



# The Fairview Town Crier

FEBRUARY 2023 VOL. 27, No. 2 FAIRVIEW, NC fairviewtowncrier.com

INSIDE

A Trip to Las Vegas p9 // Things Dr. Will Taught Me p11 // Meet the “Other” Pets of Fairview p16-17



**LEFT** Laura Miller sent in this photo of her son, Edison, at Fletcher Park. “Whenever it rains,” she said, “we like to bike through the puddles in the parking lots.” Edison, who has a cool helmet, is a kindergartner at Fairview Elementary. **RIGHT** Local moms Melinda and Amber, who sent us this photo, hiked Little Bear-wallow Mountain in Gerton with their kids to check another local waterfall off their list. While searching the streams after a rain, Zeek and Vivian (shown here, with Eli in the back) found and released a crawfish.

## COMMUNITY PHOTOS

In last month’s issue, I asked readers to send in photos of landscapes, nature, activities and anything else that can only be found locally. And you delivered.

We received more than we can print in this month’s issue, but we promise to publish all photos we receive in future issues or on our social media accounts. So keep ‘em coming!

—Clark Aycock, managing editor

Email your photos to [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) or text to 828-771-6983.

### COUNTY’S CORNER KASSI DAY



*Editor’s note: Did you know that the Buncombe County government has almost 40 departments and agencies? With so many, it can be hard to know all the ways the county can help and serve its citizens. So, the Crier has teamed up with Kassi Day (shown below), the county’s public relations coordinator, to bring you a short monthly list of things you should know about and can hopefully take advantage of.*



Buncombe County Economic Services/Public Assistance provides low-income individuals and families with assistance to support their self-sufficiency through job training and employment services, food assistance, quality health care and coverage, energy assistance, and other economic support. The county recently received more than \$7 million to provide emergency rental assistance to those who may have experienced financial hardship during the COVID-19 pandemic. This funding is available for income-eligible residents to cover rent, mortgage or utilities (for those making less than \$64,250 for a family of four). Call 250-5500 to start the process or visit [buncombecounty.org/publicassistance](http://buncombecounty.org/publicassistance) for more info.

If you’ve been struggling to complete a septic system repair at your home, the county may be able to help. The Septic Repair Assistance Program provides financial assistance to repair failing septic systems of qualifying homeowners who make less than \$64,250 for a family of four. The deadline to apply has been extended to February 15. To get more info, call 250-5360.

Need help understanding your property value? Join Land of the Sky Association of REALTORS for a free appeal clinic on February 7 from 11:30 am–1:30 pm at the Ingles in Black Mountain. You may be receiving a mailer from our Property Assessment office to update your property record and REALTORS can also help with that. Call 250-4949 with questions.

More than 400 local businesses could benefit from the federal Paycheck Protection Program (PPP) loan forgiveness. Wondering if your business is eligible? Take a moment to find out. The process and requirements are quick, and in many cases, you don’t need detailed documentation. Get started at [tinyurl.com/mry5us72](http://tinyurl.com/mry5us72).

## Opening and Re-opening



**RED STAR KITCHEN** Angie’s Sandwich & Soup has closed. In its place, at 1395 Charlotte Highway, Fairview (attached to the Citgo station), Elias Leising has opened Red Star Kitchen. The new restaurant, which started last month, offers sandwiches, soups, salads and specials. Hours are Monday, 11 am–3 pm, and Tuesday to Friday, 11 am–7 pm. You can order online at [theredstarkitchen.com](http://theredstarkitchen.com), and you can follow them online at “theredstarkitchen” on both Facebook and Instagram. The phone number is 338-5015. We hope to do a profile on this new business in an upcoming issue.

**APEX BRAIN CENTERS** is a local business that uses brain mapping, neurological testing, research-based brain training methods, and nutritional interventions to assess and train the brain to perform at peak condition. Apex will celebrate its grand re-opening and 10-year anniversary on March 1 from 3–7:30 pm at 600 Julian Lane, Suite 650, Arden. Activities will include demonstrations, food and drink, music and a raffle. Dr. Michael Trayford, the founder and chief medical officer, is a long-time health contributor to the Crier. For more info, email [kkeating828@gmail.com](mailto:kkeating828@gmail.com).



## Classified Ads in the Crier

Want to promote your services? Have an item to sell or need to rent your place? Need to let the community know about an upcoming yard sale? You can do all of that in the Town Crier!

Our classified ads cost \$10 for 20 words, and then 25¢ for each word after that. So, for example, a 30-word ad would cost \$12.50—\$10 for the first 20 words + \$2.50 (10 words x 25¢). You can pay for one month at a time or prepay for multiple months.

### New Deadline

We are moving the deadline up a bit to make the process easier for our staff. **Payments for all ads must be paid by the 20th of each month.** You can pay online at our website or via check or cash through the mail (PO Box 1862, Fairview, NC 28730) or in the dropbox outside our office (1185 Charlotte Highway). **If we do not receive payment by the 20th, your ad will not run.**

### How To

To get started, contact the editor at [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) or call/text to 828-771-6983. You can also get information and pay online at [fairviewtowncrier.com](http://fairviewtowncrier.com) (click on the blue “Advertise” button at the top of the page).



The Crier’s editor, Clark Aycock, showing where our dropbox is located.

The Fairview Town Crier  
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Fairview, NC 28730

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Fairview, NC 28730

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Fairview, NC 28730

## COMMUNITY EVENTS & UPDATES

**A.C. Reynolds High Baseball**  
**FEBRUARY 18 Fundraiser**, starting at 12 pm. Scrimmages, food and raffles. See page 26 for full info.

**Americare Pharmacy**  
**FEBRUARY 15 Customer Appreciation Day**. Drawings and prizes. See the ad on page 18. 1185 Charlotte Highway.

**Buncombe County Democrats**  
**MARCH 4 Annual Fairview/Reynolds Cluster Meeting**, 10 am–12 pm. Save the date. Open to all registered Democrats. For more information or to ask a question, leave a message at 628-0414. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

**Fairview Area Art League**  
**FEBRUARY 10 Valentine's Celebration**, 6–8 pm. Meet artists, and enjoy wine, cheese and sweets. At Re.Imagine Studios. See ad on page 5. **FEBRUARY 13 Monthly meeting**, 6:30 pm. Annual \$25 membership fee. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

**Fairview Elementary School Dad's Club**  
**FEBRUARY 25 Community Pancake Breakfast**, 8:30 to 11:30 am. Dads cook, and the kids serve as waiters. All proceeds go to club activities that support FES, including putting calm kits in classrooms and mommy-son and daddy-daughter dances. For

more info, email fesdadsclub@gmail.com or call 631-741-9606. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

**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.

**Specialized Fitness**  
**MONDAYS TO THURSDAYS**, 12 pm and 6 pm. **FRIDAYS**, 12 pm. **Free drop-in community fitness classes**. See ad on page 15 for more info. 9 Kristie Scott Ln., Fairview.

**The Place Fellowship Church**  
**FEBRUARY 25 Chili Cook Off & Silent Auction**, 6-8 pm. \$10 to enter; trophies awarded. Meals are \$10 per person. Funds will go toward a new outdoor shelter for community and church use. See ad on page 11 for more info. 2 Laura Jackson Rd., Fairview (next to Food Lion).

**WNC Prostate Support Group**  
**FEBRUARY 7 Free Meeting**, 6:30 pm. Medical professional speakers. Online via Zoom and in person at First Baptist Church, 5 Oak Street, Asheville. wncprostate@gmail.com or 419-4565.

### COMMUNITY CENTERS

**Fairview** 1357 Charlotte Hwy., Fairview  
**FEBRUARY 11 Valentine Craft Fair**, 9

am–2 pm. To rent a space (\$20) call 367-8187. Heated and indoors. Free parking and admission. **MARCH 10 Poor Man's Supper**, 5–9 pm. Save the date.

**Spring Mountain**  
807 Old Fort Rd., Fairview  
**SECOND TUESDAYS Quilting Bee**, 10 am–2 pm. Call Kay at 628-7900.  
**FEBRUARY 14 Bake Sale for Valentine's Day** 4–6 pm. Call 242-8785 to order a homemade dessert for the one you love. A variety of cakes, pies, cookies, brownies and more will be available. Cost is \$5 per generous portion.

**Upper Hickory Nut Gorge**  
4730 Gerton Hwy., Gerton  
**ONGOING Discussion group of Flannery O'Connor short stories**, 11 am, every second and fourth Thursday. Text Margaret Whitt at 279-0770 to reserve your spot and find out the story. **FEBRUARY 25 Youth Classical Concert**, 3 pm. A program of music by Eva and Diego Infanzon, who have

entertained UHNGCC for years during the intermission of summer plays. Their youth orchestra will travel to New York in April to perform at Carnegie Hall. This program will provide an opportunity to support their travel. Gourmet sweets will be available during intermission. The event is free.

### 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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## Black History Month

Black authors inspire, inform, delight and challenge readers all year long. During the month of February, we especially recognize and honor them.

When you visit the library, look for special Black History Month displays and book selections.

### UPDATES

#### Friends Meeting

The Friends of Fairview Library will meet on February 14 at 7pm in the library community room. For more info about the Friends, please email president Annie Ager at [annieagerhng@gmail.com](mailto:annieagerhng@gmail.com).

### 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

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 February 24, March 31, April 28 and May 26, all at 3:30 pm.

#### CRAFTING AND CREATING

##### Take Home Craft Kit:

##### Puzzle Purse Letter

Simple folding results in a big wow! While supplies last. Ages 5–10.

#### In-House Activity: Ink Stamp Art

Lots of stamps, lots of ink, lots of paper.

### PROGRAMS FOR ADULTS

#### Fairview Online Book Club

February 21 at 7 pm  
The club will discuss *The Vanishing Half* by Brit Bennett via Zoom.

Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing.

Looking well beyond issues of race, *The Vanishing Half* considers the lasting influence of the past as it shapes a person's decisions, desires and expectations, and explores some of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins.

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

#### Future Books

**March:** *Wise Blood*, Flannery O'Connor  
**April:** *Freedom at Midnight*, Larry Collins and Dominique Lapierre  
**May:** *Klara and the Sun*, Kazuo Ishiguro

### READING AND DISCUSSION

#### DISCOVERING THE APPALACHIAN TRAIL

## A Guide to the Trail's Greatest Hikes with Joshua Niven and Amber Adams Niven

February 28 at 6:30 pm

There is a saying among the Appalachian Trail community: "You never really leave the Trail." Even after you've hiked your last mile and hung up your boots for the season, a part of you remains in the mountains. Writing from their perspectives as through-hikers, Joshua and Amber Niven—a husband and wife photographer-writer team based in WNC—lovingly compiled a guide for hikers of all experience levels.

Whether you're a tenderfoot or a seasoned explorer, Joshua and Amber aim to inspire wisdom and wonder in any reader. Join the authors for an evening of discussion, readings, and stories as they guide you through an intimate exploration of this iconic footpath. Copies of their book, published by Falcon Guides, will be available for purchase.

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



### 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 February 21 and March 21, from 3:30–4:40 pm. Prizes donated by FOFL.

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

## FREE EDUCATIONAL EVENT

# 4 Early Warning Signs of Dementia and what you can do about it

We simplify the scientific literature & untangle the web of dysfunction

### You will leave knowing

- How to recognize early signs
- How to minimize chances of developing Dementia
- What to do if you're already showing signs

**Location:** 2 Fairview Hills Drive

**Date:** February 27th

**Time:** 1-2pm

**CALL TO RSVP: (828) 628-7800**

**Presenter:** Dr. Edward Reilly D.C., BA, MBA, DC, CCSP, FIAMA  
Co-Creator of *what to do when traditional medicine fails*.

AS SEEN ON



All Attendees  
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# Nancy Maloney Reed

**N**ancy Maloney Reed was born on December 18, 1835, in Fairview, Buncombe County, North Carolina. She was the daughter of Eldad Reed 3rd (1799–1865) and Elizabeth Gallimore (1804–1865). Nancy married Martin C. Bridewell of Greene County, Tennessee, in Fairview on January 26, 1854. They were married by Rev. Squire R. Murray, pastor of Cane Creek (now Fairview) Baptist Church.

Nancy and Martin moved to Greene County, Tennessee and lived there for five or six years before moving to Sullivan County, Missouri. Nancy's father and the rest of his children moved there as well. They first lived in Wintersville, Sullivan County, Missouri and were there when the Civil War began.

Martin enlisted in Wintersville in Company I, 44th Infantry Regiment Missouri Volunteers. He was injured on November 30, 1864, in the Battle of Franklin and was discharged and returned home.

Bridewell then purchased land in Valpariso (now called Pollock), Missouri, and served as postmaster there for a period of time. He had contracted a lung illness during the Civil War and died from lung disease in February 1872. He is buried, along with three of his daughters

and father-in-law, in Elmwood Cemetery, near Milan, in Sullivan County, Missouri.

Nancy married John A. Courtney on February 5, 1877. After he died on February 12, 1880, she moved to Washington County, Arkansas later that year.

She married Jacob G.W. Sensibaugh and they moved to Warner, in Vann Township, on the Creek Indian land in what is now Oklahoma. (Oklahoma became a state on November 16, 1907.) Nancy Reed Bridewell Courtney Sensibaugh died in Warner, Muskogee County, Oklahoma on November 23, 1907.

## Nancy Reed and Martin Bridewell's Six Children

1. **Elizabeth Bridewell** was born in Tennessee around 1855. She married Darius Davis on August 24, 1872, and died in Missouri before 1876.
2. **Amanda P. Bridewell** was born in Tennessee on April 4, 1858, and died on September 16, 1859, in Sullivan County, Missouri. She is buried in Elmwood Cemetery.
3. **Eliza Bridewell** was born on July 1, 1860, in Sullivan County and died there on July 16, 1860. She is



Nancy Maloney Reed (in back) and son John Andrew Bridewell, his wife Rosa Danner and their children Nellie Maud, Daisy Mae and William Ralph.

buried in Elmwood Cemetery.

4. **Samantha E. Bridewell** was born in Sullivan County on October 3, 1861, and died there on July 8, 1862. She is buried in Elmwood Cemetery.
5. **John Andrew Bridewell** was born in Sullivan County on August 15, 1867, and died on July 22, 1917.

He married Rosa Danner (March 11, 1875–December 21, 1964) on January 18, 1894.

6. **Elmore Bridewell** was born in Sullivan County in 1869.

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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# How's My Waterway? Understanding the Condition of Local Waters

The French Broad River received some unwanted publicity recently when a 19-mile segment was placed on North Carolina's impaired waters list. Perhaps this led many of us in Fairview to wonder about our own home waters. Is Cane Creek also impaired? What does impairment really mean? Why do impaired water listings occur? And what is being done about it over time?

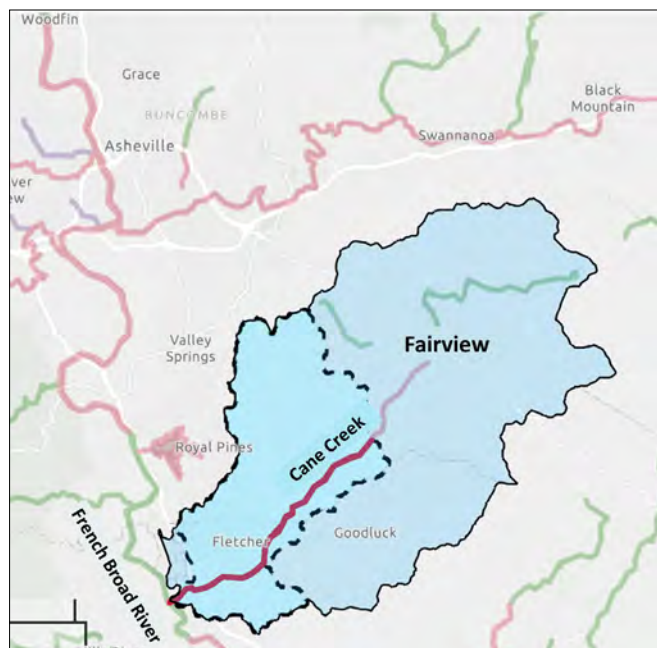
Many years ago, it was part of my job to help people across the US find plain-language answers to questions like these. Two things made this task especially challenging; for one, the national water quality databases were designed to house complex scientific data—not public information in an easy-to-understand, quickly-retrievable form. In addition, there are over 3.5 million miles of streams and rivers and over 90,000 square miles of lakes nationwide. Long story short, our team of scientists, programmers and public information writers was able to create How's My Waterway, a public website that could quickly access scientific data about any US water body and summarize it in non-technical language.

Now, over 10 years later, the current version of How's My Waterway remains the easiest way to learn about the health of local waters. But first, let's take a look at how health or impairment is identified.

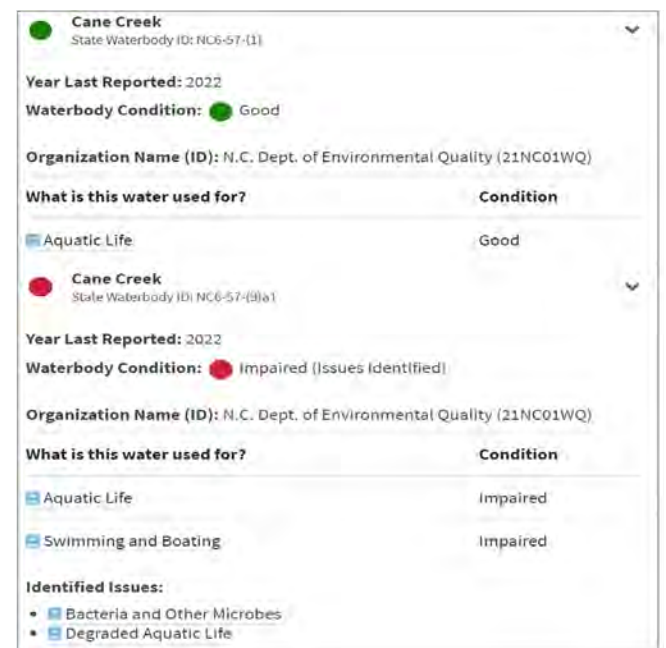
The Clean Water Act of 1972 is the primary federal law for restoring and protecting the health of America's waters. It is a state-delegated law, which means each state is in charge of monitoring and improving the condition of its waters with some federal oversight. Water quality information on monitored waters is compared against a set of water quality standards to determine health. Every two years, each state identifies waters that do not meet one or more of the water quality standards and also lists one or more related impairment categories. Longer rivers and streams are broken into segments, which may differ in condition. The unhealthy (polluted) waters become the "impaired waters list" and receive extra effort in the coming years to make them healthy again. These efforts mostly involve restoration, cleanup projects and incentives but can involve enforcement where illegal pollution dumping is involved. After an impaired water body meets water quality standards, it is removed from the list.

Using the website. Entering Fairview's ZIP code brings up a split screen with a map of the Cane Creek watershed and related information on its condition. The map (Figure 1) shows that Cane Creek contains both healthy (green) and impaired (red) segments based on water quality monitoring. Zooming out reveals the condition of other nearby waters such as the French Broad River. Note that many streams (such as Garren Creek) are not shown because they have not been assessed.

Condition information (Figure 2) includes health, year assessed, primary uses, and issues causing impairment. Links lead to other details such as monitoring sites and dischargers with permits.



The Cane Creek watershed (in shades of blue) and other streams and rivers assessed as healthy (green) or impaired (red). The Fairview label is at Route 74A and Cane Creek Road. *adapted from mywaterway.epa.gov*



Condition of Cane Creek segments upstream (healthy) and downstream (impaired) of Route 74A. Clicking on identified issues reveals definitions and steps to help fix the impairment. *adapted from mywaterway.epa.gov*

## How's Cane Creek?

Upper Cane Creek (upstream of Charlotte Highway) is healthy. Downstream is impaired, and the listed reasons are "Bacteria and Other Microbes" and "Degraded Aquatic Life." These impairment categories affect other local rivers and streams, such as the French Broad and Swannanoa River. The bacteria problem generally comes from farm and feedlot manure runoff, leaky septic systems and other sources. Health risks from direct contact with the water generally occur for short periods of time after heavy rains. During such times, it's best not to swim or allow pets to drink from the creek, but activities such as wading or boating are less risky. The Degraded Aquatic Life category indicates that some fish and other aquatic life that should live there are absent due to unknown pollution causes. This isn't necessarily a human health issue, but may reveal one in "canary in the coal mine" fashion.

"What you can do" suggestions for both problems include fixing faulty septic systems, not applying manure or chemicals close to streams, never dumping anything directly into a stream, controlling stormwater runoff and erosion, and not mowing down natural streambank vegetation that filters runoff.

What happens next? All impaired waters are studied to determine what specific changes would allow them to become healthy again. Outright violations such as dumping pollution into a stream can be stopped by enforcement. However, most water quality problems are caused not by illegal actions but by some of the many land uses throughout the watershed. To some extent, we are all part of the problem. Solving these "diffuse" pollution problems often involves grant-funded restoration projects and incentives to stop streambank erosion, reduce contaminated runoff and avoid using fertilizers and pesticides too close to water. Landowner cooperation and community support are crucial to success.

Cane Creek's impairments are fixable. For those of us who live in the Cane Creek watershed, we can try to make our own actions part of the solution rather than part of the problem. As a bonus, improving Cane Creek will also help improve the French Broad River.

For additional info and links about this topic, go to [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links).

*Doug Norton (dougorton99@gmail.com) is a retired watershed ecologist and online science educator who lives in Fairview. Cane Creek Chronicles explores the Cane Creek Watershed.*



## Re.Imagine

Gallery & Studios

# Valentine's Celebration!





Meet the artists at the

## WINE, CHEESE & SWEETS EVENT

Friday, February 10, 6-8 pm



Look for red heart tags for special  
"Sweetheart" discounts on select works

Discounts will continue thru Tuesday, Feb. 14th. Store hours are 1-5pm

RE.IMAGINE GALLERY 15 Spivey Lake Drive, Fairview [reimaginefairview.com](http://reimaginefairview.com) 338-0070

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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**

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

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

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

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

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

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

## THINKING OF SELLING YOUR HOME?

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

NEW LISTING!



**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**

NEW LISTING!



**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**

PRICE REDUCED!



**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! **\$280K**

NEW LISTING!



**ENJOY THIS VIEW ON YOUR WAY HOME** to Drovers Rd Preserve plus fab trails! Near level bldg site—unique parcel in NC's first Conservation Dvlpmnt **\$215K.** Call Karen 828.216.3998

PRICE REDUCED!



**CHERRY MEADOWS, ASHEVILLE 3BR/3BA 2,576 SF** Newer construction in convenient loc, easy access to I40, I240, NC191. 3/2 main level, fin bsmnt, extra bath 2-story rear deck. **\$524K**

PRICE REDUCED!



**FALL LEAVES DRIVE NEW CONSTRUCTION!** 2K+ SF, 3BR/2.5BA, part fin bsmnt on .65 acres. Main level living, Luxury primary bath. Deck off kitchen. **\$640K**

2021 TOP AGENT OF THE YEAR

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## ALLEN HELMICK, GRI

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



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



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



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



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# Groundhog Day Prediction

**W**e had one of the coldest Christmas seasons on record. Temperatures were down to about -4 in our area on Christmas Eve morning and down to 0 at the airport. The cold snap was of short duration, with temperatures near 60 by New Year's day. Temperatures and precipitation were up and down in 2022. The average annual temperature was below normal for the year, helped by a cold fall. We had about 55 inches of precipitation here in Fairview, and our biggest and only major snowfall was in mid-January 2022, with about a foot of snow.

Looking ahead to the month of February, this month's article wouldn't be complete without a bit about Groundhog Day, which is a traditional holiday celebrated on February 2. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then the spring season will arrive early, sometime before the vernal equinox; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its den, and winter weather will persist for six more weeks.

I think we will continue to see a fair amount of changeable weather for the rest of the winter through March. The weather pattern for much of the winter has seen competing air masses coming at us from

**QUESTION of the MONTH**  
**Where is "Hail Alley" in the US?**  
*Find the answer in March's Weather Wonder!*

the Pacific when we have a west-to-southwest flow and then shifting occasionally to the Polar Regions, when we have a northerly flow. Fortunately, so far, for those who don't like the bone-chilling cold to hang around for a long period, our cold waves have been of short duration due to the flip flopping of these two different air masses. The Pacific flow from west to east has been winning the battle so far this winter. This has led to lots of rain and flooding in parts of the western US, where the rain and snowpack is needed.

We are starting to see more daylight, with an increase in the amount of solar radiation received each day in February. The sunrise/sunset times for February 1 are 7:30 am and 5:57 pm, and by month's end are 7:01 am and 6:24 pm. That's an increase of almost an hour of additional sunshine. However, the average high and low temperatures for the beginning of the month are 49 and 28 and only rise about 4 to 5 degrees by month's end.

Bodies of water and the ground have a certain heat capacity, which is the amount of energy it takes to change the temperature of an object by a given amount. In fact, water takes much longer to heat up than land. Since our earth is around 71 percent water, temperatures on land are highly dependent on the temperatures of nearby bodies of water. Water also tends to absorb and release heat at a slower rate than the land and causes the seasonal lag we see in our temperature record. This is the main reason why the coldest and warmest days do not occur on the winter

and summer equinoxes in mid-December and mid-June.

Even though we are getting a bit more sunshine, don't let that fool you. We will still have bouts of cold and hopefully some snow at times for the next several months.



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

## WEATHER WONDER

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

White clouds are composed of small water droplets that scatter the colors of sunlight. Uniform scattering of light distributes the colors of the spectrum equally, which our eyes always see as the color white. Storm clouds and dense cloud formations appear gray or black because the water droplets within them are much larger than in fog or fair weather clouds, and they absorb more light, thus appearing a dark color. A typical fair weather cumulus cloud a few hundred yards in diameter contains only about 25 gallons of water.



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# LAS VEGAS *Business and Pleasure*

Last month, Ashley Haywood, the founder and owner of Fairview-based Embrew Tea, took a business trip to a trade show in Las Vegas. The Crier asked if we could tag along by sharing photos of her trip.

Haywood, who we profiled in our April 2022 issue, has been slowly growing her business. In October, she received an NC IDEA MICRO grant, which funds young companies looking to expand, and this inspired her to go to Vegas to participate in her first retail trade show.

The Winter Fancy Food Show, like other trade shows, is held in a large exhibit space, where vendors rent space (usually called a “booth”) so they can easily meet with buyers from all kinds of companies—and vice versa. At this show, there were thousands of attendees from all over the world, representing more than 40 product categories.

**If you’ve taken an interesting trip—for business, pleasure or both—let us know about it!**



Ashley Haywood (right) and Jessica Coffield, her marketing manager, at the show. “It was such a fun event,” said Ashley. “I never imagined having an adult Disney-like experience—riding in a Tesla underground to the West Hall each day, wearing a candy lei, and noshing on Nashville hot chicken skin snacks, all in one trip!”



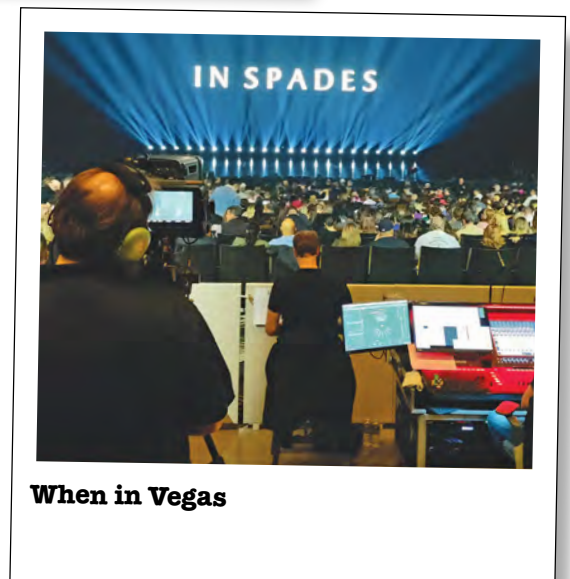
**Exciting and New**

Many new products are featured at trade shows. And Ashley’s tea made the cut at the Winter Fancy Food Show. She was able to connect with retail buyers for small and large specialty food stores, such as TJ Maxx, and many gourmet and specialty grocery stores.



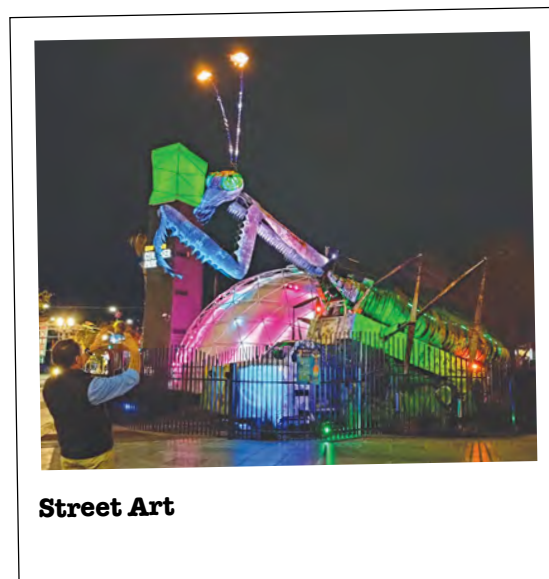
**Getting Exposure**

Ashley was interviewed twice at the show. First, above, by the Specialty Food Association, which runs the show and featured her on their live stream of the first day of the show, and then by a journalist doing trendspotting for the show.



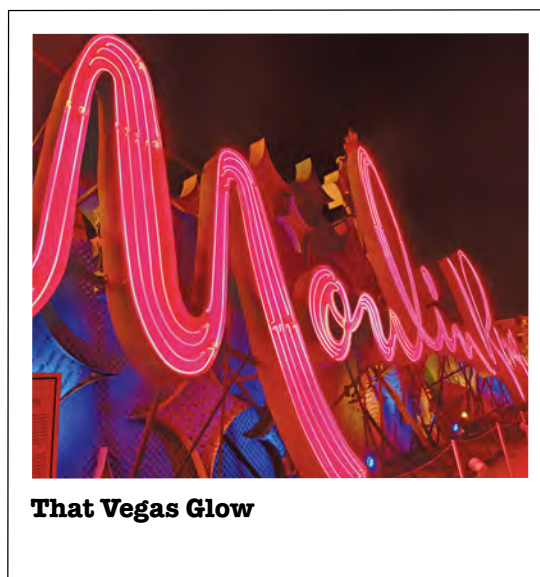
**When in Vegas**

It wasn't all work. “I went to see the magician David Blaine. He jumped off a six-story platform into a pile of boxes. And he burned up a \$100 bill from the audience after reading the serial number, doused it in water and drank it, and then pulled the intact bill out of his mouth with the same serial number on it. It was wild!”



**Street Art**

The Mantis is a 40-foot tall, 30-foot-wide moving sculpture built by aerospace engineer Kirk Jellum and his team. The sculpture spouts flames that reach six stories high, and it also speaks over 20 different languages. “It was quite a sight when we stopped there on our foodie tour!”



**That Vegas Glow**

“We also went to the Neon Museum, where they retire vintage Vegas signage.”



**Big and Bright**

Haywood stopped by the Downtown Vegas Fremont Street Experience. The canopy is the largest video screen in the world: 1,375 feet long, 90 feet wide and suspended 90 feet above the street.

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### Asheville



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\$285,000 | MLS 3914405

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# Things Dr. Will Taught Me

**D**r. Will Hamilton left an impression on everyone he came in to contact with—friends, families and patients. After he passed away in late November, a journal was placed on a table at the entrance to the farmhouse. In the journal, visitors were asked to share “Things Dr. Will Taught Me.” Below are the responses to that prompt.

Never give up on your dreams, and to “listen with the ear of my heart.” —Mattie

“No more performing.” —David H.

Laughter is sometimes the best medicine —Hayley

Healing presence. Listening. —David H.

You are never too young to learn. (Will was taking voice lessons with a coach). —Holly

To follow his heart and faith. Wherever it takes him. To not be afraid to question the way and listen for the true way. —Kimberley

How to make the best omelets. —Socorro Turner

I could always give Dr. Will a hug. He modeled being generous and vulnerable. —Ben Hall

He was a good “diagnoser.” He could figure out what was wrong with you when you had no idea!

There’s nothing worse than cold soup! —Lily Clarke

To never stop being inquisitive. —Jenny Rawlings

He delivered our daughter, Heidi. He’s been a friend ever since. —Joe Harris

It’s happy chaos here with all the family and everyone else. —Lisa Lavelle Bower

Messy houses have more room for love! —Cory Turner

Fierceness and intelligence combined with love, compassion and patience. —Steve Norris

Will was my first doctor after I arrived from Boston. He taught me to trust and love this wonderful family and land. —Kendall Hale

Will was a great example and taught me many ethereal things and altruistic things, but I am grateful for his ping pong instructions. When I first started, he beat me badly and I was always caught off guard by his wicked serve. But a few times this past summer, I beat him by a tiny bit. Then the last game I played with him before his trip to the UK, I had to coax him, as he felt wobbly and had been defeated by the guys. As we played we went back and forth, but he ended up with a victory. And I was glad for him. And now I’m really glad he won! —Julianne



In last’s month tribute to Will Hamilton, the caption for one of the photos was incorrect. Shown here is Dr. Hamilton in Edinburgh with his sisters, Anthea (left) and Christine. The photo with this caption last month showed Will with pilgrimage participants on the Isle of Iona last year.

My grandpa taught me how to be happy and what the feeling of happiness really is. —Hythe Hamilton

Keep it simple. Count on neighbors. Follow through.

Humility and humor —Florence Henry

I hate that Will is not here to rub off on all of us. A dear and wonderful, generous person. —Field Cox

Uncle Will was curious, and I think that is what I learned and appreciated most about him. Also, his desire and willingness to do things in a manner that benefitted those around him. Leaving the world a

better place, being willing to change and be curious. I miss his twinkle and his charm. Til’ next time...

I loved the twinkle in his eyes! —Phyllis Bosomworth

He saved me when I was stuck in the treehouse. —Evva Hamilton

He taught me where the good hikes are. —Elijah Bahnson

He taught me how to play ping pong. —Carsten Bahnson

He taught me to embrace life, live joyfully and love big. Love my dad! —Elizabeth Bahnson

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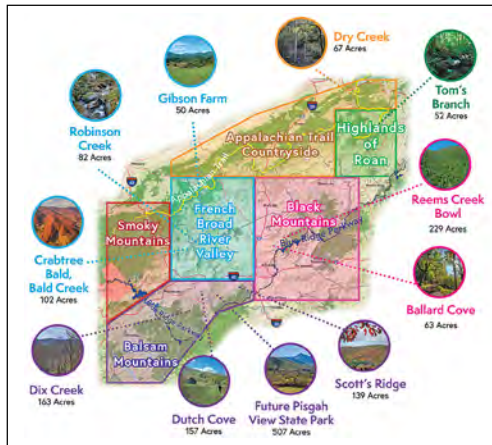
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# Conservation Easements, Preserves and Assists

The Southern Appalachian Highlands Conservancy (SAHC) recently received an inquiry from someone asking if they could hike on SAHC-protected (and posted) land at Little Pisgah Mountain, just south of Fairview on the continental divide. We are very grateful when folks have questions and reach out for clarification. Conservation can be a complex topic, and we welcome the opportunity to be involved in helping to spread knowledge. SAHC does hold conservation easements totaling 474 acres on Little Pisgah, but it is private property and not open to the public for hiking at this time. In contrast, the Strawberry Gap Trail on the opposite side of the scenic byway, created in partnership with Conserving Carolina, is a public hiking trail that crosses both an SAHC-owned preserve and private land protected by SAHC through conservation easements. In the case of that trail, easement landowners have generously allowed the trail to cross their land. However, in most cases, conservation easements are not open to the public.

Although no longer a new concept, conservation easements can be confusing to folks who are unfamiliar with the nuanced definitions involved in land protection. The concept of conservation easements—which are permanently protected, privately owned land—arose in the late 1950s and began



gaining popularity in the '80s and '90s as a means for protecting natural assets, which would benefit society at large. In some cases, landowners are compensated for the value of the development rights given up on their easement. In other cases, landowners choose to partially or fully donate an easement, which protects the land in perpetuity. Four "conservation purposes" for which a tax-deductible easement can be donated include habitat protection; preservation of open space; historic preservation; and preservation of land for outdoor recreation by or education of the general public.

We can collectively group conservation projects into three broad categories: conservation easements, preserves and assists/transfers.

Conservation easements protected by SAHC are conserved private land owned and managed by landowners. In conservation easements, the landowner donates or is compensated for voluntarily giving up specified development rights associated with a property. However, the landowners continue to own the land and can sell it or pass it to heirs. It is still private property, but the natural resources are protected from destruction, and the conservation easement is monitored annually to ensure that the land remains protected. Roughly half of SAHC's total conserved acreage is in conservation easements.

SAHC-owned preserves are another category of protected land projects. For these, SAHC owns and manages the land. We often offer guided hikes, volunteer days and other opportunities to connect with nature on preserves. Each preserve has a land management plan, which provides guidance about activities allowed, access, and habitat management, and each preserve has a lead steward in charge of implementing the land management plan.

The third group of project types includes assists and transfers. In these cases, we work with partner entities, such as the US Forest Service or state parks and recreation divisions, in order to conserve

## Volunteer Opportunities

SAHC needs volunteers to help at events this year in spring and summer. If interested, please contact membership director Cheryl Fowler at [cheryl@appalachian.org](mailto:cheryl@appalachian.org) or call for info at 253-0095.

tracts that become part of public lands. In 2022, SAHC recorded more than 1,600 more acres conserved in NC and Tennessee. Those acres stretched from the Highlands of Roan to the Balsam Mountains, across five of SAHC's six geographic conservation focus areas. This total represents a broad variety of projects, including 857 acres in land donations and purchases that resulted in SAHC-owned farmland and preserves, three conservation easements totaling 247 acres, and SAHC's work in assisting NC in acquiring 507 acres that will be included in the future Pisgah View State Park. From high-elevation ridgelines to headwater streams, from rolling farmland to a 40-year conservation priority highly visible from popular vantage points on the Appalachian Trail, these projects reflect a diverse range of conservation efforts, and we are deeply grateful to all those who make this work possible.

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



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—Candy B., December 2022



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—Maria Z, June 2022



# Melanie Star Anderson: From WNC to Hollywood (and Back)



Melanie Star Anderson: today (above left), on set (above) and on the red carpet with her son (above right). Below is her son, David, at an awards show.

“When I was a little girl, I would come here with my dad,” Melanie Star Anderson said of Fairview. “He helped an elderly friend in Gerton; so, we would go from North Asheville where we lived, through Fairview to see her,” she remembered fondly. “On the way, we passed Sherrill’s Inn in Hickory Nut Gap.” Anderson, who was “horse-crazy” from her earliest days, was mesmerized. “The animals, the land, the beautiful house—I loved it!” What she did not know was that one day that enchanting place would be her salvation. Anderson was born in South Carolina and raised by her dad, George Anderson. As a toddler, Melanie suffered from asthma. George, eager to help his daughter, learned that mountain air could be therapeutic for asthmatics. So, he moved his young daughter to WNC. Her symptoms improved, and the little family made Asheville home.

**“There was something utterly magical about watching the images onscreen as human stories unfolded. I desperately wanted to be a part of that world.”**

As an only child of a hardworking single dad, young Melanie was frequently alone, with just her dog, Ginger, and her pony, Misty, for company. She watched a lot of TV and often took the bus to the theater downtown where she would watch the same movie on repeat. “You could get away with that back then,” she said with a laugh. And then added, “There was something utterly magical about watching the images onscreen as human stories unfolded. I desperately wanted to be a part of that world.”

In fact, Anderson was so determined to get to Hollywood that when she was 14, she gathered camping gear and supplies for her and Ginger, saddled up Misty, and headed for Los Angeles. Luckily, before she got too far along her 3,000-mile journey, she stopped at a phone booth and called her dad so he wouldn’t worry. Anderson

explained to him that she was simply riding her pony to California, no big deal. Naturally, George Anderson soon caught up with her. “He calmly pointed out the flaws in my plan and promised that one day I would get to Hollywood.” He was right. It just took a few decades for his promise to be fulfilled.

### Back to Reality

Time passed. The idealistic little girl became a grown-up with bills to pay; the mountain kid grew into a young woman who saw business college as a more realistic path to financial stability. Anderson traveled east, leaving her beloved mountains, for a job in central NC.

Years later, a single mom herself longing for home, Anderson moved back to WNC. She and her 8-year-old son, David, found a house just off Garren Creek Road, not too far from Sherrill’s Inn. Their place was quiet, isolated from neighbors and traffic, so they were surprised when a teenager walked over to welcome them. She introduced herself as Karen Brookshire and invited David to ride horses with her.



“And that’s how I got to know Annie Ager,” Anderson explained. “Karen worked with her.” Anderson’s eyes shined at the memory. “David and Karen became big buddies; he went to Hickory Nut Gap Farm (HNGF) every day.”

At 13, David became a counselor for HNGF’s horse camp and Anderson became the camp administrator. “That

was 2002; I just retired from there after 20 years,” she said, smiling. These days, Anderson boards her own horse at HNGF. “When I first met Annie, I was broken in many ways. She may never know how she saved me,” Anderson said, blinking fast. “Annie is the most loving and generous soul I know. She provided a haven, a healing sanctuary, for me and my son. I’ll always love her for that.”



As David grew, he was drawn to theater and film just like his mother had been. He took acting lessons at Flat Rock Playhouse, performed in local productions, and auditioned for bigger roles when he could. His dedication to the craft led to a fortunate break: in 2011, he was cast in a Hallmark movie, under the stage name David Topp, opposite young Danielle Panabaker. He was a minor, so his mother accompanied him through it all.

### “...these are my people!”

“When I stepped on that first set,” she recalled, “I thought, ‘This is my world; these are my people!’” She began volunteering, learning filmmaking from the ground up.

Her initiative paid off. Anderson’s innate understanding of the film industry, along with her son’s raw talent, caught the attention of a producer who offered her the chance of a lifetime: to co-write, direct and produce her own short film. Anderson, professionally called Melanie Star Scot, contacted a friend who had written a screenplay and the project took shape.

Production required long days in record heat, but at least Anderson was in her favorite spot; much of her movie was filmed right there at Sherill’s Inn and



HNGF. Upon its release, her short film, “The Box,” starring her son and produced by the newly created Topp Scot Production Company, met with accolades and critical acclaim.

And in November 2012, Melanie Star (Anderson) Scot finally made it to Hollywood—to watch the preview of her first film.

“The Box” won many awards, including David’s prestigious Young Actor’s Award. For Anderson, it was the start of seven or eight years of dizzying success. She wrote, produced and directed three more short films. She and her son traveled to LA numerous times. They even lived there for a couple of years working in the industry before returning to Anderson’s heart home in Fairview.

### Staying the Course

During the last few years, Anderson has faced obstacles that slowed her pace. Even so, she never gave up her love of storytelling through motion pictures. Now she is back at it, searching for representation for new projects. Her contacts in the industry tell her to stay the course, that her scripts have great promise. But no one needs to tell Melanie Star Anderson to be persistent. “So many things have disrupted my journey. I want this to be my year.” No doubt, she will make that happen.

You can read more about Anderson’s work on [IMDB.com](https://www.imdb.com/name/nm1045444/) (search for “Melanie Star Scot”), and you can watch her films, including “The Box,” on [Vimeo](https://www.vimeo.com/melaniestarscot) ([vimeo.com/melaniestarscot](https://www.vimeo.com/melaniestarscot)).



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

# New Hope for Neurodegenerative Conditions

According to the Alzheimer's Association, 1 in 9 adults 45 and older are experiencing mild cognitive decline and 43% have had to give up activities related to social or home tasks. Fewer than 50% of people report these signs to their family doctor. Dementia is the second most common neurological condition people seek help for (headaches are number one). Dementia is a syndrome associated with Alzheimer's, and its variants include vascular, Lewy Body and frontal temporal. Alzheimer's makes up 60% to 80% of reported dementia.

With most types of dementia, no single event leads to brain changes. It takes decades to manifest as a diagnosed condition, and with Alzheimer's, the only way to know is with a postmortem brain biopsy.

Many chronic degenerative conditions such as dementia, Alzheimer's, Parkinson's, autoimmune disorders and chronic pain have shown links to chronic inflammatory processes. Our unique biochemistry leads to the start and progression of many neurodegenerative disorders.

The cost of dementia can be felt in terms of money, time and mental health of families tending to a loved one. According to a Medicare study, end stage neurodegenerative conditions to skilled nursing or in-home care for the last two years of life at an average cost of nearly \$200,000.

I have had a keen interest in human health and the factors that keep us from living our best life. After accumulating over 3,500 hours in post-doctoral studies, a number of advanced degrees and, most recently, a two-year functional neurology teaching fellowship, I know there is hope for those living with chronic illness. And I have written a book about it. I believe there is research showing that the brain and nerves can be healed and repaired.

The latest research on dementia labels it as a multivariant (many-caused) condition. One of the US' cutting-edge neurologists has identified 39 triggers that lead to neurodegeneration and dementia. There have been some 2,000 drug trials for dementia, each focused on a single cause. According to a study published in 2017 in the *Journal of Prevention of Alzheimer's Disease*, memory loss was reversed following a multivariant approach. The trial did not involve any pharmaceuticals and has been mostly overlooked by the health care profession.

### Traditional Medicine

In dealing with any type of chronic memory loss, detecting early signs is important. The earliest signs of brain function loss include loss of focus, attention, and concentration (progressing to brain fog), as well as insomnia, anxiety and depression. Those who experience

### Dr. Reilly's New Book

Experiencing cognitive issues and have questions or want more information? Ask for a copy of my new booklet, *What to Do When Traditional Medicine Fails*, by contacting my office at 628-7800.

early memory loss are often told that their memory or cognitive loss is part of the normal aging process, and this is usually in the early stages, when progress can be arrested, slowed or reversed. Aging and degeneration are normal. But what's abnormal is knowing this and not taking steps to help yourself. Nobody cares more for your brain than you do.

### Cutting-Edge Evidence

Evidence-based factors contribute to abnormal brain aging. Some common issues include gluten sensitivity—which can lead to autoimmunity issues—blood sugar dysregulation, a sedentary lifestyle, thyroid issues, chronic undetected infections, viruses and other hidden infections. By identifying and addressing the key factors in disease progression, healing may occur. People with a long history of gastrointestinal problems seem to be at a higher risk for neurodegeneration. You cannot make lasting neurological changes

without addressing each trigger. Published research shows a variety of novel therapies that help with neurodegeneration.

### Protect Your Brain Now

**Deflate your body.** Visit [deflate.com](http://deflate.com) to learn how to change your diet to live your best life as long as possible by limiting the diet component of inflammation.

**Eliminate common inflammatory foods.** Foods containing gluten are a good place to start. American hybridized wheat contains up to 10 times more gluten than some European wheats.

**Take anti-inflammatory supplements.** Turmeric, Boswellia and Omega 3 or fish oil all have been shown to have systemic anti-inflammatory benefits with very few reported side effects.

**Learn something new.** Dance, take classes or master crossword puzzles.

**Exercise.** Research points to the total body benefits of exercise. Walk, swim, bike—get active. Movement makes everything healthier.



Dr. Reilly, DC, is past president of the NC Chiropractic Association and team chiropractor for ACRHS since 1999. Call 628-7800 for your free consultation. [fairviewdc.com](http://fairviewdc.com).

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# Stress: The Missing Link

If you've decided to take control of your health and drop those extra pounds, you've probably already implemented a diet and exercise regime. It's no secret that our bodies respond to what we take in as well as what we put out. But if you've followed this formula and are still struggling to drop weight, you may want to consider another factor: stress.

In times of stress, the body releases cortisol, a hormone responsible for our body's flight or fight response. In this state, many bodily functions, including metabolism, are slowed or even paused. Energy is diverted to the muscles and the brain, giving us a biochemical survival technique to "ready us for battle." To make up for the energy being spent in these locations, cortisol increases cravings for sweet and salty foods. While this may have been helpful for our ancestors living in more dangerous environments, this mechanism today tends to impede our health rather than help us.

In our modern, fast-paced world, stress is a growing epidemic. It takes many forms, including mental, emotional, physical and even chemical (usually due to the pollutants in our environment). Continuous high states of stress do not only cause problems for weight loss, but in addition can come at a high cost to our overall health.

## Some Common Implications of Stress:

- Lowered immunity
- Sluggish digestion
- Adrenal and metabolic fatigue
- Hormonal imbalance
- Development of chronic disease
- Depression, anxiety, and irritability
- Other issues surrounding the dysfunction of body systems, such as cardiovascular, neurological and musculoskeletal

While this is quite a daunting list, many of these implications can be reduced, and even reversed, with proper stress management techniques. So, how do we mitigate our body's stress response and live happier, healthier lives?

To answer this question, first let's look at the actions we can take to relieve stress in our daily lives.

### • Make time to relax.

It's easy to fill a calendar with back-to-back meetings and appointments. Instead of giving all of this time and energy away to others, schedule a daily appointment with yourself.

Try penciling yourself into your own calendar for at least 30 minutes a day dedicated to just you. For some, this time

could include things like listening to a guided meditation, reading a good book or taking a detoxifying bath with Epsom salt (which is also a great way to get the stress-lowering effects of magnesium).

For others, it could be as simple as taking deep breaths or spending time in nature. Whatever it is you do, treat this appointment with yourself with as much importance as you would any other.

### • Nurture your relationships.

We all need human connection. When we spend time with a loved one, we not only lower our stress but produce more dopamine. If distance is an issue, a simple phone call or video meeting could do wonders. Sharing the details of your life with someone you admire and trust will help you let go of that which weighs on you. If you aren't able to speak to a friend in this way, it may be beneficial to speak to a counselor.

### • Get regular exercise and sleep.

Exercise doesn't just improve your physical health but also lowers cortisol levels. Getting just 30 minutes of movement each day can have a great impact on reducing stress. In addition, get adequate sleep to help regulate your body's stress response. Aim for seven to eight hours of sleep each night.

Nutrition also plays a role in the way your body handles stress. Eat a

nutrient-rich diet of whole foods that are high in antioxidants to help lower the impact of stress on the body. For example, many foods with hues of blues, reds and dark greens typically contain higher levels of antioxidants. Not sure which foods to choose? Aim to get a variety of foods rich in color, get a lot of protein, and let go of the sugar.

## Take Reaction Action

Stress management is not just critical for our weight loss journey but also for our overall health. Though not always easy, changing the way we think, as well as the way we navigate our lives, will have the most positive impact on reducing stress. We can't always control our environment, but we can change the way we react to it.

So, if you've been trying to drop weight to no avail, manage the stress in your life. I'm confident that your health and quality of life will significantly improve.



Ashley Lucas, who lives in Fletcher, has a Ph.D. in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville Road,

Suite 170, Asheville. 552-3333 or myphd-weightloss.com.

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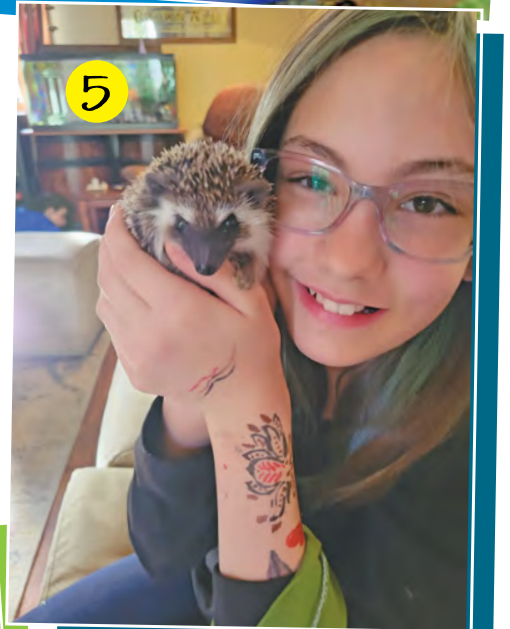


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# MORE THAN CATS & DOGS



- 1 Xander with Rosie, his leopard gecko
- 2 Denise Hayes's pygmy goat, Stevie Ray
- 3 Madeleine and Vivian with their chickens, LouElla and Easter
- 4 Velcro, Nathan Connelly's squirrel
- 5 Avery Armour and her hedgehog, Dr. Dre





10



11



12

- 6 Conor Murphy (left) and Cooper Roberson with Mango, a bearded dragon
- 7 Eli and his pet duck
- 8 Ericka Hiltbruner and her bunny, Nessie
- 9 Megan Guess and Whiskey, her crested gecko
- 10 Cady and her hamster, Snowy
- 11 Ann Bean and Libby, her 22-year-old Percheron mare
- 12 Ava and Sam Caramella with Pepino, their Indian Ringneck
- 13 Charlie Wendling and Shelly, his Russian tortoise.
- 14 Farrin McGrath and her turkey, Curious

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# Dr. Rob Jackson: An Honorary Cardinal

by Kenya Hoffart

**Buncombe County Schools** recently appointed a new superintendent, Dr. Rob Jackson. He has been moving throughout the county with the goal of visiting 45 schools in 45 days, and Fairview Elementary was excited to welcome him on Wednesday, January 4.

Dr. Jackson visited every grade level and participated in many lessons. He helped make pretend cookies with kindergartners during center time, played games in PE with first graders, explored phonetic skills with second graders, learned math concepts with third graders, enjoyed literacy time with fourth graders, and engaged with fifth graders and exceptional students as they studied social studies. He also sat in with kindergarten teachers during their professional development time, met with administration and the school's instructional coach to review student growth and expectations, and ended his day at Fairview Elementary with a staff meeting, where many found him very humble, relatable, and focused.

Dr. Jackson is a native of Buncombe County. After graduating from Owen High School, he served in the US Navy. After returning, he took a job as a data manager and summer custodian for Buncombe County Schools as he attended college



Buncombe County Schools Superintendent  
Dr. Rob Jackson

to earn a teaching degree. He worked for Buncombe County Schools for nine years before furthering his career elsewhere. He has served as a teacher, school administrator, and superintendent. When he found out Buncombe County Schools was looking for a new superintendent, he loved the idea of returning to his roots.

Dr. Jackson said, "As a former student and staff member, and as the parent of Buncombe County Schools graduates, I am incredibly honored and excited by the opportunity to serve the children, families, and community of Buncombe County." He added, "The academic, artistic, and athletic success of Buncombe County

Schools students is a testament to the care and dedication of the teachers, staff, and administrators and of the tremendous partnership with parents and caregivers."

Fairview Elementary School is excited to have Dr. Jackson lead the way to continued growth and excellence, and excited that he has such pride for the Reynolds district after having two sons graduate from A.C. Reynolds High School. The Reynolds district and Fairview community is a great place to be part of the public school system as each school soars with the success of students in mind.

Fairview Elementary School works hard

to grow every student, every day—not just academically, but in many ways beyond the classroom. Families with rising kindergartners who will turn five years old before August 31 are encouraged to call the school at (828) 628-2732 to reserve a spot for registration day, Tuesday, April 18.

Fairview Elementary looks forward to welcoming new students to their family. 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.*



## STUDENT OF THE MONTH Mary Stone

Mary Stone is the Student of the Month for A.C. Reynolds High School. She was nominated by her band director, Clif Dodson, who said Mary is sincere and dedicated to her music. She is kind to others and leads by example. She represents the highest caliber of character and work ethic and constantly pushes those around her to achieve higher levels of success. She placed seventh in the All State Honor Band on French horn and most recently made second in the All State Orchestra on French horn. She is a brilliant soloist on horn and is currently the principle horn player in the Symphonic Band at ACRHS, brass captain of the marching band, and participates in the Asheville youth symphony program. *All winners receive a special mug from the Crier. Congratulations, Mary!*

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# Learning to Cherish the Little Moments

Everyone has a routine and a comfort zone. These everyday experiences can blur together to become ordinary. However, I have had multiple opportunities to break out of my routine and look at things with a new perspective.



*Ansley Fuchs*  
TEEN PERSPECTIVE

The *Crier's* editor asked me what makes me want to find perspective. I don't have a simple answer as it's a combination of being sentimental, a simple love for the life God has given me, and my dad sometimes saying "Let's just do something different."

For instance, in 6th grade, my family traveled around the US in an RV. Every day was different: new neighbors, campsite, state, and sights. Everything about my typical day changed when the trip began. By experiencing homeschooling, traveling, and seeing incredible sights while also being away from friends, family, and the Smokies, I was able to look at my life in Fairview through a different lens. I could see what I liked and didn't like, or didn't enjoy as much, about being on the road and living in Fairview. (Even daily life in the RV could blur together.) Looking

**I realize that making memories isn't restricted to well-known stops along the way.**



Photos from the nearly year-long RV trip the Fuchs took when Ansley was in 6th grade.

back, I realize that making memories isn't restricted to well-known stops along the way, such as seeing the Tetons or going to Disney. Memories worth loving, to the point of painfully missing them, I found in family-filled, small times. Like when my dad and I raced in the freezing, crystal-clear water of Jackson Lake in the Tetons. Or the countless places where "the big kids" sat around a campfire with mom and dad, doing nothing memorable, or walked through the woods to see the stars or made breakfast outside—rain or shine.

I think the important (and more doable) challenge isn't to have some big, life-changing, cycle-breaking experience but instead to cherish and remember little moments.



Even the ones that happen dozens of times—like around the campfires—because you can't get them back. For me, this starts with wanting to be where I am, even if I actually don't want to be there. When looking back on 2022, I found that many of those "high-quality" memories that I cherish so much come from sitting around lunch tables, attending church camps, family trips and sports. These include an inside joke, deep conversation, or just the feeling of being with people who you love and love you. All of these were happy times that could have been squashed by me being tired or grumpy or not wanting to be there.

Finding different angles into every moment allows for some bad things to

become good. During COVID, when everything was shut down and everyone was shut in, life could feel repetitive, boring, and frustrating. But even then, I found beauty in eating lunch with my little brothers, or playing with nerf guns between classes. I found what I loved in a bad situation.

This school year is another instance of learning to approach a subject in my own way. I am blessed to have an incredible English teacher, and he challenges me to analyze topics, determine what I think about them, and then express my thoughts. Seemingly unrelated essay topics—my favorite place in my house or items that shaped me as a person—have made me look deeply at ordinary things in my life, such as my keychain collection from the RV trip or the center of our home (the kitchen). This assignment brought me a simple appreciation and love for things that I had gotten used to and the memories made with people along the way.

I want to continue to recognize and appreciate the daily things while also keeping perspective of all the amazing things I've been able to do. I want to continue to approach everything uniquely and with a true love for every day.

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



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CHRISTI HURD

## Happy Parents Equal Happy Kids

What “domino effect” occurs in your family when you or your partner is not happy? Most parents assume they must always put their kids’ happiness first and then everyone will be happy. But our kids are most happy when we are most conscious and present in their lives. Parents whose own batteries are fully charged are able to parent more effectively. Meeting your needs means you’ll have more energy and more time to really be there for your kids.



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- What ongoing friendships nurture your spirit and energize you? Make time to be with that person(s) at least once or twice a month.
- Find some daily down time for yourself. Even 10 minutes to read, reflect, meditate or pray is essential to your spiritual and emotional well-being.
- What preferred rhythm of work, activity and rest do you need in your schedule? Block out the days you just want to be at home.
- When was the last time you had a “date night” with your spouse or with yourself? You can’t afford not to. Children are more secure when they see their parents connected and enjoying one another.
- If you could wave a magic wand, what vision do you have for the family life you want by the end of this school year? What small steps can you put in place now so that vision is realized?
- Create something! What could you paint, knit or build to express yourself? It’s a stress reliever.
- Are there ways you can help with the community’s needs?

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

## Shin (n.): A device for finding furniture in the dark.

You’ll never guess who I bumped into on my way to the opticians.  
Everyone.

\*

**Will glass coffins be a success?  
Remains to be seen.**

\*

### SURVIVAL TIP

If you get lost in the woods, start talking about politics and someone will show up to argue with you.!

\*

**I replaced my litter box with a FedEx box. Now when it’s full, I just tape it shut and put it on my porch for someone to steal.**

\*

**There is a fine line between numerator and denominator. Only a fraction of people will find this funny.**

\*

**My mother always used to say: The older you get, the better you get, unless you’re a banana.**

—Betty White

**I want my children to have all the things I couldn’t afford. Then I want to move in with them.**

—Phyllis Diller

\*

**Did you hear about the Italian chef with a terminal illness? He pastaway. Cannoli do so much. Now he’s just a pizza history.**

\*

**I had a dream last night that I was a teepee. The next night, I dreamt that I was a wigwam. I told my therapist. She said not to worry, I was just too tense.**

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

**What rock group consists of four famous men, but none of them sing? The faces on Mount Rushmore!**



Blaine Greenfield hosts BLAINESWORLD, a podcast, and he publishes a blog with the same name. To send items for possible inclusion in a future issue, email [bginbc@aol.com](mailto:bginbc@aol.com).

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MAGIC WITH GREG

# DIVER DOWN

## WHAT YOU'LL NEED

A couple of paper clips, a ketchup (or sauce) packet, and an empty water bottle. Attach a paper clip to the packet, place the packet into the bottle, fill the bottle with water, and then put the cap on.

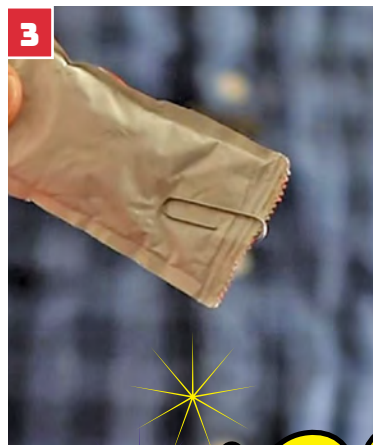
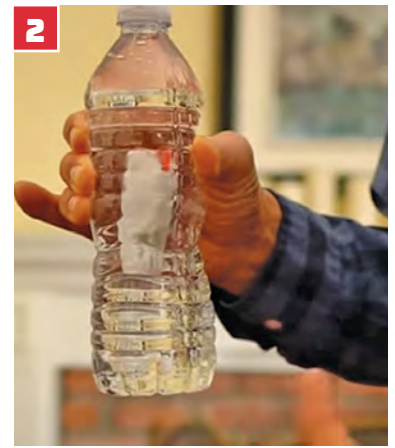
## PERFORMANCE

You can make a "diver"—hey, isn't that a ketchup packet?—rise and fall in the water bottle with just the wave of your hand.

With a gentle squeeze on the sides of the bottle, the diver will sink. Controlling the pressure to the sides of the bottle will control the speed of the sinking. Releasing the squeeze will cause the diver to rise. This happens because the increased pressure on the liquid inside the bottle compresses the air in the diver. As that air becomes compressed, it becomes denser and too heavy to stay at the top of the water. It becomes negatively buoyant and sinks to the bottom of the bottle. Practice squeezing while also doing a wave with you other hand to make it look like you have it under your command.

*Note: You may need to adjust your diver and use two paper clips if it doesn't react properly. Once you find the perfect balance, have a blast!*

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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# The Importance of Wellness Visits

Just as with human medicine, the importance of preventative care and wellness medicine for our pets cannot be over emphasized. There is a common misconception that annual veterinary visits are primarily for vaccinations. While vaccines are a foundational and essential part of the preventative care plan, they are not necessarily the most important aspect of the health, longevity and quality of life of your pet.

Taking an active role in your pet's preventative care program begins with scheduling annual to semiannual wellness visits with your veterinarian. This should be done regardless of any apparent or overt health concerns or whether any vaccinations are required.

## Key Information

Because your pet cannot talk, we rely on you to provide us with key information to help us assess your pet's overall health status. The veterinary team will ask you specific questions, and your answers will help guide the examination and could potentially reveal developing health issues that can easily go unnoticed otherwise. We will perform a thorough physical exam, which gives us a comprehensive assessment of your pet's health.

During the examination, your veterinarian will review various aspects of your pet's



health and wellness, including:

- Vaccination status
- Parasite control (Heartworms, intestinal parasites, fleas, ticks, etc.)
- Dental health
- Nutrition and exercise
- Behavior

After the physical exam, we will discuss the findings with you and make

Taking an active role in your pet's preventative care program begins with scheduling annual to semiannual wellness visits with your veterinarian. At left, Susan Wagner (left) tends to a local kitty during a wellness check..

recommendations for keeping your pet in optimal health. This will include annual to bi-annual blood tests depending on your pet's age, health status and pre-existing conditions.

## Baseline Bloodwork

Annual bloodwork provides us with invaluable information regarding your pet's major organ function. It allows us to detect problems we can't detect with our physical exam. Our hope is that many of our blood panels will show normal results. This set of values is what is commonly referred to as a "baseline." If your pet is sick for any reason, we can compare the current results to your pet's baseline results.

While a lot of our bloodwork results are normal, many times we find underlying issues before you would notice any changes at home. Many of these issues can be easily treated, especially if diagnosed early. Some of the more common conditions we find are urinary tract infections, intestinal parasites,

hyper- and hypothyroidism, kidney disease and diabetes.

Hypothyroidism, or underactive thyroid function, is a classic example of a disease that will often go undiagnosed without wellness labwork. Just as in people, this condition causes vague symptoms, including decreased activity, weight gain and a poor hair coat.

Once again, because our furry family members cannot talk, they seldom complain about any of these symptoms. However, once diagnosed, the treatment is simple and inexpensive. The pet feels better, has more energy, tends to lose weight and ultimately lives a better life. Many diseases, like hypothyroidism, may be masked or overlooked for extended periods of time, and annual blood testing along with the physical exam may help uncover these issues long before you see symptoms at home.

Our pets are part of our families, and it is your vet's responsibility to help you keep them healthy for as long as possible by practicing care designed to prevent illness.



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



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# 2023 RECYCLING & COLLECTION CALENDAR

Recycling is collected every other week on your regularly scheduled garbage day

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4			1	2	3	4		
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25
29	30	31					26	27	28					26	27	28	29	30	31	

April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6						1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	
30																				

July							August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5						1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31			24	25	26	27	28	29	30
30						31														

October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
														31	1	2	3	4	5	6

■ RED WEEK RECYCLE COLLECTION   
 ■ BLUE WEEK RECYCLE COLLECTION   
 ■ HOLIDAYS



**TRASH** – Collected weekly Monday - Friday

**RECYCLING** – Every other week on your collection day

**HOLIDAYS** – Schedule will change during the weeks of the following holidays:

- Memorial Day
- Independence Day
- Christmas Day
- Labor Day
- Thanksgiving Day
- New Year's Day

Any disposal and collection services that would have been regularly provided will be provided the day after the holiday

## KEEP THESE ITEMS OUT!

- 
- ⊗ All batteries (car, lithium, etc.)
  - ⊗ Electronics
  - ⊗ Scrap metal/wood
  - ⊗ Ceramic items
  - ⊗ Food-tainted items
  - ⊗ Shredded paper
  - ⊗ Clothing or textiles
  - ⊗ Hazardous waste
  - ⊗ Styrofoam/peanuts
  - ⊗ Diapers
  - ⊗ Household glass
  - ⊗ Tanglers (cords, hoses, wires, etc.)
  - ⊗ Disposable cups (plastic and paper)
  - ⊗ Medical waste
  - ⊗ Tires
  - ⊗ Plastic bags/wrap
  - ⊗ Plastic clamshell packaging
  - ⊗ Toys



## CARDBOARD

Curbside Cardboard Guidelines:

1. Must be flattened and tied
2. No pizza boxes!
3. Bundles should not exceed 3x3
4. No more than 2 bundles per home

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# Could You Cope with Long-Term Care Costs?

**W**e all want to stay healthy and live independently throughout our retirement years. Unfortunately, that won't be possible for some of us, so it's a good idea to be prepared for health-related challenges — such as the need for long-term care.

As you may know, long-term care covers a variety of services, ranging from occasional visits from a home health aide to full-time residency in a nursing home. But while these types of care may vary in duration and intensity, they all have one thing in common — they're expensive. Genworth, an insurance company, reports these median annual costs:

- Over \$100,000 for a private room in a nursing home
- Over \$60,000 for the services of a home health aide

Furthermore, Medicare typically pays very few of these expenses, which means the burden of payment will likely fall on you — or, even worse, on your adult children if you can't afford the care you need.

Of course, you could hope that you will avoid these costs simply by not requiring any type of assistance — but the odds aren't necessarily in your favor. In fact, someone turning 65 today has an almost 70% chance of needing some type of long-term care services in their remaining years, according to the U.S. Department of

Health & Human Services.

So, how can you protect yourself from the potentially enormous costs of long-term care? You could decide that you'll pay out of pocket — if so, you'll need to incorporate into your retirement budget a reasonable estimate of potential long-term care costs, and you may need to make some significant changes to your saving and investment plans. And the earlier you begin, the better.

Your other option is to purchase some form of long-term care insurance. Essentially, three types of coverage are available:

• **Traditional long-term care insurance.** A traditional long-term care policy covers long-term care expenses in your home or at a nursing facility. But policies will differ in terms of what services are covered and how benefits are paid. And you may also be able to choose whether you want inflation protection. Also, with some policies, you can deduct the premiums from your state and federal taxes. (Your tax advisor can evaluate a policy you're considering for potential tax benefits.)

• **Hybrid long-term care insurance.** In addition to providing coverage for home health care or a nursing home stay, a hybrid long-term care policy also offers a death benefit, so if you never need long-term care, your family could benefit from the policy's proceeds.

• **Life insurance with a long-term care rider.** You can find a life insurance policy that lets you add long-term care coverage through a "rider," or optional add-on. With this type of policy, you can use some of the death benefit to pay for your long-term care needs.

Which policy is best for you? There's no one right answer for everyone. A financial professional can help you evaluate all your options within the context of your overall investment and protection strategies.

But keep in mind that all long-term care policies tend to get more expensive as you get older, so if you're considering this type of coverage, you may want to get started sooner rather than later.



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

## DEC 2022 FAIRVIEW REAL ESTATE STATISTICS

PRICE RANGE	NO. OF SALES	AVG PRICE	AVG DAYS ON MKT
200-299,999K	2	277,500	15.5
300-399,999K	2	356,250	13.5
400-499,999K	1	478,000	30
500-599,999K	2	541,250	55.5
600-699,999K	2	652,500	38.5
700-799,999K	1	760,000	3
900-999,999K	1	915,000	13
1M-2.5M	1	2,023,750	11

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# Humbled and Grateful

**A**s I start 2023 as the newly elected School Board Representative for the Reynolds District, I find myself humbled by the experience of my first election and grateful for the support of family, friends and community. Growing up in NC public schools with parents who were teachers, I learned to have great respect for the people and democratic process that make our schools work on behalf of our students. After volunteering in Reynolds District schools over the last 10 years, I am eager to support our county school community through my service on the board.

I announced my candidacy one year ago, after much discussion with family, friends and other community leaders. From start to finish, as a first-time candidate, the democratic process was both exciting and humbling. It was refreshing to see all the parts of our democracy in action: the rigorous campaign finance reporting, the important laws that govern campaigning, and the incredible process of voting. It made me feel so proud of our country and democracy. I feel truly grateful for the public servants who keep our systems of government working with integrity.

I also want to commend my opponent, Sara Disher Ratliff, for running a respectful, values-based campaign. She brought her own ideas and spoke to concerns from

important parts of the school community. Our democracy works best when we all participate and bring our unique perspectives and ideas to benefit the greater good. I feel like our respective campaigns did just that, and I am proud to have been part of a constructive school board election process. I look forward to working with everyone who wants to constructively support the needs of our school community.

### Straight to Work

After the election certification, I attended the NC School Board Association annual meeting. I received School Board Ethics training and attended sessions around school mental health resources, community partnerships and outdoor/agricultural education. I was sworn in on December 6, 2022, and began service immediately at that meeting of the board. I was honored to have my wife, Andi (Dotson) Elliot, hold a family Bible that was very meaningful for me, inscribed with words of encouragement from my youth minister many years ago. I was so proud to have my two daughters be a part of that ceremony, alongside my mom and mother-in-law,



New Reynolds District School Board Representative Rob Elliot

who are both retired public school educators, and other supportive family and friends.

### Calendar, Advocacy and Collaboration

In the cycle of topics for school board deliberation, winter is the time to approve the school calendar for the upcoming school year.

If you think about it, the school calendar impacts so much of our lives. Most importantly, however, the school calendar has the biggest impact on our students, especially those in high school. The calendar impacts the time students have to complete the first semester and exams prior to the winter holiday break. This is where the NC School Calendar Law comes in.

Essentially, the law (amended in 2012) mandates that “traditional” public schools start no sooner than the Monday closest to August 26. In some years, like this one, it pushes the start date later than August 26 and prevents the possibility of completing the first semester, with exams, prior to the winter holiday. After getting feedback from constituents about the undesirable impact of the law, I requested in the December meeting that the superintendent draft a resolution to the NC General Assembly. This resolution lists the various

unfavorable impacts on our students and requests flexibility for local school boards to craft school calendars that better meet the needs of their student population and broader school community. During the January 12 board meeting, all members voted to send the resolution to the NC General Assembly to advocate for our community. However, also at that meeting, we voted to adopt the 2023–2024 school calendar, as proposed by the school calendar committee. This calendar abides by the current state law, which requires a start date of August 28 for the next school year. You can find a copy of the resolution and the approved school calendar on the BCS website. I am proud of our board for strongly advocating for the needs of our local community through the resolution, while also setting an example that it is important to abide by state laws.

I look forward to representing the needs of our school community on the county school board. I am also eager to meet with community members and organizations to listen and learn about issues affecting our students and families. I am grateful for our new superintendent, Dr. Rob Jackson, and his eagerness to serve the needs of our community. If you would like to contact me with questions or concerns about school-board related items, please email me at [rob.elliott@bcsemail.org](mailto:rob.elliott@bcsemail.org) or call/text 828-222-4874.

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## ACR Baseball BBQ Fundraiser

On February 18, the varsity and JV baseball teams at A.C. Reynolds High will hold a fundraiser that will include scrimmage games, food and raffles. All proceeds will go toward travel costs, gear, meals and equipment.

### Schedule

**12 PM** The ACRHS JV team will scrimmage against the East Henderson High School JV team.

**2 PM** The ACRHS varsity team will scrimmage against the East Henderson High School varsity team.

Enjoy the games and meet some players who will be on this year's teams.

**5 PM** A barbecue dinner catered by Smokey & The Pig, with barbecue pork and chicken, baked beans, macaroni and cheese, slaw and dessert. Meals are \$15 per person, and kids under 5 eat for free.



After dinner, a raffle drawing will be held. Each raffle basket will be filled with 10-20 items, including grilling equipment, gift cards, baseball equipment, outdoor movie setup (projector, movies, screen, food and more), health and beauty products, dog toys/treats, and cornhole boards and bags. Tickets are \$1, or six for \$5, 12 for \$10, 25 for \$20, etc. Winners need not be present to win.

For more info and to find out where to buy tickets, follow the team on Facebook (@ACRBaseball), Instagram (@acr\_rockets\_baseball) or Twitter (@ACR\_Baseball). Or just come out to support the teams!

## Don't Dump on Your Neighbors

A concerned reader sent us this photo of a dumped mattress at our local Food Lion store.

The folks working at the Food Lion are your neighbors, and they are the ones who are forced to clean up mattresses and other trash that gets dumped at the store. Think of them the next time you need to get rid of something bulky—and do it the right way.

### Dumping Alternatives

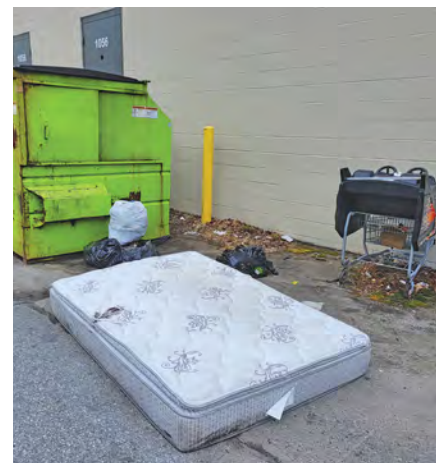
If your mattress is in good condition, check with your social circle—in real life and online—to see if someone else can use it. Ask friends and family if they know anyone who needs a mattress for free. Maybe someone has a child going off to college who could use it.

There are many sites online where you can give things away free, such as Freecycle, Facebook groups, and Craigslist, and takers will usually pick up the items.

If you can't find someone to take it, check with your church and other local churches, homeless shelters and local food pantries to see if they can use it or know someone who could.

If you're crafty—or know someone who is—you can "upcycle" a mattress.

- A wooden box spring can be broken down and used as compost or landscaping mulch, or it can be used whole as a raised garden bed.



- Mattress foam, fabric and padding material can be used as padding, insulation and protective blankets for furniture during a move.
- Many types of art and home decor can be made from parts of a broken-down mattress. Steel springs, padding and bed slats can all be reused.
- If all else fails, you can take your mattresses and other large items to the following dump stations.
  - The county's transfer station at 190 Hominy Creek Road, Asheville.
  - Garbage Pal, a privately owned facility in Fletcher, at 145 Brickton Drive (behind Smiley's Flea Market). They claim to be able to recycle "anything you bring."

## FES Teacher Wins Award



Last month, The Rotary Club of Asheville honored the winners of its inaugural Teachers of Excellence Awards Program, which aims to foster and encourage excellence in teaching and reward dedication to education in Asheville and Buncombe County.

Among the winners was Jennifer Gortney, who teaches at Fairview Elementary. In recognition for her outstanding commitment to her profession and to her students, she received an award and \$2,000.

Fairview Elementary's Jennifer Gortney; Ross Sloan, president of the Rotary Club of Asheville and Fairview resident (in blue coat); and David Mans, chair of the Teachers of Excellence Committee.

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## An Update from the Chief

On February 8, from 11:30 am–1 pm, Chief Scott Jones of the Fairview Volunteer Fire Department will host members in the station’s meeting room, where we will lunch and listen. The station is located at 1586 Charlotte Highway, Fairview.

Chief Jones has his finger on the pulse of our community, which has seen a dramatic increase in residential construction. We hope to find out answers to some of the following questions:

- What is a checklist of safety measures our businesses can take to prevent fires?
- What is the leading cause of fire in the Fairview area?
- What is the response time once 911 is called?
- How many firefighters, volunteers, rescue technicians and other personnel are in our department?
- Where would engines be coming from to service our businesses—a substation or the main station?



Bring your lunch or RSVP to [members@wncbees.org](mailto:members@wncbees.org) to get in on a group order of a Subway sandwich, chips, cookie and drink. The FBA is subsidizing the Subway order but members should chip in a few bucks.

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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<b>ART GALLERY/</b> Re.Imagine 773-680-4981	<b>LAND SURVEYING</b> Battey Land Surveying 424-9447
<b>AUTO SERVICE/TRUCK SALES</b> High Country Truck & Van 222-2308	<b>MARKETING/PROMO/PRINTING</b> 828 Printing & Graphics 216-0955 Ink 222-4567 Outside the Box Interactive 848-4072 Re.Solutions 280-8270
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<b>BREWERY/DISTILLERY/CIDERY</b> Barn Door Ciderworks 484-1586 Turgua Brewery 338-0218 Whistle Hop Brewery 338-9447	<b>NEWSPAPER</b> Fairview Town Crier 628-2211
<b>BUILDER/CONTRACTOR</b> Grace Homes 222-4567	<b>NONPROFITS</b> Food for Fairview 628-4322 Root Cause Farm 276-1156 Signs for Hope 691-2581
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<b>FLOORING</b> CC Flooring 712-1671	
<b>HEALTHCARE FACILITIES</b> Flesher's Fairview Health Care 628-2800 Silverbell Homestead 844-4634	
<b>HOUSE RENTALS/SHORT TERM/VACATION RENTALS</b> Cloud 9 Relaxation Home 628-1758	

# In Praise of Bees

Some of the most amazing gifts we receive from nature's bountiful gardens are honey, propolis, bee pollen and beeswax. I am in awe of our vitally wondrous bees, as they are so critical to our planet and to human life. Without the pollinators, humans would be sunk in regard to food production and health.

Bees are remarkable little winged creatures, and there are deep mysteries surrounding their lives. Over the decades, I have been a big fan of using honey and natural products created by bees. Sampling the seemingly endless varieties of this delicious nectar is a great joy in life. Recently, friends from up the mountain introduced me to elderberry-infused honey, and it is a special treat to use a small amount every morning in my coffee and tea.

The history of bees and their hive products can be traced back to around 13,000 BC. Evidence of early collaboration between humans and bees has been found during many archaeological excavations; rock paintings also provide some of the earliest evidence of gathering honey from wild colonies. At some unknown point in human evolution, people learned to domesticate wild bees in hives made from a variety of usable forms such as hollow logs, wooden containers, pottery vessels and woven straw baskets.

Nearly 40 years ago, I was curator of a natural history center in southern

Maryland. We had about 20 hives on the 80-acre preserve, and the hives were tended by two wonderful beekeepers, Don and Dot Moore. They were colorful, wise older country folks who absolutely adored bees. So much of their lives revolved around their hives, rescuing wild beehives and sharing their knowledge and wisdom with anyone interested enough to listen. Don built and installed a magnificent see-through beehive exhibit in the nature center that was a huge hit with kids and adults. He was also generous and would give me small amounts of bee pollen weekly. It was fresh, soft, and beautiful—I could see different colors depending on what wildflowers the bees were working that week. It was so cool to learn that one week I was eating pollen from holly trees and then another week it might be purple dead nettles—endless variations from our industrious friends.

Don was known all over the county, as he was constantly on call to rescue wild hives that had been established in people's homes, churches and other buildings. If someone said a bee was "just an insect," he would turn red and go on a tear, telling folks how they wouldn't be able to live on earth without bees and that honeybees are one of the wisest, most sophisticated living



creatures on the planet.

In addition to turning me on to a wide array of honey flavors and bee pollen, which I used to help tame seasonal allergies, Don introduced me to the medicinal properties of other, lesser-known bee products—like propolis—which is a black, rather bitter, tar-like substance that bees use to repair damage to their hives. He gave me a little tin of it and said to keep it in the medicine cabinet; anytime I got a sore throat, I should take a tiny little blob of the black tar and use it as a lozenge and the sore throat would vanish. It worked incredibly well, and now I always keep a spray vial of a tincture of propolis and Echinacea (purple coneflower) for healing, for myself or others.

At least 180 different compounds have been identified in propolis. Its antibacterial, antiseptic, anti-inflammatory, anti-fungal, anesthetic and healing properties have been confirmed. Propolis has been effectively used in treating dermatological, laryngological and gynecological problems, neurodegenerative diseases, wound healing, burns and ulcers.

Dot suffered from bad rheumatoid arthritis, and her hands were disfigured. But every day, Don would take tweezers and sacrifice two of his precious honeybees and sting Dot on the hand; the venom would work its wonders and allow her to use her hands fully. She was in her early 80s, but one would never know it from her activity level. She always said

how grateful she was to "our bees for keeping me so healthy."

Later on in life, as my sister's multiple sclerosis progressed, she began experimenting with "bee-sting therapy" and the use of propolis, as there were promising reports emerging about its possible benefits for treating her disease and managing the symptoms.

I began using bee pollen daily, adding it to my cereal or oatmeal. I always make sure it is locally sourced, as it has the greatest impact on our bodies for allergy reduction if it comes from the region we are living in. Honey has been used by humans for thousands of years across the globe to treat wounds, as it has powerful healing properties and helps prevent infection.

I am burning a beeswax candle this week that friends gave me, and I absolutely adore the aroma of beeswax. For decades, every year I would make about a hundred hand-rolled beeswax candles to use in our home and give out as gifts. The sweet fragrance is a reminder to me of the beauty and complexity of nature, and I am ever grateful to our little winged bees for all their service to my life and our human race on the planet.



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# Winter Is the Perfect Time to Plan

If you grow a garden or love local food, you might be enjoying the fruits of your labor you so responsibly canned or froze last season. Sauerkraut, canned tomatoes, pickled okra—these are all little tastes of warmer days to keep you nourished throughout the winter. There's something about this time of year with the Christmas tree gone or the menorahs safely packed away and the garden still cold that gives me the itch. I sharpen my pencils, pull out a new notebook and last year's tattered pages, and I plan. Even the smallest of gardens can benefit from a finely tuned plan. Will everything you write come to fruition? Ha! Of course not. There will be droughts and floods, you will get behind, a late frost will get your lettuce. But that's all part of the fun. The plan, loose as it is, is your treasure map.

## Grow What You Love

Sometimes new gardeners ask me, Where should I start? What is easy to grow? To that I say, grow what you love. Grow for the tastes that tantalize you, that motivate you to rise in the early mornings to check on your seedlings, the food so good you find yourself standing in your pajamas eating it straight from the garden bed. Grow what your kids love, grow what your family will eat. I grow a whole bed of cherry tomatoes and never taste one, but relish in watching my little ones delight in

the juicy bursts in their mouths, knowing that taste will one day call them back home.

## Seed Catalog

Another good place to start is a seed catalog. There's so many to choose from and any will do. Baker Seeds has rare, unique varieties. Sow True Seed is local to Asheville. And Southern Exposure Seed Exchange is a worker-owned cooperative, if that's your thing. Even better, ask your friends and neighbors where they order from and go in on an order together. Pour over the pages and pick a handful of favorites from each season. However, unless you have a greenhouse, don't expect to grow everything from seed. This catalog is an inspiration and not your only source of growing produce. There are plenty of local nurseries and plant sales where you can score beautiful starts that you can pop in the ground with a big head start.

One of the most important factors to consider in the planning phase is space. If you have one raised bed, aim to grow a few things you really, truly love. If you have lots of space, think about the whole year. How can you plant in procession so that you aren't harvesting all of it in the same month? Space it out. Spinach to start, radishes to follow, then kale, followed by beets and carrots, a succession of tomatoes and basil, etc. A well-planned garden has a



Grow for the tastes that tantalize you.

rhythm with a steady beat that marches on all year long.

Another fun component to picking your food is picking their companions. What grows well together? There's an old gardening book called *Carrots Love Tomatoes* that I always turn to for vegetable matchmaking, but of course the internet is also rife with this information. If you want to get crazy detailed (by this point, you know I do) you can plan each month—or each week! You can plan by the moon by using a zodiac gardening calendar—the Farmer's Almanac has a great one. They also have

a feature on their website where you can plug in your location to get planting dates based on the moon cycles and frost dates.

## Rotate Your Crops

If this isn't your first year, the most important thing to look at is where everything was planted last year. You don't want to plant a crop in the same spot year after year. It will attract the same pests and deplete the soil, as the same nutrients are used again and again. If you have lots of space, a three-year rotation is the most ideal, but any kind of rotation is better than none. And remember: you should rotate the whole family, not just a specific crop. Kale and collards are both brassicas and will take the same nutrients and attract the same pests. If you aren't sure of the family, a quick internet search or your seed packet will let you know.

So, boil a cup of tea, treat yourself to a beautiful notebook, and have fun planning.

If you're interested in learning more about gardening, tending your own plot, or just want to get your hands dirty and hang with your community, come volunteer with us. We will be resuming regular volunteer shifts in March.

*Amy Miller is the Director of Operations at Root Cause Farm. 26 Joe Jenkins Road, Fairview. rootcausefarm.org.*


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# Ads & Cameras

**A**d blockers in your web browser accomplish three goals: reducing ad clutter; cutting down on malicious ads trying to inject malware; and speeding up the overall loading of many ad-heavy websites. And now, the FBI is recommending the use of ad blockers to reduce the chance of ads impersonating brands. None are perfect, but one I like is uBlock Origin (ublockorigin.com).

If the camera on a smartphone is important to you, you might want to try a blind camera test at vote.mkbhd.com, which may help you avoid brand bias. It may take a bit of time to go through the proffered photos; you will feel like you're at the eye doctor choosing between two images over and over. Make sure your computer is bright and not in night mode. The test reviews 16 of what are commonly viewed as the best smartphone cameras.

On iPhones and iPads with the latest iOS, you can select multiple items by swiping down with two fingers. Then you can delete, move or do other actions. You won't have to do it item by item.

Command-Q or Control-Q are two very quick ways to quit any application on Macs or PCs, respectively. There are other keyboard shortcuts you might want to learn to keep your fingers on the keyboard and not moving between the mouse/trackpad and your keys.

Windows loves to offer suggestions that seem like ads, and there are settings you might want to turn off. Open Settings (click the start menu icon, then the gear icon or Settings.) Find and click on System, then Notifications and actions, then uncheck the first three options, or turn off "Get notifications from apps." While you are in Settings, go back to the Home for Settings, go to Privacy, and take a look at which options are turned on and think about what you might want to turn off. One more thing to turn off is News and interests that you mouse over in the lower right of the taskbar. Right-click the taskbar and select News and interests > Turn off.

YouTube has many great videos, some even with decent transcriptions. But their automatic transcription may not display in a way you like. You can generate or show those transcripts more easily at youtubetranscript.com.

You can prevent weird or unasked-for pictures from showing up on your iPhone by making sure that Airdrop is either turned off or at least not set to receive from everyone. Go into Settings, find and tap on General, then Airdrop. Set it to off or "Contacts only" to be safer.



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phone/text 828-771-6983

Art Director **Lisa Witler** lisa@fairviewtowncrier.com

Billing Questions **billing@fairviewtowncrier.com**

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