



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

NOVEMBER 2023 VOL. 27, No. 11 | FAIRVIEW, NC | fairviewtowncrier.com

## Important News for Our Readers

The *Fairview Town Crier* has published without a break every month since late 1997. What took place behind the scenes to ensure that happened is likely little known to most of our readers. It's been a long road of growth, learning, expansion and more, and one we are all grateful for.

Clark Aycock, the current publisher and managing editor, and his wife Lisa Witler, the art director, are making life/work changes that mean they will be leaving the *Town Crier* after the December issue goes to print. The board was advised last month and has been working to find a new team to produce the paper.

There are a number of future scenarios:

- A new managing editor and art director can be found and the January 2024 issue will publish as usual.
- A new managing editor and art director are found but need time to come up to speed, which could mean the paper may take a month or two until publishing again.
- If we are unsuccessful in hiring a new managing editor and art director, the *Crier* would be forced to cease publishing a printed, monthly newspaper. Should this happen, digital

options will be explored, as well as other possibilities and ownership configurations yet to be imagined or developed.

Everyone involved is focused on finding a new publishing team so that the paper can continue to serve the community as it has for the last 26 years. And that is why we are asking you to do the same. If you are reading this now, you know what the *Crier* is and what it has been. Here is what it will take to continue: everyone working together to find a good team to carry on. All positions are part-time, freelance/contract positions with a monthly fee (not hourly wages). Commitment and living locally, or at least a familiarity with the Fairview area, is important.

If after reading the job descriptions below you have any solid leads, please email [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) or call him at 828-771-6983. Should you or any of your business associates



These three November covers—from 1998, 2008 and 2018 (right to left)—show the development of the *Town Crier* over the years.

have a lead for potential applicants to take over our much-loved newspaper, please put us in touch.

At this time, we are remaining positive and ask the same of you.

Thank you for your confidence during this time of transition.

—from the board members and staff of the *Fairview Town Crier*

### ART DIRECTOR/LAYOUT ARTIST

Requires solid print experience and strong working knowledge of Adobe programs—Adobe InDesign, Photoshop, Acrobat and basic Illustrator knowledge, as well as Google Docs and/or Microsoft Word. Experience converting and color correcting images for print. Strong visual and organizational skills in order to fit all of the pieces into a 32-page document, ensuring all ads are in, all editorial copy, etc.

Pages are designed one at a time, but the layout creates the cohesiveness needed for a newspaper. Additionally, this position sends out reminder emails to advertisers, makes minor monthly changes to existing ads, and provides free design to all new advertisers who request it. Estimated time commitment is 35–40 hours per month.

Salary range \$1,000–\$1,200 per issue.

### MANAGING EDITOR

Requires publishing experience or knowledge of print or small business management. Experience publishing a print periodical is essential since this person will need to hit the ground running with no on-site support.

The Managing Editor needs to be able to edit a variety of submissions into one consistent style as the voice of the *Town Crier*. And he/she must be very organized and able to manage other staff members (layout artist, proofreader, bookkeeper, etc.), maintain deadlines, be computer savvy and able to work from home or the office, solve small issues before they become large ones—basically keep the business and production of the paper running smoothly. He/she is responsible for ensuring the paper reaches the printer on time, is received back in Fairview on time, and gets out to the various post offices on time. Estimated time commitment is 45–60 hours per month.

Salary range \$1,300–\$1,800 per issue.

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

Postal Patron  
Fairview, NC 28730

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Permit #100  
Fairview, NC 28730

# COMMUNITY CALENDAR

## NOVEMBER 2 EMBROIDERERS MEETING 9:30 am–12 pm

Embroiderers' Guild of America  
3 Banner Farm Rd., Etowah/Horse Shoe.  
For info, call 575-9195.

## NOVEMBER 7 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, wncprostate@gmail.com or 419-4565.

## NOVEMBER 8 FBA MEETING 6 pm

Fairview Business Association  
The monthly meeting of FBA members. See page 29 for more info.

## NOVEMBER 8 TOWN HALL MEETING 5:30–7 pm

**WORX Project**  
The first meeting for community feedback on a new public forest in Fairview. See page 20 for full information. Spring Mountain Community Center, 807 Old Fort Rd., Fairview.

## NOVEMBER 9 BOARD MEETING 7 pm

Garren Creek Volunteer Fire Department  
The regular quarterly meeting of the board. All are welcome. 10 Flat Creek Rd., Fairview.

## NOVEMBER 11 9 am–3 pm

**Rusty Dog Arts & Crafts Show**  
See ad on page 25. 379 Old Charlotte Hwy., Fairview.

## NOVEMBER 11 & 18 LEARN MIXED MEDIA COLLAGE 10 am–3 pm

Re.Imagine Gallery  
Two-part class with Jan Widner. Go to re-imagine.corsizio.com to learn more or register. 15 Spivey Lake Dr., Fairview.

## NOVEMBER 13 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.

## NOVEMBER 13 FAAL MONTHLY MEETING 11 am–12:30 pm

Fairview Area Art League  
For more info, email FaArtLeague@gmail.com or visit facebook.com/fairviewart. Re.Imagine, 15 Spivey Lake Dr., Fairview.

## NOVEMBER 15 CAREER DAY

Cane Creek Middle School  
Community members are invited to come into the school and educate the students. If interested, contact Jerri Wommack at jerri.wommack@bcsemail.org.

## NOVEMBER 16 PLANT-BASED COOKING CLASS 6 pm

Seventh Day Adventist Church  
Featuring Thanksgiving foods. See ad on page 12. 57 Cane Creek Cir., Fairview.

## NOVEMBER 19 "COME HELL OR HIGH WATER" 3 pm

Upper Hickory Nut Gap Comm. Center  
A free showing of the movie recently seen on PBS about the flood that came through Gerton 100 years ago. Refreshments will be available. 4730 Gerton Hwy., Gerton.

## STARTING NOVEMBER 24 CHRISTMAS TREE SALE

Asheville Lions Club  
Christmas trees will be on sale at 2310 Hendersonville Road (next to Dairy Queen) in Arden through December.

## DECEMBER 2 SHREDDING EVENT 10 am–1 pm

Asheville Lions Club  
A truck from Iron Mountain will shred your

papers as you watch. \$10 for each box or kitchen bag. Toss old tax records, papers, receipts, bills, etc. No x-rays. Bring and donate old eyeglasses and hearing aids. 2310 Hendersonville Road (next to Dairy Queen) in Arden.

## 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.

## NOVEMBER AND DECEMBER YOGA CLASSES

Fairview Community Center  
Toddler and postpartum baby yoga classes. See page 26 for more info.

## DECEMBER 9 & 10

**CHRISTMAS DRIVE-THRU 6–8 pm**  
Cedar Mountain Baptist Church  
"A Christmas Blessing," honoring Gina Page. 27 Reeds Creek Rd., Fairview

# FALL & THANKSGIVING EVENTS

## NOVEMBER 10 10 am–2 pm NOVEMBER 11 9 am–2 pm FALL CRAFT FAIR AND BOOK SALE

Fairview Community Center  
More than 40 vendors, all handmade and homemade. Food will be available to purchase, and a 50/50 raffle will be held. The Friends of Fairview Library will also be holding a book sale, with a 25¢ sale on cookbooks. Free admission and parking. The center is located next to Fairview Elementary School.

## NOVEMBER 11 TURKEY DINNER 5:30–7 pm

Garren Creek Fire Department  
Everyone is welcome to come enjoy home-cooked food. This event is a fundraiser for the department's auxiliary, which supports firefighters and rescue workers, and donations are accepted. For more info, please call Elizabeth Simmonds at 230-3986. 10 Flat Creek Road, at the corner of Flat Creek and Old Fort/Chestnut Hill Roads).

## NOVEMBER 11 FAIRVIEW KIDS MAKER'S MARKET 11 am–3 pm

Root Cause Farm  
See next page for full details.

## NOVEMBER 18 THANKSGIVING DINNER 5:30 pm

Bethany Methodist Church  
A meal open to the community. All are welcome, with no charge. 212 Bethany Church Road, Fairview.

## NOVEMBER 21 THANKSGIVING DINNER 6:30 pm

Upper Hickory Nut Gorge Community Center  
Turkey and dressing provided. Please bring a traditional side and join us. 4730 Gerton Highway, Gerton.

## DECEMBER 3 FAIRVIEW HAND-MADE MARKET 11:30–4:30 pm

Turgua Brewing Company  
See next page for full details.

## 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

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.

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

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

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

Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body.

Let me help you in the hardest, most important job you'll ever have.

Contact me for a **FREE** Discovery Session!

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hours and full menu at [barndoorcw.com](http://barndoorcw.com)



# COMMUNITY CALENDAR

## 25 Local Makers Coming to Fairview Handmade Market



By Andi Elliot

The Fairview Handmade Market will be at Turgua Brewing Co. on December 3 from 11:30 am to 4:30 pm. With 25 local makers, you'll find a beautiful selection of thoughtful, unique and well-made goods created right here in the greater Fairview area. We have quite a few new vendors this year, and we are so excited to share them with you. The Roasted Roost will be there with warm beverages to keep us all cozy, and we'll have live music by Pleasure Chest to warm us up from 2 to 4 pm. The Mehfil food truck will be there, and Turgua's craft brews will be flowing all afternoon. For more information and a full list of vendors, head over to our website at [fairviewhandmademarket.com](http://fairviewhandmademarket.com).

Andi Elliot is one of the organizers of the Fairview Handmade Market.

## Fairview Library Hosts Community Engagement Market

**November 3 from 3–4:30 pm**

The first Friday of each month, Manna Food Bank and other service providers will be at Fairview Public Library. Rising grocery prices, along with rising housing, gas, and other costs, are putting the pressure on county 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 other resources directly to those most in need by meeting them in their neighborhoods. Mark your calendar and bring your questions.

In addition, Buncombe County's Mobile Health Van will be at the market, with the following services available: vaccines (2023-24 COVID formula, flu); health education; resources and referrals; and assistance with Health and Human Services offerings (WIC, food and nutrition services, Medicaid, etc.).

## Fairview Kids Maker's Market Returns this Month

by Ashley Haywood

After a wonderful turnout at the August Kids Maker's Market and participants asking about when the next event will be, I've decided to host a follow-up event in a bigger space for more kids, parking, and fun.

The next event will be on November 11 from 11 am–3 pm at Root Cause Farm, 26 Joe Jenkins Road, Fairview. This is a perfect location that will allow more room for more kid vendors, with plentiful parking and space for a scavenger hunt. There will also be food and craft activities for kids and parents.

### Meet the Makers



One of our returning vendors is Esher. A natural treasure-hunter, she loves collecting everything, from flowers and acorns to amazingly beautiful sticks, and much more. Like her namesake, she says she wants to be an artist and is interested in all sorts of visual art, from dream-catchers to collages and drawings to fashion. Her mom truly never knows what gorgeous gems and creations she'll find in her room.

A new vendor this time is Wila, a blossoming maker. Art is part of her identity, and she has always had great awareness of how it surrounds her. At her booth, you'll find her handmade, needle-felted insects and seasonal characters, as well as handmade paper from recycled materials.



With the holidays quickly approaching, more than 30 child vendors are focused on making gifts for the season and are asking for the Fairview community to stop by to shop for handmade gifts and help show them the road to success on their journey of entrepreneurship. Thank you for supporting our next generation of makers, artists and bakers.

Ashley Haywood owns Embrew Tea, which is made locally and can be found at Signs for Hope Global Marketplace at 379 Old Charlotte Highway, Fairview.



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## FEATURED LISTING



4 BR | 3 BA | 2,492 SF | 2 ACRES

### Fairview

32 Hickory Forest Road

Spectacular mountain oasis with unbelievable views. First time on the market from original owners on beautiful tree-lined street in Fairview Forest. 15 mins from grocery, gas, local brewpubs and restaurants. Open concept flooded with natural light, breathtaking scenery from the partially covered wrap-around deck or swing from lower deck. Two bedrooms on main plus separate family room, full bath and spacious bedroom in the basement. Meticulously cared for home for 30 years. Walk right in and live your best life in this mountain getaway..



**ACTIVE LISTING** Bob Rein

\$1,249,900 | MLS ID 4052859

## ACTIVE LISTINGS

### Asheville



UNDER CONTRACT

3 BR | 2 BA | 2,330 SF

8 Alpine Court, Unit 9  
\$489,000 | MLS 4073835

### Black Mountain



2 BR | 1.5 BA | 872 SF

16 Rocky Glen Trail  
\$424,900 | MLS 4062615

### Fairview



6.32 ACRES

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

## FAIRVIEW REAL ESTATE SALES

SEPTEMBER 2023

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
\$300K-599K	5	\$447K	58.3	99.3
\$600K-899K	1	\$850K	7	102
\$900K+	2	\$2.2M	180.5	88.5

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

## Agent Spotlight NICOLE ESO



“ Working with Nicole was a fantastic experience. She was quick to respond, made an effort to be available, and worked with us to accommodate both our schedules. Communication was key. I highly recommend Nicole and GreyBeard and plan to work with them in the future.

—Jared W.

”

**CONTACT NICOLE TODAY!**

828-383-0793 | nicole@greybeardrealty.com



**UPDATES**

**Holiday Closings**

The library will be closed November 10 and 11 for Veterans Day and November 23–25 for Thanksgiving. Due to these holiday closings, there will be no LEGO Club this month.

**FOR KIDS**

**Weekly Story Time at the Library**

Tuesdays, 10:30 am, 3–6 years  
Thursdays, 10:30 am, 18 months to 3 years

**CRAFTING AND CREATING**

**In House Activity:**

**Thankful Tree**

Write something on a paper leaf that you are thankful for and add it to the library's Thankful Tree.

**Take Home Craft: Scratch Art Leaves**

While supplies last. Ages 6 and up.

**FOR ADULTS**

**Yoga with Courtney Jarrell**

November 2 from 4:30–5:30 pm  
The last class this year, for all levels. 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.*

**Agging Successfully**

November 7 from 2–3 pm  
We begin agging the moment we're born. Council on Aging of Buncombe County strives to create a community where

**Library Hosts Inaugural Fairview Poetry Fest**

Six award-winning poets, including one from Fairview, will read from original work at the Fairview Public Library's inaugural Fairview Poetry Festival on November 29 at 6:30 pm. Head librarian Jaime McDowell said, "There is such a wealth of literary talent in WNC. We thought it was a fun idea to bring together a group of poets to perform original work. I'm confident the audience will be pleased with the evening."

Keith Flynn has been nominated for the Pulitzer Prize and the National Book Award, was awarded the Paumanok Poetry Prize, and has served as the Gilbert-Chappell Distinguished Poet for North Carolina. He is founder and editor of *The Asheville Poetry Review*, and his many works include *The Skin of Meaning*; *The Rhythm Method*, *Razzmatazz* and *Memory: How To Make Your Poetry Swing*; and *Prosperity Gospel: Portraits of the Great Recession*. Keith is also known to burst into song in the middle of a reading.

Pat Riviere-Seel, who calls herself "a recovering journalist," is the author of 2021's *When There Were Horses*; *The Serial Killer's Daughter* (winner of the Roanoke-Chowan Award for Poetry); *Nothing Below but Air*; and *No Turning Back Now*. In 2020, she started Burnsville's Poetry in Plain Sight program. She teaches poetry for UNC-Asheville's Great Smokies Writing Program and once spent a week as Writer-in-Residence at the North Carolina Zoo.

Greg Lobas won the 2022 Dogfish Head Poetry Prize for his book, *Left of Center*, which draws upon his experience as a firefighter, and he has also received awards from the Poetry Society of South Carolina and the South Carolina Writers' Association. His work has appeared in, among other outlets, *Outdoor Life*; *Tar River Poetry*; *Cimarron Review*; *Vox Populi*; *Gray's Sporting Journal*; *Ekphrastic Review*; *Broad River Review*; *Kakalak*; and *Pine Mountain Sand & Gravel*.

Caleb Beissert is a poet, editor, event organizer, musician with his band the Lactones, and host of the weekly Poetry Open Mic Asheville, which is consistently recognized by Mountain Xpress as the Best Open Mic in Asheville. He is the author of *BEAUTIFUL: Translations from the Spanish*, English-language adaptations of Federico Garcia Lorca and Pablo Neruda. He serves as North Carolina's Western Region Chair of the Gilbert-Chappell Distinguished Poet Series; and the Artistic Director of Poetry Cabaret Collective; and his work has appeared in numerous publications, including *Asheville Poetry Review*; *International Poetry Review*; and *Tar River Poetry*.

Kathy Ackerman was awarded the North Carolina Poetry Society's 2019 Lena Shull Book Prize for her collection, *A Quarrel of Atoms*, which discusses Nobel Prize laureate Marie Curie's discovery of radium and relates it to her own mother's illness and radiation treatments. She is also the author of *The Heart of Revolution*, the only book to date about longtime Asheville resident Olive Dargan, a proletarian novelist of the 1930s. Her latest book is *Repeat after Me*.

Lee Stockdale, a Fairview resident, has won the United Kingdom National Poetry Prize and the Sidney Lanier Poetry Prize, is the author of the book *Gorilla*, and hosts the Upstairs Artspace's monthly Literary Open Stage. He has served as Buncombe County's Regional Representative for the North Carolina Writers' Network, and his poems have appeared in *The Guardian*; *The Church Times*; *Ekphrastic Review*; *Pinesong: The North Carolina Poetry Society's Annual Anthology of Contest Winners*; *Reed Magazine*; and *BlazeVOX*.

The event will include book sales and signings by the authors and refreshments during the after-readings reception. The library thanks the Friends of Fairview Library for making this evening possible.

**SPECIAL EVENT**

**Professor Whizzpop**

November 18, 2–3 pm

Prepare to be amazed! Prepare to laugh! Professor Whizzpop will wow audiences with the very best in magical entertainment, giggles galore, and loads of laughs with his hijinks and nonstop hilarity. Don't miss this A+ event! Ages 5 and up.



everyone has the opportunity to age successfully. Rachel Miller, Director of Community Services, will present an overview of Council on Aging's services.

**Fiber Arts Club**

November 14 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.

**Budgeting Seminar: A Lunch and Learn**

November 15 from 1–2 pm  
Presented by First Bank. Participants in this seminar will learn the value of creating a budget as well as strategies to build a simple budget and pay off debt. They will also learn some core habits to practice and maintain financial health. Bring your own lunch. Dessert will be provided by First Bank.

**NaNoWriMo: Come Write In!**

November 17 from 10 am–12 pm  
"Come Write In!" is an opportunity for

authors to join a welcoming space for writing their novels during National Novel Writing Month. County libraries will host at least one Write In! event every day that we're open in November. Visit Fairview Library on the 17th to enjoy coffee and other refreshments as you write in the company of others. For more info on NaNoWriMo, visit [nanowrimo.org](http://nanowrimo.org).

**Fairview Online Book Club**

November 21 at 7 pm  
The book club will discuss *The Seed Keeper* by Diane Wilson via Zoom.

**Upcoming Books**

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).*

*A little birdie told us...*

**local kids need books!**

**Give the gift of reading**

**It's our Winter Book Giving with a twist -- financial donations only please at Fairview Library or by mail to FOFL**

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**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**

**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 UNDER CONTRACT**

**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~~ **REDUCED! NOW \$199K.** Call Sophia 828-691-0311

**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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**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 Sophia 828-691-0311



**INVESTOR PROPERTY**  
**INVESTORS!** 3 BR/1BA, 2.5 acres. New roof! Great bones, needs roof, cosmetic fixes. Beautiful property w/ stream & M land. Could split into sev lots. City H2O 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



**PROPOSED BUILD**  
**FAIRVIEW!** 38 acres on Old Fort Road. **\$1.75M** Farmhouse style, 3,746 sq ft Call Jenny 828-779-4473




**BRAND NEW!**  
**LEICESTER!** 3BR/2BA Incredible mobile home on level-gently sloping 1.45-private property **\$295K**



**CHOICE LOCATION!**  
**FLETCHER!** 3DR/2BA on 1 acre. 3090SF Wonderful ranch, easy access to AVL and HVL. **\$450K**


**2021 TOP AGENT OF THE YEAR**



*Call Allen!* **329-8400**

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FAIRVIEW REALTOR FOR 38 YEARS

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



**COOL MOUNTAIN REALTY & CONSTRUCTION**



**FIVE ACRES!** more land available **\$1,000,000** MLS# 3912632



**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**



## Punishment Prior to 1868

The punishment for law breakers was much different in NC prior to 1868. WNC had few jails, and the whipping post and branding iron were the common forms of punishment. A man could lose an ear for lying under oath and both ears for malicious maiming. Some crimes were punished by being tied to the whipping post and flogged. Large crowds would show up to witness.

One man was arrested and flogged because his wife brought him up on charges. She had been complaining because someone kept stealing hams from the family's smokehouse. One day, she hid and watched for the ham thief. She saw her husband come out of the house. He looked around to see if his wife was around, and then went into the smokehouse. He left with a ham and started down the road. His wife followed, staying out of sight. He went straight to the house of another woman she thought he had been cheating on her with.

The wife went to the sheriff's office and got the sheriff to arrest her husband. As punishment, the husband had to take off his shirt and receive 39 lashes with a whip. It was the number of lashes required by law.

The punishment for manslaughter at that time was branding. The sheriff had a branding iron with the letter "M" shaped on the tip of the iron. After heating the end of the iron in a fire, he would then place it

in the palm of the offender's hand and hold it there for as long as it took the man to say "God save the state."

Dr. J. S. T. Baird witnessed a branding in Asheville in 1855. A man was convicted of manslaughter and ordered to be branded. General Bayles Edney was the man's attorney. Even though Edney was an eloquent speaker, he failed to keep the man from being found guilty.

The man was literally shaking in his boots when they strapped his right arm to the rail of the bar. Sheriff David Tate went across the street and got a little hand stove filled with live coals. He took the branding iron and stuck it in the hot coals until it turned white from the heat. The sheriff took the hot iron from the coals and moved toward the prisoner, who was trembling and dripping with perspiration. Sheriff Tate pressed the white-hot iron into the man's hand. He shrieked with pain, so much so that he could not say "God save the state."

General Edney went over and knocked the iron out of the sheriff's hand. He told the sheriff that he had burned him enough. The judge agreed and ordered the prisoner to be released.

*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).*

## Major Creek Restoration at Flying Cloud Farm

If you drive down 74A over the next several months, you may notice some heavy equipment work occurring along Ashworth Creek. It may look ominous, but no, it's not a new development in the floodplain – it's a good thing!

Flying Cloud Farm is excited to share that a large stream restoration project is underway between Hollywood and Wilson Roads. This project is in partnership with the USDA, the State, and Buncombe County Soil and Water.

Ashworth Creek is a tributary of Cane Creek, which feeds into the French Broad River and ultimately the Mississippi. This section was channelized and straightened by enslaved people in the 1800s to create easier farming. Over time, channelized streams try to return to their natural meandering form and undergo severe bank erosion, causing poor water quality and habitat. Ashworth has eroded




extensively in more than 100 years, seriously damaging its banks, losing land and sending muck down through Cane Creek and beyond.

This project will bring the creek back to a more


natural state by reestablishing a meandering channel pattern, stabilizing the banks and improving in-stream habitat. Reconfiguring a stream and its banks is not a small matter, and it may look disturbed for a while before the improvements take hold. Many trees will need to be removed. The banks along a more curving channel will then be re-sloped and planted with native trees and shrubs. In the long term these efforts will mean a healthier stream: cleaner water and better aquatic habitat for wildlife, recreation and farming.

Watch for more about this ongoing project in the "Cane Creek Chronicles" column of next month's *Town Crier*.

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**Nov 17 THE LAST ECSTATIC DAYS** *Documentary*  
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**Dec 1 ALTERNATIVE ENDINGS: SIX NEW WAYS TO DIE IN AMERICA** *Documentary*  
Families honor loved ones in creative ways or prepare for their own deaths.

**Dec 8 THE BUCKET LIST** *Feature Film*  
Two men's adventures lead to questions of what's important in their lives.



**SCAN HERE**

**for more information and to secure your spot!**

The series is hosted by AARP and sponsored by Asheville Death Cafe; CarePartners; Center for Conscious Living & Dying; Hola Carolina; OLLI; and Pack Memorial Library.



# Cold at the Pole, But Wetter in Fairview?

After sifting through data from several Earth-observing satellites, scientists found that surface temperatures actually reach -144. The temperatures are observed during the southern polar night, mostly during July and August.

The researchers observed these ultra-low temperatures in small dips or shallow hollows in the Antarctic Ice Sheet where cold, dense and descending air pools above the surface and can remain for several days. This allows the surface, and the air above it, to cool even further, until the clear, calm and dry conditions break down and the air mixes with warmer air higher in the atmosphere.

If we're talking about cold weather at the South Pole, it's not really a reach to talk about snow in our area. In any given November, about an inch of snow falls across the area. On average, we do see some of the white stuff, likely more toward the middle to the end of the month. I am



The world's record-low temperature was set at Vostok Station, Antarctica.

reminded of the November 1 snowfall back in 2014, which brought three to five inches of wet snow to Fairview.

Temperatures in November start out with an average of about 63 and drop to 53 by month's end. The lows drop from 40 at the start of the month to a frosty 32 by month's end. The warmest day on record was 83 degrees on the first of the month in 1950, and the coldest was a numbing 8 degrees on the 25th, also in 1950. Precipitation averages about four inches in any given November. We could use a wetter month than normal, as the last two months have been quite dry.

Forecasters from NOAA's Climate Prediction Center still favor a strong El Niño late this fall into winter—a 75% to 85% chance from November through January. That means the seasonal average of sea-surface temperatures in a certain

region of the equatorial Pacific Ocean are warmer than average. In general, a classic strong El Niño winter tends to be wetter than average through much of the southern US, from parts of California to the Carolinas, due in part to a stronger, more southern jet stream track.

Across much of the northern US, a stronger El Niño tends to produce a warmer winter. However, not all El Niño's are exactly the same. Even a stronger El Niño doesn't necessarily guarantee strong

impacts on the weather pattern. Many other factors can influence or override El Niño, such as the polar vortex or Greenland blocking. It's difficult to forecast months ahead what, if any, influence those factors could have on winter.

However, it won't take much to get more snow than we had last year, considering that the winter of 2022/2023 was one of the least snowiest on record, with only a few traces of snow. We didn't do much better in the Fairview area. Looking at the numbers a little closer, at the Asheville airport there have been 10 winter seasons since 1900 with less than two inches of snow. I will be taking bets that this winter will be much snowier than last year, but what does "much snowier" mean? Stay tuned.



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

## QUESTION of the MONTH

**What is typical Christmas Day weather, and what are the extremes?**

Find out in December's **Weather Wonder!**

## WEATHER WONDER

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

The world's record-low temperature was set at Vostok Station, Antarctica, on July 21, 1983, at -128.6. The station is at 11,444 feet above sea level and is one of the most isolated established research stations on the Antarctic continent.

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# 10th Annual BBQ Fundraiser Best Yet

The weather cooperated, and it turned out to be the perfect fall day. There is no way to count how many people attended, but I would guess well over 250 trickled through. All neighbors, near and far, enjoying the good food, homemade desserts, bidding on raffle items and selecting beautiful mums and pumpkins for their fall décor. The day was made even better with the beautiful sounds of Joyful Sound Trio.

So many friends, neighbors and family were able to hug necks and enjoy fellowship. We are grateful for the opportunity to be together and support our wonderful fire department. One neighbor even brought his antique sheriff's car. (Thank you, David!)

We had a special visit by a mischievous Piggy and Chicken that raced cute little girls and tried to steal the fire engine. We thank all who sponsored, cooked, baked, planned, donated and attended this momentous occasion.

Thank you to the staff at the fire department for moving hundreds of mums and pumpkins and for helping set up and tear down the event. All the money raised will go right to the staff.

Thank you to our board members, who attended, helped plan and worked and generally supported the event.

We especially want to thank Smokey and the Pig for cooking their magnificent food and serving it with love and care.

The Support Operations Team for the department and Brooke Hembree were instrumental in gathering the raffle items. This year's items included small and large LL Bean dog beds with treats (thank you, Fairview Feed and Seed, for some of those); a Biltmore Estate basket with tickets to visit the house and grounds; a stay-cation at Hilton Biltmore Park and breakfast at Folklore donated by Biltmore Farms; boys and girls toys donated by Americare Pharmacy and Smokey and the Pig; 3 HVAC services donated by All Seasons Heating and Air Conditioning; a firepit and accessories for s'mores donated by members of the Support



Home-baked goodies



The crowd



Senator Daniels and his wife with members of the Fairview staff

Operations Team; and silent auction item of a UNC signed basketball donated by Robin Ramsey; and UNC zero-gravity chairs and UNC plates donated by Smokey and the Pig.

Thank you to those who volunteered the day of the event by selling tickets, desserts and mums. Thank you to Fairview Feed and Seed for letting us borrow the straw bales.

The air was definitely crisp. But at the end of the day our hearts, hands and tummies were warm and full. Thank you, Fairview!

PS: Daylight Saving Time is November 5. It's a good time to check the batteries in your smoke detectors.

*Robin Ramsey is the president of the Support Unit Group.*

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to these Super Sponsors who gave \$500, which doubled the Sponsorship Level!

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The chicken and the pig



## 10th Annual SMOKEY AND THE PIG BBQ Fundraiser



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**and all our volunteers!**





**Classic novel (n.):  
A book which people praise, but seldom read**

A guy walks into a dentist's office and says,  
"I think I'm a moth."  
The dentist replies,  
"You shouldn't be here. You should be seeing a psychiatrist..."  
The guy replies,  
"I am seeing a psychiatrist."  
The dentist says,  
"Well then what are you doing here?"  
And the guy says,  
"Your light was on."  
Every 10 years, the monks in the monastery are allowed to break their vow of silence to speak two words. Ten years go by and it's one monk's first chance. He thinks for a second before saying, "Food bad."  
Ten years later, he says, "Bed hard."  
It's the big day, a decade later. He gives the head monk a long stare and says, "I quit."  
"I'm not surprised," the head monk says. "You've been complaining ever since you got here."

**The easiest time to add insult to injury is when you're signing somebody's cast.**  
—Demetri Martin

**I like an escalator because an escalator can never break. It can only become stairs.**  
—Mitch Hedberg

I tried having my mother's phone disconnected, but customer service said since the account was in my dad's name, he'd have to be the one to put in the request. The fact that he'd been dead for 40 years didn't sway the rep. A solution hit me: "If I stop paying the bill, you can turn off the service, right?"  
"Well, yes," she said reluctantly. "But that would ruin his credit."

**I changed my iPod's name to Titanic. It's syncing now.**  
Thanks, Sarah Kohrs, for this riddle:  
**Why was Cinderella so bad at soccer? She kept running away from the ball.**



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.

**Tech Tips**

Showing the amazing info that can be shown in real time is a 3-D site for the Tokyo subway (minitokyo3d.com). It's a really big subway system, and you can monitor car arrival times and the occasional live feed camera. Like many of these data visualization sites, you just have to poke, click and drag around on the screen to find the best way to use the site. I already lost nearly half an hour.

Changing the screens on a smartphone to grayscale a few hours before bed can be a great way to cut your interest in doom-scrolling when you should be calming down for sleep. On an iPhone you can set a color filter in Settings > Accessibility > Display & Text Size > Color Filters and turn on the Grayscale color filter. Combine this with an Action and an Automation and you can make this turn on and off at set times. (See tinyurl.com/y8n6khkk for more info.) Android phones with recent versions of Android have a bedtime mode that includes an option for grayscale. Begin by looking in Settings > Digital Wellbeing & Parental Controls > Bedtime Mode and start exploring the options. Some Android phones have a slightly different set of options.

There is always one more suggestion for managing that ever-filling email inbox—and this one is called "yesterbox." The idea is to only deal with yesterday's email today. Yesterday's email is a fixed amount to deal

with. You can handle those emails with some variation of the one-touch approach or the 4Ds (delete, do if quick, delegate if appropriate, defer for later task). Remember that replies you get to emails you work on today will be dealt with tomorrow when those emails enter the "yesterbox." Personally, I won't be doing this, but I am always looking for ways to keep my inbox trimmed down and not scary.

If you have a Google account, even one of those free Gmail ones, you can now offer bookable appointments online without a fee. The steps to take are more than what will fit in a paragraph, so visit Google's help page (support.google.com/calendar/answer/10729749). If you use Stripe to handle credit cards, you can also enable appointment payments through that system.

Since we are all ordering online, scammers are texting fake package delivery updates to try to steal personal info or get you to pay for faster delivery. Always check for shipping updates by going to the place you purchased from online to see what problems are listed in your order history. Don't click the link provided in the text. And this applies to emailed "delivery updates" as well.



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

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# Thresholds

Food For Fairview (FFF) thanks the Fairview Business Association (FBA) for their support of Fairview Elementary School and the FFF. The FBA provided the funding for the winning third grade pizza party for last school year during FFF's annual food drive contest.

This year's food drive is tentatively scheduled for the week of November 13.

FFF participates in the government's Emergency Food Assistance Program (TEFAP). Along with providing our pantry clients with canned fruits and vegetables, pasta, canned meat, mac 'n cheese, rice, milk, butter, dry beans, juices, fresh fruits and vegetables, frozen meat, and frozen fruit products, TEFAP also provides guidelines for eligibility for our clients.

The first requirement is that the client resides in Fairview. The pantry will allow non-residents, hitchhikers and the homeless to be one-time shoppers. A one-time shopper who resides outside of Fairview is given MANNAs phone number to find the location of a pantry closer to their residence. However, the pantry can provide food from TEFAP to any resident of the county if the person can get to the pantry before 5:45 pm on Monday afternoons, regardless of whether or not they live in Fairview.

The guidelines used by FFF from TEFAP include income guidelines. Households may be eligible for TEFAP

## TEFAP Eligibility

Effective to 9/30/24

HOUSE-HOLD SIZE	PER YEAR	PER MONTH	PER WEEK
1	\$29,160	\$2,430	\$561
2	\$39,456	\$3,288	\$759
3	\$49,728	\$4,144	\$957
4	\$60,000	\$5,000	\$1,154
5	\$70,296	\$5,858	\$1,352
6	\$80,568	\$6,714	\$1,550
7	\$90,840	\$7,570	\$1,747
8	\$101,136	\$8,428	\$1,945
per each additional family member			
+ \$10,296	+ \$858	+ \$198	

food items for home consumption by self-declaration if the total household income is at or below 130 percent of the current poverty level for the number of persons in the household.

### Three Pantry Donation Wagons

*Americare Pharmacy*, 1185 Charlotte Hwy., Fairview (Monday–Friday until 6 pm);  
*First Bank*, 5 Olde Eastwood Village Blvd., Asheville (Monday–Friday until 5 pm);  
*Re.Imagine Studios*, 15 Spivey Lake Dr., Fairview (Friday, Saturday, Sunday, 1–5 pm).

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



DR. ASHLEY LUCAS

## Using Fall Flavors

Do you want to savor the flavors of fall and still drop weight? Well, here is some good news: Spices commonly used in fall delicacies—turmeric, cinnamon, and ginger—can be your allies in achieving weight loss goals.

- Turmeric isn't just a kitchen superstar. Curcumin, the active compound in turmeric, boasts anti-inflammatory and antioxidant properties. Research says that curcumin can support weight loss by reducing inflammation, which is often linked to obesity. Incorporate turmeric into your meals or enjoy a soothing cup of golden milk.

- Cinnamon isn't just a sweet and spicy flavor enhancer. A recent study found that cinnamon can improve insulin sensitivity, helping your body regulate blood sugar levels. Stable blood sugar means reduced sugar cravings and better control over your appetite.

- Ginger can be a metabolism booster. According to research, ginger can increase thermogenesis, the process by which your body burns calories to generate heat. A faster metabolism can help you burn calories more efficiently. While these spices are powerful, remember that they work best as part of a diet that works best for your body and reduces inflammation. This means you must eat adequate protein (target:

0.8 to 1 gram per pound of optimal body weight), reduce your carbohydrate intake to a level your unique body tolerates, and incorporate plenty of healthy fats. This fall, add these spices to your dishes and stay committed to your health goals.



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

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# Pumpkin Power Exercises

It's beginning to look like the holiday season, with family and friend get-togethers and lots of meals including desserts. But we cannot forget about our health. I have put together a festive workout for all of us. Before you throw out the pumpkins, let's use them for a pumpkin power workout. You can use anything for resistance, such as gallons of water, cans of food or even wine bottles. The number of times is up to your tolerance. Start with 10 and then progress to 30.

**Lunge and curl:** Take a big step back to come into a lunge. Watch your alignment, and make sure your front knee is stacked over your ankle and your chest is lifted with a tight core. As you rise from your lunge, complete a biceps curl using the pumpkin (squeeze your biceps and exhale as you curl).

**Pumpkin press:** In a standing position, press the pumpkin over your head. Exhale as you press the pumpkin up overhead, and inhale to lower it back down to your chest with control.

**Lunge and overhead triceps extension:** Hold the pumpkin over your head with both hands. Take a big step back to come into a lunge with elbows bent and the pumpkin down closer to the back of your head. Watch your alignment, and make sure your front knee is stacked over your ankle and your chest is lifted with a

tight core. As you rise, complete a triceps extension using the pumpkin (use your triceps to straighten your arms as much as possible before bending and lowering back down). Make sure to keep elbows framing your face and arms close to your head.

**Single-leg pumpkin row:** Hold the pumpkin with both hands and stand on one leg with the other leg parallel to the floor. If your balance is bad, keep your legs in a lunge position. Bring the pumpkin to your belly and then just below the knee while maintaining your balance.

**Woodchop:** Be sure you are rotating at your ankle to protect your knees as you twist. Act like you are chopping wood (diagonal motion) as you hold the pumpkin with both hands. As the pumpkin comes up, exhale. Complete 10 on one side before switching to the opposite side.

**Weighted sit-up:** Hold the pumpkin at your chest as you lie on your back and bend both knees, with feet flat on the floor. Exhale to sit up, keeping your back straight and your belly button pulled in. (Avoid letting the stomach muscles push out!)

**Plank:** Make sure that your body is in a straight line from your head, all the way back through your knees or toes (depending on whether you're modifying). If you're on your toes, press back through your heels—and no matter what, keep your hips in line with your spine. Tilt your chin away



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from your chest so your neck stays long, and take some nice deep breaths. You can do this with your hands on the pumpkin or your feet on the pumpkin. Modify by placing your knees on the floor, and keep your hips in line with your torso.

**Pumpkin deadlift:** Stand and hold your pumpkin with outside edges of your feet parallel and your ankles as wide as your pelvis. Keep your legs straight, bend forward as far as your hamstrings will let you by hinging at the hips and keeping your spine neutral (don't round the back). Hang for a second or two while holding your pumpkin for a stretch down the back of the legs. If you're doing a forward bend version, keep your spine neutral and lift up (move from the hips!) to an upright position. If you're doing a deadlift, bend

your knees while keeping a neutral spine as you lower the pumpkin to the ground and back up a bit, before straightening your legs and standing up at the hips.

**Pumpkin pull over:** Start on your back, knees bent, holding the pumpkin over your chest. (Just a reminder: make sure you pick a weight you won't drop!) Keeping your ribcage down on the floor, lower the pumpkin overhead, going as far as you can without letting your ribcage lift off the ground. Then, bring the pumpkin back up to the starting position.


**Lying pumpkin press:** Start on your back, hold the pumpkin over your chest. Press the pumpkin up, squeezing the elbows toward each other (they will tend to pop open and away from each other). Slowly lower the pumpkin back toward your chest, keeping the elbows hugging in.

After we finish our workout, we can dress like a turkey to go do a turkey trot or we can put our boots and sweaters back on and go out for pumpkin spice lattes. The point is just to move and make it fun.




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

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




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# Concussions and Mental Health: Alternative Approaches

Concussions, also called mild traumatic brain injuries (mTBIs), are more prevalent than we might realize. They occur when the brain experiences a sudden jolt or blow, causing it to move rapidly within the skull. With these types of head impacts, temporary loss of consciousness may occur, but it is not necessary for a concussion to be diagnosed. According to the most recent reviews, sports injuries, accidents, falls, and occupational injuries are some of the leading causes.

One important concern related to concussions is their potential impact on mental health. Research has shown a clear link between concussions and mental health issues. These can include anxiety, depression, mood swings, cognitive difficulties and even post-traumatic stress disorder. Research also shows that there are things you can do to help prevent concussions and things you can do to accelerate healing.

After a concussion, the brain's delicate cellular structure can be altered, affecting neurotransmitter levels and communication pathways. This disruption can manifest as changes in mood, behavior and cognitive function. Individuals often experience anxiety and depression related to these changes, which are exacerbated by the overwhelming physical and emotional stressors of dealing with a concussion. Traditional routes of treatment are important but may leave

patients wanting in terms of making a full recovery in some situations.

In addition to traditional medical approaches, complementary and alternative medicine (CAM) can play a vital role in managing the aftermath of concussions and the associated mental health challenges. CAM encompasses various therapies and practices that focus on holistic healing and well-being. CAM practitioners often work collaboratively with psychiatrists, counselors and other mental health professionals to help enhance patient success.

**Acupuncture:** This involves inserting thin needles into specific points on the body to alleviate pain and reduce stress. It has been shown to help in managing headaches and anxiety. This is accomplished by modulating muscle tension and the proper flow of energy throughout the body.

**Chiropractic Care:** Chiropractic adjustments can aid in relieving headaches and neck pain, as well as help with sleep, digestion and anxiety reduction. Additionally, addressing possible changes to postural control and biomechanics related to concussion is important for healing as well as preventing further head injuries.

**Mindfulness and Meditation:** Research has shown these techniques can assist in managing stress, anxiety and depression. These practices can enhance relaxation and promote a sense of calm. When the

brain is calm, it tends to heal better. This is due to changes in our autonomic nervous system, which mediates our fight or flight response and vital functions like breathing, heart rate and digestion. By keeping fight or flight responses at appropriate levels, patients are more likely to get better quickly.

**Nutritional Therapy:** A balanced diet is essential for brain health and recovery. It is crucial to not only refrain from eating junk food, but to also be sure to consume adequate amounts of vitamins and nutrients that the brain needs to heal. Clinical data points to the importance of a diet high in fats and proteins and low in carbohydrates (especially simple carbs like sugars) in concussion recovery. There is also a continually growing body of evidence that our food intake plays a big role in our mental health in general.

**Yoga and Tai Chi:** These mind-body practices can improve balance and flexibility, as well as reduce stress. Physical activity and movement help to stimulate the brain in a healthy way, promoting more effective healing. Many concussion patients will have deficits in balance and coordination secondary to their injury. Adding intentional movements can help counter these deficits in addition to maximizing resilience to stress.

**Functional Neurology:** This is an emerging field focused on understanding and improving the function of the nervous system. Regarding concussions and mental

health, functional neurology employs a comprehensive approach that addresses the connections between the brain, body and various systems. One key aspect is utilizing targeted exercises and neuromodulation therapies to stimulate specific brain regions, aiding in recovery and enhancing brain function. Integrating these therapies into a comprehensive rehab plan can enhance recovery outcomes and contribute to improved mental well-being. Always consult with healthcare professionals specializing in functional neurology for personalized treatment and guidance.

Each person's concussion experience and subsequent mental health challenges are unique, so individualized care is crucial. Understanding the connection between concussions and mental health is vital for better prevention and management.

If you or someone you know hasn't quite been themselves since a head injury, it would be worth your while to consider all the available options. Natural healing is possible with proper care.



Dr. Henry Zaremba is an associate and lead clinician at APEX Brain Centers. He is a board-certified chiropractic neurologist. Visit [ApexBrainCenters.com](http://ApexBrainCenters.com) or call 708-5274.

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# Winding Down the Season

We were fortunate with the last frost in that we didn't really get one. A good freeze will burn the dahlias, which will then turn black where they stand. Because of our mild lack of organization, our flowers are kind of all over the place, which means that if they all get burned and are indistinguishable it would be difficult to separate them into like groups. As I said, though, we were fortunate. This meant that my mother and I recently spent time photographing and numbering each plant and marking them by wrapping a piece of acrylic ribbon with the corresponding number around the base of the plant. Our total count of distinct dahlia flowers is 45.

I am well aware that this platform has become a place where I espouse the unending magnificence of the dahlia. Perhaps even now you may be thinking, "Blah blah blah, dahlias are amazing, here it comes..." But seriously, this plant continues to blow me away.

We planted roughly 50 seeds at the beginning of the season as an experiment. Approximately 35 of those have survived to flower and more importantly grow tubers, which means that next season we will have 35 additional, new flowers to add to our garden. What I have come to understand from a little bit of reading is that it takes several seasons to discern if a

new variety will actually be successful as a cut flower. Several factors come into play, such as stem length and strength, shelf life (which is the length of time the flower survives after bloom), and the total size of the plant. I look forward to seeing how they evolve.

**I have come to understand that the work done at the end of the season will cause next season's beginning to go that much more smoothly.**

We definitely plan to grow dahlias from seed next season. It was exactly as described by all those who had written about it. Every day was a new lovely surprise. What new beauty might we find tomorrow?

### Closing Up Shop

Yesterday, I was out for an evening walk and saw one of my neighbors working on her garden. Although it feels like everything is coming to an end, there is still a fair amount of work to do—work that in years past I haven't always been the best at doing. Through several long-form learning lessons, I have come to understand that the work done at the end of the season will cause next season's beginning to go that much more smoothly. Here are some plans

that I have in mind for putting our garden to bed this season.

**Labeling:** Our effort to label our plants before storing has gone through several iterations. It seems that we have landed with acrylic ribbon and photographs with numbers. The corresponding number is written on the ribbon, which is then tied around the stem at the base of the plant. This year, both of my boys were very excited to help us do this because it meant that they could crawl around in the dahlia beds (normally this is not allowed). For them, these plants, many over six feet tall, create a wonderful maze of tunnels and hiding places to explore.

**Storage:** I am thinking about where we will store all of these root balls. Last year, we stored them in the crawl space under my grandmother's house. It was mostly successful, with about 85% of our tubers surviving dry rot and mice. This year, I think we will put some of our more precious tubers (first-year seedlings where only one exists) into my mother's basement, which still gets cold but has some places where we can store them off the ground and hopefully away from mice. Cold is important for the plants to be ready in the spring.

**Cover Crop:** I have never tried this before, and I am not even sure what we might plant, but I have read in several

places that planting a cover crop over winter benefits the garden by enriching the soil and is also helpful to keep weeds at bay. I'll keep you posted on how this develops.

**Dahlia Bed Layout:** Our planting of dahlia tubers and then young seedlings was haphazard at best this year. At the end of this season, I have set the intention of creating our layout for next season's beds the day after we dig up the root balls. In the past, we haven't done this until the spring. Hopefully, this will set us up for a more orderly garden next year. I must admit that sometimes I do like a riot of flowers, but I also believe that's achievable within some order.

Fall feels promising this year. It has been a pretty, lovely summer. As a kid growing up in Florida, I used to joke that there were two seasons, green and brown. I am looking forward to the wonders that our part of the world has in store for us in the seasons to come, and I hope that you get to see some of the beauty, too.



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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# Celebrate Appalachia Day in Fairview

Embrace the beauty and culture of the Appalachian Mountains at Hickory Nut Gap Farm (HNGF) in Fairview in support of the Southern Appalachian Highlands Conservancy (SAHC). Appalachia Day will be held as a celebration for everything “Appalachia.” Come out and celebrate what you love about the mountains. Enjoy a raffle, food, local vendors, farm fun, crafts and more. There will be music by The Hill Climbers (from 12–2 pm), The Holler Choir (2:15–4:15 pm) and Dan Shearin (4:30 – 6:30 pm).

Appalachia Day invites attendees to immerse themselves in the essence of Appalachia with an array of engaging activities. You can enter a chance to win a private farm tour guided by HNGF’s farm director, Virginia Hamilton, offering insights into the workings of this regenerative farm (\$250 value). Take the kids on a pony ride (from 11 am–4 pm, \$5 per person) or a hay ride (12–4 pm, \$6 per person). Proceeds will benefit Project HNG.

And while enjoying the festivities, you can savor offerings from food trucks on-site and cold beers, including the Appalachia Session IPA by Wicked Weed Brewing. Proceeds from beer sales and a raffle held during the event will help support the SAHC. Wicked Weed Brewing will also match all bar sales.

Vendors will include Meadowsweet



Creamery, Garage BBQ Food Truck, Blundt Pretzel Cart, WNC Fibers & Handweavers Guild, Farmer Jane Soap, Blaze on Creations, Otherside Hemp, Sweet Abode Artisan Soap, Odyssey Gallery of Ceramic Art, Fruit Boots Printmaking, Bill Jones Pottery, Fairy Hair Magic, Rose Makes Pots Pottery, Skipping Pibble Designs and Terri Friday Pottery.

### Hike to Ferguson Peak

Enjoy a morning hike to a scenic viewpoint above Fairview and experience the benefits of conservation in the community first-hand. As part of Appalachia Day, SAHC is hosting a guided hike to Ferguson Peak via the new Strawberry Gap Trail, which opened in 2022 and was made possible through a partnership between Conserving Carolina, SAHC, and

landowners of conserved land. Participants will hike a moderately strenuous three miles out-and-back through a beautiful forest while taking in sweeping views of Fairview. Enjoy a bird’s-eye look at SAHC-protected land, including conservation easements in the Fairview bottomlands. In total, SAHC has conserved around 1,500 acres in the Fairview and Hickory Nut Gap area.

Since 2008, SAHC has completed a series of conservation easements with the Clarke, Ager, and Hamilton families. These will forever preserve scenic views from the Drovers Road Scenic Byway, Hickory Nut Gap Forest, and the ridge around Blue Ridge Pastures on the Buncombe/Henderson County boundary. The Strawberry Gap Trail crosses a portion of these conservation easements, as well as part of SAHC’s

170-acre Strawberry Gap Preserve.

The hike is free for SAHC members and \$10 for non-members. Pre-register at [appalachian.org](http://appalachian.org). Hike leaders will send additional information and instructions for participants prior to the event.

Please note that Strawberry Gap Trail passes through privately owned land and dogs are not allowed on this trail.

“This event celebrates [a] dedication to protecting the places we all cherish in the Appalachian region,” said SAHC Membership Director Cheryl Fowler. “It offers a unique and enjoyable way to immerse yourself in the vibrant culture, natural beauty and community spirit of the Appalachian Mountains while actively supporting conservation efforts crucial to preserving this treasured region for generations to come. We look forward to enjoying a great day on the farm with friends and neighbors!”

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

Correction: In last month’s “Conservation” column, the *Crier* misidentified Tom Williams in a photo caption. He is actually on the right in the far back row with a blue shirt and sunglasses.



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# The Challenge of Aging

By Patrick Frank

Each person, as they move into their 70s and 80s, experiences the challenge of aging in a unique way. That is why I am going to focus on my personal experience. But in some ways, I believe, my experience will dovetail with and may be helpful to others.

Aging is a major challenge. I did not expect it to be so difficult, and it has snuck up on me.

I am 79 and close to turning 80. My general intelligence is okay, but I am beginning to forget certain words that I should be familiar with. My physical condition is compromised, yet I am able to function physically fairly well, despite an amputation. Fortunately, I have several good doctors to help me through these challenges.

I have a stable marriage, but extended family have experienced some significant challenges of their own, and several deaths have occurred, since a number of peers have also grown older or passed away, including a former wife and mother of my son. So, grief and loss issues have entered the picture. My dad and mom passed away a number of years ago, as well as a good friend. My wife's parents have also passed away. She also lost two babies to a serious illness. The trauma of a significant loss can profoundly affect many others in the family. For example, I felt close to my wife's (and my) mom.



Dealing with change can be difficult for anyone, but perhaps especially so for the elderly. Our recent move from a trailer park to an apartment complex is an example. It was a challenge due to physical problems, including strength and mobility issues. But I found it jarring simply adjusting to the change, and somewhat depressing and stressful, even though we are moving from a less safe and physically desirable residential environment to the opposite.

Dealing with a family business is also a major challenge. While I have a strong impulse to organize aspects of my immediate environment, dealing with

business paperwork has also been a frustrating and somewhat overwhelming challenge. Keeping track of aspects of our bank data and bill paying is both a time-consuming and complicated task. Fortunately, a bank officer has been most helpful to me in terms of sorting out the bank issues.

Getting "out and about" and enjoying nature are critically important as we age.

We have a to-do list that is incredibly long, which includes bill paying, keeping in touch with family members, and other aspects of personal and family life. The fact that family members are spread out all over the country makes this last task excruciatingly difficult.

Things that we think would be helpful include deepening and expanding relationships, engaging in creative work and getting "out and about," and spiritual exploration and growth. And, of course, my wife and I need to stick together, share love, be a team. She has been most helpful during this time of transition.

I am learning to deal with aging with a measure of courage and determination.

*Patrick Frank lives in Fletcher. He is a poet, essayist and songwriter, now retired from work as a specialist degree counselor and special education teacher. He can be reached at patrickfrank@gmail.com.*

## Getting Help with Getting Older

**Mr. Frank's concerns are shared by many.** More than one-third of North Carolina's population is over age 60. The NC Department of Health and Human Services predicts that by 2031 there will be more people older than 65 than children under 18 in the state. As our senior population grows, familial support has lessened due to relocation for jobs and other issues.

A number of local nonprofit organizations support the senior community. Seniors should contact the Council on Aging of Buncombe County or other senior-serving agencies. (There are more than 600 Area Agencies on Aging in the US.)

At the Council on Aging of Buncombe County, we provide the following services:

- ACA and Medicare sign-ups with trained counselors who help seniors choose the plan for them. We also help qualifying seniors sign up for other government benefits.
- Call-A-Ride services.
- Caregiver support so caregivers can take time off, attend personal appointments, or reset.
- Senior dining and wellness programs at four Buncombe County sites to feed the body and soul with food, friendship, and exercise.
- Monthly homebound food delivery.
- Minor home repair (such as shower grab bars).
- Resource coordination.
- Multiple volunteer opportunities.

The National Academies of Sciences, Engineering, and Medicine found that nearly one-fourth of adults over 65 are socially isolated. Researchers at the National Institute on Aging found that "social isolation and loneliness put older adults at risk for high blood pressure, heart disease, obesity, weakened immunity, anxiety, depression, cognitive decline, Alzheimer's disease, and death." Volunteering keeps the mind sharp by learning new concepts and socializing. It is important to call for a ride, get to a dining site, or visit a local library or mall. I wish the best to Mr. Frank and everyone as we mature.

*~Karen Wallace-Meigs, executive director, Council on Aging of Buncombe County and a Fairview resident.*



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# Organize Anything in Five Simple Steps

Many disorganized people reach out for help when they are at a breaking point—whether it's a garage that doesn't have room for the car to be parked, a clothing closet so packed there's no room to see or find clothing, kitchen cabinets so full that countertops are covered or an office desk that can't be used because there is too much paper on the floor and surface. What do all of these examples of disorganization have in common? None of these items have an assigned home and are therefore scattered all over and disorganized.

When I first started writing articles about organizing, I provided readers with the steps to tackle a variety of projects that needed organizing. Whether it was a small project like a medicine cabinet or rearranging closets, solutions are addressed similarly. Julie Morganstern, an organizing expert, has shared with the world how to organize practically anything by following five simple steps. These steps have helped millions of people (professional organizers and everyday people) in their quest for organization, and the steps can be learned by all.

Many people buy containers and other organizing products impulsively when they are out shopping without giving much thought to what the containers will be used for. Wait until after you purge your belongings before you purchase

organizing products. For example, buying a large number of hangers might not be necessary once you have tossed dated clothing or items that don't fit the way they used to.

People don't know where to start when there is so much disorganization. I always suggest to start in the place that bothers them the most. Whether it is under the kitchen sink, a medicine cabinet or a dresser, start by organizing a small space so you can see major changes in a short amount of time. Do not try to tackle your garage on your own at the start. Don't even think about emptying the contents of your entire closet on the bed.

**When you are ready to start organizing, follow the steps that Morganstern developed:**

- S – Sort:** Group all similar items together.
- P – Purge:** Review each item. Donate, repair or give to someone else or toss.
- A – Assign:** Give a home to similar items.
- C – Contain:** Use containers to store like items together and find easily. Label the containers.
- E – Equalize:** Maintain organization. Make sure to keep items neatly together in their new home.

**Here's a quick example on how to use the SPACE steps when tackling a sock drawer:**

- S** Take out all of your socks and sort them by color, weight, type (sports socks, pant socks, etc.) or anyway you'd like.
- P** Toss or donate those that have holes, that don't have a match, that you don't wear—especially if they are not yours.
- A** Undergarments and socks are often stored in the top drawer or part of a dresser drawer. Consider housing them in an open or closed container in a closet.
- C** You might purchase small containers to separate types or colors of socks. Place them in the drawer so you can easily see them.
- E** Maintain the organization by keeping the socks in their correct container. Toss those that are worn or add new ones when needed.

Once you have mastered the sock drawer, continue to the pajama drawer and follow the same steps. By tackling small jobs first, you will see a difference quickly. Taking small steps at first will lead to bigger projects.

Not everyone is born organized, but you can learn. You will feel more in control of your life, and find that you are less stressed once you know where to put and find your belongings. The new year is just around the corner, and now is the perfect time to change to improve your life.

*Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at [diana@grandsolutions.net](mailto:diana@grandsolutions.net).*



**Helpful Insurance Tips**

My father would nicely have to say to our clients for many years, "Your insurance

policy is not a maintenance policy." You should always be sure to show your pride of ownership with all of your property to avoid future headaches and also claims by being diligent in your maintenance plans. Here are some helpful tips:

**Auto** Be sure defrosters work, that ice scrapers are available and snow tires are in good condition, and test your battery life at a local mechanic.

**Home** Clear leaves from gutters. Have your fireplace cleaned and serviced by a pro. Turn off exterior spigots and remove garden hoses. Power wash to remove moss from siding. Insulate pipes and keep cabinets open under sinks. Trim branches near or above your house. Know where your water cut-off valve is. Seal up skirting on homes to avoid unwanted critters from moving in.

*Joanne Winkler is the owner of ESCO Insurance Agency. 231-6577 or [esco1960.com](http://esco1960.com).*

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# Fairview Elementary Students Hit the Road

by Kenya Hoffart

Fairview Elementary students love opportunities to learn outside of the classroom. They are always excited to explore and have hands-on experiences that relate to what they are studying. The first-hand knowledge students learn on field trips enhances their critical thinking skills and gives them a chance to think about a topic or theme from a different perspective.

Kindergartners ventured off to Hendersonville to visit Stepp's Hillcrest Orchard. They enjoyed a hayride around the orchard with a stop to pick apples, then visited a tasting station where they learned how to peel apples and got to sample different apple varieties. Next, they learned all about pumpkins and walked through a corn maze. They ended their day with lunch and time on the orchard's playground.

First graders traveled to Little Switzerland, in McDowell and Mitchell counties, to explore Emerald Village. They started with a slideshow in an outdoor theater, and then explored Bon Ami Mine, where they saw a waterfall, hidden mine and black light tunnel. Next, they ventured to the gemstone mine flue where each student was given a bucket of gemstone mix to sift through. They ended their day with a picnic.

Second graders made their way down



First graders at Bon Ami Mine

the winding road to Chimney Rock State Park. Students visited various stations where they learned about wildlife that roams our region, as well as about local predators and prey. They also learned about the importance of birds of prey and their role in the ecosystem. They enjoyed lunch surrounded by panoramic views.

Third graders took a trip to Gatlinburg and enjoyed a visit to Ripley's Aquarium of the Smokies. This state-of-the-art facility has over 1.4 million gallons of water serving as home to more than 100,000 exotic sea creatures. It is currently the top-rated aquarium in the US. Students enjoyed learning about a large variety of sea creatures, including green moray eels, sharks, sea turtles, sting rays and more. They also watched various schools of fish



Third graders traveled to Gatlinburg

move throughout a coral reef. A favorite for many was the penguin parade, in which students watched these web-footed friends wobble through the crowd.

Fourth graders went to Cherokee to visit the Oconaluftee Indian Village. A guide led them through this living, working village, allowing them to watch Cherokee men and women work in their traditional trades, including beadwork, finger weaving, wood carving and basket making. They visited villager homes, the village Council House, and the village Square Grounds, where they learned about traditional dances and ceremonies. Students were able to gain a deeper understanding of the ancient Cherokee way of life and traditions still carried on today.

Fifth graders traveled to Cullowhee to tour the campus of Western Carolina University. WCU offers a variety of undergraduate and graduate degrees at its main campus,



Fifth graders visited WCU in Cullowhee

its instruction site at Biltmore Park, and online. WCU is the westernmost campus in the UNC system and has been named the Southeast's top outdoor adventure college. Students enjoyed their day in Cullowhee and liked exploring the beautiful campus as they learned about academics, student life and much more. One of their favorite spots was the university's dining hall, where they enjoyed a nice lunch and fun with friends.

This region offers so many exciting spots for students to visit, and often reminds them to stop and enjoy the beauty around them. Students are already looking forward to their next adventures, which will include trips to places like the WNC Nature Center, the North Carolina Arboretum and the Charlotte Motor Speedway.

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

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**STUDENT OF THE MONTH**  
**Titus Fore**

Titus Fore is the student of the month at A.C. Reynolds High School. Titus does a wonderful job of representing what it means to be a Rocket. He is fearless and has made the most of his high school experience. He was nominated by Ms. Lampley, who says that he is well-rounded and high-achieving. Mr. Ulmer added, "From varsity football to student government to DECA, a student marketing organization where he has competed on the international level with the most creative student marketing minds from around the world, Titus is an excellent role model for his peers. We look forward to what he will accomplish after high school.

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

## Reading Program Seeks Support

The Friends of Fairview Library (FOFL) are once again working with local public schools to provide books for school winter break. In a change from previous years, "Kids Winter Read" will let students choose the books they want.

According to the educational publisher Capstone, 88 percent of kids say they're more likely to finish a book they picked out themselves and 89 percent of kids agree that their favorite books are the ones that they picked out for themselves. By letting children decide the book they

would most like to own, the FOFL hope to promote literacy, a love of reading and our local library.

In order to purchase these books, FOFL needs the support of the community. Your donation in any amount will help give the gift of reading and the joy of owning a book to a child in Fairview.

More information will be available after November 3 at a display at the Fairview Library. Donations can be made at the library or mailed to the FOFL at 1 Taylor Road, Fairview, NC 28730.

### FES DADS CLUB

## Meet the Dads: David Phillips

David Phillips was born and raised in Hanover, IN. In 2009, he earned his doctorate of pharmacy from Ohio Northern University, where he met his wife, Heidi, but they did not begin dating until after moving 14 hours apart.



David and Cora Bentley



After a 1.5-year long-distance relationship, David moved from Columbia, MO, and joined Heidi in Asheville in 2013. They married in October 2015 and have two children: Cora, a 1st grader at FES, and Wyatt. David is the current vice president of Dads Club. His favorite event since being involved was the Pancake Party last spring. He loved serving beside the kids and dads and seeing everyone's excitement to take orders and deliver food to the Fairview community. He can't wait for the opportunity to serve again at this year's spaghetti dinner!

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.

### • NOVEMBER 7 & 8 Daybreak with Dads

All FES dads and male role models are invited to the second Daybreak with Dads event. Spend some quality time with your kid while eating breakfast and discussing a character-building topic. Afterwards, dads will have the opportunity to walk their child to class, and, if interested, dads can read a book to their child's class. Grades K-2 on the 7th and grades 3-5 on the 8th.

### CHRISTI HURD

## A Lighthouse Parent

Courageous parenting is an art, and it takes practice. Ask yourself, "Do I want a short-term fix or a long-term solution to this challenge I'm having with my child?"

I must admit that in my harried days of child-raising, I often just wanted the short-term fix, with rewards/punishments and rescuing/fixing. Fear often leads to control.

There's a better, more courageous approach, and research backs it. I use the phrase "lighthouse parent." This is the firm and kind parent who emanates warmth and security while teaching and modeling character/life skills. This parent avoids extremes when managing their child. One extreme would be "too kind"—very permissive, rescuing and indulgent to always keep the child happy. The other extreme would be "too firm"—often dictating rigid rules, giving lectures and staying in control at all times.

What drives the lighthouse parent is a personal commitment to build a strong relationship with their child. This parent models that each child is worthy of dignity and respect and seeks to understand the why behind the what of the negative behavior. Their most powerful tools are empathic understanding, collaborative problem-solving and a commitment to nourish the child's innate needs for belongingness (connection) and significance (meaning). They display a steady and trustworthy presence and seek to empower their child to make wise decisions.

It's never too late to let go of fear and lead with courage in your family. You'll be glad you did.

*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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# Conservation Meets Education in Fairview

In Fairview, a new program is aiming to reshape education at a place where innovation meets opportunity and students are prepared for the real world. WORX Project, a new initiative from non-profit Camp Grier, is aiming to usher in a new era of education. Career Connected Learning, STEAM (Science, Technology, Engineering, Arts, and Mathematics), and SEL (Social and Emotional Learning) will come together to comprehensively address community needs, with equity and accessibility as top priorities.

The mission of WORX Project is to provide middle and high school students in WNC with an education that goes beyond the confines of traditional classrooms. The hope being that a more innovative approach to education will foster practical experience, nurture creative thinking, ignite an entrepreneurial spirit and give back to the community.

WORX Project is located on about 250 acres in Fairview. The campus, totaling 30 acres, is surrounded by land that will be conserved and dedicated as a community forest open to the public. Camp Grier, a nonprofit outdoor adventure camp based in Old Fort, has partnered with Conserving Carolina to preserve the tract of land and ensure that it serves a dual purpose for the Fairview community. Because the land is mostly undeveloped, students within the



WORX Project programs will have the rare opportunity to actually help build trails and infrastructure that they will benefit from. Moreover, the community that raises and surrounds these kids will have a stake in the area, as it will be available for public use and guided by community feedback.

The first Town Hall Meeting for community feedback on the new public forest will be held on November 8 at the Spring Mountain Community Center (807 Old Fort Road, Fairview), from 5:30 to 7:00 PM. This will be a chance for the community to learn more about the forest and where the camp will be located, ask questions, and engage with the planning committee. All are encouraged to attend. If you are unable to attend, you can submit feedback online ([tinyurl.com/jay5scf2](https://tinyurl.com/jay5scf2)) until November 30.

WORX Project wants to highlight the significance of skilled jobs in fostering community growth while bringing a more equitable lens to career and technical programs that desire to close the opportunity gap faced by many marginalized youth. The project offers a starting point for youth to connect with career pathways. Students will engage in rotations across various trades and skills, providing every participant with the opportunity to explore different career pathways and discover new horizons.

Leading this journey and one of the distinctive factors of the program are community business partners. A few of the current business partners that offer and support hands-on learning for students are Garren Creek Apiaries, Food for Adventures, Diamond Brand, Cane Creek

Cycling Components, Southern Appalachian Wood and The Asheville Recyclery.

"WORX is a unique approach that leverages land conservation for the benefit of the local community and local young people," said Jason McDougald, the Executive Director of Camp Grier. "WORX will provide career education opportunities year-round during the week, provide a community forest and outdoor recreation asset for local residents of Fairview, and a venue for weekend gatherings. We're grateful for our partners at Conserving Carolina, the Presbytery of WNC, Buncombe County Schools, and the outdoor recreation business community."

WORX Project is positioned to offer students in WNC a new way to experience education that goes beyond conventional learning. By encouraging students to view education as an adventurous journey, one where they learn from diverse perspectives and crafts, WORX Project hopes to empower the next generation with the tools for success and pave the way to a brighter collective future.

WORX Project would like to connect with more local business partners in the construction trades, manufacturing, outdoor recreation industries, and hospitality and tourism. If you are a business owner in WNC interested in helping develop career-connected learning opportunities for students, contact [admin@worxproject.org](mailto:admin@worxproject.org) or talk to someone at Camp Grier at 668-7793.

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# Freedom Brings Changes

Just like most teens, my 16th birthday was a big mile-marker. I got my license! And it was very freeing. I no longer have to rely on my parents to get places. I can run to the store any time I need. And I can go anywhere I need to at the last minute. My parents also love the freedoms my license brings. The two of them don't have to taxi my brothers and me around to our three different practices, crazy activities and different schools (in opposite directions). From the first day, I



*Ansley Fuchs*  
**TEEN PERSPECTIVE**

was already driving my brothers around and helping the neighbors with carpooling. Now that I am able to drive myself, I'm also getting my first job. I get to work for a local Etsy shop owner. I'm looking forward to the opportunity to work outside of my parents' company and learn something completely new.

I also can't wait to spend more time with my younger brothers. I hope to find time to take them out to ice cream or the movies. Charlie, one of the 8-year-old twins, asked me four times in the first few days when I would take him to school. After just a few days of having my license, I already have

so many ideas of things I can do with my brothers that will bring us closer together.

However, a license isn't all freedom and joy. At least not for me. I am the type of kid that talked to my dad the entire way to school and told my mom every detail I could remember about my day when I got in the car after practice. My first morning driving myself to school was painfully quiet. My brother Landyn sat deadly silent next to me, which is very abnormal for him (he usually hums or plays the drums on his notebook). I was completely fine, if not happy, with the silence for the first half of the drive. However, as I took the exit off to school I began to miss talking to my dad about my upcoming day. The same was true of missing my mom in the afternoons. I told Landyn that he would just have to get used to talking about his day, beyond the typical "It was good" or "Just fine." I also told him he would have to get used to me telling him about my classes, because I needed conversation. I couldn't sit in the car with him for 40 minutes a day and just listen to the radio. This has already created many great conversations between us about classes and teachers. He has the same teachers I had in 8th grade, so I can help a lot with the topics he is learning or struggling with.

My license has opened many doors,

# ACHRS Volleyball Supports Mental Health

In October, members of the A.C. Reynolds High volleyball team participated in the All Souls Counseling Center's "Mental Health Matters" walk/run at UNC-Asheville.



Back row (standing) L-R: Hayley Hooks, Victoria Pena, Jessica Judd, Coach Amanda Dotson, Mallory Corbett, Coach Elyssa Patillo, and Coach Macy Baldwin. Front Row: Keira Caulder, Anna Stone, and Mckinnon Tatum

The purpose of this event was to raise awareness of the mental health resources available in our community and help defeat the stigma around seeking help.

"Mental Health Matters" is a public forum for normalizing conversations around mental health struggles so that all who need help can more easily access a qualified professional.

These student athletes enjoyed the time walking and socializing with community members to support this important cause.

Keira Caulder, an 11th grader, said, "I participated because I knew it was for a good cause and I would make memories with my teammates."

bringing freedoms along with some sadness. I love the opportunities it presents for me to be intentional in building relationships with my brothers. However, I'll also need to be more intentional with sitting down to spend time with and talk to my parents. I think that I look at my license very differently than most teenagers. I think it allows me to stay aware of the different kinds of opportunities and

relationships that come with the initial freedoms of being a legal driver. While I didn't want the change that came with my getting my license, I am grateful for the abilities it has given me and the relationships I can build with it.

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

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# After Holiday Meal, Entertain Yourself

By Erin Lindberg

As we head into the holidays, I'd like to share with you a little family fun from my bag of theater tricks. Picture it: You've just had an amazing meal with all the buttery, warm sides. You've eaten all the decadent desserts, drank the coffee, and loosened the belt. As you gaze across the beautifully set table at the smiling faces of dear family members that surround you, you think...now what?

Instead of lighting up faces with more screen time, think of lighting up their faces with theatrical fun. Sometimes the word "theater" can be intimidating, but theater fun can be as simple as a game of charades or creating shadow shows huddled around the bonfire or with a flashlight. Did you know that those who participate in theater games (especially children) show a dramatic increase in empathy, literacy, confidence and the ability to express themselves? So, if you are ready to avoid the awkward conversations and isolating screen time to make the most of your holiday together, read on.



**Scavenger Fun:** Send everyone on a short scavenger hunt for random household items, then meet back up and exchange items. Each person must come up with an alternative use of that item. Want to level up? Have each person "sell" the item—infomercial style! For example, a Q-tip becomes a magic wand, a mouse dumbbell, a mini microphone or a bald-man's hairbrush.

**And Then:** Have everyone sit together and start off a story with "Once upon a time there was a \_\_\_\_\_." Then, each person adds one sentence to the story. Remember not to change the story. Once something is established, you have to go with it. (For example, if the princess dress is purple, you can't say, "No it was pink.") Go around the group one to three times but know who ends the story with "The End."

**Level Up:** Now, act out your story. You can use this game to illustrate a story book or use it with the shadow puppet play.

**This is a \_\_\_\_\_:** Select several household objects that can be held and passed around easily, then have everyone sit in a circle. Use the following script to begin passing around the objects. The first person tells the second

person, then the second person tells the third person and so on. They must remember what the object's name is and continue sharing it until it arrives back to the beginning. This gets tricky the more objects you start around the circle. If you want to make it more difficult, give the objects a new or creative name (a whisk becomes a wand).

Person 1: This is a (whisk).

Person 2: A what?

Person 1: A whisk.

Person 2: Oh, a whisk. (To Person 3)  
This is a whisk.

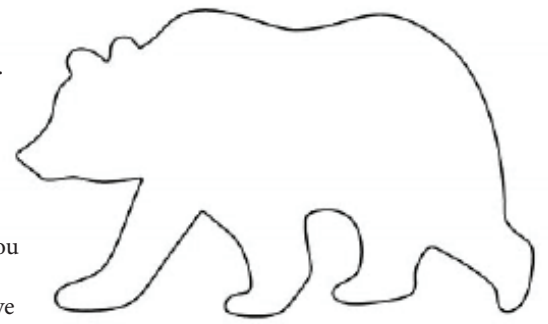
Person 3: A what?

Person 2: A whisk.

Person 3: A what?

Continue to Person 4 and onward. At this point, Person 1 begins again with Person 2 but with a different item.

**Shadow Puppets:** This is fun to do with the kiddos while meals are being prepared. Have silhouettes of people or animals—think simple fairy tales, such as three pigs, Jack and the Beanstalk, Goldilocks, etc.—cut out (or have kids cut them out). Then, attach these to straws,



chopsticks or popsicle sticks. Don't have the time to create paper puppets? Use what you have. Stuffedies work just as well.

Think of a story (or use "And Then" to create a new one!) to act out with your puppets. Want to level up? Add a twist to your fairy tale. What if the wolf was good? What if the beanstalk was a sunflower? Make sure to create different voices for your characters.

**Shadow Puppet Theater:** This is easier than you think. All you need is a light source, a large piece of thin fabric (like a bed sheet), and something to drape the fabric on.

Enjoy your start to the holiday season and make those memories count.

*Erin Lindberg is the theater director at Asheville Christian Academy and teaches private and group lessons to ages 6 and up. You can contact her at erin.lindberg@yahoo.com.*

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# STRAW PENETRATION

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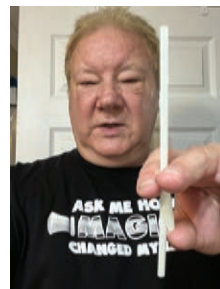
A pair of scissors and a straw.

## PREPARATION

Cut a small piece of straw off the end of your straw. Next, carefully make a slice up the side of this small piece. Open the sliced piece and place it around the straw.

## PERFORMANCE

Show the straw and hold it between your fingers. Place the straw against the pad of your thumb. As you adjust the straw in your hand, carefully angle the piece you cut (with the slit in it) and allow the "real" straw to go behind your thumb. To the audience, it will look like you are just holding the straw. Gently strike down on the top of the top end of the straw and the part against your thumb passes through your thumb.



# magic!

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

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# Don't Leave Your IRA to the IRS

If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it would likely end up in your estate plan. If you leave your IRA to grown children or other family members, could they be hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals. But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to withdraw the entire balance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for

certain non-spouse beneficiaries. Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty waiver for 2023.

Although these rulings give beneficiaries—those not eligible for the exemptions listed above—more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect your heirs, consider these suggestions:

- **Using permanent life insurance.**

A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

- **Leaving taxable investment accounts to your heirs.** Apart from

your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This means your heirs will essentially inherit all the gains your investments earned by the time of your passing—but they won't be taxed on these gains if they sell the assets immediately. This type of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and financial advisors before making any moves. And, as with many areas relating to inheritances, the sooner you start planning, the better.



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

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800-899,999K	1	850,000
1-1.5M	1	1,426,000
3M	1	3,050,000

HOMES LISTED: 10	HOMES SOLD: 8	LAND LISTED: 7	LAND SOLD: 6
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Min \$519,900	Min \$342,000	Min \$50,000	Min \$28,000
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# Celebrating Veterans, Mental Health Focus, and New Laws

With Veterans Day on November 11, I first want to pay respect to the veterans who have served our country. We would not have our freedom and democracy without your service and sacrifice. In October, students wrote over 270 letters to veterans participating in the annual Blue Ridge Honor Flight. The JROTC members at A.C. Reynolds High supported the Honor Flight by presenting a war memorial flag and wearing period uniforms. Honoring our veterans and providing opportunities for students to learn about military service are good examples of the great things happening in our schools every day.

## Focusing on Mental Health

In October, BCS had a special focus on mental health. Specifically, October is recognized as National Bullying Prevention Month. Bullying is strictly prohibited by our Board of Education. It is important to recognize that simply by being accepting, kind and inclusive, we all can help eliminate bullying and make our communities better and safer for everyone. Remember that our kids learn from the behaviors they see us model as adults—whether in schools, on a sports field or driving down the road. Through small efforts like this, we can create a world without bullying.

Lastly, I want to thank the A.C. Reynolds PTSA for organizing the first

“Out of the Darkness Walk” in October, focused on suicide awareness and prevention. The event was well attended and included tables of mental health resources for students and families. Friends, family members, neighbors and coworkers walked side-by-side, supporting each other and in memory of those we’ve lost. These events are intended to give people the courage to open up about their own connections to issues surrounding suicide prevention and create a culture that’s smarter about mental health. Our outstanding school counselors and social workers were in attendance, and I want to acknowledge them for all the work they do every day to support our students’ mental health needs.

## New Legislation

During the most recent session in the NC General Assembly, there were several new laws passed that will affect our schools. I would like to explain the changes resulting from a few of these and give my opinion.

In the budget, there were a few positive gains, including increases to starting teacher pay and additional incentives for bus drivers. However, I still believe we need to do better regarding salaries for administrators, teachers and staff if we hope to overcome teacher shortages and remain competitive with neighboring states.

## Parental Rights

The Parents Bill of Rights law established 12 rights for parents regarding their children and their education. These parental rights are now posted on the Buncombe County Schools webpage. Most of these parental rights are already practiced in our schools, such as things like the right to receive a report card, the right to inspect curriculum, and the right to inspect a list of books that students have checked out of the library.

However, there were new rights established around parental notifications, specifically related to changes in services or a student’s request to change their preferred name or pronouns. The law requires school boards to submit new policy addressing these rights to NC’s Department of Public Instruction by early January 2024. I want to assure our school community that we are working with staff to develop these new policies in way that creates a safe learning environment and respects the dignity of every child we serve in our school.

Lastly, the state has passed the law that changes the way we elect our school board representatives in Buncombe County. This will not affect which school your child attends. However, this will eliminate the concept of attendance zone board representatives as we have them

now, and it will eliminate county-wide voting for every district representative. Instead of having a Reynolds District representative amid the six primary high school attendance zone representatives, there will now be six generic districts drawn based on equal population sizes from census data. Voters will only be able to vote for the representative in their own district, except for the one “at-large” representative on the board.

The new districts must be finalized by late June 2024 and will be used in the November 2024 election cycle. As I’ve stated before, only a small number of advocates requested this legislation, which requires our school board to pay for the redistricting process. I do not believe it to be an effective use of our time or county tax dollars or that it materially improves anything for our students. However, our school board will continue to serve our students in the county with a safe educational environment where all students can meet their full potential.



Rob Elliot is the Reynolds District School Board Representative. Contact him with questions or concerns about school-board related items at [rob.elliott@bcsemail.org](mailto:rob.elliott@bcsemail.org)

or call/text 828-222-4874.

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## “Angels” Start Holiday Drive

**Angels of Fairview invites you** to participate in their Annual Holiday Meal Drive. Tax deductible donations accepted through December 21. Send donations to your child’s teacher, mail a check (to “Angels of Fairview”) to PO Box 94 Fairview, NC 28730 or pay online at [paypal.me/angelsoffairview](https://www.paypal.me/angelsoffairview). \$60 secures a complete meal for a family (includes 10- to 12-pound turkey, two sides, rolls and a dessert).

Angels of Fairview is a nonprofit 501(3) c group made up community members aiming to make a difference. Families in need are identified through the counseling departments of Fairview Elementary and

Cane Creek Middle schools. In addition to providing holiday meals, we also assist families with power bills, car repairs, prescriptions, eyeglasses and clothing. We have provided gas and restaurant cards to families with a loved one in the hospital.



Several victims of house fires have benefitted from our assistance. We are able to fund our endeavors because of generous donations.

From our family to yours, thank you for your continued support of Angels of Fairview and our community. Contact Laura Booth at 216-6002 or Ron Gortney at 775-7750 with any questions.

## Old Church Needs New Roof

**Old Fairview Sharon Church** is in need of a new roof! As a Board we are reaching out to the community for assistance with this expensive endeavor. We have insurance on the church, but their reimbursement covers a very minimal amount of the total expense. Many of you may have memories around this beautiful church and would like to see it preserved. This historic building is located at 291 Sharon Road. The building was built in 1852 and has withstood many storms but has developed leaks that are now damaging the inside of the church. Would

you consider a gift toward this expense? It is tax deductible! Questions can be addressed to Shirley Nesbitt at 777-4047. Checks can be made out to “Old Fairview Sharon Church and Cemetery” and sent to PO Box 1832, Fairview, NC 28730. If you would like ongoing reports, please indicate that with your gift. Do you desire a place to worship? Weekly services are held at 11 am on Sunday mornings.



## Toddler Yoga at Fairview CC



Fairview Community Center will offer two Wednesday morning yoga classes for families with young children from November 8 to December 20. “Toddler Yoga” will start at 10 am and “Baby and Beloved Postpartum Yoga” comes next at 11 am. The classes will run as a six-week series in collaboration with West Asheville Yoga.

These classes will be taught by

Christie Abeling, who has over 25 years of experience teaching in Buncombe County, including two decades of offering yoga and stress management to teachers at A.C. Reynolds High School. For 17 years, Abeling has specialized in family-centered, pre- and postnatal and kids classes that prioritize personal care, support healthy parent-child bonding, and encourage children's self-expression and confidence through movement and music. Abeling said her passion lies in creating collaborative, community spaces where movement, yoga, and music converge, igniting new perspectives and fostering strong networks of support.

Plans are also in the works for adult and adolescent classes focused on yoga and mindfulness. Look for updates in the *Crier*.

You can register for the classes and see pricing at [westashevillyoga.com](https://westashevillyoga.com) (a sliding scale is available for those who need assistance).

For more info, contact Abeling at 407-3473. The Fairview Community Center is located at 1357 Charlotte Highway, Fairview, next to Fairview Elementary School.

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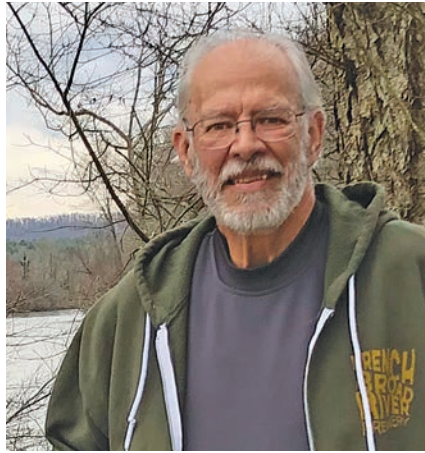
## Arthur “Leon” Roach

Arthur “Leon” Roach, 72, of Fairview, NC transitioned from this life to his Heavenly Home on September 29, 2023. He passed peacefully after a long, brave battle with PSP (Progressive Supranuclear Palsy) surrounded by loved ones.

Leon was born in Rutherford County on February 15, 1951, to Emily Young Roach and Arthur Lee Roach, both deceased. He grew up in Forest City, NC, and attended East Rutherford High School. After graduation in 1969 he came to the mountains of WNC where he lived out most of the remainder of his life.

Leon attended Western Carolina University and graduated with a Bachelor of Science degree in Industrial Technology in 1973. He worked for Daniel Construction, living briefly in Columbia and Florence, SC. The mountains called him back and he returned to WCU to obtain a Master of Science degree in Industrial Education in 1977. From there he began his 30-year career as a teacher and coach at A.C. Reynolds High. He enjoyed teaching construction, drafting, and principles of technology. Many young men went on to have successful careers from the foundation he instilled.

Leon loved coaching! Lifelong memories and friendships have remained a blessing through football and golf. He devoted 26 years to the men’s golf program, and in 2001 established and coached women’s golf as well. Throughout the years, his teams won several conference championships, he won many Coach of the



Year awards, and he was inducted into the ACRHS Athletic Hall of Fame. He and his classes enjoyed building projects around the school, like the big concrete “R” at the end zone of the football field, assisting staff with their needs, and especially building sets for many plays and musicals. (One of his best was the set for *Les Misérables* that received applause and a standing ovation at every performance as the barricade was turned!)

After retiring in 2007, he enjoyed working in his shop at home, creating treasures for others to enjoy. Missing people and students, he accepted an invitation to acquire his CDL and drive a tour bus. He especially enjoyed driving college teams to major sporting events, school children on field trip adventures, and various church groups to camps and conferences.

Leon’s dedication to family and career was fueled by his deep faith and passion for Christ. He served the church as deacon, chairman of the board, Sunday

school teacher, and choir member. He and his classes helped with the construction of Covenant Community Church, and in his last years he served at The Church at Asheville.

He had a huge love for the Emmaus and Chrysalis communities he served! From serving on many boards, to cooking, making tea, praying, singing, and even acting in a skit, this was truly where he found his calling and forever close ties.

Left to cherish his memory are his wife of 40 years, Judy Davis Roach, daughter Amanda Nix and husband Stephen, son Carson Roach and wife Olivia, his two granddaughters, Bailey Nix and Eleanor Roach, and his brother Charles Roach and

wife Billie Vess. There are also many cousins, nieces and nephews who loved and admired him dearly.

A Celebration of Life will be held at Covenant Community Church on November 11 at 11 am. Fellowship will follow the service. Covenant is located at 11 Rocket Drive, #100, Asheville.

In lieu of flowers and because of Leon’s commitment to education, a fund has been established in his memory to someday be his contribution to further the education of his two granddaughters. Donations may be sent to: A. Leon Roach Memorial Fund, First Bank – Reynolds, 5 Olde Eastwood Village Blvd. Asheville, NC 28803.

## Edward Harold “Eddie” Kirby

Former Fairview resident, Edward Harold “Eddie” Kirby, 60, of Longs, South Carolina, passed away early Tuesday morning, September 12, 2023.

Eddie was born on the US military base in Rota, Spain on November 8, 1962. He was the son of the late Edward and Mabel (Corcoran) Kirby. He was brought to New Jersey as an infant where he lived until moving to Fairview in 2004.

Eddie was a 1980 graduate from St. John Vianney High School in Holmdel, NJ. Upon graduating, Eddie was employed as a dispatcher and special officer with Holmdel Township Police Department. He studied Criminal Justice at Brookdale Community College. He was hired by Marlboro Township Police Department and attended the Monmouth County Police Academy. He graduated from the police academy on December 19, 1985 and was a canine officer with the bloodhound unit. Eddie loved being a police officer. He worked with the communities until he retired from Marlboro Township Police Department in 1996 due to an on the job injury.

Eddie was an exceptional hockey player, which led him to be invited to the tryouts for the 1984 US Olympics Team but unfortunately he sustained a career-ending injury to his knee and was unable to continue to play. Eddie had a passion for all sports since he was a child. He was a die-hard New York Yankees, Washington Redskins, NC State basketball and The Ohio State football fan. He loved music and was a talented



drummer, playing with the Bayonne Bridgeman Drum Corp until the early 1980s. He then played snare drum for St. Brendan the Navigator Bag and Pipe, Point Pleasant, NJ.

Eddie lived in Fairview for 18 years, where he and his wife raised their family. Eddie loved the mountains and the beauty of Western North Carolina. He

was a coach of Upward basketball and flag football. He is a past member of NC Fraternal Order of Police Lodge #1.

Eddie leaves behind all those to hold onto his precious memories, including his beloved wife of over 34 years, the former Diane Kross, whom he married September 24, 1988; his two sons, Edward Harold Jr. (Mandy) Kirby of Washington D.C., and Michael Patrick Kirby of NC; a sister, Tracy (Kirman) Kasemeyer of Oregon; an uncle, Samuel (Sandra) Cornelius of Texas; his aunt, Judy Weidner of Youngstown; along with many nieces, nephews, cousins and friends.

Eddie was a protector and stood up for those who could not stand up for themselves. He loved people, life, and his family passionately. He loved the Lord.

Per Edward’s request, a caring cremation has taken place. To honor Eddie and his memory, donations may be made to Tunnel to Tower foundation.

## Evan McNaughton Bacon, Jr.

Evan McNaughton Bacon, Jr., passed October 14, 2023, at home in Fairview. Born to the late Margaret Ophelia Bacon and Evan McNaughton Bacon on February 22, 1950, in Miami, Florida, Evan was 73.

In addition to his parents, Evan was preceded in death by his wife, Diana Bacon, to whom he was married for 25 years.

He is survived by step-sons Brandon Hart (Josie) and James Hart (Dee), both of Fairview; a sister, Bronwen Starnes, of Brevard; grandchildren, Starla Hart (Mikey Shelton), Micha Hart and Avery Pegram, all of Fairview; great-grandchildren, Kha’nye Brown and Oaklynn Shelton, both of Fairview; cousins, Glenn Mize and Jane Kummings; and nephew, Kirk Alfred Starnes.

A service was held on October 19 at



The Place Fellowship Church in Fairview. Condolences may be shared at AshevilleMortuaryServices.com.



# The Hawthorn Tree

I was recently on top of a mountain in a wild apple orchard that is at least 60 to 70 years old, and the trees were loaded with apples. The apple trees were so laden with fruit that a huge bear took to sleeping near one of the trees—it could have breakfast in bed! I noticed several trees in the meadow with bright red berries, and from a distance I assumed they were holly trees, but the shape was wrong. As I hiked through the tall meadow I was thrilled, as these trees were gnarly, covered in lichen and looked quite old. I looked at the berries and the giant barb-like thorns and was delighted to find hawthorn trees (*Crataegus monogyna*). I popped a few berries in my mouth, spit out the large singular, poisonous seed, and enjoyed the tart fruity flavor of this amazing tree.

Those red berries took me down memory lane, as I remembered vividly my first encounter with a hawthorn. I was 19 and out for a walk at night with my dear poet friend and wise feral sage, Christopher Floor. It was 10 degrees outside, and we came upon a huge hawthorn tree, its branches intertwined around a street lamp in a neighbor's yard. I had never seen one before. Chris shimmied up the light post, grabbed a few berries and said, "Try these frozen hawthorn berries." They were mildly sweet, kind of tart, and refreshing. I was delighted, and I climbed the pole to avoid the prominent thorn spikes and gathered a handful of berries to take home. What I remember most was Chris saying, "Whatever you do, don't lick the metal pole, as your tongue will freeze to it." Well, I was young and didn't believe him and after eating another berry, I put my tongue to the pole and it did freeze to it and Chris had to go get water from his dad's house and unfreeze my tongue. Lessons learned!

Hawthorn trees are members of the rose family that can reach 30 feet in height. The genus *Crataegus* comes from a Greek word meaning flowering thorn. The species name, *Monaogyna*, means one seed. Hawthorns are tough, gnarly trees, native to Europe, Africa, the Middle East and Asia, and can live



Hawthorn trees are members of the rose family that can reach 30 feet in height. Their red fruits are highly edible, extremely high in pectin and frequently made into jellies.

up to 700 years. Common names include mayblossom, quickthorn and whitethorn. Small, white, hermaphroditic flowers appear after the leaves in spring, and later in the year they produce numerous "haws" that are oval-shaped, dark red fruits with one large seed. There are many species of these trees, and even though all the seeds within the genera are poisonous

**Hawthorn extracts made from the berries, leaves and flowers are powerful medicinals for the heart and are natural beta-blockers.**

and need to be discarded, the fruits are highly edible, extremely high in pectin and frequently made into jellies.

Hawthorn extracts made from the berries, leaves and flowers are powerful medicinals for the heart and are natural beta-blockers. I was delighted to find these trees this summer, as I had recently been diagnosed with borderline hypertension and decided to come off my blood pressure

medicine due to the side effects. Years ago, with my physician's consent, I chose to lose weight, meditate and begin using commercially prepared hawthorn berry capsules along with tea made from the fresh berries. After two months, my blood pressure returned to perfect levels. The seeds must be removed, as they contain cyanide and are toxic enough to kill if eaten in quantity. Tea can be made from the fresh new flowers and berries. Berries can be de-seeded, and the pulp can be used for jellies or tea.

The trees are also terrific nesting habitats for wild birds, as predators avoid the lethal spikes all over the trees and the berries are an important food source for wildlife. In Europe, hawthorns have been used for centuries as a living fence, as the thorns are formidable wicked spikes and, when grown as a hedge shrub, create an impenetrable barrier.

Hawthorns have an important history in both pagan and Christian symbolism. Healers made amulets out of hawthorn to ward off evil spirits. Hawthorn is also associated with the old Beltain rites of "fetching the May" into the village



to bestow fertility and plenty and to celebrate the return of the green life force. Many believe the thorns of Christ's crown were made of hawthorn. According to legend, in Glastonbury, England, Joseph of Arimathea brought the grail cup to Britain after the death of Christ and struck his hawthorn staff into the ground, where it burst into flowers—and consequently founded the first Christian Church of England. What is unusual is that the old hawthorn trees there bloom in May, but for many years they bloomed a second time in December.

May your hearth fires burn bright and warm; may autumn and winter be filled with joy and peace; and may we all enjoy and appreciate the profound blessings and gifts that our natural world bestows upon us.



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# Arden Field Trip for FBA Members

**T**wo FBA members who live in Fairview but have businesses outside the community invited us to visit their Arden locations. Andrea Bryson and David Huebner know they have a unique shop offering secondhand, name-brand clothes at affordable prices. They have been named "The Best" in Asheville. They were generous to pass out coupons to us. Then members walked down to see Brandy Lampert at Frame It Asheville. She is a highly creative lady who goes the extra mile to personalize framing to the decor of the home and gives percentage discounts to FBA members.



David Huebner and Andrea Bryson of Clothes Mentor are proud of their "Best of Asheville" award.

## November Meeting

The next meeting will be November 8 at 6 pm at Cloud 9 Relaxation, at 137 Bob Barnwell Road, Fletcher. The home was created in 2005 out of the retirement home of Vernon and Mary Peterson, who bought land on Bob Barnwell Road in 1965. Their daughter, Janet Peterson, inherited the property and then built three other vacation rental cabins. She also offers land for DIY weddings, business picnics, birthdays and remembrance ceremonies centered around Peterson pond with gazebos, horse shoe pits, bocce ball and a croquet court. FBA members are invited to bring a potluck dish and experience the mountain views from this hilltop gem. Following our business meeting and

election of officers, FBA member Mary Anne Tierney, RN, MPH, will present an interactive program titled "Why & How to Take a Tech Sabbath." She is CEO of Blue Ridge EMF Solutions and Director of SafeTech NC, a non-profit sharing why and how to use technology safely. Members will learn how time "unplugged" can benefit both their business and health. "How do you balance a break from technology and still keep in touch with those who need us?" is the question Mary Anne gets most often. She will share practical tips and safer tech to use every day.

In December, FBA members will meet for a holiday gathering at Black Bear BBQ at a date to be determined.

## Clean Your Skin Like a Professional

Cleanse your face every night. While there are differing opinions on frequency, I believe that once a day suffices. If you've applied serums and/or moisturizers the night before, morning cleansing can be a gentle splash of water. That will activate/emulsify the products applied the night before.



In my 45 years as an esthetician, I understand the importance of touch and pressure. In consulting, clients often hesitate to touch their skin with "purpose."

For a pro-level cleanse:

**Dispense** a nickel-sized amount of cleanser into your palm, wetting your fingers as you run warm water. Mix in your palm.

**Gently massage** into your skin, adding water as necessary for a creamy consistency. Focus on massaging the underlying muscles rather than just the surface of the skin—aim for a touch that you can truly feel. This is referred to as "touch with intent."

**Cleanse** the nose, cheekbones, and beyond with deliberate movements, pressure, and circles. Spend approximately 30 seconds, adding water if necessary to maintain the creamy texture.

**Dampen** a designated facial cloth with hottish water. Gently press the cloth against your skin for 10 seconds creating a steaming effect, then wipe the skin. Rinse the cloth. Repeat this process twice more.

**Important:** Apply night serum and moisturizer.



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

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# What Would You Do?

Being in the insurance business for 25 years has rarely been boring. Each appointment or phone call introduces me to new people with different situations to work around—some difficult, some easy.

I am a “Mr. Fix-it” type of guy. A Medicare “MacGyver” so to speak. Each client hands me their personal puzzle pieces and asks me to put something together that works for them. These pieces can be a person or people, personalities, places, physical health, prescriptions, physicians or product options, to name a few. Each of these things has an impact on what will be the best solution for that person.

I recently had a phone conversation with Tom (not his real name), who was referred to me by one of my clients. Tom was turning 65, is eligible for Medicare Part A (hospital) but not Part B (doctors), and was struggling with understanding this “Medicare thing.” He is working and has no intention of retiring soon, has employer group medical insurance that costs him \$170 per month, and his wife Joan (not her real name) is covered by his plan.

Joan is from Portugal with access to state medical benefits there but not here. Tom mentioned that in a pinch Joan could go back to Portugal for treatment. She

is younger than him and not eligible for Medicare. Tom takes no medications and is considering a medical procedure soon that might require hospitalization. He worries about the substantial deductible he will have to pay with his current plan and wonders if Medicare would be better.

### No Easy Answers

We talked about the basics of Medicare and what his options were. I asked Tom what he was looking for in a plan. He said he wants a reasonably priced plan with a low deductible to “cover everything.” Since he and Joan travel to Portugal frequently, he would like the plan to cover him there, too. His options included a Medigap policy with a Part D Rx plan or a Part C Advantage plan, both of which required him to have Parts A & B. He could keep his group plan, but the Part B premium would double his cost and duplicate coverage. If he gave up his group plan, then Joan risked losing her coverage.

What would you do?

Thanks for reading.



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

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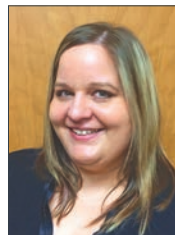
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