



# The Fairview Town Crier

OCTOBER 2023 VOL. 27, No. 10 | FAIRVIEW, NC | fairviewtowncrier.com f i

## HALLOWEEN + FALL EVENTS

Besides the SMCC event, which has a suggested donation, all Halloween events are free and open to all children.

### Fairview Community Center Fall Craft Fair

October 7 10 am–2 pm • 1357 Charlotte Highway, Fairview  
Inside/outside event with vendors, food, free parking and admission.  
To become a vendor or get more info, email hdlwhl@aol.com.

### Bethany United Methodist Church Trunk or Treat

October 28 4:30-6 pm • 12 Bethany Church Road, Fairview

### Cedar Mountain Baptist Church Trunk or Treat

October 28 6–8 pm • 27 Reeds Creek Road, Fairview

### Trinity of Fairview Fall Festival

October 28 10 am–1 pm • 646 Concord Road, Fletcher

### Blue Ridge Cowboy Church Fall Festival

October 29 10:30 am • 49 Saxon Hill, Fairview

### Emma's Grove Baptist Church Trunk or Treat

October 31 5:30–8:30 pm • 17 Emma's Grove Road, Fletcher

### The Place Fellowship Church Trunk or Treat

October 31 6-8 pm • 2 Laura Jackson Drive, Fairview • See ad on page 3.

### Spring Mountain Community Center Trunk or Treat

October 31 4:30-6:30 pm • 807 Old Fort Road, Fairview  
Decorated vehicles with people giving out candy, free hot dog supper and other children's activities. SMCC is requesting a minimum donation of \$5 per car, which will support the upkeep of the building and pavilion. Volunteers are needed to help with set up, break down, trunks, parking, food service and candy donations. If you would like to do a trunk, volunteer or donate candy, call 231-8186 or email swcall01@yahoo.com.

## Library to Host County Services Market

Friday, October 6, 2–3:30 pm  
Fairview Public Library, 1 Taylor Road

Rising costs for groceries, housing, gas, and other things are putting the pressure on Buncombe households. For many in our community, no-cost healthy meals and information about county and partner services and resources are a valuable lifeline. Buncombe County's Community Engagement Markets offer free food, medical services and information about mortgage, rental and weatherization assistance, as well as other resources directly meant for those most in need—right in their own neighborhoods.

These markets are held the first Friday of each month in a different location. Mark your calendar for October 6, and come with questions.

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



Are these CCMS students budding geologists, pro skateboarders or factory managers? They could be any of those if that is your career and you inspire them during the school's Career Day. (They are actually taking part in the 8th Grade Ropes Course.)

## Help Inspire Future Workers at CCMS Career Day

Cane Creek Middle School will hold a Career Day on November 15. The school is looking for members of the community to share information about their workplace and job, as well as the education and specific skills that are required for success in their chosen career.

Booths will be set up in the school's gym, and there will be room outside for people or businesses that need larger displays. If you are interested in participating, contact Jerri Wommack at jerri.wommack@bcsemail.org.

## Do You Know Anything about This Old Cemetery?



The property owner kneeling next to one of the gravestones in the cemetery.

No, this is not some Halloween trick. A reader got in touch with the Crier to find out more about an old cemetery on her property near the intersection of Bob Barnwell Road and Merrills Cove Road. (This is private property, so please do not visit without permission and don't disrupt traffic or nearby homeowners' peace of mind if you drive by.)

**The property owner says:** "I've been told that there was a small church up here somewhere. I've never seen

evidence of this. Something (perhaps a building foundation) might have been here before our development was built. I would like to find when this cemetery dates to, if there was a church up here, and anything else that someone might know about this special spot."

If you have information to share, get in touch with the editor. Contact clark@fairviewtowncrier.com or text or call 828-771-6983.

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

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# COMMUNITY CALENDAR

**OCTOBER 1 SINGING GROUP 6 pm**  
Cedar Mountain Baptist Church  
The Justice Family will perform at evening service. For information, call Pastor Page at 273-2458.

**OCTOBER 1 ANNUAL MEETING 2 pm**  
Cane Creek Cemetery Association  
All members and the public are invited. For more information, call 280-9533.

**OCTOBER 3 WNC PROSTATE SUPPORT GROUP 6:30 pm**  
Medical professional speakers. Free meeting via Zoom and in-person at First Baptist Church of Asheville. For more info, wnc-prostate@gmail.com or 419-4565.

**OCTOBER 5 EMBROIDERERS MEETING 9:30 am–12 pm**  
Embroiderers' Guild of America  
3 Banner Farm Rd., Etowah/Horse Shoe. For info, call 575-9195.

**OCTOBER 5–7 PETER AND THE STARCATCHER**  
Asheville Christian Academy  
Tickets \$5–\$10. Purchase tickets at [ashevillechristian.org/tickets](http://ashevillechristian.org/tickets).  
74 Riverwood Rd., Swannanoa.

## 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

**OCTOBER 6 COMMUNITY ENGAGEMENT MARKETS 2–3:30 pm**  
Buncombe County Government  
See front page for more information.

**OCTOBER 7 BBQ FUNDRAISER 10 am–6 pm**  
Fairview Fire Department  
See page 8 for information.

**OCTOBER 7 CRAFT FAIR FAIRVIEW COMMUNITY CENTER**  
See front page.

**OCTOBER 9 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.

**OCTOBER 9 FAAL MONTHLY MEETING 6:30–8 pm**  
Fairview Area Art League  
For more info, email [FaArtLeague@gmail.com](mailto:FaArtLeague@gmail.com) or visit [facebook.com/fairviewart](https://facebook.com/fairviewart).  
Re.Imagine, 15 Spivey Lake Dr., Fairview.

**OCTOBER 10 ANNUAL MEETING 7 pm**  
Garren Creek Volunteer Fire Department  
At the main station (10 Flat Creek Rd.). All residents of the Garren Creek Fire District are encouraged to attend and participate. For information, call or text Elizabeth Simmonds at 230-3986.

**OCTOBER 10 FBA MEETING 6 pm**  
Fairview Business Association  
The monthly meeting of FBA members. See page 27 for more info.

**OCTOBER 12 PELVIC FLOOR AND CORE CLASS 10:30 am**  
Specialized Fitness  
\$10 per class, taught by Jamie Haines. See ad on page 11 for more info. 19 Kristie Scott Ln., Fairview.

**OCTOBER 13 DR. WILL MEMORIAL MARMALADE (JAM) SESSION 5:30–8 pm**  
Barn Door Ciderworks  
Come remember Dr. Will and play with friends. For more info, call 917-504-1503. 23 Lytle Rd., Fletcher.

**OCTOBER 14 9 am–3 pm**  
Rusty Dog Arts & Crafts Show

See ad on page 23. 379 Old Charlotte Hwy., Fairview.

**OCTOBER 15 Introduction to SoulCollage 10 am–2 pm**  
Re.Imagine Gallery  
With Marcia Gleason. Go to [tinyurl.com/39m7ve5f](http://tinyurl.com/39m7ve5f) to get more info or register. 15 Spivey Lake Dr., Fairview.

**OCTOBER 19 PLANT-BASED COOKING CLASS 6 pm**  
Seventh Day Adventist Church  
Featuring pizza. See ad on page 27. 57 Cane Creek Cir., Fairview.

**OCTOBER 21 Amish Quilt Show & Sale 10 am–5 pm**  
Re.Imagine Gallery  
With Diane Bielak. This is a free event. For more info, go to [tinyurl.com/6dv67y69](http://tinyurl.com/6dv67y69). 15 Spivey Lake Dr., Fairview.

**OCTOBER 25 ELECTION RULES UPDATE 5:30–7 pm**  
Buncombe County Democrats  
Jake Quinn, chair of the Buncombe County Board of Elections, will give an update on all the new rules concerning voter ID requirements and changes to the voting procedures. For info, please contact John Stover at [jstover704@gmail.com](mailto:jstover704@gmail.com) or 704-905-6707. Re.Imagine Gallery & Studios, 15 Spivey Lake Dr., Fairview.

**OCTOBER 28 TRUNK OR TREAT/ FALL FESTIVAL**  
Bethany United Methodist Church, Cedar Mountain Baptist Church and Trinity of Fairview  
See front page.



**OCTOBER 28 FUNDRAISER: YARD SALE & CHILI LUNCH**  
Reynolds Fire Department  
Tables available for \$15 each or two or more for \$10 each. Contact Marie Haddock at 335-9999 or [marie\\_haddock@yahoo.com](mailto:marie_haddock@yahoo.com) for more info.

**OCTOBER 29 FALL FESTIVAL**  
Blue Ridge Cowboy Church  
See front page.

**OCTOBER 31 TRUNK OR TREAT**  
Emma's Grove Baptist Church, The Place Fellowship Church and Spring Mountain Community Center  
See front page.

**OCTOBER 31 LABELING 10 am**  
Fairview Town Crier  
Come chat with your neighbors as we put labels on the papers that go to Fletcher and Reynolds. **New meeting location to be determined.** Contact volunteer coordinator Diana Soll to volunteer or get more info at [dbsr828@gmail.com](mailto:dbsr828@gmail.com).

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

The Garren Creek Fire Department Auxiliary is selling nuts again this year—pecans (both halves and pieces) and black walnuts in one-pound bags. Great for holiday baking and healthy snacks. Cash or check. Call or text Elizabeth Simmonds at 230-3986 to arrange for delivery.



**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.

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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 the publication. A best effort has been made to verify legitimacy of information received and published. Views expressed in columns and/or articles do not represent those of *The Fairview Town Crier*.

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

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## Local FALL Flavors

Visit the farmstand today for potatoes, sweet potatoes, and more than a dozen varieties of winter squash – plus peppers, greens, and other delicious cool weather favorites!

**U-PICK FLOWERS STILL AVAILABLE!**  
*Until first frost, usually mid-October*

1860 Charlotte Highway **828.768.3348** [flyingcloudfarm.net](http://flyingcloudfarm.net)

## Food Drive for MANNA Food Bank

Did you know that MANNA Food Bank provides more than 58,000 meals a day in WNC? The library will be participating in a countywide food drive for MANNA from now until October 7.

Most-needed items include canned meats (beef, chicken, tuna); peanut butter (plastic jars only); dried/canned beans (pork and beans, pinto, kidney, black); hearty soups (pop-top cans preferred); meals in a box or can (beef stew, chili, mac & cheese); canned fruit (fruit cocktail, raisins, apple sauce); canned vegetables (green beans, carrots, greens); cereals and grains (rice, pasta, cereal in a box or bag); fruit and vegetable juices; and dry milk (instant non-fat).

You can drop off your items in the lobby of the library during operating hours.

### UPDATES

#### Friends Meeting

October 3 at 7 pm

The Friends of Fairview Library meet the first Tuesday of every other month in the library community room.

### FOR KIDS

#### MONSTER MASH! A Clay Making Event



October 13 from 3:30–4:30 pm

It's MONSTER MASH time! Channel your inner Dr. Frankenstein when you make your own monster out of clay! Materials will be provided.

#### Fall Outdoor Story Time

October 21 from 10:30–11:30 am

Join Miss Jennifer for a special Saturday Outdoor Story Time. Preschool age.

#### Fire Safety with Real Firefighters and a Fire Engine

October 14 at 2 pm

Firefighters from the Fairview Fire Department will present a short talk on fire safety, and they will bring one of their fire engines. Ages 3-10.

#### Weekly Story Time at the Library

Tuesdays, 10:30 am, 3–6 years

Thursdays, 10:30 am, 18 months to 3 years

#### Lego Club

October 27, 3:30 pm

The library provides the Legos, you provide the creativity. Perfect for ages 6 and up.

### CRAFTING AND CREATING

#### In House Activity: Leaf Crayon Rubbings

All the colors and textures of autumn are at your fingertips when you stop by the library and create your own crayon rubbings of leaves.

#### Take Home Craft: Fall Leaf Mosaic

Making a mosaic can be challenging but also fun. Stop by the library and pick up a fall leaf mosaic kit. While supplies last.

### FOR ADULTS

#### Identity Theft Seminar: Lunch & Learn

October 18 from 1–2 pm

In this workshop presented by First Bank, participants will learn about the methods used by identity thieves to steal personal information and how to protect themselves. They will also understand what information is at risk and red flags to watch out for regarding common scams. Bring your own lunch. Dessert will be provided by First Bank.

#### Getting Started with Genealogy

October 19 from 2–3 pm

Presented by Nancy Manning of the Old Buncombe Genealogical Society. Learn the basics of genealogical research and what records are available for research. We will cover the basic charts used to record the information we find and how to access the necessary records. Handouts will include lineage charts, family group sheets, individual research sheets, portrait sheets, a research guide, a list of genealogical websites, and some helpful hints.

#### Yoga with Courtney Jarrell

October 5 from 4:30–5:30 pm

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.

Registration is not required, but participants should bring a mat. There will be a very limited number of yoga mats available to borrow.

*This program is financially supported by the Friends of Fairview Library.*

#### Fiber Arts Club

October 10 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

October 17 at 7 pm

The book club will discuss *Solito: A Memoir* by Javier Zamora via Zoom.

#### Upcoming Books

November—*The Seed Keeper* by Diane Wilson

December 19—*Remarkably Bright*

*Creatures* by Shelby Van Pelt

January 16—*Ducks: Two Years in the Oil*

*Sands* by Kate Beaton

For information or to register, email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org).

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

### STORYTELLING EVENT

## “Tales of Three” with Pat and Becky Stone

October 24 at 6:30 pm

Pat and Becky Stone will share rousing, humorous and captivating stories that—like so many folktales—surprise and delight by having three parts. (And, yes, their new triplet grandbabies inspired the theme!)

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



### THE PLACE FELLOWSHIP CHURCH

presents

## HALLOWEEN



## TRUNK OR TREAT

TUESDAY, OCTOBER 31ST  
6–8 PM



THE PLACE FELLOWSHIP CHURCH  
2 Laura Jackson Drive, Fairview beside Food Lion

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



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**38 ACRES IN FAIRVIEW** Private, lush with views of Echo Lake and mtns. Front of property is level to gently sloping w/ easy access off Old Fort Rd. ~~\$395K~~ **REDUCED! NOW \$350K**

**CANE CREEK RD, 3.65 ACRES** city water, **\$165,000. UNDER CONTRACT**

**9999 JOE JENKINS RD.** .49 acres, **\$79,900. UNDER CONTRACT IN 1 DAY.**

**194 ACRES BURNSVILLE!** Private expanse of land with springs, creeks and several old buildings. Exceptional mountain property with **STUNNING** long-range mountain views & multiple home sites. **\$1M**

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

**MOUNTAIN VIEWS WITHOUT THE CLIMB!** Paved access, long-range views with additional clearing, end of road privacy. Adjoins large tract of land **\$100K.** Call Karen 828.216.3998

**HOWLAND RD, ASHEVILLE** 2.07 acres. Spectacular views located off Town Mountain Road in Peach Knob Meadows Subdivision. Just minutes to downtown and the Blue Ridge Parkway, located off Town Mountain Rd. **\$220K**

**NEARLY ONE MOSTLY LEVEL ACRE** shared well, short term rentals allowed, prime Cane Creek Valley location. Land with this type of topography won't last long. Call Karen today. 828.216.3998. **\$125K**

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



**PRICE REDUCED!**  
**FAIRVIEW HOME** 3BR2BA, 2,359 SF, 1+ AC. Open floor plan. Updated BA, wood floors, newer fridge. No HOA, no restricts, only \$90/qtr rd maint agreemnt. **\$450,000** Call Justin 828-450-9578.



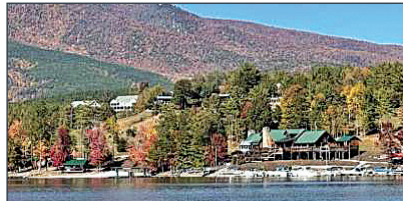
**INVESTOR PROPERTY**  
**INVESTORS!** 3 BR/1BA, 2.5 acres. New roof! Great bones, needs roof, cosmetic fixes. Beautiful property w/ stream & IV land. Could split into sev lots. City H20 runs in front. **\$375K** Call Jenny 828-779-4473



**PROPOSED BUILD**  
**DON'T MISS OUT!** Prime loc mins from DT AVL & the BRP. Off Town Mountain Rd, one of the most scenic roads in AVL, 2+ acre lot w/ 2 home sites. **\$1.5M** Call Sophia 828-691-0311




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**SOLD** thousands of acres  
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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**

# Colonel Samuel Winslow Davidson

Samuel Winslow Davidson was born on April 2, 1781, in Burke (now McDowell) County, NC. He was the son of Major William D. Davidson and Margaret McConnell. Samuel Davidson married Martha McRee, who was the daughter of Rev. Dr. James McRee and Rachel Crusier McRee of Rowan County, NC. She was born in Mecklenburg County, NC, on September 11, 1781. Martha's mother was from Staten Island, New York. Her father was a graduate of Princeton University in New Jersey and a Presbyterian minister. After his retirement in 1830, Samuel Dr. McRee moved to Swannanoa and lived with his daughters, who were married to a Gudger and Davidson. He preached at many Presbyterian churches, including Steel Creek Presbyterian Church and Centre Church, both in Iredell County, NC. Martha's father died in 1840.

Samuel Davidson was a colonel and served in the War of 1812. He owned a large amount of property in Swannanoa that he inherited from his father. It stretched all the way to the present site of Warren Wilson College. He made his living from farming and selling lumber from his property.

When Samuel's first wife died, he married the widow of his brother, William

Mitchell Davidson. She was named Elizabeth Vance. Samuel died on October 14, 1858, at 77 years old. He is buried next to his first wife in Swannanoa Presbyterian Church Cemetery (often called Piney Grove).

## Samuel and his first wife Martha had eight children.

**1. Martha Eliza Davidson** was born in Swannanoa in 1805. She married John Erwin Patton.

**2. Joseph Crusier Davidson** was born in Swannanoa on December 2, 1806, and died on March 5, 1891. He married Sarah S. Foster, who was born on January 21, 1812. She was the daughter of Captain Thomas Foster and Ora Sams. Sarah died on December 15, 1890. They lived on her father's land in Biltmore. Sarah conducted a Sunday school there before the establishment of Gashes Creek Baptist Church. They are buried in Swannanoa Presbyterian Church Cemetery.

**3. Adeline Davidson** married Alfred B. Fortune.

**4. Harriet Davidson** married Robert Penland.

**5. William Franklin Davidson** (September 23, 1812–August 19, 1902) married Minerva Elizabeth Foster (April 14, 1820–July 2, 1890) on January 13, 1839. She was the daughter of William



Samuel Davidson

Foster III and Fannie Lucinda Ballew. They are buried at Berea Baptist Church Cemetery in Swannanoa.

**6. Mary E. Davidson** was born in 1813 and married Olney Burgin.

**7. Albert Crusier Davidson** (1815–1850) married Sophronia Burgin (1817–1864).

**8. Samuel Winslow Davidson Jr.** (1819–?).

*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

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

## ACTIVE LISTINGS

### Swannanoa



3 BR | 1 BA | 1,258 SF

102 Short Street  
\$322,000 | MLS 4062509

### Black Mountain



2 BR | 1.5 BA | 872 SF

16 Rocky Glen Trail  
\$449,900 | MLS 4062615

### Fairview



6.32 ACRES

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

## FAIRVIEW REAL ESTATE SALES

AUGUST 2023

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$260K	27	98
\$300K-599K	5	\$441K	74.6	100.6
\$600K-899K	4	\$680K	38	98

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

## Agent Spotlight BILL ROBERTS



“ Bill went above and beyond. We faced many major obstacles, and he was extremely supportive, pitched in, found solutions, and helped execute to resolve the issue. He kept us advised of pending actions and timelines. Bill was exceptional—we highly recommend him and his team.

—Holly G.

”

**CONTACT BILL TODAY!**  
828-674-7640 | bill@greybeardrealty.com

# How Quickly Things Change

The relentless march of the changing of the seasons has begun, as frost is on the way this month and leaf color is coming to our mountains. How quickly things change.

When looked at the weather pattern in mid-September, it was still quite warm and humid. I was thinking, "Is fall ever going to get here?" and then it turned cooler and wet by month's end. We will continue our downward spiral of temperatures in October, and we usually have some frost on the pumpkin by the end of the month.

Frost forms on solid objects when the water vapor in the atmosphere changes from its vapor phase to small ice crystals. If you see frost, then you know that the temperature of the object it is on reached 32 or lower. However, the air temperature is officially measured at five feet above ground, and it is likely several degrees higher in the vicinity of the object.

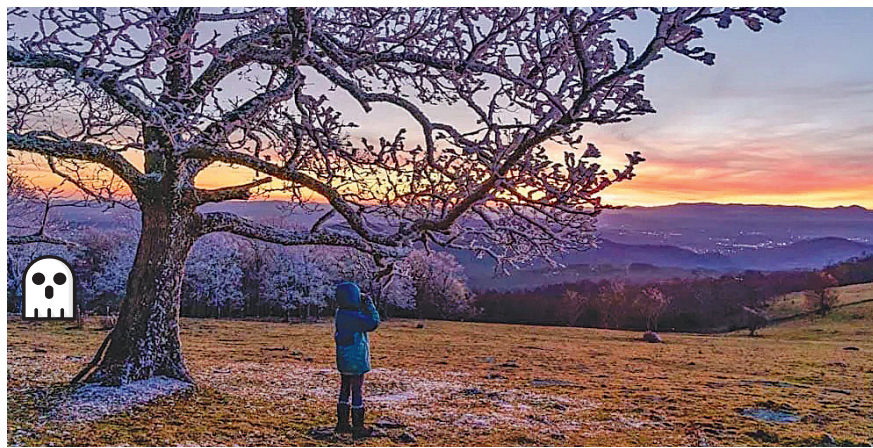


IMAGE: aboutasheville.com/guide-to-fairview-north-carolina

Conversely, not every air temperature recorded at or below 32 means that frost will form on solid objects in the area. The average date of the first autumn frost is October 23 for Asheville, October 17 for Black Mountain, October 9 for Bent Creek and October 12 for Hendersonville. To know the extremes, add or subtract about 12 days to get the earliest or latest dates. In Fairview, our dates run pretty close to those for Bent Creek. Deeper valleys will tend to have frost and freezing conditions later in the spring and earlier in the fall than the surrounding terrain.

In October, the turn to fall becomes even more apparent, with the average high dropping from 72 at the beginning of the month to 64 by month's end. The average

daily low drops from 50 at the beginning of the month to 40 by the end of October, and we usually see several frosty mornings by the end of the month.

We also start to see a visible changing of the seasons with some wonderful leaf color changes. I have written on this topic several times in years past. The Asheville region has seen temperatures that are close to normal during the months of April

through August, the important time period when leaves are on the trees, according to Dr. Howard Neufeld, professor of biology and "fall color guy" at Appalachian State University. Precipitation over the summer has been close to or a bit below normal with no drought, and the trees aren't stressed heading into autumn. We also had a warm September with a lot of sunny days, which caused trees to create more red pigments that lead to brighter leaf colors. We will see if that holds true this year.

To get more information about leaf color, I recommend the following links:

- [biology.appstate.edu/fall-colors/fall-color-map-north-carolina](http://biology.appstate.edu/fall-colors/fall-color-map-north-carolina)
- [exploreasheville.com/trip-ideas/seasonal-fun/fallinteractive-fall-color-map](http://exploreasheville.com/trip-ideas/seasonal-fun/fallinteractive-fall-color-map)

## QUESTION of the MONTH

**What and where was the coldest temperature on earth recorded?**

Find out in next month's Weather Wonder!

## WEATHER WONDER

**Has it ever snowed in Fairview in October?**

Yes it has, with the heaviest monthly snowfall of 3 inches in 1923. The greatest daily snowfall was on the 24th of that month, with 2.5 inches. A trace has been measured at least 16 times in October during various years.



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



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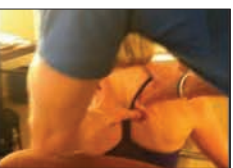
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Now I feel 85% better than I did when I first came in! Dr. Reilly and the staff are great!"

—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.

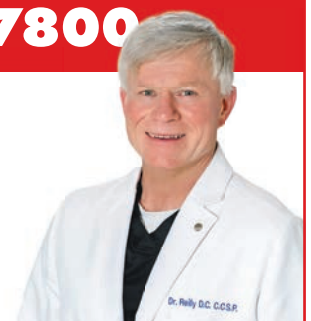
I have recommended many people with back problems to Dr. Reilly, it's definitely worth trying."

—Vicki L.

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# FAIRVIEW VFD CELEBRATES

## 10 Years of BBQ, Fundraising and Community Support

by ROBIN RAMSEY

**W**hat is the old saying? "Time flies when you are having fun." That certainly applies at the Fairview Volunteer Fire Department. No one associated with the department can believe it has been 10 years since the first BBQ fundraiser put on by Smokey and the Pig to benefit the fire department.

Ten years ago, the budget was tight and light. There was not enough money to do the little extras that make a (fire) house a home. Tim, Becky, Bradley and Brooke of Smokey and the Pig really wanted to support the staff by raising a little money to buy those needed items. It was the start of something beautiful.

Over the years, the funds brought in have grown significantly, helped by the addition of raffle items and baked goods for sale. What started out as a small event, raising a thousand dollars, kept growing and growing. Right before COVID-19 hit, one fundraising event reached \$15,000, and our average is now \$10,000. Members of the Support Operations Team, Board of Directors, and staff need to be thanked too, for all their help over the years.

So what has been purchased with these funds?

- **New recliners** for the station's living room, TVs for each of the rooms, mattresses, duffle bags, and pots and pans.
- One year, we asked each of the staff to pick something from a catalog that would make their work life a little better. Many chose **flashlights** or **knives** or **general apparatus**.
- The board and staff request we purchase needed equipment from time to time, such as a **trailer** to hold the large animal rescue equipment.
- **Food and drinks** to take to the staff while they are on a fire scene.
- Most recently, money was budgeted to **update the kitchen** (which is the heart of every home, including this one).

Everyone associated with the department thoroughly enjoys this one-day event. And this year, we are excited to add a sale of pumpkins, gourds and mums, along with the usual homemade desserts and raffle items.

Thank you to Smokey & The Pig for all their support over these past 10 years, and thank you to the Fairview community. We hope to see you in person on October 7, as we love to hear from locals how they have been helped by the members of the fire department.

Robin Ramsey is the president of the Support Unit Group.



There was a gathering of mascots in 2020.



BBQ plates  
Homemade Desserts  
Raffles

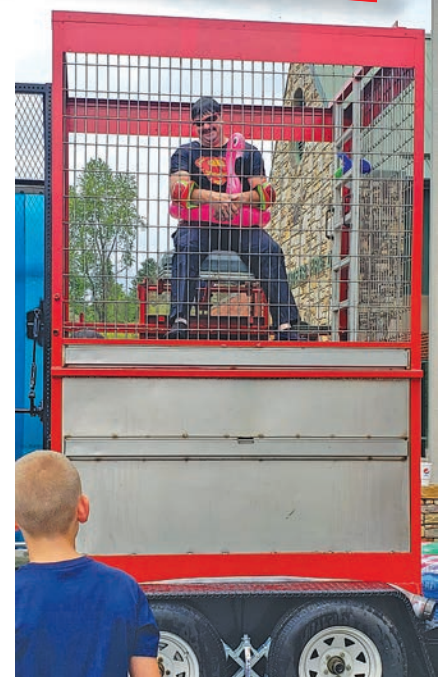
First Step Farms  
mums, pansies, gourds  
pumpkins for sale

*all proceeds benefit the*

FAIRVIEW **FIRE** DEPARTMENT



A sample of raffle offerings in 2022.



Chief Scott Jones in the dunk tank in 2019.



The Howard family donated this Harley-Davidson as a raffle item in 2018.





This month, the *Crier* sent questions to Jennifer Pike, who is the Tax Collector of Buncombe County.

The Tax Collection department bills, processes payments, collects, and distributes property taxes for the county, five municipalities within the county, 20 Fire Protection Service Districts, and the Asheville City School District. Property tax is the largest source of revenue that funds operations for the county.

What does she like about her job? “The property taxes collected fund many services delivered by the county and other taxing districts,” she said, “improving the quality of life for residents.”

When asked about a common issue her department deals with, Pike said, “The last day to pay property tax before interest is added to an outstanding bill is January 5 of each year. We encourage residents to not wait until January 5 to drop a payment in the mail, visit our office or initiate an electronic payment. Sometimes the receipt of payment is delayed for reasons such as the payment may not be postmarked by the USPS, inclement weather could arrive, or an electronic payment may not settle, resulting in interest accruing on a bill. We would much rather residents avoid the addition of interest.”

To make things easy for county residents, she said that property tax billing and payment history is available online. You can go to [tax.buncombecounty.org](http://tax.buncombecounty.org) and search for your property. Property tax bills are available on this site each year by mid-August. The information found on this site is updated daily, including payment receipts.

Pike is well aware that tax payments can be a lot to handle when the bill arrives. She wanted to make sure our readers know that her department offers a payment arrangement that can spread property tax payments out—from a few months to a full year. “With an automatic draft payment arrangement in place, we draft from your checking account each month,” she said. “There’s no need to remember to send us a payment. Many residents participate in this program and enroll in an automatic draft each year. If a draft arrangement begins early enough, interest that begins accruing after January 5 can be avoided.”

To get in touch with the Tax Collection department, call 250-4910 during business hours. Your call will be answered unless the office is closed or a large number of calls is coming in at one time. You can also email [taxcollection@buncombecounty.org](mailto:taxcollection@buncombecounty.org).

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

## Tournament and Craft Fair to Raise Funds for ACRHS band

### The band at A.C. Reynolds High

will be holding two fundraisers before the end of the year to raise needed funds for the program.

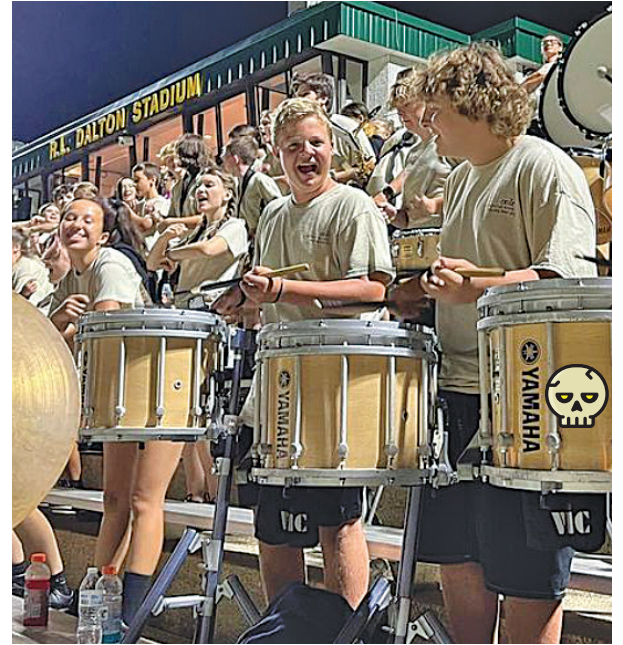
First, the Marching Band will host their 7th annual Cedar Cliffs Classic Tournament of Bands on October 14 at the high school starting at 12 pm. The band would love for the community to come out and support them. Attendees will enjoy food, face painting, hot cocoa, sweets, and fantastic marching band performances.

It can be a great family-friendly way to spend the day.

Participating high schools this year include Burns, Charles D. Owen, Swain, McDowell, Pisgah, Madison, East Henderson, Rosman, Robert L. Patton, T.C. Roberson, Smoky Mountain, East Rutherford and Robbinsville.

The ACRHS Marching Band will be performing its 2023 show, “Exile.”

General admission is \$10 for adults and \$5 for students.



Then, on December 9, the band will host a craft fair at the Fairview Community Center. Vendor registration is now open for makers of handmade or upcycled items. Spaces are \$50.

For more information about either event, you can reach out to Teresa Dickman at [acreynoldsbandbpa@gmail.com](mailto:acreynoldsbandbpa@gmail.com).

You can also get updates on the band's social media accounts on Facebook (@ACReynoldshighschoolbands) and Instagram (@acrhsrocketband).

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<p><b>SPERRY</b> MEN'S <b>Cutwater Chelsea</b> Brown <b>SALE \$59<sup>88</sup></b> Reg. \$100</p>	<p><b>BIRKENSTOCK</b> MEN'S &amp; WOMEN'S <b>Boston Clog</b> WOMEN'S: Habana, Taupe Suede MEN'S: Tobacco <b>\$142<sup>97</sup></b> to <b>\$159<sup>97</sup></b></p>	<p><b>Clarks</b> WOMEN'S <b>Cheyn Madi</b> Black, Brown <b>SALE \$69<sup>88</sup></b> Reg. \$99</p>
<p><b>Timberland PRO</b> MADE TO WORK <b>Mt. Maddsen Mid</b> Black, Dark Brown WATERPROOF <b>\$119<sup>97</sup></b> REG. \$130</p>	<p><b>KEEN UTILITY</b> MEN'S <b>Vista Energy Lace</b> Vapor Black <b>\$129<sup>97</sup></b> Reg. \$140</p>	<p><b>UNIONBAY</b> WOMEN'S <b>Hayden</b> Black <b>SALE \$49<sup>88</sup></b> Reg. \$69</p>

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# Another Side of Spicebush

It wouldn't be fair to write about Spicebush in the Fairview Town Crier without mentioning Roger Klinger's fine account of this native shrub in his *Wild Edibles* column of December 2021. As Roger's article reveals, there's much to enjoy about Spicebush—from its incredible, citrusy fragrance and attractive colors to its usage for tea, medicine and seasoning by Indigenous cultures and early European settlers of this area. But, there's even more to like about Spicebush than all this: it helps stabilize erosion-prone streambanks throughout the Cane Creek watershed.

Many of my Cane Creek Chronicles columns have focused on the health and vulnerability of Cane Creek and, in particular, its streambanks. Recently, I wrote about how the Cane Creek valley's sandy soils are at high risk of serious erosion, especially when deep-rooted native shrubs and trees are replaced by grass lawns all the way to the water's edge. In undisturbed streambanks and forested stream corridors, Spicebush is often part of the local network of plant cover that helps hold these sandy soils together. Although not particularly deep-rooted, its fibrous roots spread far and wide under the surface of streambank slopes. Spicebush is tolerant of a wide range of soil moisture conditions, so it doesn't



The *Promethea* Moth is also dependent on Spicebush in its larval stage.

mind the streambank extremes that range from very dry periods to being submerged in occasional high water events. Further, this shrub can spread to new areas not only through its berries but also by sending out runners. In order to live on streambanks, one must be tough and flexible!



The Spicebush Swallowtail (left), nectaring on Cardinal Flower here, feeds on Spicebush leaves throughout its caterpillar stage (right). The caterpillar's false eyespots may look scary (to predators) but are harmless.



For the folks along Garren Creek and Cane Creek, check to see if you have this attractive shrub. If you live near one of the many small, unnamed creeks in the Fairview area, this message is also for you: Why not leave useful, low-maintenance streamside shrubs like Spicebush in place instead of replacing them with a lawn that will require maintenance? You'll never have to mow or fertilize Spicebush, and I guarantee its fall colors will be much better.

During September, the female plants develop numerous bright green, glossy berries that look like half-inch-long green olives. As the weather cools, the berries turn brilliant red as the leaves become bright yellow. The transitional stage with all three colors together is one of my favorite early fall color combinations. As the season progresses, the leaves drop off and all the berries become red. Even then, they persist on the bare branches for weeks longer. What a show!

### Feeding the Butterflies

Another reason to help Spicebush thrive: it is the main foodplant for some of our most attractive and interesting butterflies and moths. The Spicebush Swallowtail, second only to the Tiger Swallowtail in size among local swallowtail butterflies, spends its entire caterpillar stage feeding on Spicebush leaves. If you find a living leaf folded over like a taco, carefully unfold it and you may find yourself staring into a pair of 'false eyes' on this caterpillar's back. The large eyespots are merely a design, but probably evolved to frighten away predators that think they've just come face to face with something much bigger. The larvae of the beautiful, chocolate-brown and velvety *Promethea* Moth also are dependent on a diet of Spicebush leaves. Although most caterpillars grow up solo, *Prometheas* often exist in small groups. For this reason, sometimes in winter it is possible



In autumn, Spicebush's raisin-sized berries turn from green to vivid red and its leaves turn bright yellow.

to find several *Promethea* cocoons dangling from bare Spicebush branches like Christmas ornaments.

A native shrub, that's good for streambank stabilization, is low maintenance, has great fall colors, and is food for spectacular butterflies and moths—there's so much to like about Spicebush. If you have it, please keep it around. I know you won't be disappointed.

Please visit the Fairview Town Crier's website to read Roger Klinger's article about Spicebush. Go to [www.fairviewtowncrier.com](http://www.fairviewtowncrier.com), Archives section, December 2021 issue, page 28.

Doug Norton ([dougnorton99@gmail.com](mailto:dougnorton99@gmail.com)) is a retired watershed ecologist and online science educator who lives in Fairview. Cane Creek Chronicles explores the great outdoors of the Cane Creek Watershed

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# Importing Chrome Extensions, New StoryCorp App

If you use the Firefox browser but have been frustrated by not being able to import extensions from Chrome or Chrome-based browsers like Brave, you now have an option. Version 117 of Firefox allows users to turn on that functionality. Unfortunately, this doesn't let you import or install all Chrome extensions, so your best bet is still to find the Firefox specific extension (addons.mozilla.org).

A new feature in Chrome aims to help you avoid installing known malware and to warn you to uninstall such extensions. If your browser has extensions that Google has labeled as malware, you will soon get an alert to uninstall extensions that have been pulled by the developers, violate Google policies or have been detected as malware.

Along with this, Chrome version 115 will look a little different. All corners will be rounded, you'll have more custom color theme choices, the menu under the vertical triple dots will be longer, and there will no longer be a padlock icon in the address bar. Instead, there will be a settings menu specific to every site for changing things like notifications and a myriad of privacy settings. Arrival time has not yet been announced. Chrome will still warn you if a site is not using SSL.

Knot tying is simplified when animated, so brush up on your search and rescue knots at [animatedknots.com/](http://animatedknots.com/)



StoryCorps has an app for Android and Apple devices to help you record family history. IMAGE: storycorps.com

search-rescue-knots. While you're there, check out the other knots grouped by activity. The site even has apps for all the common phone and computer platforms.

It's amazing what simple tricks people find. For example, to reinstall a clean, uncluttered Windows 11, you just need to set your Region to something like English (World) as the time and currency format. Evidently, Microsoft customizes what it installs based on your location, so if you don't need games like Candy Crush or apps like Netflix or Spotify, go to Settings > Time and Language > Language and Region > Region > Country or Region and change to English World or Europe. During this

stripped-down install, if you get an error about the region not being recognized, just click the Skip button. Don't change back to the US region until you have made your profile and any other needed profiles.

There is another privacy-oriented browser to pay attention to named Mullvad, which is designed to minimize tracking and fingerprinting. Based on Firefox, Mullvad works to minimize data that sites can use to track you without you having to use something like a VPN or the TOR network. If nothing else, it can be interesting to see if there are travel pricing differences when using different browsers to search the same thing. Find out more at

[mullvad.net/en/download/browser](http://mullvad.net/en/download/browser).

StoryCorps, which has been around for 20 years, has an app for Android and Apple devices to help prompt you through recording the stories of your elders. They have crafted prompts and help to plan your questions so you end up with a memorable interview. Start at [storycorps.org/participate/storycorps-app](http://storycorps.org/participate/storycorps-app).



Bill Scobie fixes computers and networks for small businesses and home. Contact him at 628-2354 or [bill@scobie.net](mailto:bill@scobie.net).



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

# Science-Backed Strategies for Achieving Lasting Weight Loss

**A**re you one of the countless individuals on a quest to shed those stubborn pounds and embark on a journey toward a healthier, more vibrant life? If so, you're not alone. The path to successful weight loss can seem intricate and elusive, but with the right guidance rooted in science, statistics and expert insights, you can unlock the secrets to lasting transformation.

## Diet Is the Cornerstone

Let's commence our exploration with diet—the bedrock of your weight loss endeavor. It's a universally acknowledged truth that what you consume and how much you consume plays a pivotal role in achieving and maintaining a healthy weight. To comprehend this better, consider your body as a finely tuned machine: the fuel you provide it directly influences its performance.

Scientific research and statistical data unequivocally affirm the paramount importance of diet in weight management. Science underscores that with a proper diet, you'll not only shed unwanted pounds but also experience heightened energy levels, an improved mood and an overall enhanced sense of well-being.

One of the primary things you can do as you eat is to focus on regulating your blood glucose levels. This means eating a

protein-forward diet and one that is under your unique carbohydrate tolerance level.

Let's use breakfast as an example. Instead of fruit by itself, go for a full-fat Greek yogurt with berries, nuts and seeds on top. Instead of oat milk in your coffee, opt for heavy cream or half and half. Instead of cereal with skim milk and a banana, go for a veggie egg scramble. These healthy substitutions for glucose-spiking foods are the cornerstone for optimal health.

## Exercise Is the Catalyst

Exercise, often regarded as the complementary component of weight loss, is anything but insignificant. In fact, it is a pivotal catalyst for your journey to better health. Empirical evidence stemming from scientific studies suggests that engaging in regular physical activity offers a multitude of benefits that extend far beyond the realm of weight loss.

Exercise can elevate your mood, boost cardiovascular health and contribute to a more fulfilling life overall. However, it's imperative to dispel the myth of "chronic cardio." Recent research shows that extended cardio workouts may inadvertently lead to the release of cortisol—a stress hormone—resulting in a slowdown of your metabolism.

## Building Muscle

If you're looking to maximize your weight loss results, leveraging the power of muscle-building is pivotal; muscle tissue functions as a metabolic powerhouse. Even at rest, it consistently burns calories, making it a valuable ally in your quest for effective weight loss. As you accumulate more muscle mass, your basal metabolic rate (BMR) naturally elevates, facilitating more efficient weight loss and more ease with maintaining the weight loss you achieve. Below are three evidence-based exercise strategies to help you harness this power.

- **Resistance Training:** Incorporate resistance bands, bodyweight exercises or light weights into your regimen. Scientific research unequivocally endorses the efficacy of resistance training in building lean muscle mass. As little as 10 minutes a day dedicated to targeted muscle groups can yield remarkable results.

- **Sprint It Out:** Consider replacing lengthy, monotonous runs (or bike rides, outside or stationary) with focused sprinting sessions. Scientific studies support the notion that brief bursts of high-intensity effort, such as sprinting for three to eight seconds at a time, can significantly contribute to fat burning and muscle development.

- **Listen to Your Body:** In harmony with scientific consensus, emphasize the importance of rest and recovery within your exercise routine. Overtraining can not only hinder your progress but also increase the risk of injuries.

In conclusion, the road to weight loss is an attainable one, illuminated by scientific insights and substantiated by statistical data. However, the journey becomes more accessible, enjoyable, and sustainable with the guidance of experts.

As you embark on this personalized journey, remember that it's an adventure uniquely shaped by individual factors, including genetics, metabolism and personal aspirations. The dream of a healthier you is not just a vision; it's a scientifically supported reality waiting to be realized. The first step is to embrace the fact that you can drop this weight for the rest of your life, and simply because you want to.



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

Road, Suite 170, Asheville. 552-3333 or [myphdweightloss.com](http://myphdweightloss.com).



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# Understanding Foot Pain

There are common problems my patients complain about when they come to see me, such as headaches, back problems and sore knees. But you might be surprised to know that foot problems are one of the most common issues.

Here's an example. A patient I'll call John came to see me last year with foot pain issues. At work, he was on his feet all day, and he had a lot of difficulty finishing his shift without severe pain and exhaustion. He'd had a series of cortisone injections into his feet that did not seem to help. He tried physical therapy but that didn't help either (but he said it did help his posture and core strength). He was frustrated when he came to see me. The other doctors "did their best but I'm no better," he said.

## Complicated Problems

I hear this frustration a lot from patients with similar problems—and it's because foot problems are complicated. There may be multiple causes of common problems. What may seem like plantar fasciitis on an initial examination may turn out to be Achilles tendon problems and lower leg fascia muscle dysfunction (often short and weak muscles). If a patient complains of numbness or tingling, there is often a nerve component, especially with Morton's neuroma and tarsal tunnel syndrome.

We evaluated John thoroughly and found multiple issues: scar tissue on the bottom of his foot and lower leg; a chronically shortened lower leg and foot muscles and fascia; tendinitis; a heel spur; mechanical restrictions in the foot bone joint; and inflammation and high arches.

## The Lower Leg

Among the therapies we recommended was neuromuscular release, and here's why. Foot problems often start in the lower leg, which has a circle of muscles. Each muscle has a tendon that goes into the foot. Unless the lower leg muscles and tendons are helped, many cases of foot pain don't respond to conventional treatments.

Neuromuscular retraining can make a difference very quickly. It is used to treat the foot and lower leg muscles and tendons with a neurological rehab system called neuro-muscular reeducation. This strengthens and lengthens neurologically weak and tight muscles to decrease pain and improve the strength and length of the foot and lower leg muscles and tendons. We use an advanced version of this technique called Trigenics to rapidly make



Foot problems are complicated because there may be multiple causes. For example, what may seem like plantar fasciitis may turn out to be Achilles tendon problems.

changes to muscles and tendons.

There are other treatments that we have found to be very helpful, such as scar tissue release; myofascial release to both the foot and lower leg; extracorporeal pulse wave therapy; advanced sound wave therapy; light or photo-bio-modulation therapy or class 4 laser therapy; optimal foot supports and foot bone movement therapy; and targeted home rehab and stretch equipment.

After working with John, he told us his feet felt better than they had in years. He got through his work day without pain and had actually started hiking again.

If you're frustrated with foot pain, you

should know that there are options if whatever therapy you're trying is not working. Many times, foot problems can resolve on their own with rest, ice and some stretching. But if they don't get better, see a health care provider that has experience helping with foot pain.



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## Five Reasons to Exfoliate Your Face

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**Youthful radiance** Combat signs of aging by shedding older cells that can accentuate lines and wrinkles. Exfoliation aids this natural process, helping you maintain a youthful appearance.

**Breakout prevention** Proper exfoliation cleanses and unclogs pores, reducing the likelihood of pimples. Clogged pores are a breeding ground for acne-causing buildup.

**Enhanced skin tone** By eliminating dead cells, dirt and makeup residue, exfoliation brightens and evens skin tone, leaving you with a healthy glow.

**Optimized product absorption** Exfoliating enables deeper penetration of cleansers, moisturizers, serums and other products. It ensures they work more effectively, enhancing your skin's moisture retention and overall appearance.

Remember, be mindful. Tailor your exfoliation frequency to your skin type and product choice. Manual exfoliants can be used one to five times a week, while caution is advised with chemical exfoliants like glycolic acid to prevent irritation. Prioritize a balanced routine: Exfoliate, repair, repeat!

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- Hawks sitting on telephone and electrical wires overlooking pastures are often watching for voles below.
- Meadow voles are prolific breeders and can have up to 17 litters a year, with the average litter size between 4 to 8 babies.



Lee James Pantas

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

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# Mountain Dream Comes True in Fairview

Tom and Laurie Williams love their home corner of Fairview, perched above Hickory Nut Gap Farm. A current member of Southern Appalachian Highlands Conservancy's (SAHC) Board of Trustees, Tom grew up enjoying the mountains with his family. His fond memories include a summer camp where "the land was pristine, there was no electricity, we washed in the waterfall, and they wore us out. It was wonderful."

Those early experiences were foundational. As a child, Tom filled out his description of the perfect house for a 3rd grade school project: it was a cabin in the mountains. As a youth and later as a teen working at the Kanuga conference and retreat center, Tom said he "spent a lot of time in the mountains and always hoped to live in the mountains full time."

He was able to make the leap for that dream to become reality in 2009. His family shared a love and appreciation for the outdoors, and they found the perfect spot to build their dream home in Fairview.

"I count my lucky stars because virtually everything in our view has been preserved by SAHC," Tom shared. "But there is a lot more to do, and it's only going to get harder to accomplish conservation on this scale over time."

One of his favorite aspects of SAHC's conservation work is the creation of new

public parks, additions to public lands, and new trails, including the Chestnut Mountain Nature Park in Canton, Roan Mountain State Park in Tennessee,

parts of Mt. Mitchell State Park, additions to the NC state game lands and national forests in both NC and TN, and the Strawberry Gap Trail created in partnership with Conserving Carolina.

"I can't tell you how many times I've been out hiking on or near SAHC-preserved land and I tell the people I meet about the organization and how the land they are enjoying was preserved—and they are blown away by it," said Tom. "With the 50th anniversary of SAHC on the horizon, it's more important than ever to accomplish conservation work centered around common goals and purpose, like the way people came together to create the Chestnut Mountain Nature Park.



Tom and Laurie joined a group hike of SAHC board members and staff at Waterrock Knob in 2022. Tom is second from right, and Laurie is second from left.

Projects like that show that conservation is a need and value for folks of all backgrounds."

"People come here for the beauty of the scenery, and that is increasingly under threat," he added. "SAHC works to protect this beautiful land, and it's the reason why so many people love to visit and live in this place. I'm thrilled to be a part of SAHC; it's a rare opportunity to do something significant in this life."

When he was about 14 years old, Tom spent time on Roan Mountain with his older brother. He recalled that they only saw about three other people during that trip. Now, SAHC's Roan Naturalist—an environmental educator and seasonal assistant in habitat management—documents thousands of visitors to the Roan Highlands in a single summer weekend. The dramatic rise in popularity places fragile habitat resources at risk.

"The bottom line is that we want to be careful about not 'killing the goose that

## Appalachia Day

SAHC is looking forward to celebrating the second Appalachia Day in early November with Wicked Weed Brewing and Hickory Nut Gap Farm.

The event will be held at the farm (57 Sugar Hollow Road, Fairview) on November 4 as a celebration for everything Appalachian. There will be vendors celebrating all things Appalachian—woodworking, hand-made soaps, apothecary, and more.

The event is free and open to the public. Food trucks will be on site with food for purchase, and bar proceeds will benefit SAHC.

lays the golden egg," said Tom. "We need make sure that people can continue to love and enjoy the mountains in future generations. It's SAHC's responsibility to preserve land as much as possible now, because when it's gone, it's gone forever. But we don't do this alone. People are able to accomplish more when we find common ground and work together."

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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## New Vintage Store Brings Back the Magic to Fairview

**Magic Rocket Vintage** has opened at 821 Charlotte Highway, next to Appalachian Tropicals. As the name suggests, the store sells vintage clothing and items but plans to offer many other things to the community.

Long-time residents will remember that the octagonal building used to house a barber shop and beauty shop. But they may also remember that, a long time ago, a video store called Magic Rocket Video was located there. And the new owners, Dana Gambale and Eric Sanchez (shown at right), who moved to Fairview from Brooklyn, NY, last year, decided to honor the past with a take on that name. That seems only right for a vintage store.

In addition to the vintage clothing, which will range from the '50s to modern, Magic Rocket Vintage shoppers will also find that most of the walls showcase an

array of artwork, handcrafted jewelry, cross stitches, and more from local artisans. Unlike some other stores, these makers can display their creations without paying rent.

The space will also soon feature a museum section that features memorabilia, including artifacts from the 1939 World's Fair and relics from the DeLorean Motor Company.

Lastly, the store will host regular events and workshops, ranging from meditation sessions to pop-up markets.

"We want our store to support the community, creativity and sustainability, where the past and the present coexist harmoniously," said Gambale.

Hours are Thursday to Sunday from 11 am to 6:30 pm. For more information, you can follow them on social media at @magicrocketvintage or call 222-2066.





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# Gratitude and Letting Go

Last night, I was out in our dahlia patch deadheading flowers. I sometimes wonder if my neighbors ever see me as I'm doing this and wonder whether I'm crazy. If you are not familiar with the process, as flowers pass their prime on the stem and begin to die, it is healthy for the plant for you to cut those flowers away. Many times, the petals are beginning to brown on the underside or falling off; and even if you were to put them in a vase, they probably wouldn't last a day. Cutting away the dying flower allows the plant to send its energy to the other parts that need it more.

Generally, what I do is toss the cuttings onto the ground at the base of the plants. I like to imagine that this is an earth-to-earth gesture and that the flowers, as they decompose, enrich the soil that only continues to benefit the plant. From the outside, it can often look like I am cutting perfectly good flowers from our abundance of flowers and then throwing them on the ground. I do this several times a week.

As I was cutting last night, I began thinking about our abundance of flowers this season. As I began thinking about gratitude, the teacher in me started to wonder if there wasn't a lesson in there somewhere. We cut a lot of flowers every week. We give away a lot of flowers, and I still can't keep up with all we have.

**Full Stop**  
I got to this part of the article and felt kind of stuck. I let it marinate overnight and realized when I came back to it that perhaps I shouldn't seek to impart some kind of lesson. What if I simply take the opportunity to make a short list of things that I am grateful for as a result of our flower venture... And so here goes:

I am grateful that I have the good fortune to be able to grow flowers with my mother and grandmother. Frequently this season, I have gone to my grandmother's house in the evening to let her know that one of our new dahlia seedlings has opened its first flower. Then she and I will walk out and inspect the newborn and talk about the prospects of having more of them. I love this time and feel so fortunate to be able to have this relationship with my grandma.

I am thankful to be able to bring fresh flowers into my home every week. A long time ago, around the time we decided to start growing flowers, I was buying a bouquet once a week for our home. My wife loves flowers, and I was trying to show her some love. Now we have four to five vases of flowers every week. I believe it truly changes a space, and I love being able to give this gift to my wife.

I am grateful for the community that being a flower grower has brought me into.

I don't think I would be writing for the Crier if I hadn't started growing flowers. I wouldn't be connected to my friends who are flower farmers if I wasn't growing. People who grow flowers are a special group. They aren't afraid of hard work. They are patient and understanding. They are resilient. I feel fortunate that I can now count myself as one of their numbers.

Lastly, I am thankful for the life's lessons that I have gained and continue to gain through this challenging pursuit. Thankful for longform learning and how it applies to so many other areas of life. Thankful to be more cognizant of the seasons and how our world turns. Thankful for the regular opportunity to pause and be present in a world that oftentimes feels like it is moving faster and faster.

You may have wondered about the "letting go" part of this article that was suggested back in the title. I must admit that I myself lost that thread for a bit as the article progressed. Let me take you back to the beginning, when I was deadheading flowers and concerned that my neighbors might think I am crazy, just cutting away perfectly good flowers and throwing them to the ground...

There is a moment every time that I am doing that where I feel bad about letting these flowers go past their prime. About not cutting them as a gift for someone

or bringing them into my home. The lesson of letting go comes when I am able to realize that none of these flowers are mine to begin with. That they belong to the world. To the butterflies and hummingbirds that feed off of them. To the bees that gather their pollen. To the spiders and crickets that hide in their petals and the bunnies that tuck away under their stems and leaves. That, in fact, if I truly let the flowers go, all the way until the petals turn brown and fall away, that is where the seeds for the next generation of dahlias are born.

In other words, our world turns whether I am here to greet the sunrise or not. Perhaps what is most important is to try to be more present for all of the glory that the world has to offer us every day. I hope that you can find the time to be more present for the wonder that is this world that we live in.



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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# Fairview Elementary Celebrates Its Custodians

by Kenya Hoffart

Fairview Elementary has nearly 630 students and just over 90 staff members. It takes a lot to keep things clean and organized in a school that serves this many people, and the custodial staff at FES does an amazing job. October 2 is National Custodian Day, and the fine men and women who serve FES in this capacity certainly deserve a hardy thank you for working so hard to keep the school spotless and disinfected.

Two full-time, 12-month custodians and five part-time, 10-month custodians keep the FES facilities in tip-top shape and work diligently to meet the needs of all staff and students. They are always on call to help move furniture, carry supplies to classrooms, deliver copy paper to work rooms, walk children to class, touch up paint, replace damaged ceiling tiles and carpet squares, assist in areas soiled by sick children, and so much more. They assist with plumbing issues, cooling system woes, carpentry needs, and much more.

Additionally, custodians help set up for events such as Open House and the Spring Festival, and assist the Parent-Teacher Association, Dad's Club, and after-school programs when they are in need. Custodians also assist with lunchroom duty where they monitor tables, assist students and help



From left to right: Andrea Lunsford, Darlene Shade, Robbie Crain, Jaime Smith and Steve Dotson. Not pictured are Hettie Buckner and Brian Covelli.

maintain order and positive behaviors. They do all of this while also cleaning classrooms, bathrooms, the lunchroom and common areas, gathering and emptying trash, and cleaning floors. They also maintain the landscaping of the 24-acre campus by keeping the grounds mowed and

weeded and picking up litter. They are also responsible for locking and unlocking gates and are readily available to scale fences to retrieve lost playground items. They can sometimes even be spotted on the roof looking for other lost items. Each custodian helps ensure school safety protocols and

makes it a priority to make sure school safety regulations are met.

Robbie Crain, the head custodian at FES, is also responsible for submitting work orders when assistance is needed from the county's maintenance crews; preparing monthly fire reports; regularly checking emergency exits, lights and fire extinguishers; ordering custodial supplies such as trash bags and paper towels; performing various routine maintenance activities; maintaining equipment; responding to after-hours security alarms; and much more.

The custodial staff at FES is trustworthy, dependable, well-organized and able to solve problems at a moment's notice. Each of them has a cheerful outlook and a helpful heart. They never complain when assigned a new task, no matter how challenging it may be.

Many of the FES custodians wear multiple hats. For example, Robbie Crain is also a bus driver, and Darlene Shade is the assistant manager in the school's cafeteria.

Fairview Elementary would like to say a big thank you to all custodians: Hettie Buckner, Brian Covelli, Robbie Crain, Steve Dotson, Andrea Lunsford, Darlene Shade and Jaime Smith. You all make FES a happy and safe place to grow and learn, and your hard work, fantastic work ethic and dedication to Fairview Elementary is greatly appreciated.

*Kenya Hoffart is a staff member and PTA Communications Chair at Fairview Elementary School.*

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# FES Dads Start School Year with Popsicles and Pizza



The FES Dad's Club has had a good start to the school year at Fairview Elementary. Their first event was a kindergarten popsicle party, where the Club supplied the popsicles for all incoming kindergarten students and families a couple of weeks before school started. It was a way for new students to get to meet teachers, see the campus and play with other students before school started.

After the school year started last month, the Club hosted a pizza party at the large playground. The event welcomed many new dads and kids to the school. The photos above are from the pizza party.

**CHRISTI HURD**

## "I Am Capable"

A way to ensure your child's success is to allow them to navigate life's challenges independently. They should think, "I am capable of facing any problem/challenge because I know I will gain wisdom and strength through the experience."

It's natural to want to protect our kids, and some of us may prefer to bubble wrap them. But that's not in their best interest. They should be building their internal strength and learning to handle adversity while hopefully developing more ways to manage the next bump in the road.

### How Can You Help?

- Every child needs at least one adult whose presence is unwavering and reliable. When you communicate, "I'm not going anywhere," it encourages children to take more risks.
- Remind them of the strengths you see and what a joy it is to watch their character develop. They need to hear the voice of an advocate, not of an adversary. The more they hear it, the more they'll believe it.
- Celebrate mistakes because that is where learning takes place.
- Protect them from any challenge that threatens their developing brains and bodies, such as drugs, abuse, neglect and violence.
- Demonstrate your own healthy coping strategies. More is "caught than taught."

Christi Hurd, M.A., NBCT, who retired from CCMS, is certified through the Parent Coaching Institute. See [hurdhuddleparentsupport.com](http://hurdhuddleparentsupport.com) for more info.



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## FES DAD'S CLUB

### Meet the Dads: Greg Cheatham



Greg, Pete and Katie Cheatham

Greg Cheatham is the new president of the FES Dad's Club. He recently retired from teaching with Buncombe County Schools, where he served as the PE teacher at Fairview Elementary.

Greg grew up in Atlanta and moved to Asheville in 1997. He has two sons, ages 19 and 23, who attended schools in the Reynolds district. Greg's wife, Katie, is currently a second grade teacher at Fairview.

Greg is excited to be serving as president this year. As a teacher, he has always been

inspired by the club's mission to bring more dads into the school and help them strengthen their relationships with their children and support them as students. He feels lucky to have found a way to stay connected to the schools he loves.

His favorite Dad's Club events are the Daybreaks with Dad, when 50 to 60 dads gather in the school's theater to talk with their kids about everything from perseverance to friendships. He fondly remembers sitting in that theater 10 years ago with his own son.

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



### STUDENT OF THE MONTH Chloe Douthit

Chloe Douthit is the student of the month at A.C. Reynolds High School. She was nominated by her agricultural teacher, Elijah Frisbee, who described Chloe as a student who represents what it means to be a Rocket. She worked diligently with her calf during the dairy steer project and participated in the WNC Dairy Steer Final Drive show, which is reserved for the winners of each weight division, and placed 3rd overall in the entire project. She is an honors student and has taken AP and college classes during her junior and senior year. She does all this while working at Chick-Fil-A. Chloe excels at everything she sets her mind to, and through her determination and hard work she will go wherever she wants to in life.

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

# Scary Good Makeup Tips for Halloween



A homemade recipe for natural-looking gore can be inexpensive.



By Erin Lindberg

**The leaves are turning** a rainbow of color, the crisp mountain air beckons us, and as we settle in with our pumpkin spice, we realize—Halloween is in three weeks! That means costumes.

My youngest has been planning her costume for the last two months, but my oldest still has not decided. And because there is no magic closet of costumes, this theater mama has to get creative—and sometimes fast. If you find the buildup to trick or treating to be overwhelming, I have some tips to help make it easier to complete a costume—homemade

or store-bought—with makeup. No experience is needed. Just follow these easy steps and remember to practice and have fun. This can be a bonding moment, and your candid pictures will definitely be frame-worthy.

In general, there are two types of stage makeup: water-based and cream-based. Cream-based is easy to blend and withstands heat (and sweat) better, while water-based is easier to apply and stays put but can be a little trickier to layer. With my young children, I like to use water-based, as it doesn't smear with the inevitable nose scratch or sleeve wipe and is much easier to remove. (It also doesn't smear all over

the pillowcases). Don't know what to look for? Here's a good rule of thumb: if it has a sheen, it's probably a cream. Also, make sure when buying makeup that you check the expiration date and that it is labeled as hypoallergenic.

## Animal Faces

These are the most popular and can complete a costume easily. You'll need a fine-tipped paint brush and a makeup sponge along with your makeup(s) of choice. If you are using a cream, you'll want to have a different brush for each color. It isn't necessary to apply color to the whole face. You can achieve the same effect with how and where you place your bold lines. For example, to create a snout, begin at the eyebrow and draw a line on each side of the nose, bringing the end of the line to the nose itself. The closer your line is to the bridge of the nose, the thinner your snout will appear. Then fill in the tip of the nose around the nostrils—but not the whole nose. To create the mouth, white out the top lip and use a "skin" color for the bottom. Then take a small black line and fill in just the top lip and a small space at the center of the bottom lip. Presto—you've got an animal face! If you want to go for finer details, use your brush to put in fur (just apply from the center out), spots or scales. Want a mermaid? Try a base of green and then put a netted bag (like those that oranges come in) on the skin and apply a blue. Remove the netting and you have instant scales.

## Old Age

All this look needs is some brown eyeliner and a little white. Have your child squish up their face. Then take the brown liner and follow the creases. Use a little white on the top of the brown. Then blend out with your finger or a makeup sponge. A little purple shadow under the eye completes the look.

## Beards

This might be my favorite stage makeup trick. My students love giving each

other beards. All you need is a stipple sponge. These are sold everywhere this time of year and look like a loose block of netting. They are made of foam just like a normal makeup sponge but have a unique loose texture. You simply dip your stipple sponge into cream makeup, off load the sponge (less is more) and lightly tap to the face. The trick here is to not to overdo it. You want those little spaces of skin to poke through for a great 5-o'clock-shadow look.

## Going for the Gore

When I was a young actor, I had to use those store-bought blood packets for a stint as Hamlet. They tasted disgusting and stained my skin and clothing. I have tried several different professional brands but found that the following recipe tastes good, dries to a "natural" look, is cheap, and uses three ingredients most of us have on hand—clear syrup, red and blue food coloring, and toilet paper. A little goes a long way, so use sparingly.

If you want an even more realistic look, use a stipple sponge to apply, as this will give a scabby appearance. Begin with two tablespoons of clear syrup and add three drops of red food coloring and one drop of blue. (This will keep it from looking pink. Remember, it will look purple but will go on the skin as maroon.) Stir together and add small drops of water to thin as needed. For added "gross factor," use extra-small bits of toilet paper and crinkle or roll into a ball and add to the mixture. When applied to the skin this will look like bits of flesh. Gross!

Once you've done your kid's makeup, have them do yours. And remember to take pictures!

*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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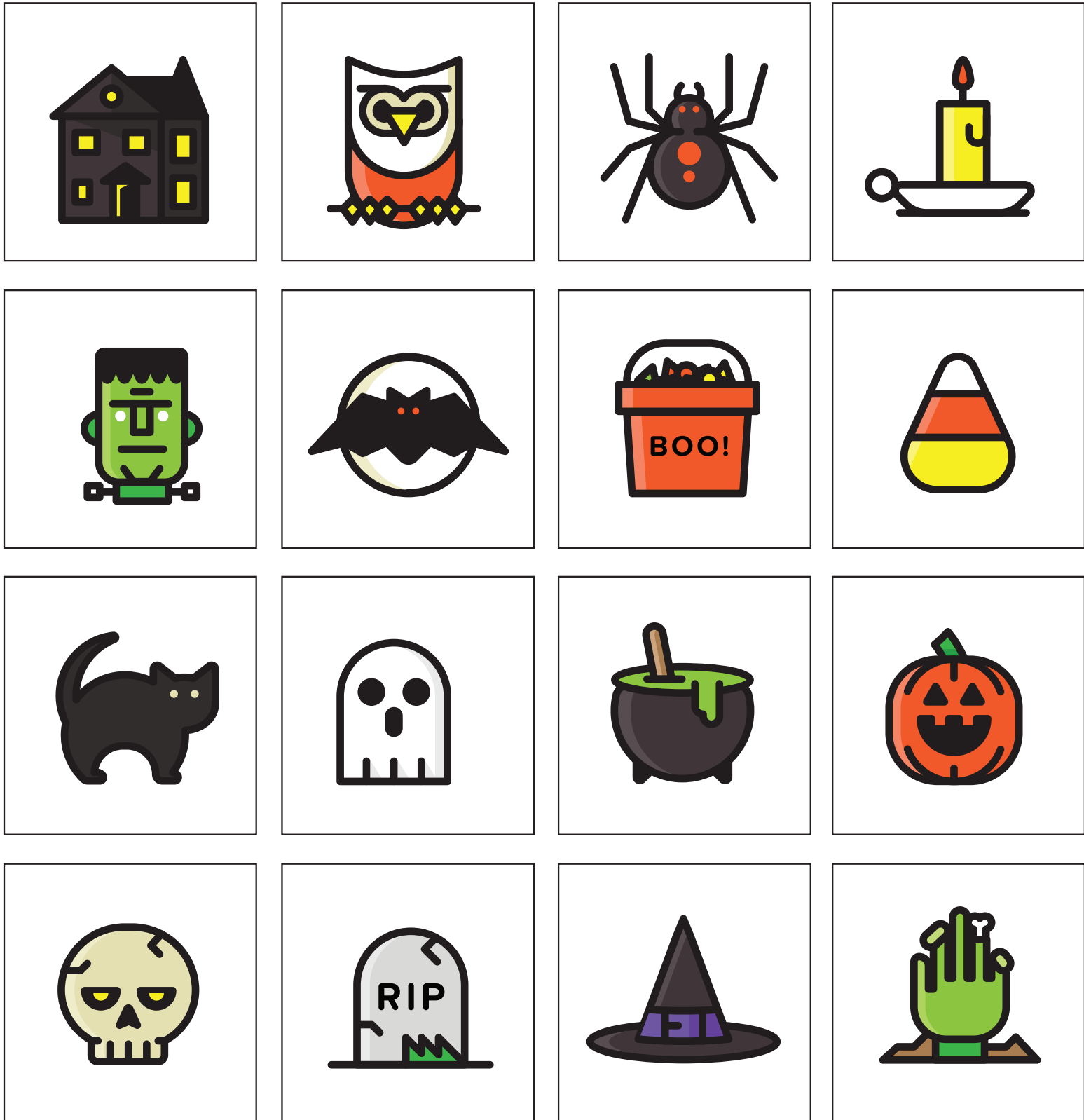


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# Halloween Hide-n-Seek!

To celebrate Halloween, we've hidden these spooky icons throughout this issue. Can you find them all? Some may be a little harder to find than others. Cross them out on this page when you find each one, or maybe color in the boxes. The location of all the icons is shown at the bottom of the page. Don't cheat, or we'll come and haunt you!



Icon locations (page numbers only): spooky house, 17; owl, 19; tick, 14; candle, 32; Frankenstein, 16; bat, 12; boo bucket, 2; candy corn, 31; cat, 23; ghost, 7; cauldron, 26; jack-o-lantern, 10; skull, 9; tombstone, 1; witch's hat, 22; zombie hand, 28

# Easier Treatment for Hyperthyroidism in Cats

The orange cat in the photo accompanying this column is mine. He took up with my son's pre-K class almost 14 years ago, and in those years, he has rarely been quiet. Toulouse is a big personality in our home. He's the first one to greet strangers, the first one to the food bowl, the one that will not leave you alone. He is always there—unless you need to medicate him, at which point he becomes instantly invisible.

As he is a pretty healthy guy, this really only comes into play on rare occasions. However, this spring I diagnosed him with hyperthyroidism, a condition where a small benign mass on his thyroid gland was churning out thyroid hormones at a rate much higher than appropriate. This very common, older cat disease is typically treated with twice-daily pills, so you can appreciate my problem. The hours I spent looking for him to medicate him during that first week were proof that this was an unsustainable path forward for us, and I decided to have him treated with radioactive iodine.

To appreciate the elegance of this treatment, you should know a little about the disease.

## About Hyperthyroidism

A cat's thyroid gland (just like yours) is



Toulouse, like most cats, doesn't like pills.

located near the voice box on the underside of the neck. This tiny gland works around the clock making a thyroid hormone called thyroxine (T4) in the correct amount needed at any given time. T4 is used to set the metabolic rate for every cell in the body. Cats with hyperthyroidism have a generally small and benign mass on the thyroid gland that no longer listens to the body's feedback loop; instead of slowing T4 production when the levels are high, the cells in the mass just keep on producing extra T4. The normal, healthy part of the thyroid gland still responds to

the feedback loop and stops making the hormone. Eventually, that healthy part of the gland essentially goes to sleep and the part of the gland with the mass keeps on working. The cat's body is now in a much higher metabolic state and starts to show the clinical signs of hyperthyroidism: weight loss, increased appetite, increased drinking, heart murmurs, increased blood pressure, hyperactivity and liver problems.

## About the Treatment

While there are other treatments for this disease that can be used (daily medication, diet change, surgery), treatment with radioactive iodine is by far the most effective and is the gold standard of treatments. Treatment is done at an animal hospital set up to handle radioactive substances, and your cat only has to spend a few days hospitalized. Radioactive iodine is injected under your cat's skin and is absorbed into the blood. The radioactive iodine is then taken up by the thyroid mass but ignored by the healthy part of the gland, and the radioactivity kills the cells in that mass. As the cells in the mass die, the T4 levels start to drop and the healthy part of the gland wakes back up and starts to work normally again. Several days after the injection, when

the radiation in your cat's body drops to a safe level, your lovely cat can come home with minor precautions for a few weeks. In the vast majority of cats, no further treatment is needed.

Nothing is perfect, and radioactive iodine has a few drawbacks. The cost is high, but you will generally spend just as much over the course of a cat's remaining lifetime on the medication and routine lab work as you will spend on the single treatment. Five percent of treated cats are not cured by the first treatment and require a second go-round. Another five percent of treated cats will have the treatment work too well and will need to take a thyroid supplement for a transiently or permanently underactive thyroid.

In use for humans since the 1940s and in cats for almost 50 years, radioactive iodine has a long and safe track record, and your vet will be more than willing to discuss the specifics of treatment with you. In our house, Toulouse was back in the middle of family life within the first 24 hours of being home. Our bond is no longer stretched by twice daily marathon sessions of medication administration, and everyone is much happier.

Margaret Moncure is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital. 184 Charlotte Highway. 527-2430.

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IN MEMORIAM



## William E. Thompson the 3rd

William E. Thompson the 3rd (Billy), son of Kim and Bill Thompson of Fairview, passed away recently at his home in Melbourne, FL.

Born in Fort Myers, FL, Billy was the second of five Thompson children, all of whom were raised in Fairview.

From the beginning, he loved the outdoors, fishing and camping, and spent many hours exploring the woods around his home.

He also loved inventing scientific equipment. After graduating from UNC-Wilmington with a degree in marine biology, he worked with the National Oceanic and Atmospheric Administration in their weather equipment development department.

After moving to Melbourne, he went on to form his own company, Thompson Environmental Company, placing his air, water and soil monitoring devices both in the US and abroad.

Continuing to fish and explore outdoor areas in Florida, he once was astonished to complete the gamefish Grand Slam—catching tarpon, permit and bonefish in one day.

Billy was a volunteer trainer at a dog rescue agency. He saved and arranged adoptions for many dogs that were considered hopeless.

He was also known by many neighbors in Florida as one who was willing to help with storm cleanup efforts.

A cheerful demeanor and practical joking were his trademarks.

He is greatly missed by his sisters Tara and Arial, brothers David and Luke, his favorite niece Sophia, and his two favorite nephews, Ethan and Jackson.

A service will be held at Grace Mills River in Mills River, NC, on October 15 at 2 pm. Everyone is welcome to come join in the celebration of Billy's life.



## Helpful Insurance Tips

Heads up, neighbors. During the first six months of 2023, \$40 billion of the \$53 billion

paid claims in the world were in the US. Some large insurance companies are losing profitability and either shutting down operations in some states or placing mandates on accepting any new business. They are looking to ride out the high inflation that is impacting payouts on both auto and home claims. It is an especially tough time for Kia and Hyundai owners and the companies that insure them, due to high thefts recently with those vehicles and millions of paid claims.

It's best to prepare for premiums across both auto and home to be on the rise for an extended period of time. Higher claims costs for companies mean higher premiums for you. With inflation affecting most all lines of insurance, hang on tight and be sure to maximize those discounts.

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

## Fairview Resident Seeks to Sell Collections

A local resident in need is looking to sell off his large collection of things. He is willing to sell for money or trade for a working vehicle.

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- Many books, including fiction and technical;
- Guitar, amplifiers, mics, effects pedals, cords and connectors;
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# How Will You Exit Your Business?

If you own a business, you've always got a lot on your mind. But no matter how busy you are today, you need to think about tomorrow. Specifically, you'll want to create an exit strategy for the day you want to move on from your business to a new phase in your life.

To develop this strategy, you'll need to address these key questions:

- **How much do you need (or want) for your business?** Ideally, you'll want the sale of your business to meet your retirement and estate-planning goals. So, you'll need to think carefully about these goals and what costs they may entail. And these issues aren't just financial—for example, when you think about how you may want to spend your time in retirement, you might realize that you don't really want to exit your business completely. So, you might decide to sell just part of it, or sell it entirely, but stay on to help manage it or possibly do some consulting for the new owners.

- **How much is your business worth?** You may want to calculate your business' value three to five years before your planned exit. You could do this on your own, but it's typically advantageous to use professional valuation services. If you're gifting or selling your business to family members, selling it to an employee stock ownership plan (ESOP) or settling an estate, you'll need to get a more formal

qualified appraisal to meet IRS standards.

- **How can you close the gap between what you need and what your business is worth?** The amount you need from the sale of your business to support your retirement goals may be more than what your business is actually worth. To help close this gap, you could try to boost your business's profits through the usual means, such as introducing new products, raising prices or cutting costs. But you might also try to lower the amount you need from the sale by working longer, reducing your personal spending and saving more outside the business.

- **Who will take over your business?** When planning for a successor for your business, you have several choices, including selling to a family member or an outside buyer. Going public or liquidating the business are also options. These are distinct paths, but depending on your circumstances, one might be more appropriate for you than another. To cite just one factor, if you don't have an obvious choice for a family member to take over the business, you might have to consider other buyers. In any case, you'll need to explore all the economic and personal factors involved in the choice of successor.

Who can help you with your exit strategy? Exiting a business can be complex. To ensure you're making the

right moves for your overall financial and family situations, you may want to build an exit strategy team, possibly consisting of your financial, legal and tax advisors. You may also need to enlist the services of a commercial banker and a business evaluation expert. Each can bring a different area of expertise to your exit decisions, and together they can help address all the issues related to your exit strategy.

Exiting your business will take a lot of planning and decisions—but if it's done right, it can be worth the effort.



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

## AUGUST 2023 FAIRVIEW REAL ESTATE STATISTICS

PRICE RANGE	NO. OF SALES	\$ AVG PRICE	AVG DAYS ON MKT
200-299,999	1	260,000	27
300-399,999K	1	350,000	7
400-499,999K	2	458,094	212
500-699,999K	2	515,000	26
600-699,999K	2	630,000	10
700-799,999K	2	730,550	66

HOMES LISTED: 12	HOMES SOLD: 10	LAND LISTED: 2	LAND SOLD: 6
Max \$1,800,000	Max \$746,100	Max \$2,325,000	Max \$1,400,000
Min \$350,000	Min \$260,000	Min \$39,000	Min \$20,000
Avg \$771,858	Avg \$476,229	Avg \$1,177,950	Avg \$403,166

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# Raleigh Reflections and 74A Repaving Update

By the time you read this, we'll be well into the beautiful fall season in our mountains. While the summer at Hickory Nut Gap has been busy, the legislature has been pretty quiet. I was hoping to use this article to outline our state budget and its impact on our part of the state, but we're still waiting for a final budget to be agreed upon by the majority party in the Senate and the House so that we can have a vote. It's disappointing to me that we have been unable to get our main job done in a timely manner, but it's worse for our state workers, our public and charter school teachers, and many others in our community who are awaiting state funding to complete important local projects. Once we have a final budget, which I hope will be soon, I'll be sure to update the readers of the *Crier*.

The wait for the budget has meant that I've only had to make the trip down to Raleigh a few times over the last month and a half. As most of you know, the Republicans have a supermajority in both branches of the General Assembly. This has given them the ability to pass legislation over the objections of Governor Cooper, and we've seen a large number of vetoes overridden this session.

The lack of action in Raleigh has given me more time here at home to speak with

folks in the district and keep learning about how to improve our great state. One of the most important functions of state government is its role in road construction and maintenance. As I'm sure you've all noticed, we've had a big construction project on the main artery of the Fairview community. As I watched the project unfold, I was curious and reached out to our local Department of Transportation (DOT) Division Engineer for an update.

### \$4.9 Million Project

The resurfacing project that is currently underway is being done under a DOT contract by Harrison Construction, which is headquartered in Knoxville, TN, but has an office in Asheville. The project includes resurfacing on the multi-lane section of US 74A from the Parkway Bridge as you come off of I-240 from Asheville to the Cane Creek Road intersection where Dickey's and the Dollar General are located. The projected cost of the project is \$4.9 million, which can give you an idea about how expensive road maintenance is. As you've probably seen, the contractor first mills down the old road surface before applying the new surface. The new pavement will consist of 1.5 inches of Surface Course pavement and then 3/8 inch of Ultra-Thin

Hot Mix. According to the DOT, the road height will be similar to the old road, but the Ultra-Thin Hot Mix on top is new and is being done to assist with runoff. The anticipated completion date for the project is November 15. I've been impressed by the contractor team's ability to make progress on the road without causing significant traffic delays. They've been working mostly at night, so if you're traveling on 74A at night, please slow down and let's keep these hard-working folks safe. For those of you who live beyond Cane Creek off 74A, the DOT hasn't forgotten about you. The resurfacing contract from Cane Creek Road to the Henderson County Line at the top of Hickory Nut Gap will be open for bids beginning September 20 and will hopefully be completed in 2024.

### Room for Improvement

While there is always work to do and construction can be frustrating, our local DOT workers are committed to maintaining our highways and roads. I'm thankful for their efforts and willingness to engage with the community to improve the condition of our roads and ensure that they are as safe as possible. However, they can't be everywhere all the time, so if you see ways that our roadways can be improved, please don't hesitate to reach

out to the local DOT office or contact me at [eric.ager@ncleg.gov](mailto:eric.ager@ncleg.gov) to submit your ideas for improvement.

### Making Life Easier

Government's job is to pool together our state and local resources to get things done that no individual person or company can do. Taking care of our roadways is a good example of this function of our government. We may discuss a wide range of issues in politics, but I try to remember that the core function of government is to help make life easier for everyone, and making sure the roads are safe is certainly an important way of doing that.

Though the General Assembly is supposed to finish its work by June each year, it looks like the session will continue for some time. We've still got a budget to pass, and it looks like there will be an effort to redraw all of our election districts again. If you're ever going to be in Raleigh and have some time on your hands, I would love to show you around the General Assembly if I'm there.



Rep. Eric Ager, District 115 North Carolina House of Representatives. Contact him at [eric.ager@ncleg.net](mailto:eric.ager@ncleg.net) or 450-4463.



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 turguabrewing.com/events

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 troyscountryamishblatz.com

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# Steam, Clothes and Frames

On September 12, FBA members got an inside tour of Steam Master, located at 3082 Cane Creek Road. Liz and Daniel Bopp are continuing their family-run business that's been around for 27 years. They do carpet and rug cleaning (they will pick up your area rug, clean it, dry it and bring it back) and they've had many calls this summer to dry out basements and do mold remediation. They also reminded us that there are valuable coupons on their website, and they passed them out to FBA members, of course. Theirs is a good number to keep for emergencies: 628-9495.

### October Meeting

Our next meeting will be on October 10 at 6 pm at 1829 Hendersonville Road, at Clothes Mentor (Suite 100) and Frame It Asheville, LLC (Suite 50), which in the same line of buildings as Tupelo Honey. Andrea Bryson and David Huebner of Clothes Mentor, who are Fairview residents, have a unique shop offering secondhand, name-brand and designer products at affordable prices. They are able to do this by offering cash on the spot to women who want to clean out their closets of "gently used" fashions. The FBA last visited the shop four years ago, and since then they have seen the internet market grow for



Liz Bopp prepares the table of snacks, which helps with all the networking that happens at meetings.

clothes and accessories they post online.

Brandy Lampert of Frame It, also from Fairview, has blossomed with her art talents in the picture framing business. She'll show us her shop full of frames and mattes with plenty of examples on the walls. But most examples are already on the walls of Fairview residents, including those who preserve jigsaw puzzles.

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

### Future meetings

November 8 at 6 pm, Cloud 9 Relaxation Home;  
December 5, time TBD, Black Bear BBQ (holiday party).



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# Kousa Dogwood

**B**ack in the 1980s, the blight on the American dogwood had taken hold and was spreading fast, and most of the predictions for its survival were dire. I felt saddened, as dogwoods are one of my favorite native trees and an integral part of my mountain memories, and it was hard to imagine their disappearance. We had already lost a number of trees on our land, but many remained, so there was still hope—but it wasn't looking good from all the reports. One day, I was at a friend's house and noticed a strange-looking dogwood tree covered with cascading flowers that seemed to grow in waves, covering the tree with white blossoms.

A landscaper friend said that it was called a Kousa dogwood (*Cornus kousa*) and that these unusual trees were the "disease-resistant replacement dogwood" destined to fill the void when the American dogwood disappears completely from the blight. I had the hardest time thinking of this tree as a "substitute" for the incredibly graceful and airy beauty of the dogwoods I had known all my life.

The flowers were dogwood in their form and nature, and they were pretty—but it was such a different tree. They bloomed about a month later, and the blossoms were so dense and heavy, lacking the ballet-like beauty of the trees I had grown up with. *Cornus* means "horn," which can mean a wind instrument or hard. Dogwood is known to make stiff skewers, and dogwood is derived from "dag," where we also get the word dagger.

Then something special happened, as I saw that the tree was covered in unusual, cosmic strawberry fruits. I had never seen anything like it in my life. The berries looked like they were from some kind of tropical Lychee nut or an outer space movie; there were hundreds of unusually bright red dangling berries. I was amazed to realize that this was a Kousa dogwood. They are native to Southeast Asia and are prized for both their ornamental beauty and their sweet, edible fruits.

When ripe, these fruits contain a sweet plum/persimmon-like pudding. You can



When ripe, these fruits contain a sweet, plum/persimmon-like pudding.

pop them in your mouth, squeeze the delicious paste onto your tongue and discard the tougher outer rind, which is mildly bitter and grainy in texture. They are delicious and fun to eat. I always eat them raw, but some folks make jams out of them.

**...something special happened, as I saw that the tree was covered in unusual, cosmic strawberry fruits.**

The Kousa grows to 15 to 20 feet, has flaky bark, and has long-lasting white flower bracts, which usually come out about a month later than the American dogwood (*Cornus florida*). Its flowers are abundant, and there are many varieties—some pink and red. In autumn, the leaves turn bronze before dropping. The Kousa is resistant to Dogwood anthracnose, a fungal disease that has been infecting flowering dogwoods in eastern North America. As a result, it has become

widespread and prized in landscapes across North America.

The bark can be boiled to make a black dye, the leaves can be dried and smoked, the wood can be used for bow and arrow material, and a decoction of the bark works as a laxative. The abundant fruits may have anti-tumor qualities, so these trees may be of future benefit in cancer research. All I know is they are a fun, delicious autumn treat, they produce abundant fruits, and no one seems to touch them.

Seven years ago, I spent the week in Hickory, as my brother was in the ICU in critical condition. I had a stress meltdown day and was exhausted; it was hot outside and I was walking down the sidewalk, hauling my carry-on suitcase, eating a sandwich and making necessary phone calls when my foot hit some slimy, gooey mess on the sidewalk. I cursed, thinking at first it was fresh dog doo, only to realize to my surprise that it was hundreds of Kousa dogwood fruits, which delighted



me beyond belief. After I hung up the phone, I began scooping up and eating the ripe fruits, as they were so sweet and delicious. I remembered feeling so good, as their flavor was intense, like really good candy, and I realized everything was okay. A taste of the wild even in the city reawakened my soul and helped me remember the other parts of my life.

Since then, I have made several pilgrimages to local spots filled with Kousas, and the fruits are ripe for the picking. I have also planted several of these lovely trees on my property, so I can enjoy their beauty and have a taste of their wild, unusual, sweet fruits.



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

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# It's the Small Things that Count

As summer begins to slowly fade, fall begins to creep in. As a garden enthusiast, fall is a time for rest, whether it will be putting my garden to rest for the season or a friendly reminder to rest myself, catching my breath after working in the sweltering heat and constantly checking my garden to see whether my crops have made it another day or whether they've been rummaged by pesty critters or ravaged by disease.

Either way, we've made it to the other side and can enjoyably reap the benefits, whether it'll be feeding ourselves or sharing with others. The overwhelming sensation of abundance is not just with the quantity of food we've grown, but the quality time that's created by sharing our fruits of labor with others. It's the small things that count.

Although we constantly seek bigger and better things when it comes to the outcome of gardening, let's not forget how a garden begins—with the small but mighty seed. We tend to glance over the importance of seeds, not just understanding that they are the catalyst for growing food but recognizing the importance of a seed's vitality. Making sure that your seeds are healthy produces characteristics within your garden such as increased yield, coloration and disease resistance. Understanding where your seeds come

from and how to harvest, process and store seeds can make or break a garden for the following season.

Whether you'll be harvesting seeds from your garden or purchasing new packets from your local garden shop, here are a few tips and tricks.

Understanding the different categories of seeds is extremely important when strategically planning what to grow within your garden, so make sure you examine seed packets in order to make the best investment for your buck.

## Seeds Are Categorized into Two Groups

**Heirloom:** Classified as open-pollinated (when seedlings have naturally pollinated themselves from critters or weather disturbance). No genetic modification or plant hybridization has occurred. With no disturbance within the genetic makeup, heirloom seeds can be saved, preserved and planted throughout any season. Heirloom seeds are a terrific segue to become a self-reliant gardener.

**Hybrid:** Classified as cross-pollinated plants (when two parent plants from the same genus merge into a new species of plant). Through this cross-pollination, you'll have created seedlings that carry out the "best" traits from both parents, which creates the strongest genetic makeup when

it comes to producing the best product. Although hybrid seeds are known to have higher yield rates and resistance against pests, you will not be able to save the seeds for next season. Collecting seeds from hybrid plants will not guarantee you the same results twice. Hybrids are considered unstable when it comes to the genetic makeup, which means if you do reuse the seeds from any hybrid plant, it'll more than likely revert back to its original genetic make-up of the parent variant, making it an unsuccessful crop. If you decide to grow a hybrid crop, the seeds can only be used once.

Now that we've classified the two different types of seeds we can grow, how can we utilize these seeds to our fullest capacity?

Once your heirloom variety has peaked for the season, there are many techniques to harvest, process and store your seeds. Seeds are classified into two categories (wet and dry). Wet seeds mature inside a moist fruit such as, tomatoes, watermelons, zucchini and peppers, and dry seeds mature within a dry and brittle seed head, such as onions, beans and peas. By identifying our seeds, we're able to utilize different techniques that will guarantee a longer shelf life. Here are a few techniques to process and store your seeds for the following season.

## Wet Seeds

**Fermentation:** Most wet seeds have remnants of pulp and goo that needs to be removed before storage. Fermenting your seeds will remove most of the lingering moisture that's attached to the seed itself. Once fully fermented, which typically takes 3 to 4 days, remove the seeds from the fermented jar and put them in air-tight containers and label them (name and date).

## Dry Seeds

Luckily, harvesting, processing and storing dry seeds takes little to no work. Just gather your seeds from a mature plant, store them in an air-tight container and label them (name and date).

Glossing over the smallest detail in a garden, such as seed maintenance, can lead to a much bigger problem down the line.

So what's the take away? It's the small things that count!

If you would like more gardening tips or you are interested in becoming involved at Root Cause Farm, consider coming to our weekly volunteer hours (Please see information on page 2).

*Abigail Boyle is a member of Root Cause Farm's Fundraising and Communications Committee. 26 Joe Jenkins Road, Fairview. rootcausefarm.org.*

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A man is struggling to find a parking space.  
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 Suddenly, the clouds part and the sun shines on an empty parking spot. Without hesitation, the man says: "Never mind, I found one!"



The village blacksmith finally found an apprentice willing to work hard for long hours. The blacksmith instructed the boy,  
 "When I take the shoe out of the fire, I'll lay it on the anvil; and when I nod my head, you hit it with this hammer."  
 The apprentice did as he was told. Now he's the village blacksmith.

Never follow anyone else's path. Unless you're in the woods and you're lost and you see a path. Then by all means follow that path."  
 — Ellen DeGeneres

Have children while your parents are young enough to take care of them.  
 —Rita Rudner

TEACHER: Maria, go to the map and find North America.  
 MARIA: Here is it.  
 TEACHER: Correct. Now, Class, who discovered America?  
 CLASS: Maria.

When asked in a restaurant, "Would you like a table?"  
 Respond with, "No, not at all. I came here to eat on the ground. Carpet for two, please."

Thanks, Lynda Sickler, for this favorite joke from her grandson, Krayden Betts, 7.  
 Why did the cat cross the road?  
 Because the chicken had a laser pointer.



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

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



# Jim Buff



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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* **\$1,399,000!**



**FAIRVIEW!** Private 4 BR, 3 bath brick home on private 8 acres, 2-car gar, large garden area, unfinished bsmt-easily finished, HOME WARRANTY, storage, *MLS#4058612*, **\$940,000**



**MARION!** Well maintained, 3 BR, 2.5 bath home on 2.63 acres in Pleasant Gardens area, Primary bedroom on main level, office, 2 car-gar, covered front porch, *MLS#4062487*, **\$495,000!**



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



**MARS HILL!** 3BR, 1 bath, beautifully maintained home, cedar shake siding, .39 acres, huge 2 story detached shop/garage, close to Mars Hill, *MLS#4067001*, **\$349,000!**



**SYLVA!** Cozy, 2 BR, 2 Bath mountain home, tons of natural light, hot tub, bsmt w/garage, minutes to Sylva & Waynesville, *MLS#3938305* **215,000!**

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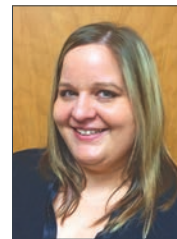
**Jason Rice**  
Sales



**Sabrina Howard**  
Sales



**Noah Clarke**  
Closing  
Coordinator



**Ashley Nelson**  
Office/Listing  
Manager



**Rebecca Guy**  
Office Assistant

### RESULTS

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

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