



The Fairview Town Crier

SEPTEMBER 2023 VOL. 27, No. 9 | FAIRVIEW, NC | fairviewtowncrier.com  

LOOKING FORWARD TO SEPTEMBER EVENTS...



GertonFest XII
September 2
starts at 5 pm
 4730 Gerton Highway, Gerton

GertonFest XII will be held on Saturday, September 2. The annual celebration of small-town life will start at 5 pm. There will be music, baked goods, plants and crafts, as well as BBQ (eat in or take out) for \$10 starting at 6:30 pm. 4730 Gerton Highway, Gerton.

SMCC Fish Fry

September 18, 5-7 pm
 Spring Mountain Community Center
 807 Old Fort Road, Fairview



Spring Mountain Community Center will be hosting its annual Fish Fry on Saturday, September 18 from 5-7 pm. All proceeds from this year's event will go to fund the paving of SMCC's driveway.

Chef Jay and Chef Byron will once again be serving up delicious white fish prepared onsite, along with fixins prepared by SMCC volunteers. Plates are \$10 each with an optional dessert for \$3. This event is take-out only, and guests can drive around the building to pick up their orders. Make sure to register early, as this is reservation only and space is limited.

Come start your week off right with a delicious meal cooked practically right at your doorstep. To make a reservation, call Linda at 242-8785.

LOOKING BACK ON AUGUST EVENTS...

Kid Makers Shine at Market Event

by Ashley Haywood

In early August, creative kid artisans gathered with their tents, tables and creations at the Spring Mountain Community Center after spending weeks preparing for the Summer Kids Maker's Market. Most of them had never set up and sold at a market-style event before, which was hard to believe with all of the creativity on display. Twenty-nine vendors at the event sold hand-made items such as tiny art on easels, 3D printed toys, natural fruit leather, cherry limeade, dreamcatchers, scented slime, crocheted necklaces, resin jewelry, and so much more. The weather was beautiful, drawing many shoppers to support the young Fairview artisans, with many selling out of their most popular items.

One vendor's parent said, "The whole experience was invaluable to my kid. I watched him go from being scared to talk to anyone to proudly talking about his process and work, and interacting with adults with confidence."

With the success of this first event, plans are underway to hold another market closer to the holidays. If you're interested in getting on the email list to be notified of future events, reach out to me at ashleybhaywood@gmail.com.



IMAGE: Alicia McDermott

FAIRVIEW FESTIVAL TAKES ROOT



Last month, the Take Root Festival brought out hundreds of participants to support Root Cause Farm. Attendees sipped local beer and cider while listening to live bluegrass, created botanical art with garden flowers, built bouquets, and ate dinner from the Fern Leaf food truck under the shade of the site's old hickory tree. Meanwhile, throngs of children spent hours playing in sprinklers and launching down the slip 'n slide, playing rounds of mini-golf and connect-four, and of course, cooling off with cups of Hilltop Ice Cream. It was truly a community-supported event with a long list of local sponsors and supporters. The folks who run Root Cause Farm loved getting to see long-time and former supporters of the garden and also introducing many to the space for the first time. They said they are grateful to be part of this community and share this beautiful space.

Reynolds Band Seeks Support

The A.C. Reynolds High School Marching Band will be hosting its 7th annual Cedar Cliffs Classic Tournament of Bands (CCC) on October 14.



The band is currently looking for businesses in the community interested in sponsoring the CCC this year. Becoming a sponsor is a great way to

show your much-needed and appreciated support for the band program while getting great recognition and publicity for your business.

If you are interested in learning how you can help the band program through one of its five sponsorship levels, please contact the Band Parent Association President, Teresa Dickman, at acreynoldsbandbpa@gmail.com.

The Cedar Cliffs Classic (CCC) is the band's biggest fundraiser and attracts an average of 2,000 participants and spectators. Members of the Fairview community have been strong backers of the band program for many years, and the band is so thankful for their support, which helps keep the band program strong.

The Fairview Town Crier
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COMMUNITY CALENDAR

SEPTEMBER 2 GERTONFEST 5 pm
Upper Hickory Creek Community Center
See front page for information.

SEPTEMBER 3 SINGING GROUP 6 pm
Cedar Mountain Baptist Church
The Edwards Group will perform at evening service. For information, call Pastor Page at 273-2458.

SEPTEMBER 7 EMBROIDERERS MEETING 9:30 am–12 pm
Embroiderers' Guild of America
3 Banner Farm Rd., Etowah/Horse Shoe. For info, call 575-9195.

SEPTEMBER 9 9 am–3 pm
Rusty Dog Arts & Crafts Show
See ad on page 24. 379 Old Charlotte Hwy., Fairview.

SEPTEMBER 10 DEMOCRAT CLUSTER GATHERING 3–5 pm
Buncombe County Democrats
Attendees will pull weeds or possibly prepare soil, harvest, wash and pack vegetables for distribution to no-cost markets, which provide food for those in need in our community. You could get dirty. Bring your favorite weeding tool. At Root Cause Farm,

26 Joe Jenkins Rd., Fairview.

SEPTEMBER 11 STITCHERS MEETING 3 pm
Stitches of Love
Create handmade items that are donated to local charities. New members welcome. Panera Bread, 1840 Hendersonville Rd., Asheville. For info, call 575-9195.

SEPTEMBER 11 WNC PROSTATE SUPPORT GROUP 5–7 pm
Special meeting this month. Contact Eric for information: 419-4565.

SEPTEMBER 11 FAAL MONTHLY MEETING 11 am–12:30 pm
Fairview Area Art League
For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

SEPTEMBER 12 FBA MEETING 6 pm
Fairview Business Association
The monthly meeting of FBA members. See page 27 for more info.

SEPTEMBER 18 FISH FRY 5–7 pm
Spring Mountain Community Center
See front page for information.

SEPTEMBER 20 AARP VOLUNTEER INFORMATION SESSION 4–6 pm
Turgua Brewing
Meet members of the local AARP team and learn how you can put your time and talent to work as a volunteer in WNC. Register at events.aarp.org/VolunteerWithAARP. See ad on page 11. 3131 Cane Creek Rd., Fairview.

SEPTEMBER 21 PLANT-BASED COOKING CLASS 6 pm
Seventh Day Adventist Church
Featuring raw cuisine. See ad on page 12. 57 Cane Creek Cir., Fairview.

SEPTEMBER 26 LABELING THE CRIBER 10 am
Fairview Town Crier
Come chat with your neighbors as we put labels on the papers that go to Fletcher and Reynolds. Contact volunteer coordinator Diana Soll to volunteer or get more info at dbsr828@gmail.com. Fairview Fire Department, 1586 Charlotte Hwy., Fairview.

SEPTEMBER 30 FAMILY FUN DAY 12–2 pm
Oak Grove Baptist Church

Free event for the whole family. See ad on page 11. 1552 Cane Creek Cir., Fletcher.

SEPTEMBER 30 MOTORS FOR MISSIONS
Trinity of Fairview
Car, truck and motorcycle show. Registration by donation at trinityoffairview.com. See ad on page 13.

SEPTEMBER 30 CIDER FESTIVAL 12 pm
Turgua Brewing
Free entry for an afternoon of fun. A cider press, guest cider taps, live bands and food trucks. For updates and more info, see Turgua's social media accounts or call 338-0218. 3131 Cane Creek Rd., Fairview.

SATURDAYS AND SUNDAYS LIVE MUSIC
Straightaway Café & Pub
Every Saturday night and Sunday afternoon. See the ad on page 29. 1722 Highway 9, Black Mountain.

MONTHLY ROOT CAUSE FARM
Volunteer Days, Sundays, 3–6 pm, Mondays, 9 am–12:30 pm; Potluck Dinner, last Sunday of every month, 5 pm; Share Market, Mondays, 12–1 pm.

THROUGH SEPTEMBER GRIEFSHARE 6-8 pm

Trinity of Fairview
For those who have lost a loved one. Thursday nights through November 2. \$25, includes workbook. To register or for more info, see ad on page 25.

THROUGH OCTOBER 19 BALANCE PROGRAM FOR OLDER ADULTS 10 am–12 pm
Spring Mountain Community Center
An evidence-based program designed to help older adults reduce their fear of falling and increase activity levels. Contact brea@landofsky.org or call 251-7438 for more information or to register. 807 Old Fort Rd., Fairview.

coming next month 

OCTOBER 1 ANNUAL MEETING
Cane Creek Cemetery Association
All members and the public are invited. For more information, call 280-9533.

OCTOBER 7 FUNDRAISER: YARD SALE & CHILI LUNCH
Reynolds Fire Department
Tables available for \$15 each or two or more \$10 each. Contact Marie Haddock at 335-9999 or marie_haddock@yahoo.com for more info.

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.
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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.

FOOD PANTRIES

Food for Fairview
Fairview Community Center, 1357 Charlotte Hwy., Fairview.

MONDAYS 3–6 pm
For food assistance and to volunteer (shifts run from 1–6 pm.)

TUESDAYS RESTOCKING, 8:30–10:30 am
The Place Fellowship Church
2 Laura Jackson Rd., Fairview

WEDNESDAYS 4–6 pm
Trinity of Fairview
646 Concord Rd., Fletcher

WEDNESDAYS 9 am–12 pm

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BACK 2 SCHOOL

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PARENT SUPPORT

Why Do They Act Like That?
Sept. 10, 1-3 pm
12 Huntington Chase Drive, Haw Creek

Practical and Positive Connections in Communication
Sept. 17, 1-3 pm
43 Bonn-E Lane, Fairview

Build a Stronger Relationship with Your Child (of any Age!)
Sept. 24, 1-3 pm
1138 Lance Farm Trail, Arden

REGISTER TODAY!
<https://bit.ly/strongparent>



Christi Hurd, M.A., NBCT
PCI Certified Parent Coach®

Contact Christi for more information
hurdhuddle4u@gmail.com
hurdhuddleparentsupport.com

1,000 Books!

Visit any Buncombe County Public Library to start participating in our 1,000 Books Before Kindergarten Program, which launched last month. This is a nationwide initiative that encourages grown-ups to read 1,000 books with their young child (ages birth to 5) before they enter kindergarten. To learn how to get a free booklet to record the books that have been read and how to receive awards for reaching milestones, see last month's column or visit the library.

UPDATES

The library will close at 2 pm on September 21 so staff can attend the Buncombe County Employee and Family Fun Fest.

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

September 29, 3:30 pm
The library provides the Legos, you provide the creativity. Perfect for ages 6 and up.

Crafting and Creating

Sunflowers are coming up all over at the Fairview Public Library! Pick up a pretty paper sunflower craft to take home or sit down and make one while you're visiting. While supplies last.

FOR ADULTS

Yoga at the Library with Courtney Jarrell

September 7 from 4:30-5:30 pm
Join us for a fall yoga series. This is an all-levels, community-oriented class—accessible to all with modifications for those who need to make things easier and options to make things more challenging.

Courtney Jarrell has 11 years of experience teaching yoga. She is certified in Hatha and Prenatal Yoga, as well as Integrative Nutrition Health.

This class will be offered on the first Thursday of the month. Registration is not required, but participants should bring a mat. There will be a very limited number of yoga mats available to borrow.

Fiber Arts Club

September 12 from 6:30-8 pm
A monthly gathering for those who enjoy knitting, crocheting, and hanging out with friends. This is not an instructional group, but newcomers are most welcome.

Fairview Online Book Club

September 19 at 7 pm
The book club will discuss *City of Girls* by Elizabeth Gilbert via Zoom.

For information or to register, email jaime.mcdowell@buncombecounty.org.

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

SPECIAL EVENT



Elderberry honey syrup



Fire cider



Decongestant balm

IMAGES: ERIN ADAMS

Creating a Fall and Winter Natural Health Home Apothecary with Ashley English
September 26 at 6:30 pm

It has long been said that an ounce of prevention is worth a pound of cure. Do your future self a favor, looking ahead to cold & flu season, and prepare for wellness now. Join author, teacher, and homesteader Ashley English as she shares information about and demos how to create the following fall and winter home apothecary remedies: elderberry and honey syrup, fire cider, cough syrup, mustard bath, and decongestant balm.

Ashley English is the author of 11 books, including the five books in her "Homemade Living series" (*Canning & Preserving*, *Keeping Chickens*, *Keeping Bees*, *Home Dairy*, and *Home Apothecary*), as well as *A Year of Pies*; *Quench*; *Handmade Gatherings*; *A Year Of Picnics*; *The Essential Book of Homesteading*; and *Southern From Scratch*.

She holds degrees in holistic nutrition and sociology, and is an alumna of both UNC-Asheville and Clayton College of Natural Health. She has worked over the years with a number of nonprofit organizations committed to social and agricultural issues. She regularly contributes to a number of international, national, and regional print publications.

This event is financially sponsored by the Friends of Fairview Library.

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Crystal White, owner

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ACTIVE LISTING Bob Rein
\$1,249,900 | MLS ID 4052859

ACTIVE LISTINGS

Arden



3 BR | 3 BA | 2,217 SF

14 Deseret Drive
\$495,000 | MLS 4047167

Asheville



3 BR | 2 BA | 1,413 SF

92 Alpine Way
\$459,900 | MLS 4037885

Fairview



6.32 ACRES

V/I Smith Knolls Road
\$495,000 | MLS 4039393

FAIRVIEW REAL ESTATE SALES JULY 2023

| LISTING PRICE | NUMBER SOLD | AVERAGE SALE PRICE | AVERAGE DAYS ON MKT | AVERAGE % LIST-SALE PRICE |
|---------------|-------------|--------------------|---------------------|---------------------------|
| UNDER \$300K | 2 | \$201K | 48 | 90.5 |
| \$300K-599K | 4 | \$375K | 3.5 | 100.5 |
| \$600K-899K | 2 | \$665K | 25 | 97 |
| \$900K+ | 4 | \$2.5M | 49 | 100.25 |

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

Agent Spotlight RENA HENDERSON



“
Rena is very knowledgeable and professional. She conducts research on the property and gives appropriate advice. She takes a very personal interest in all of her clients. A great real estate agent!!

—Gretchen Naff”

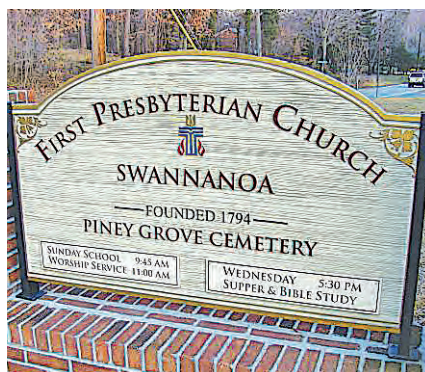
CONTACT RENA TODAY!
912-399-4453 | rena@greybeardrealty.com

Major William Davidson

Major William Davidson was born on October 10, 1736, in Lancaster County, PA. He was the son of John and Mary Morrison Davidson. He had a twin brother named Samuel. He moved with his family to Rowan County, NC, which at one time went west all the way to the Mississippi River. Davidson married Margaret McConnell, who was the daughter of John McConnell Sr. and Mary Winsley. Her family was living in a section of Rowan County that is now McDowell County at a place called the Glades, which is on the Catawba River.

Davidson was active during the Revolutionary War. He was a member of the Committee on Safety and Independence and served as a lieutenant in Captain Houston's Company. He fought in 1781 when Cornwallis invaded North Carolina. He was at the Battle of Kings Mountain and soon rose to the rank of major.

William Davidson moved to Swannanoa after the death of his brother Samuel, who was killed by the Cherokee. William Davidson bought a farm where Bee Tree Creek enters the Swannanoa River. William and his brother James were issued the first land grant in Buncombe County on August 7, 1787, for 600 acres located on the Swannanoa River. In some early



An older sign for the cemetery. The church is now called One Focus Church.

Buncombe deeds, the Swannanoa River was called the Savannah River. William and Margaret were charter members of Piney Grove Presbyterian Church.

William Davidson was a well-to-do and prominent member of the Swannanoa community. He and Margaret were buried on their Bee Tree Farm and their bodies were later moved to Piney Grove Presbyterian Church Cemetery.

William and Margaret's Nine Children

1. **Mary Davidson** (1760–1842) married Daniel Smith.
2. **John Davidson** (1764–?).
3. **Hugh Davidson** (1768–?).

4. **George Davidson** (1768–?).
5. **Jean Davidson** (1772–1804) married Thomas Davidson.
6. **Sallie Davidson** (1774–1838) married Joshua Williams.
7. **Ruth B. Davidson** married General Williams.
8. **William Mitchell Davidson** (1780–1840) married Elizabeth Vance.
9. **Samuel Winslow Davidson** was born on April 2, 1781, in Burke (now McDowell) County, NC. He died on October 14, 1858, in Swannanoa, NC. He married Martha McRee (September 11, 1781–?), who was the daughter of Rev. Dr. James McRee and his wife Rachel Crusier McRee. He next married Elizabeth Vance Davidson, who was the widow of his brother, William Mitchell Davidson. Samuel Davidson died on October 14, 1858. He and his first wife are buried at Swannanoa Presbyterian Church Cemetery, which is also known as Piney Grove Cemetery.

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

IMPORTANT COMMUNITY CONTACTS

PUBLIC SERVICE

Sheriff's Department 250-6670
 Fairview Fire Department 628-2001
 Garren Creek Fire Department 669-0024
 Gerton Fire & Rescue 290-6194
 Reynolds Fire Department 298-5200
CALL 911 FOR EMERGENCIES

SCHOOLS

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

COMMUNITY CENTERS

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

POST OFFICES

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

MISCELLANEOUS

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



Dry skin & drinking water

THE MYTH

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PROPOSED BUILD

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PROPOSED BUILD

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



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



SOLD IN 3 DAYS! 65 Crossings Circle, Fairview **\$869,000**

Hurricane Season Is Here

We call a tropical system a hurricane in the Atlantic and northeast Pacific. In the northern Indian Ocean, they're called cyclones. And people living along the northwest Pacific Ocean call these storms typhoons.

Aside from where these storms take place, they all are the same weather phenomenon. The only time a hurricane would become a typhoon is if the storm crossed the International Date Line at 180 degrees west longitude. This happened just last month, as Hurricane Dora crossed this line and became Typhoon Dora.

While we are on the subject, our hurricane season should start to become more active. I want to offer two great resources for hurricane information and forecasts. The first site is Tropical Tidbits (tropicaltidbits.com). The website's primary purpose is to be a home for Atlantic tropical forecast discussions offered by Levi Cohan and various projects he has been developing related



to tropical meteorology. His forecasts do not represent the prognostications of any government office. Levi has been tracking tropical cyclones closely since 2002 and has a Ph.D. in meteorology from Florida State University.

His site is an excellent source for hurricane information, but I think the best part of his website is his daily forecast and discussion video on current hurricanes. The video includes satellite images, graphics, and an explanation by a meteorologist with his take on the current tropical storm or hurricane. The video discussion is great and a cut above what you get from most news and weather outlets. During hurricane season, this is one of my go-to pages.

He also asks that users visit NOAA's National Hurricane Center (nhc.noaa.gov)

WEATHER WONDER

What is the meteorological "Ring of Fire"?

Though "ring of fire" isn't a formal weather term, it is used by meteorologists to describe a fairly common summertime weather pattern.

Here's how it works: Sinking air associated with a strong upper-level high-pressure system leads to very hot temperatures near its core. Disturbances aloft form a ring around the high-pressure system's clockwise flow and tap into moisture, resulting in bouts of storms along the edges of the high-pressure system.

for official information, some of which can be found on Tropical Tidbit's current storm information page.

In previous columns, we talked about hurricane frequency, formation and seasonality. The next two months (September and October) are the ones with the greatest frequency of hurricanes in the Atlantic basin.

While the tropics are heating up in terms of hurricane frequency, across WNC, average temperatures in September start to drop. Actually, meteorological summer is defined by the three warmest months of the year: June, July and August. That means, meteorologically speaking, summer has already ended. The amount of solar radiation, hence the length of day, starts out at 12 hours 54 minutes on the first of the month and is down to

11 hours 50 minutes by month's end—a decrease of an hour or so of daylight. The temperatures also show a marked decrease and follow the trend of decreased heating. Normal temperatures start out at 80 for a high and 60 for a low and drop almost 10 degrees on average, to 72 for a high and 50 for a low by month's end. The thunderstorm frequency also decreases in September to about three a month on average, down from about 8 a month during the June through August period.

QUESTION of the MONTH

Has is ever snowed in Fairview in October?

Find out in next month's Weather Wonder!



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



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PEMF Spine Tissue Repair Therapy



Scar Tissue Repair



Nerve-Muscle Re-Education

here's what our patients say...

"I had sciatic pain that would almost bring me to my knees when I tried to walk up the stairs. I had a terrible 'pulling' feeling with each step. I had been dealing with this for two years. I tried other treatments, including injections, but nothing seemed to work or last. I heard about Dr. Reilly, and chose him to help me. I am so glad I did! With each treatment, I felt a little bit better.

Now I feel 85% better than I did when I first came in! Dr. Reilly and the staff are great!"

—Marvin H.

"I live about an hour and a half from Dr. Reilly's office, and I hadn't slept in my bed for over two years. My husband saw an article in our local paper about Dr. Reilly's treatment for sciatica and I decided it was worth a drive there to see what he had to say. I'm so glad I did. I'd gone to other doctors in my hometown and it helped some, but nothing like Dr. Reilly! Within only three visits, I saw improvement! After adjustments, contraction and a home exercise program Dr. Reilly gave me, I can now sleep in my bed again and have no pain while walking!"

—Sandra

"I had been suffering with lower back pain and numbness in my right calf for about 2 years. I read about Dr. Reilly and Fairview Chiropractic and decided to give [them] a try. I had already done medical treatments of prescription drugs, injections and physical therapy and it did not help. Upon completing the regimen Dr. Reilly recommended, my back pain is all but gone and I no longer have numbness in my calf. I can now do anything I want without pain.

I have recommended many people with back problems to Dr. Reilly, it's definitely worth trying."

—Vicki L.

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Memorials to Marvin

Remembering Marvin Bennett

I loved our time together because Marvin was often quite expressive in his reactions to what was going on. Some of my favorite times were when he'd come over for dinner and I'd make a sour cream peach pie or most anything sweet (we shared having a giant sweet tooth!), and he'd say... "Oh goodie!" with a devilish grin on his face while rubbing his hands together excitedly. If we were talking and something would come up that was new information for him, he'd say "Oh really?" with a bright twinkle in his eye expressing his wonderment. I think it's the unique little somethings about our friends that make them so special."

—Bill Carpenter



I met this wonderful man in the pool at the downtown YMCA. I had been teaching water aerobics, and Marvin was a regular participant. After some time chatting after class, we learned that we both lived in Fairview. When Marvin found out I was the editor of the *Crier*, he gushed and gushed about how much he loved that newspaper and that "he wanted to get involved, to support it, however he could." I mentioned labeling and he turned up at the next session with his notable broad grin and an "I told you I'd be here!" expression. And he was a loyal labeler for many, many years. I used to tease him that I couldn't seat him next to anyone because he would talk more than stick labels on. Marvin was interested in getting to know everyone and was as good a listener as he was a story teller.

He touched many hearts at *Crier* events. He and Roger, along with Peter and Carolyn Smith, never missed a chance to don wacky costumes and head out to *Crier* fundraisers. They were always supportive in every way possible. Roger began writing a column for the paper, and Marvin became a board member. The void he leaves is too great to be filled. I will never forget him.

—Sandie Rhodes

Marvin found the greatest delight in the simplest things. I remember one occasion when a group of children were learning to cook their first hotdog over a campfire. Marvin enthusiastically joined the group, and with childlike glee eagerly devoured two of the very charred dogs—beaming one of his characteristic grins the entire time.

Marvin had one of those gigantic smiles that fully consumed his entire face—with eyebrows, eyes, cheeks, lips and chin all working together in a perfect choreography to radiate absolute joy when he was truly loving a special moment or experience. Sometimes, his smiles presented a distinctly mischievous but always playful tone which almost vocalized his thoughts: "Guess what I just got away with...?"

This was particularly evident when someone shared a story that he found intriguing enough to relate one of his own youthful and highly entertaining adventures.

Marvin's stories were always delivered with such enthusiasm, charm, and humor. He was one of those people who everyone sought out at a gathering because he was always so entertaining, thoughtful and warmhearted.

We all miss him tremendously.

—Gar Wright



Marvin with daughter Wendy and granddaughter Maisie



Marvin, Carolyn Smith and Roger at a 60's-theme fundraiser for the *Crier* in 2013.

“Whoever has a heart full of love always has something to give.”

—a favorite quote of Marvin Bennett’s from Pope John XXIII

Marvin collected “sunrises and sunsets,” and he loved nature and these beautiful Blue Ridge Mountains. He always took time to enjoy the simple pleasures in life. He celebrated life fully and always tried to, in his own words “live out loud; to find one good thing a day that makes me smile and a vow to learn something new every day.”

—Roger Klinger



Marvin Bennett

Marvin Henry Bennett was born in Trenton, NJ, on August 23, 1932. He earned a B.S. in Entomology (pre-med) at Rutgers University and served in the Army during the Korean War, where he was stationed at Fort Sam Houston in preventative medicine and then the Aberdeen Chemical Warfare Center in Aberdeen, MD.

In 1992, after 42 years, he retired from The New Jersey Manufacturing

Company as Director of Purchasing.

Marvin had already led a full life before moving to Fairview in 2008, but that didn't mean he was going to slow down. Together, he and his soulmate Roger transformed their two-acre homestead into a veritable botanical garden—and a lot of it edible. Marvin was a longtime, regular volunteer at *Town Crier* labeling sessions, and in 2014 he became a board member to add to his support of the *Crier*.

Marvin passed away on August 7. He is survived by his life-partner Roger Klinger; daughter Wendy Bennett and granddaughter Maisie Bennett-Optenberg, both from Philadelphia; his younger brother Floyd Bennett, along with his wife Pat and their children Beth Anne and Mark, all in Salem, Oregon; nieces Linda Jarvis, Cape May, NJ, and Susan Jarvis-Hagstrom, Pennington, NJ; and a deep, loving community of treasured friends here in Fairview and all over the country.

Marvelous Marvin! Always had a home project in the works. Marvin’s frequent trips to Lowe’s for parts were considered a form of recreation. Fond memories of time spent together at silent retreats, picnics and *Town Crier* special events. During cold winter days, Marvin loved gathering in front of the wood stove in his living room. His best dog, Molly, claimed the spot on the floor directly in front of the stove.

Marvin was a best friend and I miss him greatly.

—Pete Smith

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Lauren Steiner

Lauren Steiner is not a Fairview native. In fact, she grew up in Westchester County, just north of New York City; went to college in Connecticut; and after working in Boston and NYC for almost a decade, landed a job in Los Angeles where she lived for 33 years.

In her favorite movie, “Annie Hall,” when told he can have a great lifestyle if he moved to LA, the main character said, “I want a life not a lifestyle.” Lauren, who is now an independent journalist and activist, related to that quote. She never liked the vastness and traffic of LA and was long looking for a smaller city to move to. So why did she finally move in 2021, and to Fairview?

The pandemic and wildfires. “Twice in 2019, I had to pack my car in case of evacuation,” Lauren said, remembering those harrowing days. “And the pandemic lit a fire under me. No pun intended. I knew if I didn’t move right then at 63, I never would.”

SOARING into WNC

And why Fairview? As it happened, back in 2013, Lauren had enrolled her son in an academic experience in Balsam, NC, called SOAR. The nine-month program gave her multiple opportunities to visit Buncombe County, and she liked what she found here. When she was contemplating her move, she recalled many of the things she loved about WNC: the llama farm she stayed at, the delicacies she sampled at French Broad Chocolate Lounge, the farm tour hosted by Appalachian Sustainable Agriculture Project, the buskers who performed for passers-by on street corners downtown, and all the great restaurants. Mostly, she chose Fairview for the climate. As a climate activist, she researched and found that this part of the state would be more climate resilient than many parts of the country. And it was also the trees.

“You can never escape the blazing sun in LA. There aren’t even any woods in Los Angeles to hike in,” Lauren explained. “But here, I literally live in a forest and have a mountain view from my house.” Plus, without city lights to pollute moonlit skies, she can see the stars, which are not



visible in the LA night sky. “Also, I love the country, the fact that I see horses, cows, bears, rabbits, deer, turkeys and even possums on a regular basis,” she said. “Yet in 15 minutes, I can drive to downtown Asheville with no traffic.”

So Lauren moved here in 2021 and immediately got involved in the community. “While much of my activism has been focused on affecting national and state policies, I’ve learned over the years that we can affect change easiest on the local level,” she said.

And Lauren Steiner is all about affecting change.

She credits Judaism with part of her motivation. “I’m not that religious, but there are two concepts from Judaism that inform my life,” she said.

Tikkun olam and tzedakah

Tikkun olam means, approximately, “heal the world.” However, it carries the implication that followers will not simply repair brokenness; they will facilitate actual, lasting change. Tzedakah refers to acts or gifts of charity that bring about justice. Judaism stipulates that tzedakah is a moral obligation of believers. And Lauren also believes another precept from the Bible: from whom much is given, much is expected. Lauren has embraced

I’ve learned over the years that we can affect change easiest on the local level.

—Lauren Steiner

this responsibility to pursue healing justice for the world through activism and now philanthropy.

Making Change

In fact, this passion informed her career choice. “As a child, I loved acting. But being influenced by the movements of the late ‘60s, early ‘70s, I also wanted to make change. I saw how broadcasting journalists were able to do this. And I could still be in front of the camera.”

In the mid ‘80s, Lauren got involved with community access cable television. These days, the internet, specifically social media and YouTube, have made public platforms available to anyone who can connect to WiFi. Back in the ‘80s and ‘90s, though, cable TV offered something that was hard to find: an opportunity for citizens to learn how to make TV shows for other members of their community.

Community Access

Lauren recalled, “I used to say, ‘Community access cable television is the best thing to happen to free speech since the First Amendment.’” It was a modern version of a soapbox in the town square. “People could state their opinions directly without having them filtered through a reporter or editor.” It was also a way for people to learn about neighborhood events and local opportunities. “Community access cable was like a television version of a hometown newspaper,” Lauren explained.

It’s no surprise, then, that she picked up the *Fairview Town Crier* once she moved to her new town. Reading it regularly, she learns about local events, finds local service providers to hire and non-profits to support, even people to feature on her show, “The Robust Opposition,” which she’s been producing for over six years.

This curiosity—a trait of Lauren’s that is apparent in every conversation—led her

to Root Cause Farm, where she met Kiera Bulan and Amy Miller, respectively, the board chair and the director of operations of the nonprofit. Lauren had the idea to create a survey to assess the needs of Fairview residents. Root Cause Farm was interested because they are relaunching in the community and want to hold a series of community conversations on the farm. The survey will help them determine residents’ priorities.

Seeking Feedback

The survey seeks information regarding needs such as access to food, housing, health care, transportation, childcare and more.



“The results can be shared with our representatives on the County Commission, since Fairview is not its own city, and they can help direct resources to those needs.” Lauren explained, her enthusiasm for the project obvious.

In making a positive impact in the lives of her neighbors—practicing Tikkun olam and tzedakah—Lauren Steiner feels right at home in Fairview.

See pages 16-17 to fill out the survey or find out how to take it online.



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

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Support for Caregivers

By Ellen Westbrook

For seven years, I was the long-distance caregiver for my mother, who had vascular dementia. In the earlier stages of the disease, I remember spending hours on the phone helping her with simple tasks like writing a check or addressing an envelope. I also remember the day she looked in the mirror and didn't recognize herself.

Family caregiving comes in many forms: in-home, in-town or long-distance; solo or with a team. Regardless of the form, there can be many challenges and stressors that go along with caregiving.

AARP According to the AARP Public Policy Institute report:

- **61% of family caregivers work** either full or part time.
- **30% of family caregivers are in the "sandwich generation,"** caring for both aging parents and children and/or grandchildren.

Fortunately, there are many resources to assist caregivers with these challenges. A good place to start is on the AARP's Family Caregiving page (aarp.org/caregiving/). You'll find articles, tools and guides that address almost every aspect of caregiving.

- **making a home safe** for an aging parent;
- **guide for dementia** caregiver;
- **legal issues** such as guardianships, living wills and power of attorney;

- **costs of caregiving;**
- **life balance.** You can also download AARP's caregiving guide.

Land of Sky Another wonderful resource is the Area Agency on Aging at Land of Sky Regional Council. Visit their website (landofsky.org/aaa.html) to view their many programs and services. Their staff members were particularly helpful to me in making a tough decision about which skilled nursing facility my mother should enter. They recommended questions to ask the administrator and the director of nursing. The responses to those questions made my decision much easier.

Council of Aging The Council on Aging of Buncombe County is yet another great resource for family caregivers. Check out their programs and services at coabc.org/programs/caregiver-support. They have a family caregiver support group (CAPES) that meets in person or via Zoom on the third Tuesday of every month. There is no cost, and you are encouraged to attend whenever you're able.

Finally, if you're caring for someone living with dementia, take a look at ALZ-Connected (alzconnected.org/). This is a free online community where members can post questions and provide support.

Ellen Westbrook is an AARP volunteer who lives in Fletcher. For more info on AARP, go to aarp.org or see the ad on page XX.

COUNTY'S CORNER



This month, the *Crier* sent questions to Corrine Duncan, who is the director of Buncombe County Election Services.

Her department, among other duties, conducts all elections in the county, maintains voter registration records, educates Election Day officials, reports election day results, and provides election reports and statistical information.

"Elections are the heart of American democracy," she said. "Participating in voting is your right. It is something to be celebrated. Hundreds of people each election come together [in the county] to ensure that whether you vote by mail, during early voting, or on Election Day, your voice becomes part of the collective decisions we make together as a nation."

When asked about a common request her department deals with, Duncan mentioned registration. She said to "keep your registration up to date so your voting process is efficient. Where you live determines what is on your ballot, so keep your registration updated to have accurate information on upcoming elections, voting locations and sample ballots."

And if you want to understand the election process better or want to help, Duncan said you can be a poll worker. "You can serve your community, which is rewarding," she said. "And you get paid! You'll learn about the laws and checks and balances that go into holding elections. By providing a positive place for your friends and neighbors to cast their vote, you are actively participating in our democracy. It's a great way to connect to the greater good of our community, and you'll be left feeling the honor and celebration of your contribution."

Election Services offers a lot of services. We asked Duncan to highlight one she'd like more readers to know about. She got very excited about recommending the Voter Information Tool. "Use it to look up your registration status," she said, "print your sample ballot, find out where to vote, and see all the elections you've voted in."

Lastly, we asked her what she liked most about helping people in her job. "I feel honored, every day, to be part of something that brings Americans together regardless of political affiliation," she said. "Elections are a tangible reminder that the spirit of this country is about people working together to make decisions about our leadership. I treasure holding space for that."

Duncan also wanted readers to know they could get a free voter ID from the county. See page 23 for more info on that.

The *Crier* thanks Duncan for answering our questions and for her work supporting the people of the county.



Interested in joining our volunteer team?

Join others in our community who are committed to service, like AARP volunteer, **Diane Mance**:

"I volunteer with AARP because of the many different programs that help seniors be more informed of the issues affecting them."

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All about Low Back Pain

Low back pain is a very common condition that affects around 80% of adults globally at least once in their lifetime. There are many different causes, with the most common cause intervertebral degeneration, which leads to degenerative disc disease and disc herniation.

The low back region consists of five lumbar vertebrae. In between each vertebrae is an intervertebral disc. The discs, along with other stabilizing structures, create a space between the backbones that allows the spinal nerves to exit the spinal column. Discs are 80% water, and a dehydration process occurs as we age. When an external or mechanical force is exerted onto the lumbar spine—such as repetitive lifting, twisting, or carrying heavy objects—it can cause the disc to bulge or protrude. This herniation can irritate, compress or inflame the spinal nerves exiting the back and cause back pain. In severe cases, it can cause radiating pain into the buttocks, thigh or even down the leg into the foot.

There is a higher incidence of occurrence among adults 30 to 50 years old, and it is more prevalent in men. Studies have shown that 85% to 90% of symptomatic cases of lumbar disc herniations resolve in six to 12 weeks with conservative treatment. If symptoms persist for longer than six to eight weeks or if red flags of

neurologic dysfunction are identified, then diagnostic imaging and surgical interventions are considered.

Conservative treatments include medications, physical therapy, epidural injections and other non-surgical interventions such as chiropractic or acupuncture interventions. In most cases, low back pain resolves within three weeks without any treatment or intervention.

Reducing Risk

To help prevent or reduce the chance of injuring your lower back: maintain a healthy cardiovascular system and be physically active; maintain good flexibility in the back, hamstrings and quadriceps muscles; maintain a healthy and ideal body weight; avoid lifting and carrying heavy weight directly overhead; sit with proper posture and support; and utilize proper body mechanics when lifting and carrying objects.

Good posture and body mechanics reduce the load and strain on the structures of the spine and low back. To maintain a proper sitting posture: keep your back straight and your shoulders relaxed; keep your knees bent and slightly higher than your hips; keep your feet flat on the ground or resting on a small bench; keep your body weight spread evenly over each buttock; don't slouch; use a pillow

or cushion placed behind the low back to help maintain the normal curve of the spine; and hold your head directly over your shoulders.

To ensure proper lifting mechanics: bend at your knees and hips; keep an object close to you and lift with your legs; do not lift and twist simultaneously; do not raise heavy objects over your head; avoid bending or leaning down to lift an object off of the floor while keeping your legs straight; and if an object is awkwardly shaped or too heavy, ask for help.

Exercises

The following daily exercises can help maintain good strength and flexibility in the back and legs. If any exercise causes back pain or pain into the buttocks or legs, stop immediately and consult with your physician or physical therapist.

Trunk Rotation: Lying on your back with your knees bent, gently rotate your spine as you move your knees to one side, then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Knee to Chest Lumbar Flexion: While lying on your back, hold your knees and gently pull them toward your chest.

Cat-n-Camel Stretch: While on your hands and knees in a crawl position,

raise your back and arch it toward the ceiling like an angry cat. Next, return to a lowered position and arch your back in the opposite direction.

Partial Sit-ups: Lie with your knees bent and your feet flat on the ground. Extend your arms in front of you toward your knees. When you crunch/tighten your stomach muscles, move your hands closer to your knees.

Seated Hamstring Stretch: Sit near the front edge of a chair. Rest one heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh. Maintain a straight spine the entire time. Bend through your hips. Perform the stretch with each leg.

Chair Squats: Stand with your feet shoulder-width apart and your toes pointed forward to slightly turned out. Bend your knees and lower your buttocks toward the floor, keeping your back straight and bending at your hips. Allow your arms to raise forward as you lower, and then return your arms to your sides as you straighten.

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



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Sarcopenia is the progressive loss of muscle mass and strength due to aging. The old saying of “if you don't use it, you lose it” is very true in many aspects of body functions.

Osteoporosis occurs when the creation of new bone does not match the rate of old bone degeneration. Bones are naturally built with enough density and strength to support one's own body weight and can stand absorption from impact. As we age, the bones will naturally lose their ability to keep the density needed to prevent fractures, as well as lose the ability to rebuild themselves.

Some ways to treat sarcopenia and osteoporosis include resistance-based strength training, increasing protein intake, and increasing calcium and



Benefits of resistance training include a decreased risk for falls, an increase in stability and balance, and more.

vitamin D intake.

According to the National Institutes of Health (NIH), a middle-aged person (40 to 60 years old) who does not participate in any type of resistance training will lose three to eight percent of muscle tissue per decade. However, regardless of age and ability, if you consistently increase resistance-based strength training and adequate protein intake, you can maintain or even reverse the process of muscle loss. You have the ability to increase muscle tissue by one to two pounds per month on average.

Resistance-based strength training is a type of exercise program that builds muscle strength and tissue by using different types of resistance that is progressively increased over time. Incorporating training two to three days a week will help your bones maintain and increase their density. Different forms of resistance include free weights (dumbbells, kettlebells, medicine balls, barbells), resistance bands, and exercise machines.

The benefits of strength-based resistance training include a decreased risk for falls, an increase in stability and balance, an improved range of motion, and an increase in your ability to walk, sit, stand, and perform daily tasks.

Start by doing 20 to 30 minutes at a time as you increase your stamina and strength, then you can increase the length of the workout as well as the frequency.

Below is an example of an at-home resistance workout that you could do two to three days a week. (Please speak to a medical professional to make sure you are cleared to perform physical activity. This is only an example of what is possible to start at home.)

Set a timer for 30 seconds of movement followed by 30 seconds of rest in between exercises. If you do not have weights at home, you can use cans of soup or vegetables to add resistance.

- **Jumping jacks** (modify by

alternately stepping one leg out to the side at a time).

- **Plank hold.** Make sure you are in a neutral spine/alignment (body in a straight line) to engage your core. You can modify by using a countertop or by putting your knees on the floor. Hold your arms out straight, with shoulders over wrists.
- **Step ups.** If you have stairs in your home, use the bottom step. Alternate by leading with each foot.
- **Bicep curls.** Hold your arms by your side and bend them at the elbow (not the shoulder), moving your hands (or cans or dumbbells) up to your shoulder.
- **Shoulder press.** Alternate extending one arm overhead at a time. Have your elbow locked out next to your ear if your mobility allows for that.
- **Seated core exercise.** Use a hard, stable chair and alternate lifting one leg while reaching with the opposite arm, meeting elbow to knee or hand to knee.



Crystal White is the owner of Specialized Fitness, which offers a variety of personal, community and online training classes with a trained nutritional coach.

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Acne and Blemishes: Unraveling the Skin's Tale

Adolescence can be challenging, made even more difficult for many by the presence of skin imperfections. For those who have exhausted rounds of antibiotics without improvement, there are important considerations. You're likely familiar with the saying: "The definition of insanity is doing the same thing over and over again, but expecting different results." This adage emphasizes the importance of exploring new strategies or approaches with challenging skin concerns such as acne. While this article is focused on teenaged acne, it's worth noting that adults also frequently encounter a similar concern with adult acne.

External Factors

Acne usually happens when you're a teenager, a time when you're changing and growing a lot. This is when oil-producing glands develop, sometimes preceding the readiness of follicle openings.

Imagine the journey of follicles/pores and the change from when you were a kid to when you become a teenager and into adulthood. As a child, your follicles/pores are tightly closed. As you mature, you will start to see the tiny follicles/pores opening. But sometimes things don't go smoothly. When you become a teenager, your oil glands become active, trying to take care of your skin by making it moist and protected. However, they can make oil

and dead skin cells more quickly than the small opening of the young follicle/pore can cleanse itself—like a traffic jam.

Within this commotion, dead skin cells and oil accumulate inside the young follicle/pore—and "blackheads" start to form. This congestion can escalate until it ruptures beneath the skin's surface, allowing debris to infiltrate the body's inner sanctum. The immune response springs into action to combat the invader, laying the foundation for blemishes. This is when red bumps and pustules, commonly recognized as pimples, emerge.

Cleaning Skin for External Factors

- Fill sink basin with medium-hot water.
- Wet face, apply a nickel-size amount of cleanser to face.
- Massage over face for 20 to 30 seconds.
- Wet a clean washcloth in sink basin water, slightly ring it out and hold against skin for 10 seconds. Repeat 3 times.
- Rinse until skin is clean.

To restore your microbiome (a complex ecosystem interacting with skin cells and the environment to keep the skin healthy and balanced), after cleaning, apply a probiotic/prebiotic serum to the skin. Then, to lubricate and moisturize your skin, apply a high-quality, non-comedogenic oil serum or moisturizer formulated for your skin concerns and massage well into your skin.

Don't Touch Your Face

The way we take care of our skin is connected to our habits. Even small things like when we rest our head on our hands while studying or working can block follicle/pore openings. Doing this repeatedly stops the dead skin cells and oil from being excreted from the follicle/pore. This creates the same type of traffic jam as discussed above.

To change your behavior, get an observer to help identify these types of habits. Since we often engage in habits subconsciously, an external observer can enhance self-awareness and facilitate change.

Systemic Factors

Another aspect of this acne story involves swollen, red bumps that can sometimes be painful. These systemic blemishes are often connected to Candida yeast, which is common in the body. Often, these bumps itch, and people with them up scratch them or dig their nails into them, which creates sores that are sometimes slow to heal. This makes the skin's natural balance more complicated.

Yet there is hope. Below are some steps to take.

- Address internal and external factors.
- Restore harmony to your gut and skin microbiomes.
- Supplementation of pre- and probiotics along with digestive enzymes.

- External serum of pre- and probiotics to restore the skin's microbiome.
- Limit or avoid foods high in sugar, like cookies and pastries, soda, energy drinks, sweet tea, ice cream, frozen yogurt, jams, jellies and syrups. Limit intake of very sweet fruits like bananas, grapes and mangos. Many packaged foods contain added sugars, so be sure to check labels.

- Limit or avoid foods high in simple carbohydrates, like white bread, white rice, refined pasta, cereals with added sugars, refined grains, potato chips, French fries and mashed potatoes, among many others.

Acne and blemishes tell a story: what's happening inside us meets what we see on the outside. The path from clogged pores to deeper skin issues highlights how our body reacts to things around us. A combined strategy involving habits, diet and treatment lights the way to healthier, balanced skin.



With 45 years as an esthetician and the founder of the first day spa in Texas, Brea Gratia excels in acne and aging skin expertise, offering sought-after solutions. She is the owner of Gratia Botanica, 4 Olde Eastwood Village Blvd., Asheville. 333-5345.

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The Spongy Moth

The name “spongy moth” might evoke the image of a cartoon character or an edgy band. But there is nothing funny or entertaining about this invasive insect from Europe. Spongy moths (*Lymantria dispar dispar*) present a problem for two reasons. First, their population numbers are significant. As an invasive species, they lack natural predators and weather conditions that regulate their numbers in their native land.

Plus, they have a voracious appetite. Multiple US Department of Agriculture (USDA) studies have shown that spongy moths feed on more than 300 species of trees and shrubs. Their hunger, combined with their unnaturally large and rapidly multiplying population, has caused the creation of a federal quarantine zone for the spongy moth in the northeastern US, and the invasion poses a significant potential threat to southern Appalachia.



Caterpillar form

Most of the damage caused by spongy moths occurs during the caterpillar stage of their life cycle. Like many caterpillars, they consume tree leaves. Spongy moths have a particular taste for oak trees.

However, their numbers are so immense that they often devour most, if not all, of the tree's leaves. This deprives the tree of its ability to undergo photosynthesis and absorb nutrients effectively, ultimately leading to its death.

According to the USDA's Animal and Plant Health Inspection Service (USDA APHIS), “Accidentally introduced into the US in 1869 in Medford, Massachusetts, the pest spread rapidly throughout New England. Within the period of 1869 to 1890, the spongy moth quickly developed into a serious problem in Massachusetts. The damage caused by this species was one of the key reasons Congress passed the Plant Quarantine Act of 1912.” The spongy moth has been called “one of the most



Moth form

destructive pests of trees and shrubs to ever be introduced into the US.”

Spongy moths begin their lives in tiny egg clusters covered by a protective layer with a sponge-like texture, hence their name. These egg mass clusters usually measure around 3/4 of an inch in length and can produce a thousand caterpillars. The eggs can be laid on various surfaces, and moving materials on which eggs have been laid results in the inadvertent transportation of this invasive species to new areas. Egg masses have been transported when people move firewood, outdoor recreation equipment, ornamental nursery stock, grills, garbage containers, garden tools, household goods stored outdoors, tents, boats and more.

When the eggs hatch, the larvae (caterpillars) emerge. Initially black, spongy moth caterpillars eventually develop gray and

yellow colors. They also have a distinctive pattern of five pairs of blue dots and six pairs of red dots along their backs. Once they reach the end of the caterpillar phase, they spin themselves into cocoons and begin their metamorphosis into moths. Upon emerging from their cocoons, spongy moths have a wingspan of around an inch and a half. The males are brownish with dark brown spots on their wings, while the females are light-colored or almost white with brown markings. Male spongy moths can fly, but the slightly larger females do not.

Visible egg masses, caterpillars and adult moths are symptoms of a spongy moth incursion; you can also look for defoliated trees.

The spongy moth is already present in a few places in North Carolina. To learn what you can do about it, check out the following resources:

- The USDA's APHIS website, at tinyurl.com/ktr8jfy8.
- Proposed spongy moth treatments from the NC Department of Agriculture and Consumer Services, at tinyurl.com/2rtf43d8.



Spongy moth egg mass

Cullen Harvey is a copywriting intern with SAHC. Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253-0095 ext. 200 or sahc@appalachian.org. Visit Appalachian.org.

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TAKE THE FAIRVIEW HEALTH AND WELLNESS ASSESSMENT

Fairview's Root Cause Farm is a local nonprofit whose mission is to grow community solutions to hunger—which has many causes. They supply free, fresh-grown produce to local organizations, like Food For Fairview. Because the *Crier* thinks this is a worthy cause that all of our readers can all agree on, we are helping them get the word out about their new survey to find out more about the Fairview community's needs—including health care, child care, elder care, housing, food and more. The results will help determine priorities for Root Cause Farm as they determine what new areas to pursue as they work with partner organizations and elected officials.

How to Send It in:

Fill out this version and mail to:
 Root Cause Farm, 26 Joe Jenkins Road, Fairview, NC 28730

OR: Fill out an online version at the link at Root Cause Farm's website, rootcausefarm.org

NAME (optional) _____

EMAIL (optional) _____

MAILING ADDRESS (optional) _____

PHONE (optional) _____

ENTER TO WIN! Everyone who includes their name and contact information will be entered into a drawing to receive a food basket valued at \$200, including gift certificates from **Hickory Nut Gap Farm, Trout Lily Market, Fairview Seafood, Ingles, Food Lion, Hill-top Ice Cream and Root Cause Farm.** Your information will be kept totally confidential. The drawing will be held on October 1.

What do you consider to be Fairview's primary health and wellness needs?

| | Highest Priority | Medium High Priority | Medium Priority | Medium Low Priority | Low Priority | Lowest Priority | Unsure | N/A |
|--|------------------|----------------------|-----------------|---------------------|--------------|-----------------|--------|-----|
| Healthcare | | | | | | | | |
| Affordable Housing | | | | | | | | |
| Food Access (reliably able to find and afford nutritious food) | | | | | | | | |
| Child Care | | | | | | | | |
| Elder Care | | | | | | | | |
| Transportation | | | | | | | | |
| Social/recreational activities | | | | | | | | |
| Reliable broadband/high speed internet | | | | | | | | |



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16 | THE FAIRVIEW TOWN CRIER September 2023

What types of recreational/ social opportunities would you like to see available in Fairview? (check all that apply)

- Adult sports leagues
- Arts & crafts classes
- Book clubs
- Community Garden
- Cooking classes
- Dances
- Dance classes
- Eating/food prep or pot luck clubs
- Garden Clubs
- Organized hikes
- Off-lease dog park
- Organized board/card games
- Singing groups
- Yoga
- Other _____

Health and Dental Care Access

| | Yes | Somewhat | No | N/A |
|--|-----|----------|----|-----|
| I have adequate access to preventative care | | | | |
| I have adequate access to dental care | | | | |
| I have prescription drug needs that I can not meet due to cost | | | | |

Health Insurance - Please check all that apply to you

- I have access to insurance through my employer
- I purchase private insurance
- I have insurance through the Affordable Care Act
- I have regular Medicare insurance
- I have Medicare Advantage insurance
- I have Medicaid insurance
- I have no health insurance
- Other _____

Child & Elder Care affordability and availability

| | Strongly Agree | Agree | Somewhat Agree | Disagree | Strongly Disagree | Unsure |
|--|----------------|-------|----------------|----------|-------------------|--------|
| I feel childcare is accessible and affordable in Fairview | | | | | | |
| I feel elder care is accessible and affordable in Fairview | | | | | | |

Which of the following transportation options do you use for non-recreational activities?

| | Regularly | Often | Occasionally | Never |
|---------------------|-----------|-------|--------------|-------|
| My own car | | | | |
| ART bus | | | | |
| Mountain Mobility | | | | |
| Uber/lyft/rideshare | | | | |
| Bicycle | | | | |
| Walk | | | | |

Would you like to eat more fresh fruits and vegetables? — Please check all that apply to you

- Yes, but the cost is too high
- Yes, but its difficult to find good quality fresh food
- Yes, but I don't have time to cook meals from scratch
- No. I'm happy with my current intake
- No. I don't care for the taste of fruits and vegetables

Do You Use Food Assistance Programs?

| | Yes | No | Unsure |
|---|-----|----|--------|
| Are you enrolled in SNAP (Supplemental Nutrition Assistance Program aka Food Stamps)? | | | |
| Do you utilize WIC coupons (Women, Infants, Children)? | | | |
| Do your benefits last throughout the month? | | | |
| Are you aware that you can use your SNAP benefits at Farmers Markets? | | | |
| Have you ever visited the Root Cause Farm "share market"? | | | |
| Have you ever visited Food for Fairview? | | | |

Tell us a little about your recreational/ social needs (check all that apply)

- I feel I get enough recreational/ social interaction
- I feel I do not get enough recreational/ social interaction
- I participate in public activities in Fairview (library, Root Cause Farm, school-based, etc)
- I create my own social activities
- Most of my social activities are based in Fairview
- Most of my social activities are NOT based in Fairview (Asheville, Hendersonville, etc)

Are you able to meet your family's food needs without financial stress?

- Yes
- Usually/ Most of the time
- Sometimes
- No

Where do you shop for your household food? (check all that apply)

- Food Lion
- Ingles
- Trout Lily
- Dollar General
- Dickie's Salvage
- Grocery stores not in Fairview
- Farmer's Markets or CSA
- Fairview Seafood
- Roadside Farmstands
- Food Pantry and/or other no-cost food sharing programs

How often do you eat fresh fruits and vegetables?

- 1X per month
- 1X per week
- 2-3 times per week
- Everyday
- Every meal



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LEARNING TO EAT **SKY POPCORN**

BY ERIN LINDBERG

One afternoon, while watching my five year old acting out a very complicated story with rocks, sticks and weeds in our yard, I wondered when it is we lose our sense of play? The ability to take a moment or find objects and create a fantastical world out of the things around us.

As a teacher and theater director, I have seen what the pandemic years have taken from our children and ourselves. Sometimes, our children have difficulty reading the emotional state of others or expressing themselves without thinking of an emoji. We all find it hard to occupy ourselves without the use of a screen and app when filling those small moments in life between big moments like work or school or meals. It can seem that our children have lost the art of fantastical play and the ability to bond and communicate with others.

We all can miss out on the fun of the everyday.

When I was a young mother, I had not yet learned to keep those tiny bags



of Cheerios in my purse. So, when my daughter and I were exhausted at the end of the day and she was begging for food, we both ate “sky

popcorn.” This became our game, and we would eagerly pluck delicious, buttery—but invisible—popcorn from the sky. We both savored sky popcorn with dramatic flair to see who could enjoy it more.

The game worked. We made it home without tears or another hunger-triggered tantrum. Those moments became tiny moments of play, so that even now, as a middle schooler, my daughter finds wonder, excitement and story in the world around her.

Regardless of age or ability, we all need those tiny moments of play throughout our day to engage our senses and interact with the world around us. We need moments where we allow our minds to

wander and our imaginations to soar. These kind of moments give us strength and allow us to play. Also, they are free!

So how do you start finding those moments? As a theater educator, I pull from my bag of tricks to find those moments. Let me share a few with you.

Moment One: Bear Hunt

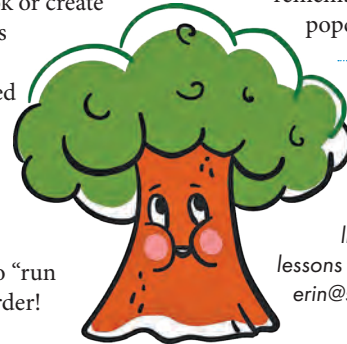
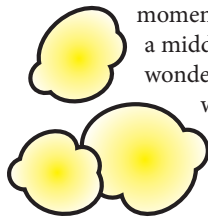
This is an old game (and book and song). I find it especially engaging for ages 3 to 8 and it makes use of pantomime (creating things out of nothing). First, pack your bag. What will you need for your journey? (Binoculars, water bottle, bug spray?) Have your youngster actually show you these items. Then, begin your journey. You can follow the book or create your own obstacles (big giant snake, purple polka-dotted hippos, great big hole, giant mountain) and the solutions to those obstacles. And don't forget to “run back” in reverse order!

Moment Two: Asking the Questions

This is fun for everyone and can start some really amazing stories. If you want to level up, you can write, act out or draw these stories. Ask the questions and wait for a response. There are no wrong answers. Go with it. What is that tree thinking? If this rock could eat, where would it dine? Do you think a snake and a black bear could be friends? How? Why?

Enjoy your moments of theater and play...and remember to savor that sky popcorn!

Erin Lindberg is the Theatre Instructor and Director at Asheville Christian Academy and Founder of SunFish Children's Theatre in Memphis, TN. She lives in Fairview and offers private lessons to all ages. You can contact her at erin@sunfishct.com.



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Have you ever tried to sit on a three-legged stool and discovered that one of the legs is wobbly? When I was a classroom teacher, I used this metaphor with students and parents to represent the important relationships among the school, the community and the home. In order for the student to thrive, all of the legs must be effective and strong to support and engage the child so they will thrive emotionally, academically and socially. Confucius, a fifth-century BCE philosopher/thinker, realized how people learn best: "I hear and forget. I see and I remember. I do and I understand."

Which stakeholder are you? What vision do you have for this year to help your students "get into the flow" with an emphasis on experiential learning?

When parents have this kind of focus at home, everyone wins.

- Foster open communication with your child and each of their teachers. Ask your child to read aloud the school newsletters and discuss together how best to get involved.
- Give them meaningful jobs or responsibilities at home so they learn how important they are to the whole family.
- Don't do for them what they can do for themselves. Even if it takes a little longer, nourish their autonomy and competence.
- Include them in the decision-making—"We decided..." instead of "I decided..."

Christi Hurd, M.A., NBCT, who retired from CCMS, is certified through the Parent Coaching Institute. See hurdhuddleparentsupport.com for more info.



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FES DADS CLUB

Meet the Dads: Ryan Bentley

Ryan Bentley was born and raised in Long Island, NY. Soccer and college brought him to NC. He graduated from Queens University of Charlotte and met his wife Emily through a college friend who was from Asheville. Ryan and Emily have an 8-year-old, Grace, who is in 3rd grade at Fairview Elementary School this year.

Ryan works in banking and is a licensed real estate broker. He is the outgoing President of The Dads Club. He really enjoyed getting to know all of the dads who helped make this past year such a success and seeing the difference that we all helped make

at FES and in all of the kids' lives there. His favorite event is the pizza party because it is a great way to reconnect with all the dads that have helped out in the past and also to meet and connect with all of the new dads. Ryan wants to say a huge thanks to all of the dads who pitched in last year and made it such a great year for the club, the school and most importantly for all the kids.

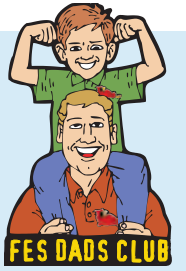
The club is always looking for dads or male role models. For more info, email fesdadsclub@gmail.com, follow the club on Facebook (@fesdadsclub) or call/text 631-741-9606.

• SEPTEMBER 8 Pizza Party

All dads and kids are invited to a pizza party from 5:30-7:30 pm on the big playground. This is a great opportunity for dads to connect and talk about plans for the upcoming school year while the kids get to enjoy some pizza and play.

• SEPTEMBER 26 & 27 Daybreak with Dads

It's the first Daybreak with Dads for the new school year. (Grades K-2 on the 26th and grades 3-5 on the 27th.) This is the club's signature event, and it will help dads spend some quality time with their kids while eating breakfast and discussing a character-building topic. Afterwards, dads will have the opportunity to walk their child to class and, if interested, dads can also read a book to their child's class.



Ryan and Grace Bentley

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Back to School Tips for FES

With the school year just starting and student safety of utmost importance at Fairview Elementary School (FES), here are a few reminders to help keep everyone safe, as well as a few pointers to help make the school year successful.

Car Riders' Line All cars will both enter and exit at the stop light. Cars will travel up Oak Hill Drive, continue past the bus drop-off area, and then circle around the school building on the road marked Student Drop Off. They will continue behind the community center and then turn left to travel the perimeter of the parking lot to enter the front drop-off/pick-up area. Once approaching the unloading area, cars will kindly merge into one lane. Please be courteous to fellow parents. All students will need to exit and enter cars on the passenger side. After students are dropped off or picked up, cars will then turn right past the drop-off/pick-up area and follow the same route circling the school building back to Oak Hill Drive to exit at the stop light.

Anyone who must walk into the building while the car riders' line is moving is required to use the crosswalk to the right of the flagpole. There should be no pedestrians navigating their way through the moving car line. Morning sun can sometimes make it difficult to see clearly, and we want to make sure everyone stays safe.

In the afternoons, anyone picking up a student in the car riders' line must have a school-issued sign with their student's name clearly displayed in their car's front window. New signs are issued every year, so signs from previous years cannot be used. Anyone without a sign will be asked to park and enter the building to pick up their student and will be required to show proper identification.

Please also remember that all Buncombe County School campuses are tobacco free. This means at no time are tobacco products permitted on school grounds. No smoking of any type, including vaping, is allowed in the car riders' line, in parking lots, at ball fields, etc., with no exception.

School Times The school day at Fairview Elementary will begin promptly at

7:55 am. This is when all students should be at their desks prepared to start their day. Students dropped off at or after 7:30 am will be permitted to go straight to class. Students who arrive prior to 7:30 am will be held in the cafeteria or other communal area until the bell rings. No student can be dropped off before 7:15 am. School dismisses at 2:30 pm; however, buses start loading at 2:15 pm. If you need to pick up your student early, please plan to do so no later than 2 pm to not interfere with dismissal procedures. All students must be picked up from campus by 3 pm. On scheduled early dismissal days, school will dismiss at 12:30 pm. Students who ride a bus will arrive home two hours early, and all car riders must be picked up by 1 pm.

Later Drop-Off Any student who is dropped off after 7:55 am must be walked into the building and checked in at the front office by an adult. Students will be issued a tardy slip and then sent to class. If a student is late due to a medical appointment and an excuse note is given to someone at the front office, that tardy will be excused.

Early Pick-Up Any student who needs to be picked up early will need to be checked out by an adult at the front office. That adult must be on the list parents/guardians complete at the beginning of the school year that indicates who may pick up that student. The adult picking up the student will be required to show a state-issued ID before the student is dismissed. Students who leave school early for a medical appointment should bring an excuse note when they return to school so that their time away from school is excused. Again, any student who must be picked up early should be picked up by 2 pm to help avoid confusion during the dismissal process.

Unexcused Absences, Tardies and Early Dismissals It is especially important for students to be in school during school hours. If a student has an excessive number of absences, tardies or early dismissals, their family will be contacted by a school social worker to help determine what can be done to make sure that student is in school.

Bus Riders All bus riders must be met by a responsible party at the bus stop unless

there is a note on file at the front office stating that the student(s) may be let off without supervision and that FES is released from all liability per the parent's request.

Transportation Changes No transportation changes may be made over the phone, by fax or by email. If a student needs to go home some way other than their usual procedure, a dated and signed note indicating the change should be sent in with the student for their teacher. The only other option for changing transportation is for the parent/guardian to come to school and write a note. An ID is required to make transportation changes at the front office.

After-School Care The YMCA offers an after-school program at FES until 6 pm. For more information, please contact the YMCA business center at 210-2273 or ymcawnc.org/childcare

Child Nutrition All FES students will receive a healthy breakfast and lunch at no cost this year. Parents may choose to add money to their student's lunch account for extra items like chips and ice cream. Money can be added online at k12paymentcenter.com.

Nut-Free School Due to many student and staff allergies, some severe, FES is a nut-free school. This includes all nuts, not just peanuts. No nut products should be sent to school for snack or lunch.

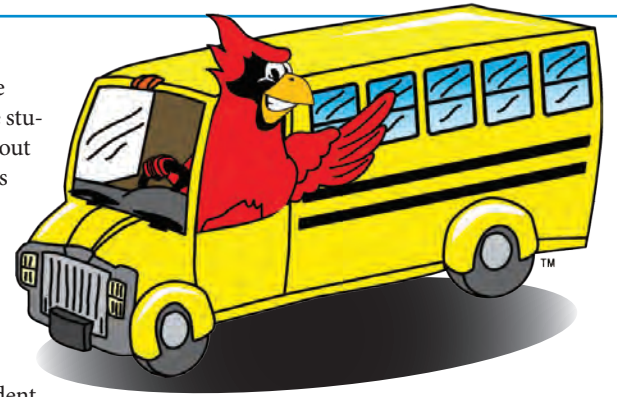
School Celebrations No flower deliveries or any balloons are allowed at school. Only store-bought treats are allowed; nothing homemade can be shared with classmates. If someone wishes to send in treats for a class, it is best to check with the classroom teacher to make sure no other treats or special scheduling is planned for that day.

Classroom Supplies Lists of necessary school supplies for each grade level are available on the school's website. Some teachers may request additional items throughout the school year.

Daily Needs It is important that students remember their backpacks, lunches, snacks and water bottles every day. It can be difficult to get these items to students once school starts, so it is ideal that they come prepared.

Dress Code Students are expected to dress appropriately for school and choose clothing that is not distracting in an educational environment. Shorts and skirts must be at least fingertip length; midribs and chests must always be covered; no hats, hoods, bandanas or sunglasses should be worn inside the building except on designated days announced by school staff; clothing should not display images of a weapon or promote drugs, alcohol, tobacco or any inappropriate activity; and no shoes with wheels are allowed.

Personal Property Students should not bring personal items such as cameras, electronic watches or other electronic



devices to school. Students who must bring cell phones or other ways to communicate with parents at after-school activities off campus must keep these devices in their backpack and have them turned off for the entirety of the school day. This includes time on the school bus both in the morning and afternoon. Additionally, the school is not responsible should personal items be misplaced.

Communication All calls relaying valuable information will be sent out each Sunday evening. Information from these calls is also sent to parents by email and posted on the school's Facebook page. Important information will also be sent home by teachers each Friday or as needed. If you feel you are not receiving this information, please call the school at 628-2732. Be sure to monitor the school's website at fes.buncombeschools.org and the school's Facebook page at facebook.com/FairviewElementary for important news and announcements.

Parent Portal All families are encouraged to access the Parent Portal provided by Buncombe County Schools to view grades, attendance and more. You may access the PowerSchool Parent Portal at portal.buncombeschools.org. Parent Portals will not be available until the first day of school. If you need help setting up an account, please email the school's Data Manager at kenya.hoffart@bcsemail.org.

Volunteers There are many opportunities for parents to volunteer in the school building throughout the year. All volunteers must complete a Buncombe County Schools Volunteer Application online at appgarden6.app-garden.com/VolTrackNC110.nsf. This application must be completed each year.

Privacy If you prefer your student is not photographed for inclusion on the school website, Facebook posts and yearbook, please let your student's teacher know as soon as possible. Please note that if you choose to exclude your student from one media, you exclude them from all media. For example, you cannot request for your student to be included in the yearbook but not on Facebook.

For any questions about these or other school policies, a copy of the school's parent/student handbook can be found on the school's website under the parents tab. Questions can also be directed to any of the front office staff at 628-2732.

The staff at Fairview Elementary is looking forward to a safe and happy school year. **Go Cardinals!**



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COIN PENETRATION

What You Need

A coin—preferably a quarter, or a larger size will work too; a playing card, preferably a face card (Kids, check with mom and dad first so you don't ruin a good deck of cards); scissors; and a marker, pencil or pen.

Preparation

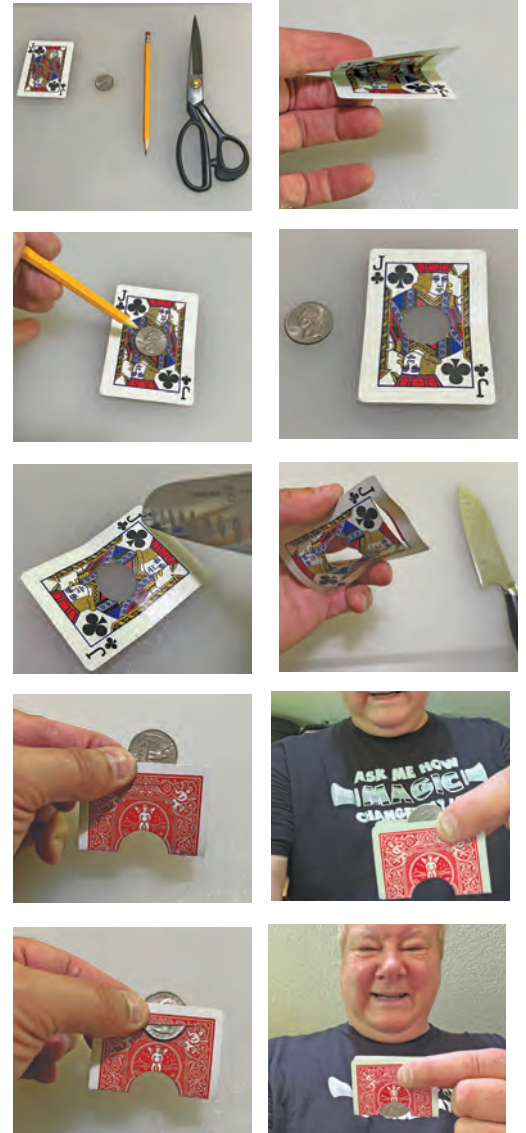
Fold the card in half. Place the coin in the center of the card and trace a circle. Use scissors to carefully cut a hole in the center of the card. Be sure it is smaller than the coin. Finally—and carefully—make a slit at the top of the card along the edge line. No one should see this slit. It's the secret to the trick. When the coin is first placed between the folds of the card, it is honestly placed there. However, the second time, the bottom of the coin is placed through the slit. From the front, it only appears that the coin is in the correct position. When you release the coin, it actually falls out the back through the slit and to the table. Be careful to watch your angles!

To Perform

Show the card with the hole in its center. Show that the hole is smaller than the coin. Fold the card in half and hold the coin between the short edges of the card. Drop the coin and show the audience that it will not go through the hole. Place the coin in position again, but with the bottom of the coin through the slit, say a magic word, and drop the coin again. This time, the coin will fall all the way through.

magic!

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



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Jean Pauline Reese



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 Jean Pauline Reese has gone home. She was loved by so many and loved so much. She never met a stranger and would talk or listen to you as long as you wanted. She always thought of everyone else, on how could she brighten your day, even when she might not be feeling so good herself. You will be missed.
 Special thanks to my family and friends for all your support through this. Special thanks to Trinity Church (Jessie Looney) and Oak Grove (Tommy and Elaine and members). It is hard at times like this to understand why, but you have given us comfort. Welcome home, Angel. We will see you again.

—Donna Galloway

Classroom Grandparents Needed

A Classroom Grandparent is a volunteer in the Foster Grandparent Program, a division of Americorps Seniors. Adults 55 or older who volunteer as Classroom Grandparents provide the kind of comfort and love that helps set a child on a path to a more successful future. It provides the opportunity to volunteer as a classroom aide. When you share your love, time, and experience, you have the power to help a child who needs you.

If you or someone you know would like to become a member of the Foster Grandparent Program, contact Stacy Friesland at the Land-of-Sky Regional Council, (828) 251-7448.




Free Piano Still Available

The *Crier* shared this offer last month and on our Facebook page, but so far there have been no takers.

Have you always wanted a piano in your house? This one can be yours for free. And the bench comes free, too. The owner would love for this to go to a good home and be used instead of taking it to the landfill. That would be a real waste!

Details Blasius and Sons upright piano (manufactured before 1925). • You must pick up, and moving it will require at least four people (or fewer with piano dolly). • The house has no stairs and is located near Spring Mountain Community Center.

For details and further info, contact Philip at pjj.ets@gmail.com or call (text preferred) 828-490-5615.



Helpful Insurance Tips

Avoid letting your coverage lapse at all costs. If the mortgage pays for the home insurance, follow up each year to make sure it is paid. If the home is paid off, you will still want to continue paying the insurance on your own.

Avoid making claims. Most claims will now stay on record for up to five years. Always consult with your agent before calling to consult with the company. There are some instances where just a “What if” question results in an open claim. Even if no money is paid out, it can still be used against you.

If possible, increase your deductibles on both auto and home to something still affordable for your household but that also deters those smaller-end claims. This can help you lower your premiums while maintaining the same coverage level.

Joanne Winkler is the owner of ESCO Insurance Agency. 231-6577 or esco1960.com.

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—Carolyn T., August 2023

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—Thomas B., February 2023



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Voting ID Update

Beginning in 2023, all voters in upcoming elections will be required to show a photo ID when voting in NC. The next election in Fairview is not until 2024, but it's good to be ready early. (In 2023, only Weaverville and Woodfin will have municipal elections).

Here's what to know about what forms of ID are accepted and what to do if you don't have one.

Acceptable forms of ID that are unexpired, or expired for one year or less

- North Carolina driver's license
- State ID from the NCDMV (also called "non-operator ID")
- Driver's license or non-driver ID from another state, District of Columbia or US territory (only if voter registered in NC within 90 days of the election)
- US passport or US passport card
- North Carolina voter photo ID card issued by a county Board of Elections
- College or university student ID approved by the state Board of Elections (currently only UNC-Asheville and Warren Wilson IDs are approved, but others may be added at a later date).
- State or local government or charter school employee ID approved by the state Board of Elections.

Acceptable forms of ID that are accepted whether or not the ID contains an expiration or issuance date

- Military or veterans ID card issued by the US government
- Tribal enrollment card issued by a tribe recognized by the state or federal government
- ID card issued by an agency of the US government or the State of North Carolina for a public assistance program

If you are a registered voter who does not have one of the acceptable ID cards listed above, you can get a free ID at the Buncombe County Board of Elections office at 59 Woodfin Place, Asheville, Monday-Friday, from 8 am to 5 pm or at the DMV (appointment required in advance).

If you don't have an ID when voting

All voters will be able to vote with or without an ID. If a voter casting a ballot at the voting site does not provide an acceptable ID, the voter may fill out a Photo ID Exception Form and vote a provisional ballot, or vote a provisional ballot and bring an acceptable ID to the county Board of Elections office by the day before voting ends.

Voters who vote by mail will be asked to include a photocopy of an ID in their Absentee Ballot envelope or complete a Photo ID Exception Form for Absentee Voting.

If have you questions, contact the Buncombe County Board of Elections at 250-4200, Extension 0.



DR. ASHLEY LUCAS

Visualization

Your journey to optimal health involves more than just your body. Your mind must also be tuned to your goal. One of the most powerful tools of the mind that you can use to ensure success is the art of being able to visualize the outcome.

Visualization creates a strong mind-body connection; your body responds to the signals your mind sends. When you vividly picture your success, your brain believes it's happening—and your body follows. This isn't just dreaming; it's creating a blueprint for your journey.

But it doesn't end with sight alone. You must engage all of your senses. Creating a full sensory experience will amplify the effectiveness of this technique by bringing a possibility into tangible reality.

Try envisioning not only the visual aspect of your transformed self, but also the tactile sensations that come with it—increased energy, the tasty delight of nutritious foods, the smell of healthy meals cooking, and the happy sounds of triumph.

Remember, your mind and body are partners in this journey, dancing to the tune of your thoughts. By employing the art of visualization, you weave a tapestry of inspiration and action. So let's embark on this adventure together, crafting a multisensory roadmap to success on the road to achieve the healthiest versions of ourselves.



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

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What Does it Cost Not to Have Life Insurance?

It's probably not on your calendar, but September is Life Insurance Awareness Month. And that means it's a good time to become more aware of the benefits of having life insurance—and the dangers of not having it.

Unfortunately, confusion about some of the basic elements of owning life insurance may be keeping people from getting the protection they need. More than half of uninsured Americans say they have put off purchasing coverage because they don't know what to buy or how much they need, according to Life Happens and LIMRA, two nonprofit organizations that provide research and education about life insurance.

Yet, while this confusion may be understandable, a delay in acquiring appropriate insurance can be costly in more ways than one. From a strict dollars-and-cents perspective, it's generally much more affordable to buy life insurance when you're younger. But there are potentially much greater costs involved in not having insurance when it's needed—and these costs are personal.

To be specific, what is it worth:
 ...to know your family could stay in your home if something happened to you?
 ...to know your children could continue their education plans?
 ...to know your debts could be paid without burdening your family?

Clearly, if you were to assign these benefits a "price tag," it would be pretty high.

And that's the value of owning sufficient life insurance.

So, let's return to the issue of people putting off buying insurance because they don't know how much they need, or what type they should have:

- **How much is enough?** You might hear that you need life insurance equal to about seven to 10 times your pretax annual salary. That's not a bad "ballpark" figure, but not everyone is playing in the same ballpark. To get a true sense of how much of a death benefit you require from your life insurance, you'll need to consider a variety of factors, possibly including your current income, spouse's income, the size of your mortgage (in addition to other liabilities), number of children, educational expenses and final expenses for funeral arrangements.
- **What type?** You can essentially choose between two basic types of life insurance: term and permanent. As its name suggests, term insurance is designed to provide coverage for a designated period, such as 10 or 20 years. Generally speaking, term insurance is quite affordable for most people, especially when they buy policies as young adults. On the other hand, permanent insurance, such as whole life or universal life, is usually considerably more

expensive than term insurance. This is because permanent insurance premiums, in addition to providing a death benefit, help build cash value, which you can typically access through loans or withdrawals, giving you additional flexibility should your financial needs change over time. In choosing between term and permanent insurance, you'll want to evaluate several issues, such as how long you think you'll need coverage and how much you can afford to pay in premiums.

Finding out about the benefits, costs and types of life insurance can help you make informed choices to help protect your family for years to come—so don't delay learning what you need to know.



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

JULY 2023 FAIRVIEW REAL ESTATE STATISTICS

| PRICE RANGE | NO. OF SALES | \$ AVG PRICE | AVG DAYS ON MKT |
|--------------|--------------|--------------|-----------------|
| 100-199,999K | 1 | 182,500 | 56 |
| 200-299,999 | 1 | 220,000 | 40 |
| 300-399,999K | 3 | 340,833 | 5 |
| 400-499,999K | 1 | 410,000 | 2 |
| 600-699,999K | 2 | 665,000 | 25 |
| 900-999,999K | 1 | 940,000 | 8 |
| 1M-1.5M | 2 | 1,345,341 | 2.5 |
| 6M-6.5M | 1 | 6,250,000 | 184 |

| HOMES LISTED: 11 | HOMES SOLD: 12 | LAND LISTED: 1 | LAND SOLD: 8 |
|------------------|-----------------|----------------|---------------|
| Max \$1,950,000 | Max \$6,250,000 | Max \$599,000 | Max \$309,000 |
| Min \$259,900 | Min \$182,500 | Min -- | Min \$8,000 |
| Avg \$1,034,436 | Avg \$1,087,140 | Avg -- | Avg \$151,937 |

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Be Prepared for an Unexpectedly Extended Vacation

In a recent column, I shared with you some packing tips for planning a vacation. But what happens when a vacation gets unexpectedly extended?

This recently happened to me. I originally planned to be away for two weeks, but after so many obstacles we decided to extend our time away for two more weeks. Below are some tips based on things I didn't take into account. You can benefit from my experience by clipping this out and putting it in your suitcase (as a reminder) for the next time you pack.

Bring Your Calendar

Many people put all of their contact information and calendar information in their phone, but I am from the old school where my calendar is in a book on my desk.

Many of my doctor's appointments were scheduled for two weeks after my vacation. One was with a doctor I had never met, and one was for a minor procedure I had put off for some time. I couldn't remember the name of the doctor, so I had to call my primary doctor and get the name and contact number from him and then call the new doctor and tell him I was away and had to cancel the appointment. I had to admit that I didn't know when the appointment was! I had to go through this procedure twice when I called the surgeon to cancel my



Be sure to keep your traveling pets happy by having plenty of their food on hand, and if they have a special diet, know where you can buy their food locally.

procedure. So, take a copy of your calendar (if it's not online) for the upcoming month if you may be delayed in returning home.

Medicine

I take very few pills, so I just put the bottles of medication in my bag. My husband only took the exact amount of medication he needed. He stored the pills in one of those Monday-to-Sunday storage cases and didn't think past the date we were coming back. He had to make several calls to our pharmacy and needed to coordinate picking them up at a local pharmacy. Luckily, he was able to get a small supply of medication to last him until we returned home.

Pet Food

We all would do anything for our pets. In our case, our pets have a special diet, and we can only purchase their food at certain locations. We only brought two weeks' worth of food. Luckily, we found a place to buy it but had to travel about half an hour to pick it up.

Paying Bills

We pay many of our bills online but not all of them. We pay many of the smaller (more local)

bills directly to the vendor. For example, the exterminator and our landscaper are both paid by check. Both of these bills were sitting at the post office, so we had to remember to be sure to call those vendors and let them know that our payment would be late, or we had to pay them electronically.

Banking by Computer or Phone

We didn't have our routing number that identifies the bank. It was just another frustration we had to deal with, but we eventually got the number once we called our bank.

Hold Mail

Thank goodness we remembered to call our favorite Fairview Post Office and asked them to extend the hold on our mail, otherwise our mailbox would have overflowed.

Not all of these issues were difficult to deal with. But they were aggravating to resolve—and who needs aggravation on vacation? The positive side of this story is that, when we got home, we didn't have any bills to pay!



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

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Welcoming New Patients

Notes from the Field

August, the full swing of summer. It's hot out there. I try to remember that there will come a time when I will miss these hot days every time I begin to long for fall weather. This time of year is when the garden is humming. When all of the hard work and planning is really paying dividends. I thought I would send a report from the field along with some intentions that I'll set for the next season.

I'll start with the seeds that I mentioned that I planted a few columns ago. It was a little late in the season, and I decided to plant some celosia, sunflowers, zinnia and globe amaranth. I am pleased to report that the sunflowers are approaching five feet in height and just beginning to set bloom. The zinnias have flowered and are a little riot of color from the center of the box. The celosia and amaranth are healthy plants, and I expect to see their flowers in the next couple of weeks. Overall, the late-season planting has been a great success. I'll certainly do it again in the future, and I may expand what I plant.

Here are a few intentions I'm going to set from that part of our garden: First, I hope to collect seeds from the zinnia to use next year. The way to do this is to let the flowers exhaust themselves; when they have closed back up and essentially dried out, cut off the flower head and put it in a place where it can continue to dry



The author, his mother, his grandmother and his dahlias.

out. Eventually, you'll want to break apart the flower heads and let the seeds dry further. Second, I think I might plant a new crop of sunflowers every week next season. I follow a local flower farmer on Instagram who does this, and that is how she has sunnies all summer. Finally, celosia seeds are really easy to collect. All you have to do with them is wait until the flowers are past their prime and then you'll notice that they become heavy with tiny black seeds. You can shake them out and put them in a safe, dry place, and you should be good to go.

Now, on to the dahlias. In a new experiment for us, we have grown around 25 dahlias from seed and are just getting to a place where flowers are beginning to open. It is a little like Christmas morning

and not knowing what you are going to find under the tree—but every day. Each plant is completely unique. It is kind of amazing to me to think about how many of the dahlias that we have been cultivating for years now began from one tiny seed.

Intentions moving forward: Because our dahlias from seed have been so successful, we will plan to grow more from seed next year. If there is a

particular flower that has caught our eye from the seedling, then we will plan to dig it up in hopes of being able to divide the tubers for more of that flower next season. Somewhere in here I believe there will be a new long-form learning lesson, but we'll have to wait to see what that will be.

Finally, we arrive at the main patch of dahlias. As you can see from the photo, some of our plants are taller than I am, and I am 6' 2". Our regular producers have had a beautiful season. We can barely keep up with the number of flowers they produce. I do believe that some of our tubers were damaged from cold just before being planted, but even they have grown and are now producing flowers. One particular variety of yellow dahlias regularly amazes me. They are just so robust and plentiful.

Their stem at the ground can sometimes be several inches across.

Intentions: We are going to leave some of these dahlias in the ground over winter this year. For some years, the tubers turned to mush in the ground, so it will be an experiment. The potential result from this will be plants that sprout earlier, and therefore flower earlier. We used a six-inch-square mesh across the rows of dahlias that we planted this year, and they were excellent in supporting these plants that frequently fall over from the weight of the flowers. At the end of the season we will plan to line up our mesh rows in a more organized fashion so that we can pack in and support more plants next season. Finally, after the first frost, we will dig up most of the rest of the tubers and do our best to organize them based on their flower.

All in all, it has been a wonderful season. I hope that you are able to find the light and love that can also come from a flower.



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

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Proud to Be FBA Members

Ten Fairview businesses were represented at the FBA's annual picnic, where we took advantage of Blue Ridge Adventure Vehicles (BRAV)'s huge warehouse on Sayles Lyda Road in case it rained (thankfully it didn't).

Thomas Coffee, with 16 years of experience, has converted high-roof Mercedes Sprinters into 11 x 6 foot custom tiny houses. Everyone found it interesting that he uses a sheep's wool product for insulation because it wicks away moisture. He also uses the latest technology for heating water, with the engine supplementing electrical use with roof-mounted solar panels. We were all ready to hop in for an adventure.

Coffee made it clear that he could have built his business anywhere, but the beauty of Fairview brought him here. This heartfelt sentiment resounded in all of the members present.

Janet Peterson, of Cloud 9 Farm, offered her version of "God Bless the USA" by Lee Greenwood using the landmarks of Fairview. "Try singing this...then write your own verse!" she said, offering a challenge.

Proud to be a Fairviewian

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To the valley of Cane Creek

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Members enjoyed learning more about Blue Ridge Adventure Vehicles.

*There's pride in every Fairviewian heart
And it's time we stand and say...*

And I'm proud to be an American

Where at least I know I'm free

And I won't forget the men who died

Who gave that right to me

And I'd gladly stand up next to you

And defend Her still today

'Cause there ain't no doubt I love this land

God bless the USA

September Meeting

Our next meeting is September 12 at 6 pm at Steam Master, 3082 Cane Creek Road.

Liz and Daniel Bopp will give us a tour of their family-run business (27 years). If you have an area rug that needs cleaning, take it now and pick it up, all clean, at the meeting.

The FBA is seeking members to step up and serve in leadership positions for the group. The president, vice president and secretary roles will be open after December. Please consider serving the group.

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Jewelweed

Recently, I was walking along the border of our pond, enjoying the quiet peace and beauty of an early summer morning when I stopped to admire a small field of fiery orange jewelweed blossoms glowing in the dappled sunlight of the creek banks. The whole hillside was on fire with these unique and beautiful wildflowers that love shady stream banks; rich, moist forest soil; and woodland borders. We had experienced heavy rain the night before, and the soft leaves were covered in raindrops that seemed to glisten like shining silver mercury as the sun's rays illuminated the leaves and flowers of all the jewelweed plants.

I have always loved these woodland wonders, as their flowers are interesting, orange, parachute-like beauties and the plants themselves are so useful as a wild botanical medicine. That day provided a special treat, as I noticed the flowers dancing in the breeze and soon discovered that the source of movement was a ruby-throated hummingbird darting in and out of the waist high plants, drinking morning nectar. The combination of colors was intoxicating, and I was grateful for the gift of such a beautiful sight.

I first encountered jewelweed (*Impatiens capensis*) in the '70s on a wildflower hike and have been a fan ever since. My



mentor at the time, Emmet, who was a successor to the great Euell Gibbons, one of the founders of the movement to utilize wild edible plants for food and medicine, turned me on to the magic of jewelweed. He took one of the large, soft leaves and carefully held it under water. I was dazzled, as it looked like quicksilver glistening in the sunlight, which is one of the reasons it has been given its most common name—jewelweed. Next, he showed me how it came to have its scientific name (the Latin word for “impatient”), as he asked me to brush my hand over some of the mature seedpods in the older plants. To my delight, they literally exploded, shooting their seeds into the forest; these plants have a built-in spring-loaded mechanism to disperse their seeds when any animal or bird brushes up against them. Nature is ingenious and extravagant in the range

of extraordinary, complex designs and elaborate mechanisms that sustain the creation of life forms on this mysterious and beautiful planet.

There are two forms of jewelweed that inhabit WNC: *Impatiens capensis*, the common, orange, spotted jewelweed; and *Impatiens pallida*, which seems to be found in higher elevations and has pale yellow flowers. Both plants naturalize freely in moist habitats. They are relatives of impatiens, the common and favorite garden flower, which come in a vast range of colors and are an important shade-loving landscape flower in our gardens.

Jewelweed is edible but not a favorite of mine. The young shoots can be cooked and eaten if placed in boiling water twice. The juice, however, is poisonous and bitter and should not be eaten either raw or cooked—and that includes the cooking water, if you are inclined to utilize the plant as a source for food.

The juice from jewelweed is a superb remedy for poison ivy and stinging nettles. One can crush the fluid-swollen stems and rub the juice on any areas exposed for relief from insect bites or nettle stings and as a preventative for exposure to poison ivy. This can come in handy, as jewelweed often grows side by side with poison ivy.

Years ago, I met a wise old woman in

West Virginia who was renowned as a master herbalist and wild crafter, with vast knowledge of and experience in collecting wild edible and medicinal plants. She showed us her jewelweed extract cache—she was highly allergic to poison ivy—which was a section of her freezer filled with half-pint milk cartons. She would crush fresh jewelweed stems, put them in boiling water, make a syrup, and strain the leaves, then fill her milk cartons and freeze them. She'd drop one in her clawfoot tub after being in the woods as a preventative and delightful method of avoiding poison ivy.

Jewelweed is a favorite flower for bumblebees, and its leaves are a host for several moth species. It is a beautiful forest wildflower and provides us all with a terrific show of beauty in late summer. I love the name “jewelweed,” as it is truly one of the many-faceted jewels of the natural world. And fortunately for us all, it's a common wildflower that thrives in these mountains we all inhabit.



Contact Roger at rogerklinger@charter.net.

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Keeping Your Phone Cool

Lessen the heat load on your phone or tablet when you travel to hot places or even if you leave your device in the car or other hot places. First, keep it out of the sun; second, don't leave it charging; third, don't immediately try using it or at least close down all apps—or better—turn it off; and finally, if you have a case, take the device out to let it cool down. If you have a cooler, consider storing your device there.

Explore the depths of the ocean at The Deep Sea (neal.fun/deep-sea), where you keep scrolling down into the depths, measured in meters—multiply the depth by 3.28 to gain an appreciation of how deep the ocean is.

Google is making it a little easier to hide some of your personal information from their search results. To use their tool to set up alerts for your email address, phone number or home address showing up in search results, go to “Results about you” (myactivity.google.com/results-about-you) and follow the prompts. Once you are notified that searches on Google are finding that info, you can request it be removed. This does not take the info off the actual site, but it limits someone's ability to use Google to find your info. Remember, there are other search sites out there, and you will have to wait until they set up tools like this.

Do you have thousands of Lego bricks around your house, with no instructions for what to make? Browse Lego Building

Instructions from the Internet Archive (archive.org/details/lego-set-instructions), then search or flip through, marveling at all the sets LEGO has made over the years.

Have a Gmail account and use their website to read your email? Make sure you are using Google's Enhanced Safe Browsing mode to check suspicious links in emails before you get caught by phishing scams or malware install attempts. While logged into your Gmail account on the web, go to myaccount.google.com/account-enhanced-safe-browsing to activate this feature.

Most work emails entail using the same phrases over and over. If you haven't discovered text expanders, you can save time by creating unique triggers (often a short abbreviation) that will “expand” into the phrase or paragraph you need. Many email programs have them built in, or you can add them in extensions. Search the web for “text expanders” and the name of your email program to learn more.

Have a trip coming up? Figure out all the tricks to ensure an on-time flight, check how often particular flights are delayed and by how much at flightera.net/en.



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

Imagination (n.): The poor people's Netflix.

A poodle and a collie are walking together when the poodle suddenly unloads on his friend.

“My life is a mess,” he says.

“My owner is mean, my girlfriend ran away with a schnauzer, and I'm as jittery as a cat.”

“Why don't you go see a psychiatrist?” suggests the collie.

“I can't,” says the poodle. “I'm not allowed on the couch.”

A MOM TEXTS,
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THE MOM REPLIES,

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LOVE YOU TOO.”

The best way to appreciate your job is to imagine yourself without one.

— Oscar Wilde

Why do they lock gas station bathrooms? Are they afraid someone will clean them?

—George Carlin

Two guys stole a calendar. They got six months each.

A turtle is crossing the road when he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, “I don't know. It all happened so fast.”

Crier readers are invited to submit funnies. Thanks, Sarah Kohrs, for this riddle:

What do you call an angry carrot? A steamed veggie



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.



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Acronyms Everywhere

Webster's dictionary defines an "acronym" as a "word or name formed from the initial components of a longer name or phrase, typically using individual initial letters." Common examples are NATO (North Atlantic Treaty Organization) or RADAR (Radio Detection and Ranging). As if Medicare isn't complex enough, the use of acronyms by insurance companies and the government only adds to the confusion.

Acronyms are often encountered when discussing Medicare. There are four parts of Medicare, which are labeled: A (hospital), B (doctors), C and D (drugs). Part C is also called "Advantage Plans" or "The Medicare Plans," which are interchangeable names. A Medicare supplement isn't a part of Medicare at all and can also be called a supplemental or Medigap plan. It is not to be confused with Medicare Part C, which isn't a supplement at all and works very differently. Medigap plans are labeled A, B, C, D, F, G, K, L, M and N. Is your head spinning yet? Is there any wonder why seniors dread the learning curve on this Medicare thing?

Interested in Medicare Advantage (MA) plans? You'll have to choose between HMO (Health Maintenance Organization), PPO (Preferred Provider Organization) or PFFS (Private Fee For Service). Each of these have multiple "flavors": MA-only with no drug coverage, MAPD (Medicare

Advantage with Prescription Drugs), and SNP (Special Needs Plans) and D-SNP (Dual Special Needs Plans) for Medicare and Medicaid-eligible folks.

So when might I enroll, you may ask? If you're first enrolling in Medicare, you'll have a SEP (Special Enrollment Period) of different lengths of time depending on whether it's a supplement or an Advantage plan. If you want to change an Advantage or PDP (Prescription Drug Plan), the AEP (Annual Enrollment Period) or MADP (Medicare Advantage Disenrollment Period) are your best bets. If you want to change from one Medicare Supplement (MedSup) insurance to another, there's no need to worry; it can be changed at any time if you pass the health questions. Just remember: you can't have a supplement and an Advantage plan simultaneously—they don't work together.

On another topic, October is just around the corner. If you have an Advantage or PDP, be on the lookout for your ANOC (Annual Notice of Change). It can be your best tool for determining if your plan will work for you next year.



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

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The Fairview Town Crier

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

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FOR SALE



12 ACRE LOT in gated community for sale by owner. Located off Old Fort Road,

East of NC 9. 20 minutes from Black Mountain and Bat Cave. Beautiful views, large trees and year round stream. \$170,000. Serious inquiries by appointment only after mailing name and contact info to: M Drake 1227 Old Fort Road, Fairview, NC 28730 or email sylviamarshall@hotmail.com.

HUGE LOT. LIKE-NEW BARBIES/ BARBIE TOYS/ACCESSORIES.

Interested? RSVP to PO Box 131, Fairview. Include name/number.

ADVERTISE IN THE CRIER!

\$10 for 20 words; 25¢ per word thereafter
Notices, non-commercial personal ads free.

call/text Clark 828-771-6983
clark@fairviewtowncrier.com



Jim Buff

CRS

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Fairview resident since 1992!

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FEATURED LISTINGS



ASHEVILLE! Warehouse/Office on 1.22 acres, 1 full, 2 half baths, loading dock + 3 other rollup doors, city water, 10 ton bridge crane supports, natural gas, elec heat, *MLS#3927611 \$1,599,000!*



ASHEVILLE! .22-acre property zoned Highway Business, includes 2 BR, 1 bath home + fire-damaged house, convenient location *MLS#4054569 \$375,000!*



SYLVA! Cozy, 2 BR, 2 Bath mountain home, tons of natural light, hot tub, bsmt w/garage, minutes to Sylva & Waynesville, *MLS#3938305 \$279,000!*



WEAVERVILLE! Approx 6 Acre tract, long range views, existing driveway, multiple building sites possible, *MLS# 4010156 \$275,000!*

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Tammy Murphy, Agent

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RESULTS

| | |
|---|---|
| 38 Folsom Dr..... Pending in 4 days | 39 Tampa Ave..... Pending in 1 day |
| 234 Brickton Village Pending in 1 day | 131 Vinewood Circle.... Pending in 7 days |
| 37 Beechwood Rd Pending in 2 days | 4 Cub Rd Pending in 4 days |
| 87 Huntington Drive..... Pending in 10 days | 51 Florian Lane..... Pending in 6 days |
| 1445 Newstock Rd Pending in 2 days | 44 Pharis Place Pending in 8 days |
| 103 Cimarron Drive Pending in 4 days | 61 & 63 Salem Ave..... Pending in 1 day |
| 93 Stafford Court..... Pending in 4 days | 894 Weston Rd #3..... Pending in 11 days |
| 2 First Street..... Pending in 1 day | 38 Cloverfield Rd..... Pending in 4 days |

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