care. If you're not a napper, go to bed extra early and get more rest.

Have a happy and healthy holiday season!



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.

### Share Your Love of Trees



Gurumeher Khalsa

Do you know of a special local tree, have a story about one, or know some amazing facts about them? Your appreciation of trees could be included in a short documentary called "Meetings with Remarkable Trees."

Fairview resident Gurumeher Khalsa is creating the documentary as part of his study to become a Blue Ridge Naturalist (BRN) and would love to include Fairview folks. He will film all kinds of trees and interview people to hear their stories about trees special to them. If you have a tree or a story to share, on camera, via audio recording or in writing, call or text Gurumeher at 828-771-6983.

The BRN certification is one of the many adult education courses offered by the NC Arboretum and includes classes anyone can take on Zoom and in the field to identify and appreciate our local plants and animals and also the science behind our local beloved landscapes.

### Fairview Nurse's Project Goes National



Kathey Avery

Kathey Avery, a local nurse who we profiled in our August 2021 issue, was a member of one of the eight teams selected nationwide in 2019 by the Robert Wood Johnson Foundation's Clinical Scholars program to receive funding for a project, leadership development, and support.

The methods and findings of Avery's team's pilot program, whose efforts are centered locally, are now being made available nationally. Health Engagement Leading to Prevention is available in a new toolkit that shows how trained community health workers partnering with community nurses and a dedicated support team can help fill healthcare gaps and avoid costlier crisis care for people living in subsidized housing.

# FES: Holidays Around the World



by Kenya Hoffart

Fairview Elementary’s first graders are celebrating the holiday season by learning about traditions from around the world. Each of the six first-grade classrooms transforms into a different country, allowing students to explore different learning environments that focus on customs and traditions from Italy, Germany, Sweden, Mexico, India and England. Students also make a special craft that represents each country to take home.

First graders are always intrigued to learn that many traditions they celebrate with their families during the holidays did not originate in the US. For example, Mexico was the first country to recognize the poinsettia as a holiday symbol, Christmas caroling originated in Italy, and Germany introduced the world to the Christmas tree, advent calendar, gingerbread houses and candy canes.

Karen Pugh, a first grade teacher, said, “I love teaching about the holiday traditions in Italy. The students are so surprised that a man named La Befana delivers presents, and they love to learn how to say Merry Christmas in Italian. ‘Buon Natale!’” As students travel through each classroom learning about the customs and traditions of each country, they earn a stamp in their Holidays Around the World passport.

This learning adventure is a favorite every year, and first graders at FES have enjoyed this Holidays Around the World tradition for more than two decades.

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

# Middle and High School Happenings



A.C. Reynolds High School students in FCCLA (Family, Career and Community Leaders of America) took a field trip to learn more about career pathways.



Leandra Taylor of Southern Appalachian Wilderness Stewards (right) led ACRMS 8th grade science classes on a hike to connect them with what they learned in their ecology unit.

## OPEN ALL YEAR

now serving homemade hot chocolate!

homemade ice cream  
handmade waffle cones  
hand spun milkshakes

520 Old US Hwy 74 next door to Whistle Hop Brewery

470-8083 | [hilltopicecream.com](http://hilltopicecream.com)

post-op • injury • dizziness/vertigo • concussion • orthopedic  
injury prevention • balance • sports performance • pain • headaches

[avorahealth.com](http://avorahealth.com)

226 Charlotte Highway 828-298-0492

additional locations in Asheville and Black Mountain



Cane Creek Middle School's volleyball team won their conference championship. Congrats!

CHRISTI HURD

## Grow and Glow

To nurture your student's optimal brain development, be intentional with your verbal and non-verbal appreciation.

"This creates a healthy attachment bond, feeds the positive neural pathways in their brain and helps to ground them with a healthy self-identity. This strong attachment bond helps your child feel secure, understood, and calm enough to experience optimal development of their nervous system, which results in an eagerness to learn, healthy self-awareness, trust, and empathy." Erik Erickson

Here's how to help students "glow" as they learn their value in the world:

- Be aware of how often you use positive, life-giving words with each of your children.
- Humans ideally need five positive words to one negative. In reality, they often experience one positive word to three negative.
- Create sticky notes with your student's strengths listed, then look for them displaying those and emphasize it to them.

Non-verbal gestures make bonds even stronger! Do these often.

- Try a 10-second hug.
- Kiss their forehead.
- Look at them with warmth and joy.
- Stop multitasking and actively listen.
- Respond instead of react.

In this season of finding "just the right gift," remember that you already have it to give. You've got this!

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 [hurdhuddleparentsupport.com](http://hurdhuddleparentsupport.com)



PC-HVETOR.FREEPIK.COM



### STUDENT OF THE MONTH Russell Barnett


Russell Barnett is the Student of the Month at A.C. Reynolds High School for December.


Nominated by his CTE teacher Ken Ulmer, Russell is described as "friendly, makes great points during class discussions, and works just as hard in the classroom as

he does on the football field." Classmates say he's a good friend, going out of his way to be generous and help others. Passing Russell in the hall brings a smile to everyone's face and people look up to him, literally and figuratively.


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

BEFORE





AFTER



ROBERT IS DOWN

45 LBS


AND LOOKS LIKE A TOTALLY DIFFERENT PERSON!

Reverse Type 2 Diabetes, Sleep Apnea, and High Blood Pressure

Empowering you with long-term nutrition and behavioral support

IN-OFFICE or VIRTUAL AT-HOME SESSIONS!

CALL TODAY 828-552-3333



YOUR TEAM  
LIFE CHANGE

Locally owned and operated by Dr. Ashley Lucas, doctorate in nutrition, registered dietitian

SERVING ASHEVILLE & GREENVILLE | [MYPHDWEIGHTLOSS.COM](http://MYPHDWEIGHTLOSS.COM)



WELCOMING  
NEW PATIENTS!

*Committed to the Community*

All profits from new patient exams are donated directly to local charities.

OFFERING

Implants • Dentures  
Family & Cosmetic Dentistry  
Emergency Treatment  
Same Day Appointments  
Insurance Claim Assistance

COMPLIMENTARY  
IMPLANT & COSMETIC  
CONSULTATION

Get a personalized treatment plan that works with **YOUR** goals and **YOUR** budget!

MODERN DENTISTRY WITH A GENTLE APPROACH



Call Now! 828.628.3504

12 Old Fort Road in Fairview  
(Just off 74A)

[www.FairviewNCDental.com](http://www.FairviewNCDental.com)

THE FAIRVIEW TOWN CRIER December 2022 | 27

# A Big Jump Up to High School

I clearly remember being in elementary school watching the A.C. Reynolds High soon-to-be graduates revisit the hallways. I remember thinking how far away that seemed. While I am at Asheville Christian Academy (ACA) instead of ACRHS, it's already been five years—it's not so far away anymore.



*Ansley Fuchs*  
**TEEN PERSPECTIVE**

As a freshman, I could say, "I've made it to high school, almost done." This way of thinking can bring a false sense that things should get easier. It's high school, with years of academics and athletics under my belt. I've learned everything up to this moment, trained and practiced to become a better athlete and student. Things should get easier, right? Or maybe it's the times when I think, "If I can just learn this one technique, or get a grip on this one lesson, then it will get easier." Well, as Kara Lawson, head coach of the Duke University women's basketball team, would say: "It will never get easier. What happens is you handle hard better... And the second we see you handling stuff, handling hard better, what are we going to do? We're

**As I handle what is in front of me better, people around me have made it incrementally harder, pushing me to overcome.**

going to make it harder."

As I listened to this speech she gave to her team, I thought about my own life. The jump from elementary school to high school is insanely drastic. So, we break it up through middle school. But my middle school experience was very unique: 6th grade was spent in an RV, homeschooling and traveling the US; 7th grade was the COVID year I spent studying remotely at Cane Creek Middle; and 8th grade was my first year at ACA. Despite these very different experiences, I learned how a class schedule works, different responsibilities were slowly given to me to prepare me for the demands of high school, and what I would call "actual sports" began, with tryouts and tournaments.

So, while I know many people find or remember middle school as terrifying years they never wish to relive, I am thankful for them. Lessons from teachers, coaches and parents all along the way are meant to prepare us for high school, and then maybe college, and then the real world. As I handle what is in front of me better, people around me have made it incrementally harder, pushing me to overcome.

This clearly applies to recent respon-

sibilities given to me in high school. For instance, when I am sick, teachers don't stack up assignments and hand them to me the next day. I am expected to personally reach out and make up work before returning to class. Due dates for class assignments are down the road: for instance, an essay will be due in two weeks. I have to pace myself and resist the urge to procrastinate. Coaches want to hear from me if there is a problem, not my mom or dad. Also, I can now be in control of a 4,000-pound vehicle.

High school hits teenagers like a bus. It surprises many of us that, despite the new freedoms, our lives just got a lot harder. But ultimately, many adults have been preparing me for this, and I am completely capable of success in this burdensome time. Even more, a simple mindset change can help me a lot. If I stop thinking, "When are things going to get easier?" and think instead, "I'm ready to hit the hard stuff, improve, and then hit the harder stuff again," I will find myself ready to succeed and overcome.

*Ansley Fuchs lives in Fairview with her parents and three siblings and is a freshman at Asheville Christian Academy.*

**IMPORTANT  
COMMUNITY CONTACTS**

**PUBLIC SERVICE**

Sheriff's Department 250-6670  
Fairview Fire Department 628-2001  
Garren Creek Fire Dept. 669-0024  
Gerton Fire & Rescue 625-2779

**CALL 911 FOR EMERGENCIES**

**SCHOOLS**

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

**COMMUNITY CENTERS**

Cane Creek 768-2218  
Fairview 338-9005  
Spring Mountain 545-9092  
Upper Hickory Nut Gorge 625-0264

**POST OFFICES**

Fairview Post Office 628-7838  
Fletcher Post Office 684-6376  
Gerton Post Office 625-4080

**MISCELLANEOUS**

Fairview Business Assn 585-7414  
Fairview Library 250-6484  
Food for Fairview 628-4322  
Meals on Wheels 253-5286  
Root Cause Farm 628-3688



For your many  
sides, there's  
**Nationwide.**

AUTO | HOME | BUSINESS | LIFE



**Chad McKinney**  
McKinney Insurance Services  
(828) 684-5020  
mckinncl@nationwide.com  
nationwide.com/mckinneyinsurance

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, OH 43260. Subject to underwriting guidelines, review, and approval. Availability varies. Nationwide, Nationwide Is On Your Side, and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. ©2017 Nationwide CPO-083640 (08/16) 5600390

## How YOU can support your local paper



- Write an article or regular column
- Send us local stories you hear about or see on social media
- Send us interesting photos of local people or events
- Take the Crier with you on vacation and send us a photo
- Follow us on Facebook and Instagram
- Become a board member. Do you have limited time but great energy, skills or new ideas? Short meetings are held quarterly.
- **DONATE** on our website or by check (PO Box or dropbox outside our office). Your donations ensure we keep our non-profit status, allowing us to mail at a reduced rate so you receive the paper in your mailbox for **free** every month.

**Find the Crier online! [fairviewtowncrier.com](http://fairviewtowncrier.com)**

[facebook.com/fairviewtc](https://facebook.com/fairviewtc) [@fairviewtowncrier](https://www.instagram.com/fairviewtowncrier)



MAGIC WITH GREG

# CHRISTMAS MAGIC

Double the December fun with **TWO** tantalizing tricks!

## WATER TO ICE!

### WHAT YOU'LL NEED

Two water bottles, a bowl and an ice cube.

### PREPARATION

Place two full water bottles in the freezer for at least two hours. I've had the best results using Fiji brand water. Secretly put the ice cube in the bowl before you start the trick.

Take one of the bottles and hold it by its sides. Tap the top of bottle briskly on a surface and watch as the water in the bottle turns into slushy ice.

### PERFORMANCE

Put the bowl on a surface (with the secret ice cube in it). Pour the water from the other bottle slowly onto the ice cube. As the water pours onto the ice, the stream will change into slushy ice. If you let the slushy ice touch the tip of the bottle as the water pours, the water in the bottle changes to ice.



## GUESS THE GIFT!

### WHAT YOU'LL NEED

Three small gift boxes, a smaller box, and some jingle bells that will fit into the smaller box.

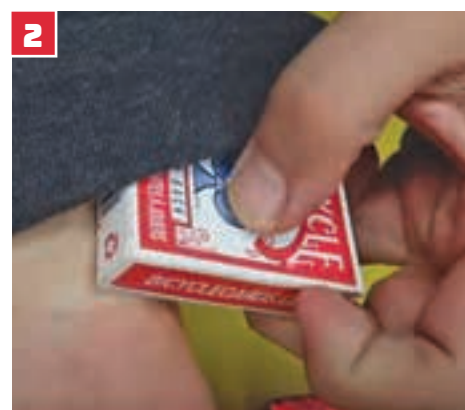
### PREPARATION

Secretly put the jingle bells in the smaller box and place the box up your sleeve, hidden from view.

### PERFORMANCE

Pick up one of the three larger boxes with the arm with the hidden box and shake it. The audience will hear the bells. Pick up the other two boxes, one by one, with the other hand and shake each one. No bells are heard. With all three boxes on a surface, mix them up. When you move the first box you picked up, use the arm with the hidden box.

Ask the audience to pick the box with the bells. Whichever one they choose, pick it up with the arm with no hidden box. No matter how many times the audience tries to guess the box with the sound, the magician always wins!



Greg Phillips is a professional speaker, magician and comedian. Contact him via email at [Greg@GregPhillipsMagic.com](mailto:Greg@GregPhillipsMagic.com) or visit [MountainMagicAcademy.com](http://MountainMagicAcademy.com).

# Holiday Safety for Your Pets

The holiday season is upon us, and many of us want to include our furry family members in the festivities. As you prepare for the holidays, it's important to try to keep our pets' eating and exercise habits as close to their normal routine as possible. We must also protect our pets from holiday health hazards, such as seasonal plants, fatty foods, and dangerous holiday decorations.

## Seasonal Plants and Decorations

### • Christmas trees

If you put up a Christmas tree, it's important to anchor it so it won't tip and fall, causing injury to your pet or young children. It's also important to prevent your pet from drinking the tree water, which may contain fertilizers that can cause stomach upset.

### • Poinsettias, holly, mistletoe and lilies

When eaten, these plants can cause nausea, vomiting and diarrhea. Mistletoe is particularly dangerous because it can cause cardiovascular problems. Lilies are especially toxic to cats, so keep your holiday lilies out of reach of your feline family members.

### • Tinsel

Cats, in particular, are attracted to tinsel. If eaten, it can cause an intestinal blockage, requiring expensive surgery. If you have

indoor cats, it would be best to avoid using tinsel. It's also advisable to place breakable holiday ornaments at the top of the tree.

## Holiday Food

### • Rich, fatty foods

As tempting as it is to give our pets a taste from the table or the fat from holiday meats, doing so can lead to pancreatitis, which leads to a very sick pet that can require hospitalization. Though it is usually treatable, it can also be life-threatening.

### • Chocolate and Xylitol

Chocolate and Xylitol are commonly found in the sweet treats of the holiday season. Both are dangerous and can cause toxicity in our pets. Baker's, or baking chocolate, is the form of chocolate that contains a higher concentration of the stimulant theobromine and is therefore far more toxic than either semi-sweet or regular milk chocolate.

Xylitol is among a group of sugar substitutes classified as sugar alcohols that may be found in "sugar-free," "reduced-sugar" or "diet" foods, such as gum, candy, baked goods, ice cream, and peanut butter. Look for the term "Xylitol" or "sugar alcohol" on food labels when checking for ingredients. In dogs, even a small amount of xylitol can be fatal.



### • Grapes and raisins

While these may seem healthy, just one grape or raisin can cause kidney failure and potentially death in a dog. If your dog ingests one, even if they seem fine, go immediately to a vet hospital.

### • Holiday cocktails

If your holiday celebration includes alcoholic beverages and food containing alcohol, be sure to place them where your

Cat owner? Avoid using tinsel and place breakable holiday ornaments at the top of your tree.

pets can't get to them. Alcohol can cause vomiting, diarrhea, central nervous system depression, difficulty breathing, tremors, coma, and even death.

If your pet does ingest something it shouldn't, contact your vet immediately, or contact MedVet (formerly REACH) at 665-4399.

There are safe ways to share the holiday with your pet. Start by taking your dog on an extra walk. Or give them a long-lasting treat made just for them, such as a chewing toy stuffed with plain yogurt, banana, and blueberries and then frozen. Surprise your kitty with a new catnip-stuffed treat or interactive flirt pole. If you take care, your pets can join in the holiday festivities in lots of fun ways that don't lead to expensive vet bills.

Have a safe and happy holiday from all of us at Fairview Boarding!



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

# HAPPY HOLIDAYS!

Wishing all our friends a safe, happy, and healthy holiday season!

New Moon Marketplace

Antiques, vintage, and hand-picked items

now selling local honey!

1508 Charlotte Highway | 828.222.2289 | [newmoonmarketplace.com](http://newmoonmarketplace.com)

At Christmas, all roads lead Home.

Wishing for a new home? Let us help make your Christmas wish come true!

call THE SANDY-PATTI TEAM

Sandy Blair

Patti Turbyfill

23+ years of expert real estate business transactions!

Sandy Blair 828 768-4585  
[sandy.blair@coldwellbanker.com](mailto:sandy.blair@coldwellbanker.com)

Patti Turbyfill 828 691-8053  
[patti.turbyfill@coldwellbanker.com](mailto:patti.turbyfill@coldwellbanker.com)

Merry Christmas

# ELENA THE GROOMER

Professional Groomer

Open by appointment Thursday to Monday  
Closed Tuesday & Wednesday

New clients: FREE tooth brushing and coat conditioner on first visit!

318-6814  
1185E Charlotte Highway

# GRIEF SHARE

YOUR JOURNEY FROM MOURNING TO JOY

Register at [trinityoffairview.com](http://trinityoffairview.com) or call 828.628.1188

## TRINITY OF FAIRVIEW

646 Concord Road, Fletcher  
Seminars held in the Wellness Center

**January 12th-April 6th**  
Thursday nights, 6-8 PM  
\$20 seminar fee covers the cost of participant workbook

---

**LOSS OF A SPOUSE**  
**January 5th 6-8 PM**  
\$5 seminar fee covers the cost of participant workbook

---

Light snacks served at all sessions

# SAHC's Winter Hiking Challenge — Ready, Set, Hike!

**A**void the temptation to curl up and hibernate this winter. For the third year, Southern Appalachian Highlands Conservancy (SAHC) is challenging folks to get outdoors with a Winter Hiking Challenge.

Sign up at [Appalachian.org](http://Appalachian.org), and then walk, hike or run 60 miles in 60 days to earn a patch and bragging rights. Compete with friends and family or take the challenge solo. You can strive for strenuous winter treks or warm up with a jaunt around the neighborhood. Just get outdoors, get moving and enjoy the healthy benefits of this beautiful place we call home.

The rules are simple, but the earlier you sign up, the more time you have to complete the challenge. The timeline begins January 1 and runs through the end of February, so sign up in December to use the full 60 days to meet your 60-mile challenge. Find additional details and registration links at [Appalachian.org](http://Appalachian.org).

## Top five things to remember about winter hiking:

**Communicate** Be sure to tell someone where you are going and when you plan to return.

**Dress for the occasion** Layering is the way to go! And remember to top off with headgear.

**Don't forget the digits** Warm, dry boots



and gloves make a big difference. Be sure you have sturdy and dependable footwear to avoid slipping and sliding.

**Plan ahead** Check the weather, look for seasonal road closings, and make sure your trail map is up-to-date. Prep for contingencies (pack a snack, consider alternative trails, etc.).

**Stay hydrated** You may think water is less important because it's not hot out, but remember that staying hydrated is still necessary when you're logging winter walking miles.

## Where to Go?

Feel free to complete the 60-miles-in-60-days challenge wherever you want, but here are a few suggestions to get started if you're looking for ideas:

**Strawberry Gap Trail.** The new trailhead just over the continental divide in Gerton is the latest link in the Upper Hickory Nut Gorge trail system created by our partners at Conserving Carolina. You'll be trekking over SAHC-protected conservation easements and our Strawberry Gap Preserve, and you'll enjoy beautiful views including other SAHC-protected mountains and forests in the area. However, this trail is not for the faint of heart. The

steep climb up provides ample reward with sweeping vistas from the top of Blue Ridge Pastures, but be prepared for a rugged hike in and out totaling about six miles.

Alternatively, team up with a partner and shuttle between trailheads to link up with the Trombatore Trail atop Blue Ridge Pastures. For an easier hike in this network, the Bearwallow Mountain loop is a popular route.

**Blue Ridge Parkway Visitor Center.** Although much of the parkway closes during the winter season, the visitor center is generally open and located off the stretch between access points on US 74 and Tunnel Road (Milepost 384).

There is an easy 1.4-mile loop trail that starts at the far end of the parking lot; the

route takes you across the parkway (over the roadway at one point and through an underpass at another). This nature trail, designated as a Kids in the Park TRACK Trail, also connects to the Mountains-to-Sea Trail, so be sure to follow the yellow blaze if you want to stay on the loop. Looking to extend your hike? Pick up a trail map for the Mountains-to-Sea Trail and plan out a route to fit your schedule. Follow the white blaze to continue north or south from the visitor center.

A little further up the parkway, the Folk Art Center also provides access to the Mountains-to-Sea Trail, with more possibilities for customizing your hike. Try a challenging trek up to the Haw Creek overlook or an easier 2-mile-out-and-back. For road closure updates, visit [nps.gov/blri/playyourvisit/roadclosures.htm](http://nps.gov/blri/playyourvisit/roadclosures.htm)

**Your own community.** Looking for an easy way to log miles while keeping the kiddos occupied? Rack up a few loops around the track while the kiddos are playing at the Spring Mountain Community Center. Wherever you are is the best place to get outdoors.

Have fun, stay safe and happy hiking!

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

## Tech Support with a Smile



Mac / PC  
Individual - Small Business  
(828) 628-2354  
[bill@scobie.net](mailto:bill@scobie.net)

Bill Scobie has been helping folks get along with their computers for 35 years



SERVING FAIRVIEW SINCE 1984!

Open Monday–Friday  
8 am – noon  
1 pm – 5:30 pm

Saturday  
9 am – noon

828 628.3557

Laser therapy available!  
Emergency service provided by  
MedVet 828 665-4399

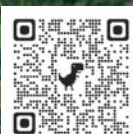
867-A CHARLOTTE HIGHWAY IN FAIRVIEW

## Practical, family dog training

Training Dogs.  
Coaching Owners.  
Achieving Goals.



SCAN THE  
CODE TO  
LEARN MORE!



1451 Charlotte Hwy | 828-222-2222 | [woofinthewoods.com](http://woofinthewoods.com)



Insured  
Free Estimates

Driveways - Walkways  
Patios - Pool Decks - Slabs  
Steps - Curbs  
and MUCH more...  
Removal & Replacement  
828-230-3022  
[www.canecreekconcrete.com](http://www.canecreekconcrete.com)



\*\* Accredited Better Business Bureau member \*\*

# COLA is Sweet for Social Security Recipients

If you receive Social Security, you’ve probably already heard that your checks in 2023 will be bigger—considerably bigger, in fact. How can you make the best use of this extra money?

Here’s what’s happening: For 2023, there’s an 8.7% cost-of-living adjustment (COLA) for Social Security benefits—the largest increase in 40 years. Also, the monthly Medicare Part B premiums are declining next year, to \$164.90/month from \$170.10/month, which will also modestly boost Social Security checks for those enrolled in Part B, as these premiums are automatically deducted.

Of course, the sizable COLA is due to the high inflation of 2022, as the Social Security Administration uses a formula based on increases in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). So, it’s certainly possible that you will need some, or perhaps all, of your larger checks to pay for the increased cost of goods and services. But if your cash flow is already relatively strong, you might want to consider these suggestions for using your bigger checks:

- **Reduce withdrawals from your investment portfolio.** When you’re retired, you will likely need to withdraw a certain amount from your portfolio each year to meet your expenses. A boost in your Social Security may

enable you to withdraw less, at least for a year. This can be particularly advantageous when the markets are down, as you’d like to avoid, as much as possible, selling investments and withdrawing the money when investment prices are low. And the fewer investments you need to sell, the longer your portfolio may last during your retirement years.

- **Help build your cash reserves.** When you’re retired, it’s a good idea to maintain about a year’s worth of the amount you’ll spend from your portfolio in cash, while also keeping three months’ of your spending needs in an emergency fund, with the money kept in a liquid, low-risk account. Your higher Social Security checks could help you build these cash reserves. (Also, it’s helpful to keep another three to five years’ worth of spending from your portfolio in short-term, fixed-income investments, which now, due to higher interest rates, offer better income opportunities.)
- **Contribute to a 529 plan.** You could use some extra Social Security money to contribute to a tax-advantaged 529 education savings plan for your grandchildren or other family members.
- **Contribute to charitable organizations.** You might want to use some of your Social Security money to expand your charitable giving. Your generosity

will help worthy groups and possibly bring you some tax benefits, too. While it’s nice to have these possible options in 2023, you can’t count on future COLA increases being as large. The jump in inflation in 2022 was due to several unusual factors, including pandemic-related government spending, supply shortages and the Russian invasion of Ukraine. It’s quite possible, perhaps even likely, that inflation will subside in 2023, which, in turn, would mean a smaller COLA bump in 2024. Nonetheless, while you might not want

to include large annual COLA increases as part of your long-term financial strategy, you may well choose to take advantage, in some of the ways described above, of the bigger Social Security checks you’ll receive in 2023. When opportunity knocks, you may want to open the door.



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

## OCT 2022 FAIRVIEW REAL ESTATE STATISTICS

PRICE RANGE	NO. OF SALES	AVG PRICE	AVG DAYS ON MKT
200-299,999	2	246,850	20
300-399,999	2	391,500	33
400-499,999	2	449,250	31
500-599,999	3	531,667	11
600-699,999	2	674,000	21.5
700-799,999	2	737,500	96
800-899,999	1	860,000	81
900-999,999	1	995,000	8
2M-2.5M	1	2,100,000	7

<b>HOMES LISTED: 6</b>	<b>HOMES SOLD: 16</b>	<b>LAND LISTED: 5</b>	<b>LAND SOLD: 2</b>
Max 1,795,000	Max 12,100,000	Max 150,000	Max 270,000
Min 425,000	Min 242,500	Min 99,000	Min 112,500
Avg 916,233	Avg 659,263	Avg 79,979	Avg 191,250

Cool Mountain Realty provides monthly statistics. When selecting a real estate company, remember to shop local. Keep and multiply the dollars in your local community's economy.

*Celebrate the  
Holiday Season with  
Flying Cloud Farm!*

Handmade wreaths – along with greens, sweet potatoes, and winter squash – available at the farmstand through the end of the year.

**Visit our farmstand today!**

**Flying Cloud Farm** 1860 Charlotte Hwy **828.768.3348** [flyingcloudfarm.net](http://flyingcloudfarm.net)

**ENJOY \$10 OFF THE MONTH OF DECEMBER**

*Merry Christmas!*

**STEAM MASTER**  
CARPET & UPHOLSTERY CLEANING

828-628-9495 | 3082 Cane Creek Rd | [www.steammasterwnc.com](http://www.steammasterwnc.com)

Margaret Moncure, DVM  
Sarah Hargrove, DVM  
Susan Wagner, DVM

*Full service  
small animal hospital*

Monday–Friday: 8 am–5 pm  
Saturday: 9 am–12 pm

184 Charlotte Highway  
*directly across from AC Reynolds High School*

828 575-2430 | [cedarridgevet.com](http://cedarridgevet.com)

**AA DIAMOND TILE**

**RONNIE YOUNT**  
Over 40 years experience!

**LICENSED NC GENERAL CONTRACTOR**

SHOWER LEAKS REPAIRS  
TUB-TO-SHOWER CONVERSIONS  
KITCHEN/BATH REMODELS  
HANDICAP ACCESSIBLE APPLICATIONS

Call Ron!  
**450-3900**

visit us today at [aadiamondtile.com](http://aadiamondtile.com)

# A Post-Election Update

**H**ello, Fairview! It is bittersweet to share that this is my last column for the *Town Crier*. Over the last four years, it has been an honor to write for the paper and keep you all updated on what is happening with the Board of Commissioners. Due to redistricting and the reduction of gerrymandering in our county, I was re-elected to serve in the new District 3. However, you will now be represented by my friend and colleague, Al Whitesides. Commissioner Jasmine Beach-Ferrara will also remain your District 1 representative.

For the last four years, I have spoken across the county about how the commissioners are elected by district but serve all of the county. I think that is an essential tenet of our service to each of you. With that said, please know you may still contact me to help address your concerns. Fairview is a special part of Buncombe County, and I look forward to serving another term as your commissioner.

Elections often mean saying goodbye to friends and colleagues. At our last board meeting, we celebrated Robert Pressley for his six years of service, representing District 3. He was an advocate for economic development, education and infrastructure. During his tenure on the board, Pressley served on multiple committees and boards including the Early Childhood



County commissioners Al Whitesides (left), Amanda Edwards and Martin Moore

Education & Development Fund Committee, Tourism Development Authority, and Metropolitan Sewerage District Board. Pressley supported countless projects for Buncombe County, including the road infrastructure in Enka Commerce Park, Enka Recreation Destination and Pratt & Whitney Economic Development. We will welcome Martin Moore to the board on December 5 at the swearing-in ceremony.

Stacie Saunders will be leaving her post as the health director for Buncombe

**I look forward to advocating for an active aging center, apprenticeships that will create a pipeline of employees in EMS and the 911 call center, and developing a plan to ensure that we do not lose our minor league baseball team.**

County Health and Human Services to serve as the deputy director/section chief for local and community support for NC's Health and Human Services, Division of Public Health. She will work with 86 local health departments in her new role, including Buncombe County's.

During her tenure here, Saunders made incredible progress on several projects while managing the COVID-19 response, including rebuilding the Community Health Promotions section, creating the Public Health Mobile Team, and guiding Buncombe County Public Health through a successful accreditation process.

"This is an exciting time for me but also one filled with sadness, as it is very hard to leave this public health staff, who have become very special to me," Saunders said. "I consider those of us in public health a family. As a public health leader, I have always wanted to see growth for everyone I have had the pleasure and honor to serve. And now, it is time for me to grow outside of local public health and explore this opportunity at the state level."

Lastly, it is time to begin our budget process for fiscal year 2024, and our annual budget retreat will be held in December. I look forward to advocating for an active aging center, apprenticeships that will create a pipeline of employees in EMS and the 911 call center, and developing a plan to ensure that we do not lose our minor league baseball team. As your commissioner, I am committed to supporting projects and programs that keep the needs of the residents of Buncombe County at the forefront of all decisions while improving the quality of life.

I wish each of you a happy, healthy holiday season and that 2023 is your best year yet.



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

or 484-6385.

*Having a RUFF time with your dog?*

Fairview Boarding now offers **TRAINING** in addition to boarding and grooming!

**CONTACT US TODAY!**



**fairviewboarding.com**  
828-628-1997 | 1923 Charlotte Hwy



*Come see us for all your outdoor needs!*

**WE NOW SELL LANDSCAPE FABRIC**

**Asheville Stone and Grading** has what you need to create the space of your dreams!

**Let us help find the right product for you!**

mulch • gravel • top soil • fill dirt • landscape stones and much more!

**Asheville Stone and Grading**

*Give us a call today!* 828.628.ROCK  
1003 Charlotte Hwy beś de the Garden Spot

**BARN DOOR CIDERWORKS**

*Barrel-Aged Dry Cider*

House-Made Cider  
Local Beer

Non-Alcoholic  
Drinks

Wine  
Small Bites

**TAPROOM & BOTTLE SHOP**

23 Lytle Road, Fletcher 828.484.1586

hours and menu at **barndoorcw.com**

Kerosene Pump  
open late every night!  
6am - 11pm

Get a car wash with a gas purchase and save 20 cents per gallon

Del from  
**THE Local Joint**

**EBLEN SHORT STOP**

828 628-9888  
1185 Charlotte Highway in Fairview

# All About the New Strawberry Gap Trail



View from Ferguson Peak

In our October issue, we told you about the opening of the Strawberry Gap Trail in Gerton. It was created from a partnership among the Clarke, Hamilton, and Ager families, Conserving Carolina, and the Southern Appalachian Highlands Conservancy. You can read our article in that issue for more background.

The three-mile trail (one way) begins at a parking area off Hwy. 74A in Gerton and ascends through a forest to the rocky viewpoint on Ferguson Peak. From there, it continues to climb until it reaches Blue Ridge Pastures, where the open meadow offers dramatic views of the Hickory Nut Gorge as it plunges toward Lake Lure.

Below, you'll find all the details you need to know about hiking on the new trail.

*All information provided by Conserving Carolina; all photos by Gordon Tutor*

## Trailhead

The Strawberry Gap trailhead is located in Gerton. It is on the south side of Highway 74A near its intersection with Little Pisgah Road. Driving east, you will see a fenced gravel parking area on your right with space for 25 cars and a kiosk at the trailhead. The GPS coordinates are: 35.4877 -82.3557.

## Parking

Please do not park outside of designated spaces. You will be towed at your own expense. If the parking area is full, consider hiking at one of the nearby trails, such as Trombatore, Bearwallow, Wildcat Rock or Florence Nature Preserve (which all connect).

## Trail Details

The Strawberry Gap Trail is strenuous, three miles long (one way) and gains 1,200 feet in elevation. If you are hiking the trail as an out-and-back (six miles), you will gain a total of 1,450 feet of elevation.

After about 1.5 miles of hiking from the trailhead, you will reach a dramatic overlook at the top of Ferguson Peak. This rock outcrop offers sweeping views westward over the picturesque countryside toward Fairview and Asheville. In the distance, you can see as far as the Great Smoky Mountains and Plott Balsam Mountains.

After three miles, you will reach the grassy bald summit of Blue Ridge Pastures at 3,760 feet elevation. Here, you will see panoramic views looking down the center of the Hickory Nut Gorge. You can also see nearby Bearwallow Mountain and Little Pisgah Mountain. In the distance, you can see the Craggy Mountains and the

Black Mountains, including Mt. Mitchell, the highest peak in the eastern US.

## Connections

At Blue Ridge Pastures, the Strawberry Gap Trail connects to the Trombatore Trail, which connects to the Bearwallow Mountain Trail, which connects to Wildcat Rock Trail, which connects to the trail network in the Florence Nature Preserve. That's more than 16 miles of connected trails! See the full map on Conserving Carolina's website.

- If you are interested in a longer hike or a shuttle hike, you can start at the trailhead shared by the Bearwallow Mountain and Trombatore Trails. You would reach Strawberry Gap Trail after hiking the 2.4-mile Trombatore Trail.
- One option for a shuttle hike starts at the Trombatore Trail and ends at the Strawberry Gap parking area. This hike would be predominantly downhill, for 5.4 miles. The two trailheads are not far apart by road, and a shuttle should take only about 15 minutes.

## No Dogs

Dogs are not allowed on the Strawberry Gap Trail, even if they are on a leash. If you want to hike with your dog, there are nearby options (Trombatore, Bearwallow, Wildcat Rock, and Florence Nature Preserve). See Conserving Carolina's website for the full set of trail rules.

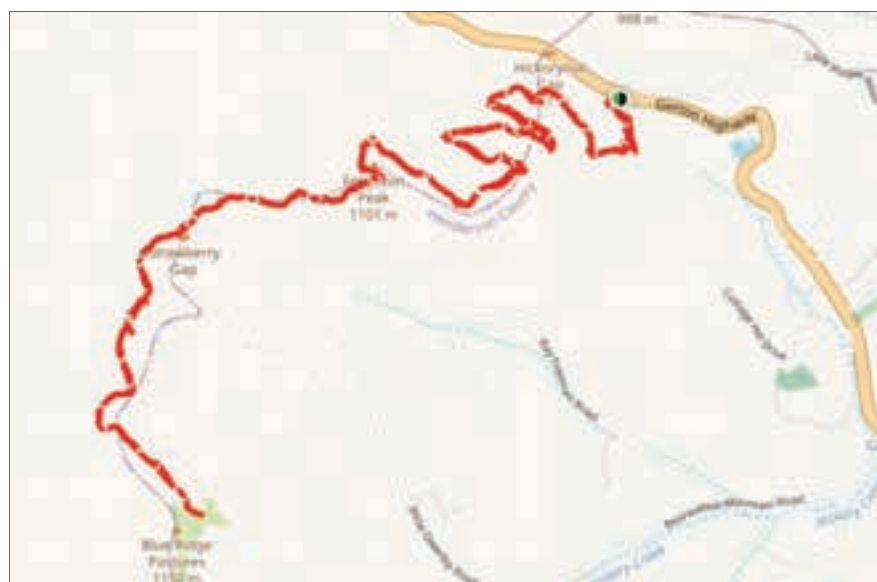
The parking area and the trail are located entirely on privately owned property. The landowners have agreed to grant public access to their property for recreational day hiking and walking, subject to members of the general public observing the rules.



Conserving Carolina Rock Crushers trail crew on Strawberry Gap



Sustainable trail building: steps on Strawberry Gap Trail



The Strawberry Gap trailhead is located in Gerton, on the south side of Highway 74A (or Gerton Highway) near its intersection with Little Pisgah Road. (Map detail from Alltrails.com)



# Keep it Local!

[fairviewbusiness.com](http://fairviewbusiness.com)

## Time for a Holiday Party



asdfsasfasdfasdfsadf



The FBA had a fun meeting at Re.Imagine Gallery & Studios last month. Owners Nan and Jeff Cole hosted and offered a tour of the building and artist studios, and members then shopped the retail gallery.

**Holiday Party!** Members will gather at Black Bear BBQ on December 7 from 6–8 pm to celebrate the holidays together. FBA members will get the first two drinks free. There will be a white elephant gift exchange, so please bring a small gift up to \$20. A food collection wagon for Food For Fairview will also be there. Good items to donate include non-perishable canned goods and food staples in good condition within the expiration date, diapers, paper products and hygiene items.

Black Bear BBQ, River Ridge Shopping Center, 800 Fairview Road, Asheville



### ACCOUNTANT

Bob Williamson, CPA 338-0314

### ARCHITECTURE & DESIGN

Rueger Riley 407-0437

### ART/ANTIQUES

Abba's Vintage Resurrections 865-567-7549  
Fibersong 712-8391  
M. Moore Woodturning 365-8787  
Tyrconnell House 774-3662

### ART GALLERY/REUPHOLSTERY

Re.Imagine 773-680-4981

### AUTO SERVICE/TRUCK SALES

High Country Truck & Van 222-2308

### BANKING/FINANCIAL SERVICES

Edward Jones—Stephen Herbert 777-7094  
Edward Jones—Katherine Morosani 628-1546  
First Bank—Heather Ward 298-8711

### BREWERIES/DISTILLERIES/CIDERIES

Barn Door Ciderworks 484-1586  
Turgua Brewery 338-0218  
Whistle Hop Brewery 338-9447

### BUILDER/CONTRACTOR

Grace Homes 222-4567

### BUILDING & MAINTENANCE

AA Diamond Tile 450-3900  
All Season Heating & AC 651-9998  
Cane Creek Concrete 230-3022  
Daylight Asheville 778-0279

### BUSINESS SERVICES

gk, Inc. 222-4567  
Rising Workplace 214-7827

### CHEF (PRIVATE) & CATERER

Mamones 651-335-6416

### CLEANING SERVICES

Steam Master Carpet/Upholstery 628-9495

### COMPUTER SERVICES

Integrity Audio and Video 915-929-3732  
macWorks 777-8639  
Scobie.net 628-2354

### CSAS/FARM STORES/MARKETS

Cane Creek Asparagus 628-1601  
Grace Farms 222-4567  
Trout Lily Market & Deli 628-0402

### DUMPSTER RENTALS & HAULING

All-In Dumpster Rental & Hauling 776-5517

### EDUCATION/INSTRUCTION

Advanced Education Tutor 628-2232  
Fairview Preschool 338-2073  
Mighty Oaks Montessori 338-0264

### EQUIPMENT RENTALS/REPAIR

Carolina Equipment Rental 628-3004  
Ed's Small Engine Repair 778-0496

### FARMS

Flying Cloud Farm 768-3348

### FLOORING

CC Flooring 712-1671

### HEALTHCARE FACILITIES

Flesher's Fairview Health Care 628-2800  
Silverbell Homestead 844-4634

### HOUSE RENTALS/SHORT TERM/VACATION RENTALS

Cloud 9 Relaxation Home 628-1758

Sunset Hollow 768-0120  
Sweet Farm on Cane Creek 242-4425  
The Cove at Fairview 628-4967

### INSURANCE

AFLAC – Raynelle Ritchie 691-0787  
Butch Greene Hemlock 338-9125  
ESCO Insurance Agency 231-6577  
Kimmel HR Solutions 222-0105  
Prime Time Solutions 628-3889  
Stovall Financial Group 275-3608  
Tammy Murphy Agency 299-4522

### LANDSCAPING

Fairview Landscaping 628-4080

### LAND SURVEYING

Batley Land Surveying 424-9447

### MARKETING/PROMO/PRINTING

828 Printing & Graphics 216-0955  
Ink 222-4567  
Outside the Box Interactive 848-4072  
Re.Solutions 280-8270

### MEDICAL SERVICES

Apex Brain Center 681-0350  
AVORA Health 505-2664  
Carolina Mobile Optician 779-2891  
Fairview Chiropractic Center 628-7800  
Koretz Family Health 220-0125  
SEPT Physical Therapy 338-0707  
Unified Therapies 414-2368

### NEWSPAPER

Fairview Town Crier 628-2211

### NONPROFITS

Food for Fairview 628-4322  
Root Cause Farm 276-1156  
Signs for Hope 691-2581

### ORGANIZING

Grand Solutions LLC 516-238-6979

### PET SERVICES & SUPPLIES

Barn & Home Pet Sitting 280-0056  
Fairview Boarding 628-1997  
Living Harmony Pet Sitting 582-3363  
Woof In the Woods 222-2222

### PHARMACY

Americare Pharmacy 628-3121

### PICTURE FRAMING SERVICES

Frame It Asheville 808-0923

### REAL ESTATE SALES

Beverly Hanks—Carol Holcombe 779-8748  
Cool Mountain—Jenny Brunet 628-3088  
Divitia Realty—Beth Cohen 398-9233  
Greybeard—Rosie Johnson 778-2630  
Keller Williams—Jim Buff 771-2310  
Looking Glass—Dara Kiely 707-0345  
Purnell Team, eXp Realty 551-3542  
Sandy Blair Real Estate 768-4585

### RESTAURANTS/CONFECTIONS

Angelo's Family Restaurant 628-4031  
Embrow Tea 727-564-9003  
Subway 299-8451

### RETAIL

Clothes Mentor 274-4901  
To the Brim: Refill Store 552-3332

### SECURITY SERVICES

ADT Security Services 808-5007

### VETERINARIANS

Fairview Animal Hospital 628-3557

### WELLNESS/HEALING

Appalachian CBD 338-0039  
Fairview Fermentory 372-2450  
Fresh Ground Health 773-343-0614  
LA Massage and Energy Work 372-2450

**GOT A QUESTION?**

**FOR THE CRIER CREW**

<p><b>SUBMIT AN EVENT OR NEWS</b></p> <p><b>Clark Aycock</b> Editor clark@fairviewtowncrier.com</p>	<p><b>ARTWORK/COPY FOR DISPLAY ADS</b></p> <p><b>Lisa Witler</b> Art Director lisa@fairviewtowncrier.com</p>	<p><b>BUSINESS ISSUE</b></p> <p><b>Sandie Rhodes</b> Board Chair sandie@fairviewtowncrier.com</p>	<p><b>BILLING AND CLASSIFIEDS</b></p> <p><b>Patrick Graff</b> Bookkeeper office@fairviewtowncrier.com</p>
-------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------

ADVERTISING MATERIALS DUE ON THE 10<sup>TH</sup> OF THE PREVIOUS MONTH

visit [FairviewTownCrier.com](http://FairviewTownCrier.com) for more information

## Wild Gifts for Healing

**W**inter is finally settling into our beloved mountains after a second year of exceptional fall color and beauty. Nature is, for me, one of the greatest sources of healing, bringing me constant reminders of the beauty and grace operating throughout the entire natural world.

The last year has been a challenging yet rewarding time of radical change and growth in my life, beginning with a surprise diagnosis of esophageal cancer last fall. There had been no history of cancer in either side of my family, and yet here it was. And as is true for most folks, it was a sobering awakening to face one's mortality. I was fortunate to be proactive and have good resources and assembled a top-notch local team of oncologists, radiologists and a magnificent surgical team at Duke, coupled with additional healers and many wonderful friends, amazing support at home from my beloved partner, my faith and many members of our community. I am deeply grateful to all of you.

I am also grateful for the gifts nature has provided from the world of wild edible and medicinal plants and mushrooms, as they have become an essential adjunct and integral part of my treatment/healing journey. The prognosis for this form of cancer may not be very good, and it has been a tough road to travel, yet I feel

grateful and lucky to feel empowered, hopeful and reasonably healthy.

Medicinal mushrooms and herbs have played a vital role in my healing and have been welcomed by my medical team.

Chemotherapy targets cancerous growth but it also destroys a lot of healthy tissue. I have been blessed to find a wonderful MD/shaman who has helped me enormously to navigate this complex terrain. Apparently, my gut biome was severely compromised, so my focus after surgery and the completion of radiation and chemo has been its restoration. Each day, I take in my coffee a tablespoon of dandelion and chicory root powder, called "Dandy," which is available online. I could harvest my own from nature and do on occasion, but my illness has required choosing easier options.

In addition to the chicory and dandelion mix, each day I add in a handful of raspberries, blueberries and blackberries, as wild berries are one of the best ways to quickly rebuild what is called our prebiotic system. And I try to add in at least one wild green edible from our land every day.

During the worst of the chemo, I had severe nausea and insomnia. And although I used many pharmaceuticals, one natural healing agent I was surprised to learn about from my oncologist was a form of medical marijuana that has been legal by prescription for years in NC. The reason it

is legal here is that it has all of the psychoactive THC components removed, leaving only the purely medicinal therapeutic components. That small tablet helped me profoundly, moderating the nausea and aiding me in sleep, which was essential and increased my diminished appetite.

I also began using several medicinal mushrooms, some during conventional treatments, some afterward to ensure there were no contraindications with the chemo.

During treatment, and continuing today, I relied upon a mix of turkey tail mushroom and chaga powders in capsule form and also dried-in teas brewed in either a simple crockpot or cooking pot. Friends up in Maine and elsewhere sent me chaga powder, and turkey tail is common here in our mountains. I also found high-quality sources online for ease and simplicity. Both of these mushrooms have been shown to boost our immune system and are now being recognized more fully in many conventional top cancer centers worldwide. I have also utilized reishi mushrooms harvested here in the mountains but limited the usage of these for three months. Shiitake mushrooms (available in supermarkets) and maitake or hen of the woods are also highly beneficial as immune system boosters.

Recently, one of the *Crier's* readers generously gave me a huge cluster of maitake mushrooms that were not only outstanding to eat but also allowed me to make a tincture for future use. It was one of



the best and tastiest gifts of the year.

I have also tapped into Paul Stamets' wonderful organization in the Northwest called Host Defense Mushrooms. They produce the highest-caliber wild mushroom products and have been at the forefront of the research and preservation of these valuable and ancient mushrooms. Both my radiologist and oncologist were highly supportive of these adjunct therapies that I applied with my treatments and recovery process, but it is purely an individual choice for any one of us and I can only speak from my own experiences.

The world of wild edible and medicinal plants and mushrooms is full of ancient knowledge and wisdom and provides potential for exciting new discoveries and treatments in our modern world.

May you all enjoy this holiday season and the upcoming New Year.



Contact Roger at  
rogerklinger@charter.net.



**Cane Creek**  
Animal Clinic & Equine

TED WRIGHT, DVM  
LEIGH ANN HAMON, DVM  
ELIZABETH MITCHELL, DVM  
WENDY LICHTIG, DVM

1548 CANE CREEK ROAD  
FLETCHER, NC 28732

OFFICE  
(828) 628-9908

**In need of home repair?**



**HOME  
FIX**

PLUMBING • ELECTRICAL • CARPENTRY

**Fully Insured We fix it all!**

**Call Charles! 828.301.3882**

**Since 1985, keeping homes in working order!**

Get  
**Social**  
with the  
**Town Crier!**



facebook.com/fairviewtc

instagram.com/fairviewtowncrier

...and visit us online at **FairviewTownCrier.com**



**Thomas Dental Care**  
Cosmetic and Family Dentistry

**D. Scott Thomas, DDS, PA**  
Eastwood Village, Suite 102  
(Hwy 74, Across from Ingles)

**New Patients Welcome!**

**Phone: 828.299.8960 • Fax: 828.299.8961**  
**www.ThomasDentalCare.net**

# It's Time to Test Your Soil

Frost has covered the barren trees, the mornings are cloaked in darkness, and things are a little quieter. I don my wool socks, light the wood stove, and make hot cocoa for my kids. For gardeners, winter is the time for restful dreaming and quiet reflections of seasons past.

With gardens mostly quiet, too, this is an excellent time to think about getting your soil tested. Why test your soil? Soil is the backbone of the garden! It is the foundation, the stuff of miracles or heartbreak. Everything depends on the soil.

Most soil nutrients are available in the soil provided that its pH level is within the 6 to 6.5 range, but if you stray out those ranges, many nutrients, such as phosphorus, calcium and iron, become unavailable to plants. The soil can even reach a high level of toxicity, poisoning your plants and causing havoc in the garden. Having too much or too little of any one nutrient can lead to an avalanche of noxious weeds or your garden becoming a breeding ground for disease. Too much nitrogen and you could end up with beautiful leafy tomato plants that never produce a tomato.

The small task of testing your soil can make or break your garden season. Even if you've done it before, it can be helpful to do every year to make sure everything is on track. The NC Department of Agriculture and Consumer Services Agronomic



Division offers soil testing to all NC residents. Order sample boxes online or visit your closest office to pick up some kits. For details, go to [ncagr.gov/agronomy/uyrst.htm](http://ncagr.gov/agronomy/uyrst.htm) or call 919-664-1600.

To take a sample, first make sure the soil is not overly wet and has not been recently fertilized. Clear the top of the area of any leaves or grass. Grab your trowel, dig it straight down, and pull out a slice of soil. You may be able to see the different layers of soil—crumbly humus, grayish fill dirt, red clay or whatever special composition your land holds. Take at least 10 samples from different parts of the area you are sampling. An area should be fairly uniform in composition. If your land changes to a slope, a forest or an area with different plants, then those areas will require their own sampling process. Once you have your 10 samples,

thoroughly mix them in a clean plastic bucket and use that mixture to fill the sample box two-thirds full. Make sure you fully fill out your paperwork and label everything.

In a few weeks, you should have your report that will inform you on which nutrients your garden needs and how much. Depending on what you are growing, you can tweak your soil by adding specific nutrients to serve your specific crop. For example, blueberries prefer an acidic soil, so I make a habit of dumping my spent coffee grounds at their base. The whole process of soil sampling takes less than an hour and can completely transform your garden the following season.

Amy Miller is the Director of Operations at Root Cause Farm. 26 Joe Jenkins Road, Fairview. [rootcausefarm.org](http://rootcausefarm.org).

## Looking for a Garden of Help

Would you like to learn more about gardening? Do you need a sunny spot with pre-built beds? Consider being part of our community garden at Root Cause Farm.

This exciting opportunity offers a chance to connect with other gardeners, utilize our excellent tools, and grow something beautiful in the garden and in yourself. If you aren't seeking garden space, but still want to participate in other areas of the garden, we will have ample opportunities come springtime. Additionally, Root Cause Farm will be opening the farm to more events and groups who need a meeting space.

Please send inquiries to [info@rootcausefarm.org](mailto:info@rootcausefarm.org).

**10% off**  
**pre-made holiday**  
**starter bundles!**

*Happy Holidays!*  
We will be **CLOSED** Christmas & New Year's Day

**to the brim**  
REFILL STORE

145 Charlotte Hwy | 552-3332 | [tothebrimrefill.com](http://tothebrimrefill.com) **open 7 days!**  
Mon 10am-7pm Tues-Fri 10am-4pm Sat 10am-5pm Sun 10am-4pm

**McCRARY STONE**

**BIG GRAY**  
**ROCK EATERS**

Residential & Commercial

Local family business since 1968!

**Crushed Stone & Gravel**  
**828 649-2008**

**Great Wall**  
CHINESE RESTAURANT

**TAKE OUT ONLY**  
4 Olde Eastwood Village Blvd.  
Hwy 74A, Across from Ingles

**828.298.1887 or 828.298.1870**  
fax: 298.1859

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

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

**MIKE SURRETT**  
Lawncare & Handyman

Free Estimates • Insured

Tree Cutting/Removal • Firewood • Mowing  
Drywall Patching • Interior Painting • Carpentry  
Pressure Washing • Moving • Trash Removal

**828.628.2918 • cell 828.230.8494**  
**surrettm@bellsouth.net**

**Merry Christmas!**

**Wanda McElrath**  
Notary Public

**691.6700**  
Convenient Fairview Location

auto titles • boat titles • trailer titles • probates • wills  
property easements • deeds • powers of attorney  
copies, emails, faxes also available



**ALL SEASONS**  
HEATING & AIR CONDITIONING

828 651-9998  
P. O. Box 987  
Skyland, NC 28776  
www.allseasonsnc.com



Aran Pelly  
info@allseasonsnc.com

**CC FLOORING**  
Home of the Floor Doktor!

Hardwood • Tile • Carpet • Laminate • Vinyl  
Sanding • Refinishing

**828.255.3532**  
www.CCFlooring.net  
246 Old Airport Road, Fletcher



**Asheville Tree Ninja**  
Tree Trimming & Removal  
Storm Clean-up • Views Cleared  
Tree Safety/Damage Assessment  
Cabling, Bracing & Crane Removal  
Stump Grinding • Fully Insured

**MATT SIEBERT**  
828.582.4815 • AshevilleTreeNinja.com  
treeninja.avl@gmail.com



**Joe's Floor Covering**  
30 YEARS OF EXPERIENCE IN ALL TYPES OF FLOORING  
FREE ESTIMATES  
benthamjoe@gmail.com 828-531-2053 or 828-323-2306  
WE'RE RIGHT HERE IN FAIRVIEW!

Besides installing wood, carpet, LVP and sheet vinyl, we do bath remodels, splash guards, tile repair and more. Get in touch and we can talk over your needs.



**GALLOWAY MASONRY**  
Land Maintenance • Road Maintenance  
Retaining Walls • Excavating  
...and more!

Serving Fairview for over 20 years!

**Call Rick Today!  
828.776.4307**



**HAVE A SPRING YOU DON'T KNOW WHAT TO DO WITH?**  
I can help with that.

John Smith, Natural Spring Consultant  
CALL NOW! 828.674.7801  
imagesbyjohnsmith@gmail.com  
LET'S TALK SPRINGS!



**FAIRVIEW Health & Retirement Center**  
828 628 2800  
3016 Cane Creek Rd., Fairview  
Fleshers.net

- Medical Care
- Nursing/Rehabilitative Care
- Variety of accommodations
- Assisted Living
- On-site pharmacy

A family caring for families since 1954



**Hang Tight Construction**  
Commercial and Residential

Kitchen & Bathroom Renovation    Home Improvements    Door & Hardware Installation

No Job Too Small — We Handle Them All!

**George Toineeta**  
828-712-9357 hangtightmail@gmail.com



**CEDAR MOUNTAIN BAPTIST CHURCH**

 27 REEDS CREEK ROAD, FAIRVIEW, NC 28730

**SERVICES**  
Sunday School 9:45 am  
Sunday Preaching 11 am  
Sunday Night 6 pm  
Wednesday Night 7 pm

**EMMA'S GROVE BAPTIST CHURCH**

 **Sunday 9:30 am** Livestream on Facebook  
**Worship**  
**Wednesday 6:30 pm** Fellowship, Bible Study and Prayer  
**Uplift**


417 Emma's Grove Rd, Fletcher 1.5 miles off Charlotte Hwy  
628-1953 | emmasgrovechurch.org

**Fairview Baptist Church**  
32 Church Rd  
PO Box 1339  
Fairview, NC 28730  
828 628-2908  
www.fbc1806.org  
contact us @fbc1806.org

**SUNDAYS**  
Morning Life Groups 9:45 am & Sunday Worship 11 am  
Evening Life Groups & SPK Kids 6 pm  
**WEDNESDAYS**  
Family Night Supper 5:45 pm  
A.M.P. Ministry 6:15 pm  
Team Kids — X180 — High School — Adults  
Wednesday Night Worship 7 pm



**Fairview Christian Fellowship**  
Affiliated with the Presbyterian Church in America

 **Worship 10 am**  
**Pastor Rusty Harper**  
(828) 628-1044

**Fairview Preschool**  
Mon., Weds., Fri.  
September–May  
Ages 2-5  
(828) 338-2073

Located on Old U.S. 74  
the log church on the hill  
next to Fairview Library

**Pleasant Grove Baptist Church**  
455 Hollywood Rd., Fairview  
Phone: 628-2032

We invite you to come worship with us.  
"A mission-minded community-based church."

 Sunday School 9:45  
Worship 10:45  
Evening Worship 6:00  
Wednesday Evening 7:00

**REYNOLDS BAPTIST CHURCH**  
520 Rose Hill Rd, Asheville, NC  
ReynoldsBaptistChurch.org  
828.779.9783

**SERVICE SCHEDULE**  
Sunday School 9:45 am  
Worship 11:00 am  
Sunday Evening 5:30 pm  
Wednesday 7:00 pm



  
**Spring Mountain Baptist Church**

Marc Shumaker  
Pastor  
828-551-2572  
shumakermarc@yahoo.com

11 Spring Mountain Rd  
Fairview, NC 28730

Find Us On Facebook

**THE PLACE**  
PEOPLE • LOVING • ACCEPTING • CHRIST'S • EXAMPLE  
**FELLOWSHIP CHURCH**  
828-581-0588  
Pastor Mike Anderson

2 LAURA JACKSON ROAD, FAIRVIEW



  
**Trinity of Fairview**  
Rev. Stacey Harris, Senior Pastor

**SUNDAY MORNING WORSHIP & SMALL GROUPS**  
Two Sessions: 9:15 to 10:30 a.m. & 10:45 a.m. to Noon

**WEDNESDAY NIGHT ACTIVITIES 6:00 p.m. to 8:00 p.m.**  
AWANA CLUBS | Food & Activities for Children  
THE MIDWEEK | Food, Worship, & Activities for Students  
PRAYER & BIBLE STUDY | Service for Adults

646 Concord Road, Fletcher, NC 28732 • (828) 628-1188  
www.TrinityofFairview.com



## What's Up?

### 2023 Medicare Premium Changes

The changes in Medicare's benefits have been announced. There are some unexpected, pleasant and some not-so-pleasant surprises in store for next year. Some deductibles and premiums are going down. Yes, you heard me right. You may be paying less for your Medicare benefits in 2023. With inflation increasing, a little respite is welcome news. Premiums for many Part B enrollees are decreasing \$5.20 per month from \$170.10 to \$164.90. Medicare explained that the reduction was based, in part, on lower-than-expected spending on Aduhelm, a \$56,000 per year Part B drug used to treat Alzheimer's disease.

Enrollees aged 65 and over who have fewer than 40 quarters of coverage and certain people with disabilities pay a monthly premium to voluntarily enroll in Medicare Part A. People who have at least 30 quarters of coverage or were married to someone with at least 30 quarters of coverage may buy into Part A at a reduced monthly premium rate, which will be \$278 in 2023, a \$4 increase from 2022. Certain uninsured aged people who have less than 30 quarters of coverage and those with disabilities who have exhausted other entitlements will pay the full premium, which will be \$506 a month in 2023, a \$7 increase from 2022.

### 2023 Medicare Benefits Changes

The annual Part B deductible will be \$226, down \$7 from 2022's \$233. Part A hospital deductible up to \$1,600, from \$1,556 for the first 60 days; semi-private room and board days 61-90 up \$11 per day; and lifetime reserve days 91-150 up \$22 per day. Skilled nursing facilities still require a minimum three-day inpatient hospital stay to qualify. The first 20 days have no copay; days 21-100 up from \$194.50 to \$200/day. Medsup benefits automatically adjust to cover the increases. State statutes determine if a premium increase is warranted. Medicare Advantage plan's benefits are different than Original Medicare. For details, see plan's Annual Notice of Change.

### Social Security Changes

Great news! Social Security and Supplemental Security Income (SSI) cost-of-living adjustment benefits (COLA) for approximately 70 million Americans will increase 8.7 percent in 2023. A welcome change, indeed. Increased payments to 65 million beneficiaries will begin on December 30.



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

## CLASSIFIED

### FOR RENT

**STUDIO, BASEMENT APARTMENT** for rent in Fairview. For 1-2 people. No pets and no smoking. Utilities included. \$1,200 deposit and \$1,200 per month. 828-777-0710.

**SPACIOUS 320 SQ. FT. ARTIST STUDIO SPACE** available January 1st. Large window, private exterior entrance, and deck. ReImagine Gallery & Studios. \$350/month. Contact [infairview@gmail.com](mailto:infairview@gmail.com).

### HELP WANTED

**FLESHERS FAIRVIEW HEALTH-CARE CENTER** is a 3rd generation family owned and operated skilled nursing facility. We are a great place to work and when you work for us, you become one of the family. We are currently hiring in Nursing, Housekeeping, and Dietary. We offer many benefits including: BCBS insurance, Paid Vacation and Sick Time, Flexible schedules and 401K. Call 628-2800 and ask for the specific department you're interested in for more information!

### FAIRVIEW HORSE FARM

Beautiful 70 acre farm located near Asheville is looking for someone who is dependable, handy, honest, with a strong work ethic. Must be a team player, experienced with horses, and general horse care. Must be able to lift 50lbs and have reliable transportation. Experience with farm equipment preferred. Competitive salary depending on experience. References required. Full and part-time position available. Call 843-415-2416.

### SERVICES

#### ACCOUNTING/TAXES

#### BOB WILLIAMSON, CPA

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

## CLASSIFIED ADS WORK!

ONLY **\$10** FOR **20** WORDS!

AND JUST 25¢ FOR EACH WORD OVER!

**CALL 628-2211**

EMAIL [OFFICE@FAIRVIEWTOWNCRIER.COM](mailto:OFFICE@FAIRVIEWTOWNCRIER.COM)  
VISIT [fairviewtowncrier.com](http://fairviewtowncrier.com)

### CONSTRUCTION/HANDYMAN



#### ALL CONSTRUCTION SERVICES

Customized building, turn-key homes, remodeling, decks, and light

dump truck work. 75 Years of quality customer service. Free estimates. Call David Frizsell at 828-458-2223

#### HANDYMAN

Yardwork, Landscaping, Light Carpentry, General Repairs, Custom Shelving, Small Jobs Welcome. Best Pricing. Call Rob 828-280-2623

### HOME MAINTENANCE



#### HAPPY CLEAN PRESSURE WASHING

Keeping Fairview beautiful one job at a time. Call Chris

Today! 828-793-1710

### HOUSECLEANING

#### TRADITIONAL or GREEN CLEANING

Experienced, references available. Flexible days and hours. Call Ana: 582-1252

**HOUSE CLEANING** by Darlene in business for 10+ years CALL or TEXT for a quote today 828-767-9848

### INSURANCE

#### MEDICARE HEALTHCARE INSURANCE PLANS

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

### LAWN CARE

#### NESBITT LAWN CARE AND LANDSCAPING

Mulching, hedge trimming, weedeating— if it's lawn care you need, I can do it. 828-243-4759.

### ORGANIZING



#### OVERWHELMED BY CLUTTER?

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

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

YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997



## The Fairview Town Crier

Managing Editor **Clark Aycock** [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com)  
phone/text 828-771-6983

Art Director **Lisa Witle** [lisa@fairviewtowncrier.com](mailto:lisa@fairviewtowncrier.com)

Bookkeeper **Patrick Graff** [office@fairviewtowncrier.com](mailto:office@fairviewtowncrier.com)

Board Chair **Sandie Rhodes** [sandie@fairviewtowncrier.com](mailto:sandie@fairviewtowncrier.com)

[fairviewtowncrier.com](http://fairviewtowncrier.com) | 628-2211  

OFFICE OPEN Tuesdays 11am-1pm Thursdays 11am-4pm

BIG BLUE DROPBOX AVAILABLE 24/7

1185-H Charlotte Highway

Mailing address: P.O. Box 1862, Fairview, NC 28730

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

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

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



**Jim Buff**<sup>CRS</sup>  
**828.771.2310**

86 Asheland Avenue, Asheville, NC

**Fairview resident since 1992!**

**kw** PROFESSIONALS  
KELLERWILLIAMS. REALTY

**www.jimbuff.com**



## FEATURED LISTINGS



**MILLS RIVER!** 2.55 acre mobile home park, includes 10 mobile home lots + add'l lot, well & septic, convenient location, no mobile homes or buildings included, *MLS#3849954, \$800,000!*



**FAIRVIEW!** Cute as a button home on 6.81 level to rolling acres, heated sunroom, large deck w/ramp, 2 BR/1BA, mature landscaping, new furnace & water heater, *MLS#3858863, \$435,000!*



**ASHEVILLE!** 3BR, 2 Bath brick home in Tiny Farms, living room w/fireplace, Covered Porch, Patio, 2-car garage, full unfinished basement, *MLS#3917498, \$375,000!*



**ASHEVILLE!** Convenient location minutes to Downtown, fenced yard, 3 BR house on 1.11 acres, sunroom, above ground pool, tons of outdoor living, possibility of add'l living areas, *MLS# 3873545 \$330,000!*



**CHIMNEY ROCK!** Level .31 acre lot located on Broad River, walking distance to Chimney Rock Village w/ restaurants & more, easy access to Lake Lure, *MLS# 3828634, \$185,000!*



**ZIRCONIA!** House on 1.38 acres with tremendous views, 1BR, 1bath w/potential for add'l BR & bath, covered deck, private location, property needs work throughout, *MLS# 3830801, \$120,000!*

## PUT SUCCESS ON YOUR SIDE

Call the Jim Buff Team



**Jim Buff**  
Sales



**Grace Ksel**  
Sales



**Steve Hedrick**  
Sales



**Heather Hendrix**  
Sales



**Jason Rice**  
Sales



**Ashley Nelson**  
Office/Listing  
Manager



**Rebecca Guy**  
Office  
Assistant

## RESULTS

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

**www.jimbuff.com**



**Merry  
Christmas,  
neighbors.**

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

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

Like a good neighbor,  
State Farm is there.®

State Farm  
Bloomington, IL  
2006048

