



# The Fairview Town Crier

JANUARY 2023 VOL. 27, No. 1 | FAIRVIEW, NC | fairviewtowncrier.com  

**INSIDE**

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## Letter from the Editor



### Picture This

If you were to take one photo, or paint one picture, to represent all of our community, what would it be? Mountains against a blue sky. Cows in a large, open field. Cars driving down Charlotte Highway. Kids at recess at Fairview Elementary. People hiking a trail in Gerton. Because our little community is full of so many different things, I don't think it's actually possible to capture it all in one image.

A full representation of our community—Fairview, Gerton, Reynolds and Fletcher—would require many images from all kinds of people of all ages and interests. And that's exactly what I want you to help me with. I want to publish many more of your images this year. So send them to me!

#### Events and Groups

Birthday parties (of any age), birth announcements, reunions, get-togethers,

group meetings, team photos, athletic triumphs, academic achievements. If something happened in Fairview, I'd love to see a photo.

#### Travels

For many years, the *Crier* had published its "On the Road" series. Readers took the *Crier* with them when they traveled and sent us a photo, holding the paper, along the way (or after they get home). Now that travel is returning to close to normal for most folks, I want to see those photos again. And if you go to some place that's extra interesting, we can do a travelog and use more of your photos.

#### Local Scenes

Fairview, Gerton and the surrounding areas are full of interesting places and things. Send me your photos of landscapes, nature and anything else that can only be found locally (signs, buildings, barns, etc.).

#### Funny Stuff

Funny faces, funny situations, people laughing. We need more laughs than ever in this world. If you capture something that makes you chuckle, send it in.

Photos are the easiest images for most people to capture and send. But I welcome your paintings, crafts, illustrations, cartoons and comics, too.

*Clark Aycock is the Town Crier's Managing Editor. See above right for how to send him your images.*



## Giving "Other" Pets Some Love

We love seeing pictures of your dogs and cats. But we're sure that some of our readers have less common but equally loved pets living with them.

Send us a picture of your bird, snake, gerbil, horse, spider—any pet except a dog or cat—and



make sure you're in it, too. We'll publish as many as we can in our next issue.

#### How to Send

Email: [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com)  
Text: 828-771-6983  
Prints: Put in our dropbox outside our office at 1185 Charlotte Highway.

## The Crier's Staff and Office Hours

*Clark Aycock*



#### Managing Editor

Need to send in an update or photo, or want to run an ad? Would you like to ask a general question?

[clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com)  
828-771-6983 call or text

*Lisa Witle*



#### Art Director

Need design assistance with your ad? Want to update an existing ad?

[lisa@fairviewtowncrier.com](mailto:lisa@fairviewtowncrier.com)

*Patrick Graff*



#### Bookkeeper

Have a question about an invoice or payment? Or want to make a payment by check or credit card?

[billing@fairviewtowncrier.com](mailto:billing@fairviewtowncrier.com)  
574-238-0717 call or text

*Diana Soll*



#### Labeling Volunteer Coordinator

Would you like to help other volunteers label the paper every month? (It takes less than 2 hours).

[dbsr828@gmail.com](mailto:dbsr828@gmail.com)

**Starting this month, our office is open from 11 am to 3 pm, Tuesdays and Thursdays (except holidays). We hope to add another day per week later in the year. We're located at 1185 Charlotte Highway, between Edward Jones and Folkwear. (We share a door with the Truth Worship Center). The dropbox outside our door is available 24/7. Call us at 628-2211.**

## What's the Crier Worth to You?

Thank you to all our readers who donated recently. We appreciate every single donation, no matter how small! Public support (donations) helps us satisfy our nonprofit requirements and allows us to mail at a reduced rate, which means you get this paper for free! If you haven't made a donation yet, it's a new year and we still need your help.

So what's the value of getting the *Crier* every month worth to you? We think \$25 a year is reasonable, but please assess your own value. We are a 501(3)c, and your donation is tax deductible.

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## COMMUNITY EVENTS & UPDATES

**A.C. Reynolds High School**  
**JANUARY 21 Winter Blues Theatre Class**, 7–9 pm. **JANUARY 23 Orchestra Concert** (in the auditorium), 7–9 pm. **JANUARY 28 Mid-Year Graduation** (at Thomas Wolfe Auditorium in Asheville), 11 am–1 pm.

**Ecclesia Baptist Church**  
**TUESDAYS Bible Study** 5:30–7 pm. Free, light supper provided. Donations welcome but not required. For more info, visit ecclesiabaptist.org. 607 Fairview Rd., Asheville.

**Fairview Area Art League**  
**JANUARY 9 Monthly meeting**, 11 am. Annual \$25 membership fee. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

**Garren Creek Fire Department**  
**ONGOING** The VFD Auxiliary is selling nuts again: pecans—both halves and pieces—and black walnuts in one-pound bags. Great for 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 or call 222-3659.

**Re.Imagine Gallery & Studios**  
**JANUARY 14 Introduction to SoulCollage** 10 am–2:30 pm, \$95. **JANUARY 15 Intro to 3D Drawing and Paper Animation**, 2–4 pm. For kids ages 8–12, \$40. **JANUARY 28 Upcycled "Junk" Journals** 10 am–5 pm, \$145. Learn more/register at re-imagine.corsizio.com. For general info, go to 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.

**Specialized Fitness**  
**MONDAYS TO THURSDAYS**, 12 pm and 6 pm. **FRIDAYS**, 12 pm. **Free drop-in community fitness classes.** See ad below for more info. 9 Kristie Scott Ln., Fairview.

**Signs for Hope**  
**CLOSED JANUARY 1–15 For inventory and reset.** See ad on page XX. 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. See ad on page XX.

**WNC Prostate Support Group**  
**JANUARY 3 Free Meeting**, 6:30 pm. Medical professional speakers. Online via

Zoom. wncprostate@gmail.com or 419-4565.

### COMMUNITY CENTERS

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

**Fairview**  
 1357 Charlotte Hwy., Fairview  
**JANUARY 28 Yard Sale**, 9 am–2 pm. To rent a space (\$10) call 367-8187. Heated and indoors. **FEBRUARY 11 Valentine Craft Fair**, 9 am–2 pm. Save the date. To rent a space (\$20) call 367-8187. Heated and indoors.

**Upper Hickory Nut Gorge**  
 4730 Gerton Hwy, Gerton  
**JANUARY 17 Community Covered Dish and Meeting**, 6:30 pm. **JANUARY 21 Chili Cook-off**, 12–2 pm. Chips, drinks and desserts will be provided. Prizes awarded for top three. Participants should:

- Submit name and chili description (type of meat/vegetarian and

heat level—high, medium, low) to groundedingerton@gmail.com by January 18. (The cook's name will not be disclosed for voting.)

- Serve chili in a crock pot to keep it warm. (Let us know if you don't have a crock pot.)
- Provide condiments, if desired.
- Be set up by noon on the day of.

### FOOD PANTRIES

**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.

**The Place Fellowship Church**  
**TUESDAYS** 4–6 pm. 2 Laura Jackson Rd., Fairview (next to Food Lion). 581-0588.

**Trinity of Fairview**  
**TUESDAYS** 9 am–12 pm at back of church grounds. For more info, call 628-1188. 646 Concord Rd., Fletcher.

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

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

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email clark@fairviewtowncrier.com. For staff directory, contacts and additional info, please visit fairviewtowncrier.com or see page 31.

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

Fairview native  
Crystal White, owner



# John Lanning as a Soldier

John Lanning was born in Bordentown, Burlington County, NJ, on February 27, 1757. He was the son of Joseph Lanning (1731–1800) and Marcy Mary Lownsbury, who moved to Rowan (now Davidson) County, NC, in the early 1770s.

The Revolutionary War broke out soon after they moved, and Joseph was drafted to fight. John volunteered to enter as a substitute for his father, and this was accepted by the military. He was placed under the command of General Rutherford. He served 28 days and was discharged. He did not fight in any battle or receive any pay.

John re-entered military service, again as a substitute for his father, in September 1776 in Salisbury, Rowan County, NC. He was again assigned to General Rutherford, whose troops were ordered to attack the Cherokee villages at Valletown. (The town of Andrews is now located at the former village location.) Rutherford's sole mission was to burn the villages.

John was discharged from service in December 1776. He again received no pay or discharge papers. His father met him at Sherrill's Ford on the Catawba River in Lincoln County, NC. Joseph brought his son a horse to ride the rest of the way home.

John's unit re-entered military service in Salisbury on March 20, 1779. This time,



he saw action under Lieutenant Richard Graham. Graham's unit marched into South Carolina and crossed the Savannah River into Georgia, just above the city of Augusta. They traveled down the river, recrossed it, and moved toward Charleston, SC. They crossed the Ashley River near Charleston on May 10, 1779.

They engaged in frequent skirmishes with the British army at Stono River and the Stono Ferry southwest of Charleston. The unit then returned to Salisbury.

John re-entered the military again in 1780. He served this time in Captain John Lopp's Cavalry Rangers. He had to provide his own horse. He served for two months, and this appears to have been the last time he was in the military.

John Lanning married Sarah Whitaker



(October 7, 1768–May 26, 1848) in October 1783 in Rowan County, NC. Sarah was the daughter of Joshua Whitaker, Sr. (1735–1798) and Mary Reed (1748–1832).

A large group of people in Rowan County moved to Fairview in the late 1790s. They included Peter Whitaker Sr. and his wife Mariam F. Kent; Jane Whitaker Reed and her husband Eldad Reed; and Mary Reed Whitaker (Sarah's mother), her brother William Whitaker Sr., and most of her McCrary cousins. Other families making the move included the Tranthams,

John Lanning's original tombstone and the later replacement.

Merrills and Garrens. John and Sarah Lanning moved to Fairview around 1795. On October 9, 1798, John Lanning bought 50 acres on Gap Creek in Fairview that was listed as joining land that Lanning already owned. On June 6, 1799, he bought 22 more acres on Gap Creek.

John Lanning is listed on the Buncombe County census from 1810 through 1830. On October 20, 1832, he applied in the Buncombe County court for a Revolutionary War pension. It was approved on March 4, 1833 for \$31.33 a year, retroactive to March 4, 1831.

After John died in Fairview on August 10, 1839, Sarah applied for a widow's pension on September 25, 1843. Hannah Trantham signed a deposition saying she was present and witnessed the marriage of John and Sarah, and Sarah received John's pension at the same rate until her death on May 26, 1848.

Both John Lanning and Sarah Whitaker Trantham are buried in Cane Creek Cemetery in Fairview.

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).

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## Meet a Friend: Lina Evans

When Lina Evans and her husband moved to Fairview 25 years ago, they didn't know a soul. Their arrival was well timed, as she attended the ground-breaking for the new library within a few months of moving in. That was the beginning of her active participation in the Friends of Fairview Library (FOFL).

The members of the newly formed group generated a groundswell of creativity in finding ways to promote and invite participation in the library. Lina became a leader in an ambitious plan to collect and sell books to raise funds. It all began with a wagon in the post office, where anyone could leave book donations, which Lina collected daily and stored in another member's basement. The response from the community was enthusiastic, and soon the book stash outgrew the original storage space and then the next one, at Cane Creek Cycling. Lina stayed at the helm as the first book sale was set up in the Fairview Community Center. It was a mammoth success and continued as a popular event with readers, collectors and book dealers throughout the county and beyond for a number of years. The volunteers' enjoyment of the work and collaboration kept spirits high and vitality alive.

Lina was the president of FOFL for many years. Throughout, she has been a tireless advocate for the library. "I believe that the library is a vital part of the community. I am passionate about making library services available to everyone; even in today's digital environment, there is value in having access to them," she said.

"Community involvement made everything possible in the beginning and always has been the key to achieving these goals," she continued. "Our business sponsors play an important role, and we are very grateful to them. We encourage everyone to keep them in mind and patronize those businesses and services when they can."



### Join the Friends!

FOFL is an active group, but is always looking for new members who want to make a difference in the community and bring awareness and support to the library.

Individual (\$20) and business (\$50) memberships are available. (Donations always thankfully accepted.) Membership brochures are available at the library's front desk. Individual members can help gift wrap books at holiday time, provide refreshments for programs, attend business meetings, help with landscaping, and coordinate or assist with events—or let them know how else you can help. Benefits to business sponsors include a decal to display on the window or door to show support for FOFL and inclusion on the sponsor list in the library and on flyers and signs for programs and special events. Community members are encouraged to support the sponsors.

For more information, email [fairviewlibraryfriends@gmail.com](mailto:fairviewlibraryfriends@gmail.com). To join (or donate), make your check out to "Friends of Fairview Library" and mail to 1 Taylor Road, Fairview, NC 28730 or bring it in person to the library.



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# Happy New Year

by Jaime McDowell

## UPDATES

### The Gift of Reading

Once again, the Fairview community came together to provide books for local school children. Sponsored by the Friends of Fairview Library (FOFL), The Friendship Tree program provided books for 120 children this year. Books in the home increase a child's academic success, vocabulary and attention span. The Friendship Tree is FOFL's major annual literacy initiative and depends on donations from individuals and businesses. We will continue to accept cash donations for this program through January 31. Thank you, Fairview, for making The Friendship Tree a success.

## PROGRAMS FOR KIDS

### Weekly Story Time at the Library

Tuesdays, 10:30 am, 3-6 years

Thursdays 10:30 am, 18 months to 3 years

### Lego Club Is Back

The library provides the Legos and you provide the creativity. Perfect for ages 6 and up. Upcoming dates (always last Friday of the month) are January 27, February 24, March 31, April 28 and May 26, all at 3:30 pm.

## CRAFTING AND CREATING

### Take Home Craft Kit:

#### Friendship Bracelets

While supplies last. Ages 5-10.

### In-House Activity:

#### Winged Photo Booth

Where will your wings take you in 2023? Stop by the library anytime in January to take a selfie in front of our giant wings.

## PROGRAMS FOR ADULTS

### Fairview Online Book Club

January 17 at 7 pm

*Circe* by Madeline Miller via Zoom.

With unforgettably vivid characters, mesmerizing language and page-turning suspense, *Circe* is a triumph of storytelling, an intoxicating epic of family rivalry, palace intrigue, love and loss, as well as a celebration of indomitable female strength in a man's world.

The Fairview Evening Book Club meets via Zoom the third Tuesday of each month at 7 pm. For info or to attend, email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org).

### Future Books

*The Vanishing Half* by Brit Bennett—February; *Wise Blood* by Flannery O'Connor—March; *Freedom at Midnight* by Larry Collins and Dominique Lapiere—April; *Klara and the Sun* by Kazuo Ishiguro—May.

## PROGRAMS FOR EVERYONE

### Winter Bingo

Come one, come all, kids and parents and teens and grandparents and... did I

mention that everyone is invited? It's bingo time at the library once again. There will be corny jokes, zany prizes, and hardcore competition. Bring your neighbors. Bring your kids. Bring your neighbors' kids! Upcoming dates are January 17, February 21 and March 21, all from 3:30-4:40 pm. Prizes donated by FOFL.

## THE COMPREHENSIVE PLAN



Buncombe County wants to hear from you as it moves into finalizing the draft version of the county's 2043 Comprehensive Plan. Don't miss this opportunity to review the draft plan and share your feedback.

The Buncombe 2043 Comprehensive Plan will guide the county's decision-making for the next 20 years when it comes to development, infrastructure, recreation and new programs.

We are thankful to the more than 3,000 residents who have shared their voices throughout the last year. The steering committee, along with consultants and planning staff, used resident input to create a draft plan for public review.

You are invited to one of the upcoming exhibits to learn about how the plan was created and to let us know if it reflects the community's vision for the future of Buncombe County.

Exhibits are drop-in style and self-guided. Planning staff will be available at select locations. A virtual exhibit and an opportunity to provide feedback is also available online at [engage.buncombecounty.org/Y4853](http://engage.buncombecounty.org/Y4853).

### Local Comprehensive Plan Community Input Exhibit

February 1 10 am-5:45 pm

Fairview Library (1 Taylor Road, Fairview)

### Next Steps

After this final round of public input has been gathered, the Planning Board and Board of Commissioners will review the draft plan. Plan adoption is anticipated to take place in the spring of 2023.

### Background

A comprehensive plan is used by local governments as a broad, long-range planning tool for the community. Buncombe's plan will focus on the next 20-year period and will look at the relationships between land uses, infrastructure and key community needs. Follow the plan's progress, sign up for newsletter updates, and learn more at [buncombecounty.org/plan2043](http://buncombecounty.org/plan2043).

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

## TALK

### Winter Birds of WNC with Simon Thompson

January 24 6:30 pm

Join Simon Thompson, Ventures Birding Tours owner, for an introduction into the winter birds around WNC. From waterfowl on the open lakes and rivers to sparrows and finches feeding on seeds in overgrown fields, a winter birding trip around our area of the mountains can be very productive. If we are lucky, we get more birds of prey moving south, such as Red-tailed, Cooper's and Sharp-shinned Hawks and Bald Eagles. Merlins, American Kestrels and Peregrine Falcons can also be seen in open country.

Originally from Suffolk, England, Simon has lived in NC for over 20 years. In addition to traveling extensively in the US, Simon spent six months in China studying the crane and bird of prey migration as a member of the British "China Crane Watch" expedition. He is on the board of the Audubon Society in Asheville and has led many birding trips all over the world.

This program is presented with financial support from the Friends of Fairview Library.



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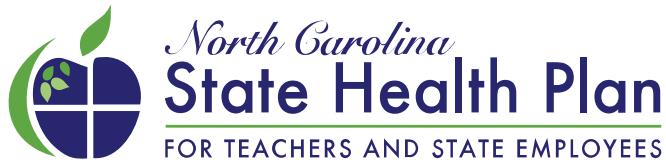
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Biography and Services of Dr. Reilly

**DR. EDWARD REILLY, D.C.**

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- Graston Technique-Certified-GT-C  
- American Functional Neurology Certificate™  
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# 2022 in Review—and '23 Is Here

**W**e had an interesting 2022, with a decent snowstorm and a cold January to start the year. This was followed by a wet spring and some wet and dry spells over the summer and then a bit more rain in the fall. Precipitation totals were over the 50-inch mark in much of Fairview and higher along the escarpment. Preliminary data suggests that the annual temperature may end up a bit below normal due to temperatures running 2 degrees or more below normal in four months of the year.

I have written about the “dead of winter” in past columns. The reason why January is typically the coldest month is that the North Pole has no direct sunlight for 179 days from late November through mid-March. This lag time allows cold polar air to continue to build across the Arctic and Siberia. From time to time, this cold arctic air spills southward, aided by the changing of the jet stream. This cold air mass only slowly warms up as these regions start to get a little sun each day, and the cold is modified from late winter through spring.

Each subsequent blast from the Arctic, with time, becomes less intense as these regions start to receive more sunlight. For example, Yellowknife in the Canadian Northwest Territories receives only six hours of sun in mid-January but will

## QUESTION of the MONTH

**What causes the different colors in clouds, from white puffy cumulus clouds to dark storm clouds and gray stratus clouds?**

*Find the answer in February's Weather Wonder!*

receive some 15 hours by mid-April.

Closer to home, in terms of averages, temperatures in Fairview bottom out in January, with average highs of about 47 and low averages around 27. The average liquid precipitation for the Fairview area in January is around four inches. This is typically our snowiest month, with four to five inches received. Historically, we can get significant snows if the weather pattern is right, even into early April. We are also due for a “good snowstorm,” so stay tuned—or better yet, keep looking outside.



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

## WEATHER WONDER

### How Do Atmospheric Pressure Changes Affect Our Health?

Air pressure is a function of the altitude and the weather. The movement of high and low pressure systems will change the air pressure even if you remain indoors. The body adjusts to the outside air pressure by having an equal amount of air pressure inside the body.

Pressure changes can easily be sensed in the ears. There are ways to deal with this problem, which is very common when flying since the air pressure in the plane will vary and is lower than the air pressure at sea level. One way is to chew gum, as the jaw motion allows the pressure to be equalized. Another method is to yawn, which can allow excess pressure to be released.

Pressure changes can sometimes be felt in the joints or in old injuries. This is because there is an amount of air in these places. This air can have trouble adjusting to the outside air pressure when the outside air pressure changes rapidly. The problem is potentially worse when the air pressure lowers outside because this causes higher pressure in the joints, which can lead to inflammation and pain. Some people are able to predict the weather this way. When a low pressure system approaches or when a storm approaches, the air pressure will lower and this can be felt as aches in the body. When a high pressure system and nice weather approaches, this will reduce the swelling in the joints and can make a person feel better.



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**ACTIVE LISTING** Clay Arnold  
\$800,000 | MLS ID 3920528

## ACTIVE LISTINGS

### Asheville



5 BR | 4 BA | 4,255 SF

2 Barebridge Hills Drive  
\$1,175,000 | MLS 3908969

### Montreat



5 BR | 4 BA | 2,903 SF

205 Harmony Lane  
\$1,100,000 | MLS 3529681

### Asheville



2 BR | 1.5 BA | 1,045 SF

9 Rocking Porch Road, Unit 3A  
\$295,000 | MLS 3914405

## FAIRVIEW REAL ESTATE NOVEMBER 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$235K	66	94
\$300K-599K	4	\$462K	39	100
\$600K-899K	3	\$784K	52	94
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Data is sourced from Canopy MLS and compiled by Greybeard Realty Broker Sara McGee.

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# Volunteer in 2023!

## LOOKING TO LEND A HAND?

There is no shortage of Fairview-area organizations ready to put your generous heart (and hands) to good use.

**Angels of Fairview** Helping families and children in need in the Fairview area. Find them on Facebook (@angelloffairview) or call 216-6002 or 775-7750.

**Churches** Visit a local church to find out how you can help. See page 30 for the contact info of some Fairview churches or stop by a local church on a Sunday.

**Community Centers** Local centers need volunteers! Call to see what you can do: **Cane Creek**, 768-2218; **Fairview**, 338-9005; **Spring Mountain**, 545-9092; **Upper Hickory Nut Gorge** (Gerton), 625-0264.

**Conserving Carolina** Build trails, restore habitat, help with a special event, lend a hand in the office, or share your unique skills. [conservingcarolina.org](http://conservingcarolina.org), 697-5777.

**Fairview Town Crier** Write a column, take photos, search social media for interesting stories, be our contact for local school news, research Fairview history, etc. This is your paper—get involved! *Like to drive? Drop off papers once a month to local businesses and newspaper boxes. Have a large-format scanner? We're looking to convert our old paper issues to digital.* Call or text the editor at 828-771-6983 or email [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com).

**Food for Fairview** Volunteers are needed at the Fairview Community Center to greet clients, assist them in shopping, stock shelves, carry boxes to cars, transport food from MANNA Food Bank to the pantry, and help with fundraisers. See page 2 for more info about days and times. [foodforfairview.org](http://foodforfairview.org), 628-4322.

**Friends of Fairview Library** This active group is always looking for new members who want to make a difference in the community and bring awareness and support to the library. Individual memberships are \$20. You can help gift wrap books at holiday time, provide refreshments for programs, attend business meetings, help with landscaping, coordinate or assist with events, or help in other ways. For more info, email [fairviewlibraryfriends@gmail.com](mailto:fairviewlibraryfriends@gmail.com) or stop by the library (1 Taylor Road, Fairview).

**Keep Fairview Clean** Help remove litter on local roads. Supplies are provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations, email [keepfairviewclean@gmail.com](mailto:keepfairviewclean@gmail.com) or call Natalie at 222-3659.

**Public Schools** Parents and community members can help teachers and students in many ways, such as assisting with a phonics lesson, chaperoning a field trip, proctoring a test or supervising a classroom while a teacher eats lunch or goes to the restroom. Call a local school to find out how you can help. **Fairview Elementary**, 628-2732; **Cane Creek Middle**, 628-0824; **A.C. Reynolds Middle**, 298-7484; **A.C. Reynolds High**, 298-2500.

**Root Cause Farm** Get your hands dirty in the garden, help with administration, fundraising and outreach, or see what other help they need. [rootcausefarm.org](http://rootcausefarm.org), [info@rootcausefarm.org](mailto:info@rootcausefarm.org).

## MORE ASHEVILLE-AREA OPTIONS

We made a few additions to this list published by AVLToday in November. Sign up for daily emails about Asheville-area news and events. [avltoday.6amcity.com](http://avltoday.6amcity.com)

### Mental Health Advocates

- **NAMI Western Carolina** Assist with advocacy, support, and admin or fundraising. [namiwnc.org](http://namiwnc.org), 505-7353
  - **Light a Path** This initiative of the YWCA of Asheville offers yoga and wellness to underserved communities, including youth, the incarcerated, the unhoused, older adults, veterans, and those in recovery. [lightapath.org](http://lightapath.org)
  - **SeekHealing** Assist the listening line, connection mission, or community aftercare program. [seekhealing.org](http://seekhealing.org), 222-5029
  - **Sunrise Community for Recovery and Wellness** Fundraise/collect outreach supplies. [sunriseinashville.org](http://sunriseinashville.org), 552.3858
- ### Get Hands On
- **Asheville Tool Library** Train for three months to assist this as a repair person, tool inventory librarian, or with events like sales and tool sharpening. [ashvilletoolibrary.org](http://ashvilletoolibrary.org), 808-2122
  - **Asheville Area Habitat for Humanity** Sort donations in the ReStore, work construction, or assist in the admin office. [ashvillehabitat.org](http://ashvillehabitat.org), 251-5702
  - **WNC Repair Cafe** Offer your skills to those in need. [wncrepaircafe.blogspot.com](http://wncrepaircafe.blogspot.com)

### Animal Lovers

- **Appalachian Wildlife Refuge** Transport wildlife, operate the hotline, input data, or help care for animals. [appalachianwild.org](http://appalachianwild.org), 633-6364
- **Wild Heart Farm Sanctuary** Work with animals or tend to the garden. [wildheartfarmsanctuary.org](http://wildheartfarmsanctuary.org), 319-5319
- **Full Moon Farm Wolfdog Sanctuary** Transport wolfdogs/wolves, fundraise, build, clean, train, and help with rehab activities. [fullmoonfarm.org](http://fullmoonfarm.org)

- **Asheville Humane Society** Wash dishes, help with outreach, assist with adoptions, help coordinate events, or take the shelter's most energetic dogs on hikes. [ashevillehumane.org](http://ashevillehumane.org), 761-2001
- **Brother Wolf Animal Rescue** Help at the store or adoption center, transport pets, or hike with dogs. [bwar.org](http://bwar.org), 505-3440

### Veterans Support

- **ABCCM** Help with crisis services, veterans' services, food prep and serving, medical ministry, and administrative tasks. [abccm.org](http://abccm.org), 259-5300
- **Equinox Ranch** Help build housing for combat veterans learning coping strategies at this riverfront ranch in Cullowhee. [equinoxranch.org](http://equinoxranch.org), 356-8307
- **Veterans Healing Farm** Help maintain the garden, harvest herbs, care for bees, assist with marketing, social media, events, fundraising, and outreach. [veteranshealingfarm.org](http://veteranshealingfarm.org), 595-6111
- **Heart of Horse Sense** offers trauma-informed equine therapy. Assist with barn and farm support, horse care, education, events, fundraising, and outreach. [heartofhorsesense.org](http://heartofhorsesense.org), 649-7064

### Outdoor Volunteers

- **Asheville GreenWorks** Help with stream and river cleanup, roadside cleanup, special events, and more. [ashvillegreenworks.vomo.org](http://ashvillegreenworks.vomo.org), 254-1776
- **RiverLink** River and creek cleanup, self-directed cleanup (supplies provided), and Adopt-A-Stream initiatives. [riverlink.org](http://riverlink.org), 252-8474
- **MountainTrue** Assist with river and forest keeping, public lands restoration and maintenance, and invasive species control. [mountaintrue.org](http://mountaintrue.org), 258-8737

- **Dogwood Alliance** Help protect forests. Research, campaign, outreach and media, fundraise, special events. [dogwoodalliance.org](http://dogwoodalliance.org), 251-2525

### Helping Neighbors in Need

- **Bounty & Soul** Sort veggies, curate produce boxes, garden, help at drive-thru markets. [bountyandsoul.org](http://bountyandsoul.org), 419-0533
- **MANNA FoodBank** Warehouse support, sort produce and bread, help distribute. [mannafoodbank.org](http://mannafoodbank.org), 299-3663
- **BeLoved Asheville** Help construct affordable housing and more. [belovedasheville.com](http://belovedasheville.com), 571-0766
- **Homeward Bound of WNC** Sort/distribute furniture/household items, offer admin support, organize a donation drive. [homewardboundwnc.org](http://homewardboundwnc.org), 258-1695
- **Meals on Wheels** Deliver to area homebound and senior residents. [mowabc.org](http://mowabc.org), 253-5286

### Literacy Lovers

- **Literacy Together** Serve as an ESOL tutor to help immigrant adults learn English, or work with children who read, write, and/or spell below grade level. [lit-together.org](http://lit-together.org), 254-3442
- **Read to Succeed** Work one-on-one or in small groups with K-4th grade students to boost literacy. [r2sasheville.org](http://r2sasheville.org), 747-2277
- **The POP Project** Collect/sort donations, make deliveries, or research and write grants. [thepopproject.org](http://thepopproject.org)

### Support Abuse Victims

- **Our Voice** Support victims of sexual violence through advocacy or collect supplies. [ourvoicenc.org](http://ourvoicenc.org), 252-0562
- **My Sister's Place** Help with fundraising, seasonal chores, operating its thrift store, and sponsorship of children and clients. [mysisters.place](http://mysisters.place), 649-2582
- **Helpmate** Provide childcare during support group meetings or answer hotline

calls. [helpmateonline.org](http://helpmateonline.org), 254-2968

- **Family Justice Center** Work as a receptionist, offer clerical support, perform assessments, obtain referrals, provide support to hotline callers. 250-6900

### Arts

- **Asheville Community Theatre** Support the city's longest-running playhouse as a volunteer usher. [ashvilletheatre.org](http://ashvilletheatre.org), 254-1320
- **Asheville Art Museum** Become a docent or work with visitor services, education, and events outreach. [ashvilleart.org](http://ashvilleart.org), 253.3227
- **Open Hearts Art Center** Help with artistic projects or assist with fundraising, event planning, and communication. [openheartsartcenter.org](http://openheartsartcenter.org), 505-8428

### Miscellaneous

- **Asheville FM** Support independent local community radio with fundraising, events, and outreach—you can even host your own radio show after logging a minimum number of hours! [ashvillefm.org](http://ashvillefm.org), 348-0352
- **South Asheville Cemetery Association** Help maintain the historic South Asheville Cemetery in Kenilworth. [southashevillescemetery.net](http://southashevillescemetery.net), 254-9109
- **Hood Huggers** Help in the Peace Gardens, assist with special events, including the annual Day of Service on MLK Jr. Day. [hoodhuggers.com](http://hoodhuggers.com), 275.5305
- **Buncombe County Special Collections** Transcribe, format, correct audio records of oral history interviews. [specialcollections.buncombecounty.org](http://specialcollections.buncombecounty.org)
- **Kiwanis Club** Global organization of volunteers dedicated to improving the world, one child and one community at a time. [ashvillekiwanis.org](http://ashvillekiwanis.org), 551-9700
- **Rotary Club** Group of active, engaged citizens interested in making friends, building relationships, and giving back. [rotaryashville.org](http://rotaryashville.org)



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VIN: 1FTBR2C82LKA17001  
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Trans: auto  
Fuel: gas

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### 2016 RAM 3500 ST UTILITY

Mileage: 123,870  
VIN: 3C63R2GT0GG195741  
Color: white  
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### 2013 RAM 2500 CREW CAB UTILITY 4x4

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VIN: 3C6TR5HT7DG587529  
Color: white  
Trans: auto  
Fuel: gas

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

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Color: white  
Trans: 6A  
Fuel: gas

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### 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**

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# How To Set Up A Filing System for Yourself

A filing system is nothing more than a safe place to store paper you are going to use. It must be an upright system because a file is easier to access than a pile. Also, it is easier to slide paper in or out of an upright file than a horizontal pile. Turning piles into files also frees up surface space. Below are some basics to get you started.

• **Bills, financial papers, and other important documents**, such as reference materials, legal documents, contracts, etc., can be filed in a file cabinet, a box, side drawer, a portable file box or basket. Whatever works best for you is the right location. Once documents are filed, they are in a secure location and can be easily accessed when needed.

• **Create your own system.** Don't use a filing system you inherited. Everyone thinks and files differently. For instance, car-associated documents and receipts could be filed under "Car," "Automobile," "Vehicle" or the model of the car—such as "Mustang." My personal favorite file name is "Wisdom." The documents in this file are interesting documents I receive and want to keep and just don't know where to put them.

• **Take a document.** place it in a file folder and name the file something that will help you (and not someone else)

remember where to find it. There is no right way to label files.

• **Some people like to also have several resource files** such as "Medical," "Recipes," "Jokes," "Family," etc. These can be integrated into your active filing system or placed in a separate area.

• **File papers neatly.** All papers should face the same way so they are easier to read.

I encourage people to have several action files on their desk—again, files, not piles! These files are reviewed and accessed every day. These files are not permanent. They are actions you need to do every day. I suggest my clients use the following classifications.

• **To Call**—Keep a blank paper in a folder where you can write down the names of people you need to call. People need to make calls to ask questions, get answers, or discuss questions or documents. If there is a document that you need to call about (such as a question about a bill), place it in this file as a reminder to make the call.

• **To Read**—Many people have articles, letters and mail they need to review but can't always do it immediately. Putting them all in one place allows you to store the information until you have time to read it.



• **To Pay**—By placing bills in this folder when they arrive, bills will be found in one place and paid in a timely matter. No need to search for lost bills!

• **To Follow-up**—Sometimes, there are items that need to be addressed to make sure that an action has been completed. For example, after a call is made to effect change, the call information can be moved to this file so that follow-up can be confirmed.

And, finally, here are some basic dos and don'ts for filing:

• **File, don't pile!**

• **Use color if it works for you.** Green files are often used to hold financial documents, for example.

• **Staple**—don't use paper clips!

• **Don't stuff your files until you can't access them.** Keep the filing system simple to access so that you can find the file you're looking for. If your system is too complicated or awkward to allow quick and easy filing, then it needs to be simplified to improve access. Take out documents that no longer need to be accessed, such as bills or contracts from the previous year, and move them to a storage box to be placed elsewhere.

There is no right or wrong way to file. The right way is the way you can find and put away papers to suit your needs.

*Diana Soll is a Certified Professional Organizer living in Fairview. Email her at [diana@grandsolutions.net](mailto:diana@grandsolutions.net).*

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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**



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**38 ACRES IN FAIRVIEW** Private lush acres with great views of Echo lake and mountains. Front of the property is level to gently sloping with easy access off Old Fort Rd. **\$395K**



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**FAIRVIEW 3B/2BA 2128 SQ FT** open floor plan, two large living rooms, Entire home has been freshly painted. Large fenced in front yard. **\$285K**

## LAND FOR SALE

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**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**

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



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



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



# Lisa Wardrup Morgan: Honoring Vows and Shining a Light

“I was born and raised here,” Lisa Morgan said of her connection to Fairview. “I went to Fairview Elementary School and Reynolds Middle and graduated from Reynolds High.” That’s not all. As far back as she knows, Lisa’s family has been from this area: parents, grandparents, and who knows how many generations back. “My parents [Woody and Lynn Wardrup] live right down my driveway,” she said. “And it’s a good thing, too.”

Indeed, over the years, the Wardrups proximity has been literally lifesaving for Lisa’s family. She surely didn’t realize when she was growing up there how important the house’s location would be later in life. The teenaged Lisa had other things on her mind. During her junior and senior years, she took Allied Health classes so she could complete the Certified Nurse’s Assistant program by the time she finished high school. After her ACRHS graduation, she went to A-B Tech for nursing classes. She quickly realized that a life in the medical field was not what she wanted. “Kind of funny, isn’t it?” she asked, laughing easily. “I said I didn’t want to be in nursing, but that’s exactly where I wound up.”



## “It felt like home”

When Lisa had been out of high school for a couple of years, she was out with friends and noticed a cute guy singing karaoke. He noticed her too and soon Lisa Wardrup and Jeff Morgan were an item. The couple married and before long their son, Tyler, came along. When Tyler started kindergarten, Lisa found work in the Oakley Elementary School cafeteria so she and Tyler would have the same schedule. “I loved it there,” Lisa recalled. “It felt like home.”

Her co-workers made her feel welcome, but there was probably something about being in the kitchen that also felt right. “I’ve always loved cooking and baking,” Lisa said, then laughed, remembering a favorite family story. “My dad was the cook in the family. My mom did not cook at all. Maybe mac and cheese or something; that was all.” Well, when Lisa’s mom retired, she found herself with too much time on her hands and applied for a position at Flesher’s Fairview Health Care Center’s cafeteria. Lisa, surprised and perplexed by the news, asked her mother, “Mom! Did you tell them you don’t know



The Morgans have stayed together through thick and thin.

how to cook?” Her mom replied, “I told them! They’ve got me making sandwiches!” Lisa shook her head and bubbled with laughter.

Apparently, at least in one way, Lisa takes after her daddy. “It started with the apples,” she explained. “Because of my situation, I have a lot of time to watch how-to videos. One day, I saw these fancy candy apples and I thought I’d give it a try. The first ones I made turned out pretty good so I thought, ‘Hey, I can probably do this.’” She turned to Facebook, where she posted a few pictures of her creations—apples capped with cotton candy or cheesecake—and asked her contacts if they would be interested in buying some from her. The response was immediate. “People loved them!” she said, blushing a little from the self-praise. (See below for an example.)



“It just grew from there,” she said. “I started doing chocolate-covered pretzels and chocolate-covered Oreos. Plus, the cocoa bombs. Those are a big hit.” Her treats are as delicious as they are beautiful. Yet her prices are surprisingly affordable. “It’s just a hobby, really. I needed something to do. Needed to get out of the house some,” she paused, then continued. “It can be a lot,” she said with a soft smile. “Jeff is full assist now, ever since the stroke.”

It happened on April 7, 2015. Lisa and Jeff were having the kind of day that all parents will recognize. Tyler had to leave school early for a dentist’s appointment and be back there for wrestling practice that afternoon. Lisa would take Tyler to the dentist and Jeff would meet them there to take him back to school for practice. When Jeff arrived, he complained of a bad headache and asked Lisa if she had any Tylenol. “I knew it had to be bad for Jeff to mention it. He never complains!”



## “Call 911”

Lisa picked up dinner and when the guys returned the three of them sat down for some Taco Bell. “Jeff kept rubbing his eyes, saying his vision was blurry,” she said. “Then he went to bed. Tyler had already gone to sleep, and I was sitting up watching TV in my pajamas.” Shortly after he lay down, though, Jeff came back through the house, looking confused. He went straight through to the porch and leaned over the railing. “I asked, ‘Did that Taco Bell make you sick?’” she said, her light sense of humor showing up even during crisis. Jeff’s response terrified her: “No. Something’s wrong. Call 911.”

“I knew they would be at our house in seconds because the Fairview Fire Department is so close,” she said. “I was more focused on getting real clothes on before they arrived than with anything else.” Lisa laughed at herself, at the absurdity of her reaction.

It’s been nearly eight years, but she can recount the next several months in precise detail. “He walked to the ambulance... He was sitting up on the stretcher when they rolled him into the hospital... My parents saw the emergency vehicles from their house and followed us to the hospital... Three hours passed with no news... Could not believe it when I saw him... Catastrophic brain stem stroke... Life support... Non-responsive... Neuro-ICU... Rehabilitation... Complications.”

## Little Hope?

Lisa learned that after the ambulance’s arrival and Jeff’s admission to the hospital, he began screaming and writhing in pain before losing consciousness. The doctors got him stabilized but had little hope for recovery. “I refused to believe that,” Lisa said. “I just kept fighting for him.” Her face flushed and her eyes watered. “I wasn’t about to just let him go.” Later, when she was given access to all of Jeff’s records, she noticed one comment repeated throughout the files: “Wife is in denial.” She laughed at that now. “I was not in denial; they were!” she quipped.

Sure enough, after months of therapy and treatment, Jeff, and lots of medical equipment, returned home. He is wheelchair- and bed-bound; still, he is home. Lisa is Jeff’s main caregiver; she has help from her parents down the driveway and from Jeff’s brother, Philip. Plus, Tyler pitches in as he is able. “Sure, it’s different,”

**“I just kept fighting for him... I wasn’t about to just let him go.”**

—Lisa Wardrup Morgan



Lisa admitted, “but Jeff got to see his son play football and wrestle. He got to attend Tyler’s high school graduation. Really, Jeff’s had more life than anyone dreamed he would have had.”

Anyone, except his wife. Her dreams were big enough to shine light into the darkest of times. And thanks to her advocacy, Jeff Morgan has already lived nearly eight years longer than anyone else thought he would.



“Everything changed in a minute,” Lisa said. “Everything.” She sobered, reflecting. “I miss our old life. I miss working, being around friends, traveling... and I miss doing stuff with Jeff.” Then she smiled, lifted her shoulders in a slight shrug and said, “But I took my vows seriously and he’s my soulmate, even now.”



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)



# Healthy Lifestyle: A Marathon, Not a Sprint

The key to creating sustainable New Year's resolutions is simple. First, I would recommend setting a resolution for the right reasons. Create goals that have a deep importance to you rather than what someone else expects of you. Second, lose the "all or nothing" mindset and pick up a journal. Write down in your journal your "why," and on the days you feel defeated, re-read that to remind yourself why it is important to not give up. Creating a healthy lifestyle is a marathon, not a sprint. Write down your main goal and then create smaller goals that will help you get there. Setting a large goal can sometimes be overwhelming, so it is important to celebrate your small wins and not let setbacks throw you completely off track. No one—no one—is 100% perfect on their health and fitness goals. It ebbs and flows.

To create attainable, positive healthy habits, I use a great tool called the S.M.A.R.T. model to set goals:

- S** Specific ("I want to lose weight")
- M** Measurable (How much weight? 20 pounds?)
- A** Attainable (by creating healthier eating habits and increasing physical activity)
- R** Relevant (to fit in a dress for my sister's wedding)
- T** Time (by spring break)

Using the S.M.A.R.T. tool or a similar

model should help improve the odds that you will reach your goal.

## Nutrition Is Important

Taking action, getting moving and beginning an exercise program is a big goal. It's crucial to create a healthy lifestyle, but nutrition is equally important. Many people make a nutritious approach to diet far more complicated than necessary. If you plan to start the year eating healthy, I love the enthusiasm. But this approach is not always sustainable. A lot of people think you must eat a restrictive diet to see results, but that is far from true. Start by adding nutrient-rich and healthy food to your diet making less-healthy food choices in moderation. This way, you may not need to eliminate your favorite foods entirely. Learn to create healthy habits that allow you to continue to have foods you love while balancing your diet with increased physical activity to reach and maintain your goals.

How do you create sustainable healthy eating habits? Below is one example.

**Week 1** Replace one sugary drink with a bottle of water.

**Week 2** Continue to add bottles of water and add vegetables to lunch and/or dinner.

**Week 3** Add another new habit based to slowly make sustainable changes.

Does choosing the right food make your head spin? Try the plate method. Fill your

plate with 50% vegetables, 25% protein, and 25% starchy carbs and/or bread. Eat the rainbow!

## Now Get Moving

According to the Centers for Disease Control and Prevention (CDC), only 23.3% of the population meets the necessary physical activity guideline for aerobic capacity and strength training. The CDC recommends that adults should get 150 minutes of moderate intensity aerobic activity and a minimum of two days of strength training per week. I know this may seem like too much to fit in your life; I get it—life is busy. But you can scale this down to attainable goals for each day.

- **30 minutes of aerobic activity/ five days a week** = 150 minutes, plus two days of strength training.

- **50 minutes of aerobic activity, three days/week** = 150 minutes, alternating with two days of strength training.

The benefits of aerobic activity and strength training include:

- **Increased strength:** More muscle mass allows daily tasks to become easier.
- **Burning calories:** Your metabolic rate is boosted for up to 72 hours after strength training, which means you burn calories long after your workout. Muscles are more metabolically efficient than fat mass.
- **Decreased risk of injury and falls:**

Increasing range of motion, mobility and overall stability helps support your joints.

- **Improved brain health:** Improved blood flow, decreased inflammation and increased brain-derived neurotrophic factor helps with memory and learning.

- **Boosts to your mood:** By releasing endorphins, which are feel-good neurotransmitters, you can increase your self-esteem, self-worth, etc.

- **Improved heart health:** Decreasing your risk of cardiovascular disease mortality.

- **Weight management/weight loss:** Additional benefits can include increased longevity, increased energy, a decreased cancer risk and decreased effects of osteoporosis.


Schedule your workouts into your calendar as if they were meetings with your boss. Don't cancel on yourself. Having accountability partners will significantly increase your chances of having successful New Year's resolution results. Make yourself a priority. At the end of the day, you are your longest commitment.



Crystal White is the owner of Specialized Fitness, which offers a variety of personal, community and online training classes with a trained nutritional coach. [specializedfitnessnutrition.com](http://specializedfitnessnutrition.com). 767-2632. 19 Kristie Scott Lane, Fairview

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# Meniscus Tears: A Pain in the Knee

An injury to the knee can cause several different problems that affect normal daily life, sports participation and performance, or work-related demands and duties. One such injury is a meniscus tear, which can occur with an acute injury to the knee or over time as a degenerative process. Meniscus tears can occur in young people if they participate in a sport that requires quick changes in direction, twisting, pivoting or collision. Most meniscus tears, however, occur in people over the age of 30.

A meniscus is a semilunar-shaped soft tissue structure made up of fibrocartilage that is found inside the knee joint that sits on top of the tibia bone. There are two menisci in each knee: a medial meniscus (inside) that is U-shaped, and a lateral meniscus (outside) that is S-shaped. The meniscus acts as a shock absorber to protect the articular cartilage that covers the bones, as well as supplies nutrition to the cartilage and acts as a stabilizer of the knee joint. A meniscal injury can lead to cartilage damage and eventually knee arthritis.

Causes of meniscal injury include twisting or pivoting with the knee bent, rapidly changing direction while running, kneeling or squatting, a direct blow or trauma to the knee, or a degenerative tear due to the aging process. Previous

knee ligament tears or injuries can also potentially lead to tearing or degeneration of the meniscus.

## Signs and Symptoms

- **Pain while standing** on the affected leg;
- **Localized swelling** and/or tenderness along the knee joint line;
- **Locking of the knee** (inability to fully straighten the knee);
- **Giving way or buckling** of the knee joint.

## Treatment and Outcomes

With a sudden onset of symptoms, the priority of treatment is to reduce pain and swelling in the knee joint with ice, medication and sometimes immobilization. Your physician may take an X-ray or order an MRI to assess the degree of damage to the meniscus. There are several different types of meniscus tears that can occur. Not all are treated the same, and surgery is not always necessary.

The decision to undergo surgery is based on the type, location and severity of the tear. If it is located in the area of the meniscus where there is blood flow, a repair can be performed. If the tear is in the avascular portion of the meniscus, where there is no blood flow, then a surgeon may perform a partial meniscectomy, in which the damaged tissue is



Proper exercises restore the normal range of motion, improve strength and stability, and improve the ability to perform dynamic activities.

Physical therapy helps in restoring full function of the knee and lower body. If surgery is not recommended—or chosen by the patient—then working with a physical therapist is imperative to regain strength, stability and full function of the knee without exacerbating the injury. In many cases, people are able to return to normal activities and function with physical therapy intervention and without surgery after sustaining a meniscus tear.

Educating people on proper exercises as well as informing them about exercises or activities to avoid are key elements of physical therapy. Proper exercises to restore the normal range of motion of the knee, improve the strength and stability of the knee joint, and improve the ability to perform dynamic activities is vital to fully recover from a meniscal injury. Once the rehabilitation process is completed, most people return to full participation in their desired activities and sports.

trimmed. Postoperative physical therapy is recommended after both surgeries.

After an injury, once the initial pain and swelling is resolved, meniscus tears may not exhibit any symptoms. A person can go for years without noticing any knee pain, locking or swelling, yet the meniscus is still torn. Symptoms can recur at different times without a specific cause or incident. The on-again-off-again cycle of knee symptoms is an indication that the meniscus tear is affecting the knee joint.

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



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# Remembering Fairview's Doctor Will Hamilton

## Tributes to Dr. Hamilton

We are still reeling from Will's sudden passing. We are both humbled and touched by Will's friendship and the time we were able to spend with him—Sandy with her art and cooking and Russ with his ukulele and fly fishing.

One of Sandy's fondest memories came about because she mentioned that she had made some apple chutney. Will said that he hadn't had any good apple chutney since he left England. Will wanted to learn to make it and several weeks later came to the house with a large bag of apples. Sandie said she thought that about half the apples would make plenty, but Will said let's just use them all. We had a great afternoon together making apple chutney and Will left with a big smile and a dozen jars of chutney.

Russ met Will when he started coming to a ukulele group Sandy was in. When Susie started needing full-time care, Will thought that perhaps a few of us would like to come to the house and play on Friday mornings. Not only would he be home to care for Susie, but he knew she would like to sit and listen to us play. This was the start of HUG (Hamilton's Ukulele Group) and a very special friendship with Will for all of us.

Russ was also lucky enough to enjoy a few fly fishing outings with Will. He learned that, although Will liked to fish, it was just a way to be out on a river and enjoy all that nature has to offer. Early in the afternoon on their first outing, Russ looked around to check on Will, who was laying on a flat rock with his shirt off catching some rays while taking a nap. On following outings, Will would wander off along the river or into the woods to commune with nature. He was a wise fisherman, never needing to catch any fish in order to have a fantastic day.

Will was a man of many talents and interests, together with unlimited curiosity. He had a heartfelt love of people and nature and left footprints everywhere he went. Those footprints were kindness, love, compassion, curiosity, joy and faith—just to name a few. This path he left is one we will always strive to follow. We are so blessed and fortunate to have had Will as a friend. May his memory be eternal.

—Sandy and Russ Harrison

Dr. Hamilton identified my Bell's Palsy condition in 1998. And educated me about it. I thought I had had a stroke. He was my doctor until his retirement. I haven't had his special care ever since. I'm devastated. He cared about all of us.

— Victor Babaoff



## My Hiking Friend

By Jim Carillon

From the author:

"I shared this poem with Will and Mattie when we had them over for dinner this past summer. And now I am so glad that I did. For years, local retirees and guests regularly met at Will's house every Tuesday morning for about three hours of hiking various trails in Fairview. We fellow Tuesday morning hikers, formerly known as the Fairview Foragers, have just changed our name to honor Dr. Will. With the loss of our hiking founder, henceforth, we are to be known as 'Will's Wanderers.'"

*Happy birthday my hiking friend!  
Just wanted to tell you on this hike  
how much you mean to me:  
you remain my model.*

*Your soft charm for everyone,  
easy laughter and concern for all  
endear you to those of us who walk  
with you on this trail we call life.*

*For me it's especially your grace  
in the face of life's challenges:  
rising to service willingly and  
handling setbacks with calm.*

*I know these challenges affect you,  
we can see it in your eyes.  
Yet you carry on and show us  
a way to move forward with grace.*

*May your next paths forward  
be less rocky for a while,  
for you have clearly earned a break.  
Above all thanks for sharing your journey.*



Will with relatives in the UK, including his sisters Christine and Anthea.



# Ode to Willy

By Terri Lu

*From the author:*

“Will and I knew each other for many years. He called me TL,  
I called him Willy.”

*Reaching upward  
as high as his weakened arms could stretch  
moments before his death an old friend  
an old wife a young son*

*Jesus himself was welcoming Will*

*Only his eyes could see  
who was waiting there for he the heavenly escorts  
who led him into the light*

*He is everywhere now in all things peaceful and lovely*

*Like the pink clouds of a sunrise  
and the trill of morning birdsong*

*He is the shimmering grass tops and the breeze tickling tall trees*

*Will sings with the mountain stream and dances with the distant  
stars*

*He is peace and tranquility now for all  
Eternity*

*Find him within those moments where all that is*

*Is*

*The infinite space of love*

## William Godfrey Hamilton



Dr. Will Hamilton, 79, passed away peacefully on November 23, 2022, in Asheville, North Carolina, surrounded by family and loved ones. He was a pillar of the Asheville and Fairview communities and doctor to many families from birth through death, who shared his broad range of interests from theology and spirituality to stargazing, birding and hiking, and especially art and music with his family and many friends. He always had an open heart, genuine interest in people, and a twinkle in his eye.

The oldest of four children, “Dr. Will” was born in Bristol, England, on July 5, 1943. He was educated at Pinewood near Swindon, and Charter House, Godalming, Surrey. He graduated from Royal London Hospital Medical School, where part of his training involved biking around the East End of London and learning natural birthing methods under the tutelage of midwives. While visiting L’Abri, an intentional Christian community in Switzerland, he looked across a crowded room and saw a cute blonde American girl, Susie Skinner Clarke. The two reconnected in London, married and started a family in a home where they provided shelter and space for individuals in need of help and healing in London. Their first two children, Annie Louise and William, were born there.

In 1976, they moved to WNC to be closer to Susie’s family in Fairview. After graduating from the inaugural class of the MAHEC residency program, Dr. Will was recruited to run a small hospital in Bat Cave called the Valley Clinic, where he integrated natural birthing into conventional medical practice. Will and Annie’s third child, Elizabeth, was born in Bat Cave. He later ran a medical practice out of his log cabin home in Fairview. Elspeth, their fourth child, was born there during a snowstorm. Their youngest, David, was born in Fletcher.

Will practiced medicine for many years at an office in the heart of Fairview, and eventually co-founded Parkway Family Physicians with Dr. John Wander and Dr. Robert Barker.

Will and Susie lived with openness and generosity, embodying a ministry of hospitality and Christian love through hosting a wide variety of international students and many who needed a warm bed and family. Their home became a place to stop by for a hot meal, fresh bread or a cup of tea. Or a place to get a few stitches, an ear examined or helpful medical advice. Many of his patients came to the house with gifts of potatoes, moonshine, boxes of meat, cakes, pies, even bee hives.

Dr. Will thrived during his retirement years. Initially, he devoted himself to caring for his wife as she progressively declined from frontotemporal dementia. All the while, he was an active part of a men’s hiking group, a ping pong club and a ukulele group, as well as a bluegrass band. Not to mention the art and writing groups. He was a follower of Saint Francis and was received into the Franciscan Third Order in 2021.

In November 2021, Will met Martha (Mattie) Miller Decker at a “Friendsgiving Dinner” on Bearwallow Mountain. Over the past year, they shared life and many connections with Will’s family and their church family at the Church of the Transfiguration in Bat Cave. Just recently, they spent two weeks on a pilgrimage, “Sacred Earth, Sacred Soul” on the Isle of Iona in the Hebrides off the west coast of Scotland, led by John Philip Newell.

Will’s children acknowledge that he has spent his lifetime seeking God and building a sense of community in churches, hospitals and neighborhood gatherings.

Will is survived by his children: Annie Louise Perkinson and husband Isaiah; Elizabeth Bahnson and husband Fred; Elspeth Mann and husband Gabriel; David Hamilton and wife Hayley; daughter-in-law Molly Hamilton; grandchildren Sidney and Ivy Perkinson; Anne, Evva, Hythe and Steven Hamilton; Carsten, Elijah and David Bahnson; and Jedidiah and Florence Mann; as well as his brother Alan and his wife Naomi, sisters Christine and Anthea, many beloved nieces and nephews and a whole community who feel close to the family. His wife Susie and son William preceded him in death.

In lieu of flowers, donations can be made to either of the following:

- **William RM Hamilton Scholarship Fund**, a scholarship supporting local college students studying natural resources.

Donations can be made via check, mailed to:

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Or made online at [foundation.buncombeschools.org/o/foundation/page/support](https://foundation.buncombeschools.org/o/foundation/page/support). Click on the yellow donate button and enter the scholarship name in the description box.

- **Susie and Will Hamilton Fund for Art, Music and Outdoor Education at Fairview Elementary**. Checks should be made out to “FES-PTA” with “Susie and Will Hamilton” as the memo and mailed to Fairview Elementary School PTA, 1355 Charlotte Highway, Fairview, NC 28730. Or donate online at [paypal.com/paypalme/FESPTA828](https://paypal.com/paypalme/FESPTA828).



Will Hamilton at the dedication of Gerton’s Strawberry Gap Trail to his late wife in September.



# Fairview Elementary Students Have Music in Their Hearts

by Kenya Hoffart

The Fairview Elementary (FES) chorus has taken on a new name this year: the Cardinal Quavers. In music, a quaver is half a beat—and these students never miss a single beat! Thirty-two third, fourth and fifth grade musicians, under the direction of the very talented Taylor Sanders, worked hard to learn an assortment of special songs they recently shared with their families and friends at a winter concert and again with their peers and school staff at a special holiday sing-along. This group met for several weeks to prepare for their concert and enjoyed learning about proper vocal technique, music terminology, general music theory, confidence in performing and so much more. And it all came together in a beautiful way.

Sanders has also been working with a group of students to form the Cardinal Collision. These young percussionists have learned about technique, coordination, creativity and the important role of being part of an ensemble. They also showed off their talents at the winter concert and sing-along, where they played both independently and as an accompaniment to the Cardinal Quavers. They were definitely a crowd pleaser. This percussion ensemble included 27 third, fourth and fifth graders who played instruments such



as boomwhackers, ukuleles, handbells, tubanos, djembes and bucket drums.

All FES students in each grade level enjoy learning from Sanders each week in music class. She teaches six different classes every day, which takes a lot of coordination and planning, as she works with a very diverse group of lessons and instruments. But each day is filled with challenges that lead to big rewards. She has taught music for 10 years and has experience with all grade levels, from elementary through high school. She has also served as a band director and

taught musical theater. Her hope is that all students find happiness in music in one form or another, whether it's in a music class, in the car, or at home in their rooms. She wants everyone to experience the power of music.

This is Sanders's first year teaching music at FES, and she's very quickly become a favorite among students in all grade levels. She was a percussionist in high school, and when she's not pouring all her time and talent into the music program at FES, she also enjoys working with the AC Reynolds High Marching



Band as an assistant director and percussion instructor. She loved to learn that she's now working with students in the drumline and front ensemble who started developing their interest in music as Fairview Cardinals, and it makes her look forward to watching the musical journey for her current students.

The music program at FES is thriving, and so are the students. As Confucius said, "Music produces a kind of pleasure which human nature cannot do without." Fairview Elementary students are very thankful the music program is alive and well and such an important part of their curriculum. It's a great time to be an FES Cardinal.

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

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**STUDENT OF THE MONTH**  
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Cassie DeLoughery is the Student of the Month for A.C. Reynolds High for January.

Nominated by her Spanish teacher, Shannon Fields, Cassie is a dedicated student and friend. She finds a way to juggle her attentiveness to schoolwork with a deep caring for her friends while being a dedicated member of the school's theater community and a strong leader of the Girl Up club. Her cheerful disposition can't help but make you smile when you pass her, and her hard-working attitude helps her achieve above-average work on her assignments. With her dedication to a successful and happy life, Cassie is a perfect example of what it means to be a Rocket.

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

**CHRISTI HURD**

**Connection, not Perfection**

After a two-week winter break from school, I have found parents to be exhausted and eager to get back into a routine. Does that describe you? Stress for a parent is normal. The average parent with children under 18 feels a stress level of 6.7 on a 10-point scale. One way to manage that stress within your family is to connect—not correct—more.

A cheap and highly effective form of behavioral preventative medicine is 1:1 time with your kiddos. If you are feeling irritated with them, that is often when they, and you, need it the most. Regularly scheduled 1:1 time, which can be as simple as walking around the block or doing a puzzle/craft together (without your phone), can make a huge difference over time. When our kids feel more connected, they are less likely to act out negatively to get our attention or try to get their needs met. When parents feel more connected, they are better equipped to meet their kid's big feelings or behaviors with more patience and unconditional love.

Effective classroom teachers use a similar strategy with students, and it works. Since you are the most important person in your child's world, your commitment to connect with them could bring about incredible changes. Connection always moves you forward. You get what you repeat. Positive small changes over time add up to big dividends. Watch and see.

*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)*



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# Help Your Dog Live a Longer and Healthier Life

**T**imes are tough financially for a lot of people right now. How do we give our dogs the best support for a long, healthy life without breaking our budgets?

One of the tenets of being a responsible pet owner is to feed the best you can afford to feed your dog and avoid low-quality, cheap food. Good nutrition is a hallmark of good health and, surprisingly to many, it also affects the behaviors of many dogs. I do not know of anyone that eats fast food and junk food most of the time but is the picture of health. Do you? So why do so many people feed their dogs food full of preservatives, corn products (many of which are genetically modified), and other fillers and expect their dogs to behave good and have good health?

## Quality Food

We all have seen enough dog food recalls and heard the reports that commercial pet food is not perfect nutrition for our dogs and are not always what the manufacturers say they are. If you do not believe it, just Google “pet food recalls” and read up on what goes on or check out [truthaboutpetfood.com](http://truthaboutpetfood.com). In their book *The Forever Dog*, Dr. Karen Becker, DMV, and Rodney Habib have done fabulous research and storytelling about the longevity of dogs and discuss the huge benefits of quality food for our dogs.

According to the Veterinary Cancer Society, the authors estimate “One in four dogs will develop cancer at some point, and almost 50% of dogs over age 10 will develop cancer.” If you have had pets die of cancer, you know just how terrible and true this statistic is. Daily, it feels like we hear more people with stories about cancer diagnoses in their dogs. Experts believe it is because our pets are living longer lives than they have historically, much like their humans, but they are also exposed to many things that are toxic for their systems.

So back to the question... What can we do to help our dogs live longer and healthier lives? An easy answer, according to many experts and studies, is to give our dogs fresh food that can counteract some of the bad stuff from today’s pet food and environments. In most cases, this is raw food. Once you begin cooking things like

meat and bones, they lose the nutritional benefits. And in the case of cooked bones, they become dangerous for our dogs.

According to [planetpaws.com](http://planetpaws.com), three of the most nutritional fresh foods for our dogs are broccoli, kale and Brussels

sprouts. Broccoli contains cancer-fighting compounds. Kale contains isothiocyanates, which help to fight off and remove bad stuff from our dogs’ bodies and are classified as anti-inflammatory, antimicrobial and antioxidant in nature. Brussels sprouts contain glucosinolates, plant chemicals that have dis-

ease-fighting enzymes, chlorophyll, which can block the effect of toxins, and they can also help modulate stress responses.

Prepare these vegetables for feeding your dog by finely chopping, grinding or lightly steaming them before mixing them into your dog’s meals for improved digestibility.

They are heat sensitive, so do not boil them, as this can cause a significant loss of benefit from the compounds in these vegetables.

## Fresh, Healthy Food

Not everyone can afford an ancestral, biologically appropriate or raw diet for their dogs to avoid overprocessed and low-quality kibble. Not all dogs are able to tolerate raw diets. Keto diets for dogs are becoming quite popular and have been found to scientifically reduce the risk of cancer in dogs. These diets, when properly prepared, more closely reflect eating patterns in the wild and are based on the biological needs of dogs. The next best thing is to add fresh, healthy food to your dog’s meals to boost their immune and digestive systems. The addition of fruits and vegetables can be quite helpful to our pets, but make sure to know the lists of what is beneficial and healthy and what should not be fed to your dog.



We know: Popeye the Foodie’s a real cutie, but fast food for your pooch? Not a great idea.

IMAGE: INSTAGRAM.COM/POPEYETHEFOODIE



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

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## MAGIC WITH GREG

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A bottle, a penny (or a coin that covers the opening of your bottle), a marble that fits into the bottle, and a tube made out of paper.

### PERFORMANCE

- 1 Show the bottle to the crowd and put the penny on the mouth of the bottle. Then, tap the marble on the penny to show that it is solid. You claim to be able to make the marble pass through the penny and into the bottle.
- 2 Place the paper tube onto the neck of the bottle as pictured. Drop the marble into the tube and it magically passes through the penny and into the bottle. When the marble is dropped into the paper tube, it hits and upsets the penny, allowing the marble to pass. I've included an image (3) of this—for explanation only!—with a clear tube instead.

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).



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## Wi-Fi Sharing

Do friends and guests ask for your Wi-Fi network and password first thing when they visit? You can make it easy for them to sign on by printing a QR code for them to scan. Two options for this are qr-code-generator.com/solutions/wifi-qr-code or qrstuff.com.

I always love exploring, and now I can go to the edge of the observable universe (mapoftheuniverse.net). I do miss being able to zoom in, but it is the universe—at least a slice of it—and a look back to the beginning of observable light.

Where do programmers get their ideas? I didn't even know I would like to tell time using literary quotes but literature-clock.jenevoldsen.com proved otherwise. The site even changes time and quotations. Just leave it loaded in a separate browser tab for a totally different digital clock. I suspect certain minutes have more quote possibilities than others.

AI is getting better at generating and combining images, so it may be time to get all your images off the web if it is not too late. After an AI “learns” a person, by using a handful of images of a real person, it can then compose new images with that person, leading to what are called “deepfakes.” So far, these images are not perfect, but it takes more time than most of us are willing to spend to spot those imperfections. So, it may not be so crazy to keep your face off the Internet.

When you wish you had an alternate Gmail address, you can tack on a plus symbol (“+”) and then something more to make it yours. For example, I can add “+towncrier” to scobie.net@gmail.com (making it scobie.net+towncrier@gmail.com) and still receive emails to the original address. I can also find out if that email was used by someone else and track how it might spread. If some places won't accept the added plus sign, then change the ending to googlegmail.com (for example, scobie.net@googlegmail.com).

Want to use your smartphone as an alarm clock but not be tempted to be on it too much in bed? Charge it with a short cable plugged in across the room. Problem solved!

Leaving Twitter? Download all your tweets first — log into your account on the web, click More, Settings and Support, Settings and Privacy. On the Settings page, select Your Account, Download an Archive Of Your Data. Verify your identity, then click “Request Archive.” This process can take up to 24 hours.

Find out what effects an asteroid impact would have on any location at neal.fun/asteroid-launcher, another toy to explore how various asteroid types, locations, speeds, angles, etc., can change the results.



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

## LAUGH TIME BLAINE GREENFIELD

### Home (n.): Where you trust the toilet seat.

A man is on trial for armed robbery. The jury comes back with the verdict. The foreman stands, clears his throat and announces, “Not guilty.”

The defendant leaps to his feet. “Awesome!” he shouts. “Does that mean I get to keep the money?”

\*

**I finally realized it ... people are prisoners of their phones. That's why they are called cellphones.**

\*

**Money can't buy happiness, but it keeps the kids in touch!**

\*

**I'm so poor, I rub cologne on my shirt. When people say, “Oh, you smell good, what is that?”**

**I say, “page 14.”**

**The worst time to have a heart attack is during a game of charades.**

—Demetri Martin, comedian

**“The difference between the impossible and the possible lies in a person's determination.”**

—Tommy Lasorda

**I'm so happy. You know your body hasn't changed much when you can still fit into something that you used to wear 10 years ago.**

**I mean, sure, it's just a scarf, but you've got to stay positive!**

\*

**You are dust, and you will return to dust ...**

**That's why I do not dust. It could be someone I know.**

Readers are invited to submit funnies. Thanks, Cynthia Greenfield, for the following riddle:

**What did the grape say when it was crushed?**

**Nothing. It just let out a little wine.**



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.



# Honor a Remarkable Tree

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 Gurumehar 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 types of trees and interview people to hear 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 the *Crier* at 828-771-6983 to be given his number.

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

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DR. ASHLEY LUCAS

## Resolution to Reality

Here's how to turn those New Year's resolutions into a reality.

### 1. Set your intention and make it into a goal.

Take time to reflect on what it is you'd like to accomplish and why. Then, put it in writing. Be clear, specific and keep it simple. Set a timeline to achieve your goal. If this is a long-term goal, break it up into smaller, measurable milestones. Example: Instead of saying "I want to lose weight," say "I will drop eight pounds each month to hit 30 pounds down by May."

### 2. Visualize your result. Feel it!

Bring your senses into play by creating a detailed picture of your outcome. Feel what it's like to be there already. Joy? Freedom? Excitement? What are the positive emotions this end result will bring? Return to this picture and these feelings regularly while you work toward your goal.

### 3. Map out the steps.

Make a list of actions that are realistic and easy to follow. Start simple, with each step building on the previous steps. Don't try to implement all of them at once. Instead, choose up to three at a time.

### 4. Believe it!

When you believe it, you can achieve it.



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

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# Passing Assets Through a Trust: What To Know

As the year begins, your thoughts might drift to the future. And, as part of that future, you may be thinking of where your financial assets will end up. You've worked hard to accumulate them, and you'll certainly need some of them to support your retirement, but what about the rest? What's the best way to pass them on to your loved ones?

There's no single path for everyone to follow. But you might consider establishing a trust, which offers some key benefits. For example, your estate can avoid the time-consuming, and highly public, process of probate. Plus, you can be highly specific about how your assets will be distributed.

To establish a trust, you will need to work with a qualified estate-planning attorney. And while you'll discuss many issues, here are three key questions that will certainly need to be addressed:

**• Who will serve as trustee of the trust?** As the grantor, or creator, of your trust, you will pick the trustee—the individual or corporate entity that will manage the trust's assets and carry out the purpose of the trust. You could choose a trusted loved one, but this individual might not have the knowledge or experience to manage the responsibilities of a trustee. As an alternative, you could choose a corporate fiduciary, such as a bank or trust company. These entities are typically

regulated by outside agencies and provide significant public matter expertise. Of course, they charge for their services and often have account minimums.

- When are distributions made?** As the grantor, you can choose when assets will be distributed to the beneficiaries you've named. You could decide to keep the assets in the trust until a beneficiary reaches the age of majority; note that the age of majority is not the same in all states. Or you could choose to "phase in" the distributions at particular ages—e.g., 30, 35, 40—or after a certain number of years. You could even hold assets in the trust for the lifetimes of the beneficiaries. These types of choices will depend on several factors, such as your feelings for how responsible a beneficiary might be in managing money.
- For what purposes can the trust assets be used?** In addition to choosing when your trust should make distributions, you can decide how these assets should be used. You could designate some broad categories, such as health, education, maintenance and support. A beneficiary's request for distributions in these areas is usually granted. But you could also structure the trust to provide mandatory income, perhaps once a year, or include a provision that provides incentives, such as

distributing certain amounts of money once the beneficiary has achieved a milestone, such as finishing a degree or purchasing a first home.

One final note: Although you clearly have great control over what your trust can accomplish, its effectiveness will also depend, to a great extent, on its asset level. With this in mind, you'll want to pay close attention to your investment decisions throughout your life and your

withdrawal strategy during retirement. The better your choices in these areas, the more options you'll have with your trust—and the greater the potential benefits for your beneficiaries.



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

## NOV 2022 FAIRVIEW REAL ESTATE STATISTICS

PRICE RANGE	NO. OF SALES	AVG PRICE	AVG DAYS ON MKT
200-299,999	1	235,000	66
300-399,999	1	366,801	8
400-499,999	1	487,500	106
500-599,999	2	530,500	4
700-799,999	2	753,463	80.5
1M-2M	2	1,503,750	14.5

HOMES LISTED: 3	HOMES SOLD: 10	LAND LISTED: 5	LAND SOLD: 4
Max \$7,499,000	Max \$2,000,000	Max \$165,000	Max \$199,000
Min \$305,000	Min \$235,000	Min \$150,000	Min \$15,000
Avg \$3,099,667	Avg \$747,873	Avg \$157,500	Avg \$119,750



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# Heading to Raleigh

The last few years have certainly been a whirlwind, as I retired after 25 years in the Navy, came home to the great community of Fairview, and ran for election to represent House District 114 in Raleigh. I am awfully lucky to be able to return to this great part of our state and country and to gain the support of so many people here in our part of Buncombe County during the election. This is a beautiful place to live, and our community is one of the strongest that I've seen during my travels around the country and the world. I want to thank all of you in Fairview, new and old, for preserving the place and community that we all call home.

As some of you may know, I grew up on the far side of Fairview, where Charlotte Highway begins to wind its way up toward Henderson County. I played ball on the fields at Fairview School in elementary school and then went on to A.C. Reynolds High School. I was very fortunate to have had a great public school education here in Buncombe County, and it put me in good stead as I headed off to Annapolis to attend the U.S. Naval Academy and then on to serve as a helicopter pilot and international affairs officer in the military.

### Hard-Fought Victory

The election in November was hard fought, and I want to commend my opponent, Everett Pittillo, for running a great campaign. We grew up together here in Fairview, and the race was an example of the right kind of politics, where we discussed differences in opinion but didn't attack each other personally. I am grateful that we live in a community where we can work together despite having different policy ideas, and I look forward to working with Everett and his supporters as I seek to represent all the citizens in the district.

In theory, politics is the art of making decisions as a group. I got my first taste of exactly what that means during my orientation to the legislature a few weeks ago. The General Assembly has a large

**I am grateful that we live in a community where we can work together despite having different policy ideas, and I look forward to working with [my opponent] Everett [Pittillo] and his supporters as I seek to represent all the citizens in the district.**



Eric, his wife Rachel, and their four children.

non-partisan staff that keeps the gears of the legislature very well oiled. They did a fantastic job of thoroughly outlining to the new freshmen class from both political parties the basics of how the legislature works.

### Expert Leadership

From bill writing experts to ethics advisors to human resources professionals, this staff has a great deal of expertise designed to help legislators do the important work of serving the people of North Carolina. Orientation was also a great opportunity to meet the fellow members of the freshmen class. There are a lot of smart people on both sides of the aisle, and I look forward to learning from my colleagues while in Raleigh.

I will be officially sworn in as your representative in on January 11, and I look forward to making sure that Buncombe County residents have a strong voice in the state government. As I talked about on the campaign trail, I will be focused on improving access to mental healthcare for everyone in the community, but especially veterans; bringing farmers and environmentalists together to protect the soil, air and water that both groups care about so much; and ensuring that all residents of the county have access to affordable high speed internet.

### A Team Sport

Governing is difficult work and it is truly a team sport. I'll need the support of the people of Fairview and the wider

Buncombe County community to make sure that our voice is heard in Raleigh, where it is often drowned out by the needs of those who live a lot closer to the center of power.

### Sincere Gratitude

There are so many in the community that I would like to thank for all their support over the last few months and most of my life: those who tirelessly supported my campaign, like John and Linda Stover; those who helped me hone my debating skills while riding the bus to elementary school, like Bart Ramsey; those who provided friendship as we came home from overseas, like Ray and Patty Matteson; and those who have been my friends for as long as I can remember, like Jason Mundy, who have all been and will continue to be people in the community that I rely on as I try to help "solve real problems for real people" in government. Finally, it's important to thank my parents John and Annie, who shaped who I am today, and my incredible wife, Rachel, and four great kids who give me the strength and encouragement that I need every day.

I am looking forward to serving as your representative in Raleigh and I would love to hear from you, whether you have an issue that I can help solve, an idea for improvement in the state, or just want to come to Raleigh to visit the General Assembly. I don't quite have an office number or email address yet. I should be receiving those any time now, but until then, feel free to send me a note at j.eric.ager@gmail.com or call me at 450-4463.

(Editor's note: Eric Ager, Reynolds School Board representative Rob Elliot and county commissioner Al Whitesides will write political columns this year.)



Eric Ager is the new NC representative for House district 114.

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## Giving Thanks to Local Helpers

Food for Fairview would like to give thanks to Dr. Martinsen and the staff of Fairview Dental. The dentist and his staff came to the pantry one afternoon last month to assist us with some tasks the regular volunteer staff cannot get to during the afternoons when the pantry is open or the Tuesday mornings when they are receiving the food items ordered from MANNA Food-Bank or receiving deliveries from The Emergency Food Assistance Program (TEFAP).



The crew from Fairview Dental that came to the pantry after finishing up at their dental practice: (left to right) Amy St. Onge, Kelley Beard, Dr. Michael Martinsen, Annastasia Ray, Marie Henderson, Tori Levingston, and Kelli Barber.

Fairview Dental started a program where the profits from new patients' examinations are donated to a local charity, and they chose Food for Fairview. As stated in their mailer, they have donated over \$10,000 to Food for Fairview. Please continue to refer new patients to our local Fairview dental practice. We thank them for their assistance and generosity.

And an additional thank you goes out to the Fairview Business Association. They are generously donating to the pantry and Fairview Elementary to pay for a pizza party for the third-grade class that won the recent food drive.

The pantry now has three Radio Flyer

donation collection wagons: First Bank, 5 Olde Eastwood Village Boulevard, Asheville; Americare Pharmacy, 1356 Charlotte Highway, Fairview; and Re.Imagine Gallery & Studios, 15 Spivey Drive, Fairview (open Friday, Saturday, and Sunday afternoons). Please do not leave donations outside the pantry door during the weekends.

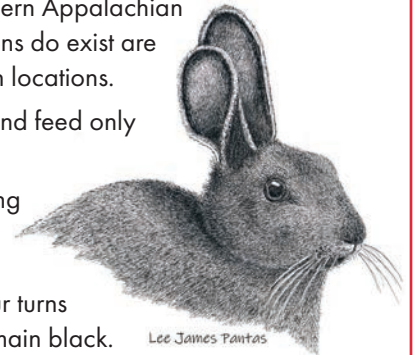
Jeff Cole is the executive director of Food For Fairview, which is a tax-exempt 501(c)(3) corporation. For more information, call 628-4322 or go to [foodforfairview.org](http://foodforfairview.org).

### LOCAL CRITTERS LEE PANTAS

## SNOWSHOE HARE

### FUN FACTS

- Snowshoe hares are rare in the Southern Appalachian Mountains, and what small populations do exist are restricted to only a few high-elevation locations.
- They are solitary, nocturnal animals and feed only from dusk to dawn.
- Their seasonal adaptation of fur turning white in the winter helps them to evade predators by blending in with the snow. Even though most of their fur turns white, the tips of their ears always remain black.
- Snowshoe hares are named because of the large size of their hind feet. These prevent them from sinking into the snow when they walk and hop.
- Snowshoe hares can jump almost 10 feet horizontally if necessary to escape predators.
- They can also run at speeds up to 25 miles per hour in short bursts. They are good swimmers and will jump into ponds and streams to escape predators.



Lee James Pantas

Lee Pantas is an author and artist who's lived in Fairview for more than 30 years. From time to time, we will share the illustrations and animal facts from his book *Wild & Furry Animals of the Southern Appalachian Mountains* (available on Amazon).

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# A Very Merry Meeting



FBA members gathered last month at Black Bear BBQ to celebrate the holiday season. Good conversation and good food, along with a fun white elephant gift exchange, made for a festive evening.



**There is no meeting this month.**

Any person who owns a business or lives in Fairview, Gerton, Fletcher or Reynolds may join the FBA. Membership is \$60 per calendar year. Ready to join? Visit [fairviewbusiness.com](http://fairviewbusiness.com), create a profile, and securely pay online with a credit card or Paypal account. You can also mail a check to FBA, PO Box 2251, Fairview, NC 28730. You are invited to attend one free meeting before paying for a membership.

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# Winter Trees Make Delicious Teas

The other day, I bundled up and walked the property with my camera, drinking in the beauty of winter and marveling at the wonderland surrounding my every step. I noticed a sassafras tree seedling by the border of the woods; its top was bright green, giving it away immediately. I also saw the spicebush trees with their dormant little buds tucked under snow along the branches and a few black birch trees, with their telltale tree trunks glistening with an extra luster in contrast to the snow.

These three trees are common in the mountains and forests of the Blue Ridge, and they are relatively easy to identify in the winter. Each of these trees also gives us a special treat, as they make wonderful tea.

Sassafras (*Sassafras albidum*) and spicebush (*Lindera benzoin*) are shrubby trees, and both are members of the laurel family. Tree identification in winter can be quite challenging for most, but sassafras is fairly easy to find with its textured bark and bright green tops on the branches and saplings. The root is what we use for tea, and it can be dug all winter and preserves extremely well, as it is loaded with volatile, aromatic oils that smell like strong root beer. Small sapling roots release fairly easily from the ground. But many times, the joke is on us, as they are often connected to a hidden, old root ball that will



not budge. I wash the dirt off the roots, inhaling that divinely aromatic fragrance, and bring water to a boil. I add the roots and let it boil for a few minutes and then steep until cooled. It makes a delicious tea. I like mine sweetened with either maple syrup or honey. In my cupboard, I also keep a jar of dried, pulverized sassafras leaves, which are traditionally used as part of the “file seasoning” for traditional gumbo. However, it is a nice addition to many soups and stews, giving it a subtle flavor and also serving as a thickening agent.

Spicebush rarely exceeds 15 to 20 feet in height and grows along streambeds and the borders of woodland forests. To the untrained eye, it is harder to spot in winter. If one looks closely at the twigs and branches, you can spot the tiny dormant flower buds studding the branches. But the big giveaway is the aroma: break off a twig to get a whiff of the lemony citrus smell that is unique to this lovely tree.



Spicebush tea was used as an old healing tonic at least as far back as the 1600s, as it “warmed the spirits” of travelers coming in from the cold. As with sassafras roots, I boil the twigs for a few minutes, add milk and honey, and let the tea cool down. The bright red, aromatically pungent spicebush berries can be harvested in late summer, then dried and used as an alternative to allspice seasoning. The debarked twigs can be used to season roasted meats and game.

The last of the “winter tea trees” is the common Black birch (*Betula lenta*). Black birch is also native to eastern North America and fairly common, especially at elevations above 3,000 feet. These trees grow much taller than either sassafras or spicebush. There are two giveaways for winter identification: the lustrous, ebony-colored bark, and the amazingly fresh wintergreen aroma released when you break off a twig. The twigs can be



Far left, spicebush; center, black birch tea; near left, winter sassafras

harvested all winter, and one can simply add a handful of them to boiling water, then let cool and enjoy. Black birch twigs are also a great addition to special sauces for meat dishes, providing a unique flavor. The twigs can also be used as a “chewing stick” on camping hikes as an alternative to a toothbrush. The volatile oils inherent in the tree are especially good for the gums.

The Winter solstice has come and gone and the holidays may be behind, but the light always returns and broadens daily in our lives. Winter is a time for quiet reflection and inward journeys, and nothing is better than a warm cup of fresh tea on an icy cold night. These three trees are important native jewels of the forest that can provide us all with a taste of the magic of woodland aromatic teas harvested in the midst of winter.



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

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# We're in the Thirty

Fairview is not a unique name for a place. I grew up near Big Lick and Frog Pond, NC, so I know unique names. In fact, there is another Fairview in North Carolina, about 20 miles southeast of Charlotte. (Also about 20 miles from Frog Pond, by the way.) I think we all know which one is the best Fairview, though.

One thing that is officially unique about Fairview is our ZIP code. That's the whole point of ZIP codes.

## The History of ZIP Codes

Like seatbelts in cars, ZIP codes are now universally accepted and used. So much so that we don't even think about them anymore. But, just like seatbelts, they didn't always exist, and when they came into use, not everyone used them. Folks used to mail letters to street addresses in cities and states. It wasn't until the 1940s that some larger cities, with much larger volumes of mail to process and deliver—and with many experienced carriers serving in WWII—began to assign numbers to certain parts of their towns.

This led to the introduction of the ZIP code in the early 1960s. Incidentally, this is also when two-letter abbreviations for the states were instituted. ZIP codes were first required for certain bulk mailers in order for them to qualify for lower mailing rates. But other mail patrons needed a push. To



At far left, Mr. ZIP. At left, the Fairview ZIP code (and Gerton's too). MAP IMAGE: UNITEDSTATESZIPCODES.ORG/28730/#CITIES

help with this, the Post Office created a cartoon character, Mr. ZIP, to help with this. "Zippy," as he was sometimes called, was used in advertisements and on Post Office materials to spread awareness.

You may have noticed that ZIP is always written in uppercase letters. That's because it's an acronym for Zone Improvement Plan.

## ZIP Logic

ZIP codes for different locations were not assigned randomly. The five numbers all mean something. When the system was started, according to *The United States Postal Service: An American History*, "the first digit designated a broad geographical area of the United States, ranging from zero for the Northeast to nine for the far West. This number was followed by

two digits that more closely pinpointed population concentrations and those sectional centers accessible to common transportation networks. The final two digits designated small Post Offices or postal zones in larger zoned cities."

The Post Office now breaks it down like this: If a sample ZIP code is 12345-6789, the "123" is the sectional center or large city; "45" is the post office facility or delivery area; "67" is a sector or several blocks; and "89" is a segment or one side of a street.

## Fairview's Code

So what does Fairview's 28730 mean?

All ZIP codes that start with a "2" are in Washington, D.C., Maryland, Virginia, West Virginia, North Carolina and South Carolina.

All ZIP codes that start with "28" are in Charlotte, Fayetteville, Wilmington, Kinston, Hickory, Asheville (all in NC) and Gainesville, Georgia.

All ZIP codes that start with "287" are in the Asheville area.

This means the "30" is what identifies Fairview specifically. By the way, the "other" Fairview in NC doesn't have its own code. Case closed!

(Apologies to the fine folks in Reynolds, Fletcher and Gerton who are not in 28730. We love your codes, too.)

Clark Aycock is the Managing Editor of the *Town Crier*. Got a question about Fairview or an idea for a fun fact? Contact Clark via email at [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) or 828-771-6983 (call or text).

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# Good News For Diabetics

**Changes in Medicare** Recently enacted legislation includes provisions that will directly affect the Medicare program and plans across all Advantage and Part D companies. These changes will have a direct impact on lowering beneficiary costs starting in this month. Medicare beneficiaries will have a \$0 cost-share for adult vaccines recommended by the Advisory Committee on Immunization Practices and covered under Medicare Part D, including vaccines such as Shingrix for shingles. Tiering of vaccines won't change, but beneficiary cost-sharing will be eliminated regardless of any published tier cost-share.

**Insulin Cost Sharing for Part D** The CDC estimates that about 25 percent of seniors, around 12 million people, are living with diabetes. New legislation caps the cost of insulin to all Medicare beneficiaries, regardless of income, to a maximum of \$35 for a one-month supply of select covered products (or \$105 for a 90-day supply) regardless of the tier and with no deductible. Consult your insurance plan to verify your type of insulin qualifies. The \$35 maximum will apply in all benefit phases and for all Medicare beneficiaries with stand-alone or Advantage plan Part D coverage.

**Insulin Cost Sharing for Part B** Starting July 1, similar caps on costs will apply for insulin used in traditional insulin pumps covered by Medicare Part B. For insulin used with a traditional

pump that is covered under the Medicare durable medical equipment benefit, you'll pay 20% of the approved amount after you meet the Part B deductible. You'll also pay 100% for insulin-related supplies (like syringes, needles, etc.) unless you have Part D. Part D covers injectable insulin not used with a traditional pump, insulin used with a disposable pump, and certain medical supplies to inject insulin not covered by Part B.

**Highlights of the AEP** An increase in complaints to Medicare precipitated changes in how Advantage and Part D plans are marketed. Phone marketing and enrollments must now be recorded. This will challenge agents, but brings promised relief from unsolicited calls to beneficiaries. On the plus side, benefits and stability in Advantage plans generally improved this year for everybody.

A New Year's thanks to my readers. I appreciate each of you and wish you and your family a blessed new year. Note: starting this month, my column will be published every other month, so my next column will be in March. See you then.



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

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### FEATURED LISTINGS



**ASHEVILLE!** Warehouse/Office on 1.22 acres, 1 full, 2 half baths, loading dock + 3 other rollup doors, city water, 10 ton bridge crane supports, natural gas, elec heat, *MLS#3927611 \$2,250,000!*



**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, \$420,000!*



**LEICESTER!** Outstanding views, 3 BR, 2 Bath, HOME WARRANTY, wraparound deck, primary bedroom on main level, .822 acres, *MLS# 3859766, \$399,900!*



**BURNSVILLE!** Newly remodeled 3BR/2A on 1.90 acres, peaceful location, great room w/wonderful kitchen, cvred front porch & side deck, 1 car gar, *MLS# 3928811, \$395,000!*



**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 \$285,000!*



**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!*

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**Ashley Nelson**  
Office/Listing  
Manager



**Rebecca Guy**  
Office  
Assistant

### RESULTS

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

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