



The Fairview Town Crier

JANUARY 2024 VOL. 28, No. 1 | FAIRVIEW, NC | fairviewtowncrier.com  

New Year, New Team— The Crier Lives On!

We are thrilled to have found such talented, experienced and—most importantly—locally-minded people to carry on the mission of the paper. Fairview, you are in good hands! We asked the new team to introduce themselves to our readers (see below). And if you see them when you're out and about, please stop to say hello!

Ralph Grizzle, Editor



Like many of you, I read on these pages something that I could not imagine happening: Come the first of the year, the *Fairview Town Crier* could cease publishing. For more than two decades, the *Crier* has informed us about community events, reminded us of our collective history, taught us how to manage our land, our health, our finances—and more. To see the paper end would be unthinkable.

I had the skills, but I wasn't looking for a job. Tending to my 2.5 acres here in Fairview consumes a good chunk of my day. Still, the idea of helping sustain the *Crier* intrigued me. Plus, the job description matched my skill set.

After graduating in journalism from UNC-Chapel Hill, I worked for several magazines. If you thumb through past issues of *Our State* magazine, you'll likely see my byline accompanying articles that I wrote about WNC.

Equally as important, I love Fairview, its rolling landscape and fertile valleys, as well as the diverse and talented folks who make up the community. From banjo makers to craft beer brewers, Fairview boasts an impressive roster of people who are good at what they do—and good for the community.

But, as I said, I wasn't looking for a job. "That's true," said Tamera, my significant other of many years. "But I think the job was looking for you." So here I am Fairview, ready to serve you. I look forward to meeting as many of you as possible and hearing your stories as I work to ensure that the *Crier* continues to do what it has done for decades: contributing to the spirit and well-being of our fine community.

Contact Ralph about story ideas, event details, running an ad, and anything else. Call/text 828-338-8133 or email ralph@fairviewtowncrier.com.

Saige Hopkins, Art Director

Recently, as I was leaving the *Crier's* office, I smiled as I remembered Rocket Video, which used to be in the same shopping strip as Americare. As a kid, I loved going there with my family to pick out weekend movies.

Movie rental stores have become relics of the past, yet the oddly pleasant smell of new DVD cases reemerges in my memory whenever I drive by Eblen Short Stop. That's part of the magic of growing up with a place; it becomes many places, all mixed into one.

Just as I have grown since my days of wandering through the aisles of Rocket Video, Fairview has grown alongside me. Fairview was where my love of art was established. In elementary school, the bus dropped me off for art lessons at Susie Hamilton's house. The class started with a warm slice of bread straight from the oven, which we covered with icing. Afterward, we wandered outside to sketch the pigs in the afternoon sun. Who wouldn't love drawing after those experiences? In high school, I took oil painting lessons with Connie Bostic. In 2014, thanks to Connie's letter of recommendation, I was admitted to New York's Cooper Union School of Art.

While in college, I had the perspective-broadening experience of big-city living. Still, I could never shake my homesickness for the mountains. The day after graduation, I drove right back home. I started my own small business as a graphic designer and illustrator where I have collaborated with local businesses.

Across all of these memories, the *Crier* has been a constant presence. As the new Art Director, I am excited to be able to broaden my relationships with this special community and support the *Crier* as it keeps fulfilling its mission. Here's to many more Fairview memories!



Turning the Page



I'm finally ready to let you in on what I call my "dirty little secret." Are you ready? Ok... I have never lived in Fairview.

That's right. The editor of this Fairview-focused paper, who made decisions about what was Fairview news and what was not, was not a Fairview resident. And not a Gerton, Fletcher or Reynolds resident, either. I have always lived in Asheville.

As you can tell, I was sensitive about this. And that's because I believe strongly in the purpose of the paper. I would get a press release from a well-intentioned but Asheville-based nonprofit. Nope! Someone from Lake Lure would let me know about a fundraiser there. Sorry, no can do.

And the more I helped to protect those boundaries, a funny thing happened. I began to feel like I was a part of the Fairview community.

I'd follow along as a contributor's kids graduated from ACRHS and went off to college. I'd welcome a new business owner, and watch them grow and become successful or transition to another field. I would be among the first to hear about births and passings. People would ask me what was being built at new developments on 74A.

Now, I am a naturally curious sort, always wanting to know about other people's lives and experiences. I can worm my way into a new environment. But Fairview made that process easier—even for an "outsider"—with its spirit of connecting and welcoming. Thank you, Fairview, for making me feel like a part of your special community.

This is not a final goodbye. I will stay on for a good while to help with the transition and plan to visit often to see the people and places I've grown to enjoy so much.

There are too many people to thank them all individually—all the amazing volunteer writers, former and current board members, the *Crier's* office workers, bookkeepers and proofreaders through the years, and all the loyal labeling volunteers and those who've helped us get the paper to Fletcher and Reynolds. I'd like to give a special thanks to Sandie Rhodes, the former editor and publisher, for all her wisdom and friendship over the years. She will continue for now as president of the board.

For those who would like to stay in touch, call or text 828-771-6983 and leave your contact info.

More Goodbyes

Diana Soll, who coordinated our labeling sessions for years, is also leaving the *Crier*. Diana is a born volunteer and helper. After moving to Fairview with her husband she jumped into all parts of the community, including the Fairview Business Association, the Friends of Fairview Library, and the *Crier's* board. Her energy, willingness to help, and professional organizing skills will be greatly missed. Thank you, Diana.

Lastly, and most importantly, I say goodbye to working with my wife Lisa Witley, the former art director of the paper. Believe it or not, in all the decades we both worked in publishing, we had never worked together before the *Crier*. With all the responsibilities I added over the years, it was an incredible luxury for me to turn over the advertising and layout duties to someone I completely trusted to understand the mission of the paper, communicate easily with all the different advertisers—usually about 60 to 70 in every issue—and create a layout that was easy to read and interesting to look at, with creative touches everywhere. I'll never have a better partner, in work or in life.

Clark Aycock is the publisher and managing editor of the Fairview Town Crier.



Thank you to the many generous readers who sent in donations. See page 8 for a few of their inspiring notes and for info on how you can donate and support the Crier in 2024.



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COMMUNITY CALENDAR

JANUARY 10 LOSS OF SPOUSE SEMINAR

6–8 pm
Trinity of Fairview
\$8 fee covers workbook costs. Light snacks will be served. Register at trinityoffairview.com or call 628-1188 646. See ad on page 18. Concord Rd., Fletcher.

JANUARY 15 BOOK LAUNCH & SIGNING 5:15 pm–6 pm

Fairview Chiropractic Center
Getting The Health You Deserve Now. See ad on page 5. 2 Fairview Hills Dr., Fairview.

JANUARY 15–19 REVIVAL 7 pm

Spring Mountain Baptist Church
Singing nightly, with pastor Jimmy Morgan. For more info, call 551-2572. 11 Spring Mountain Rd., Fairview.

JANUARY 17 GRIEFSHARE 6–8 pm

Trinity of Fairview
\$25 fee covers workbook costs. Light snacks will be served. Register at trinityoffairview.com or call 628-1188. See ad on page 18. 646 Concord Road, Fletcher.

JANUARY 20 CHILI COOKOFF 1–3 pm

Upper Hickory Gap Nug Gorge CC
UHGCC will hold its third annual chili cookoff on Saturday, January 20 from 1-3 p.m. Entries welcome, and all are welcome for a tasty meal. Should you choose to enter, bring a crockpot of your chili to the Gerton clubhouse by 12:30 (with a recipe card). Have another card handy to identify the kind of chili you are offering. Judging will begin at 1 pm. The winner will be announced by 2:30 pm. For a donation to the club, some of the chilis will be available to take home. 4730 Gerton Hwy., Gerton.

JANUARY 25 SILK PAINTING BASICS TOURS 10 am–1 pm

At Re.Imagine Studios, 15 Spivey Lake Dr., Fairview. Visit re-imagine.corsizio.com to learn more or register.

JANUARY 30 LABELING 10 am

Fairview Town Crier
Come chat with your neighbors as we put labels on the papers that go to Fletcher and Reynolds. Text or call the editor to volunteer or get more info at 828-338-8133. At Re.Imagine Studios, 15 Spivey Lake Dr., Fairview.

MONTHLY NEW 4-H CLUB 5–6 pm STEM & Electricity—Hickory Nut 4H Club

This new club will meet the second Monday of each month at Hickory Nut Gap Meats Big Barn. For kids ages 8 to 18. Come explore science experiments. No cost to join. Email brittanykeeler@gmail.com for more information. 57 Sugar Hollow Rd., Fairview.

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.

FEBRUARY 17 DEMOCRATIC PRECINCT ORGANIZING MEETING

For more info, contact John Stover at 704.905.6707 or fairviewncdems@gmail.com.

FEBRUARY 24 CHILI COOKOFF & SILENT AUCTION

A fundraiser for The Place Fellowship Church. See ad on page 21.

STORM EMERGENCY CONTACT LIST

Useful numbers to keep handy in the event of an emergency.



POWER COMPANIES

Duke Energy Progress
800-419-6356

Duke Energy
800-POWERON

French Broad Electric
800-222-6190

PHONE SERVICE

AT&T
877-737-2478

Charter Communications
888-438-2427

Frontier Communications
877-462-8188

CABLE

Charter Communications
888-438-2427

GAS

Public Service Company of NC (PSNC)
877-776-2427

INTERNET SERVICE PROVIDERS

AT&T
877-737-2478

Charter Communications
888-438-2427

Frontier Communications
877-462-8188

ROADS

DOT (County roads)
298-0390

City of Asheville
251-1122

WATER

Asheville Water Department
251-1122

EMERGENCY SHELTER

All area residents: dial 211

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

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 ralph@fairviewtowncrier.com. For staff directory, contacts and additional info, please visit fairviewtowncrier.com or see page 31.



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Ron Bradley, Owner & Fairview Native



FOR EVERYONE

Winter Reading Challenges

For Kids and Teens: Between now and March 1, visit any Buncombe County Public Library to pick up an activity sheet. Whether you choose to build a fort to read under, make your favorite snack for a cold winter day, or learn a new language using the Library's Transparent Language app, you're sure to have fun completing these challenges. Complete any 10 activities and return with the sheet to earn a vinyl snowflake sticker or wintry pencil, then fill out an entry form for the countywide prize drawing. Kids have a chance to win a reading buddy stuffed animal, and teens could win an LED paper lantern book lamp to light up the winter nights.

For Adults: Pick up a challenge sheet from the Fairview Library starting January 1. Complete five challenges by the end of February, and library staff will tell you a joke, give you a hullobaloo, or possibly allow you to pick a terrible prize from our terrible prize cart!

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

Engineering Extravaganza

All month long in the library
Stop by the library any time in January for the Engineering Extravaganza!

See what you can make with popsicle sticks, clothes pins, and butterfly clips. We provide the materials; you provide the ingenuity!

Supplies must be used in the library.

Lego Club

January 26 at 3:30
The library provides the Legos, you provide the creativity. Perfect for ages 6 and up.

FOR ADULTS

Introduction To Pollinators

An Informative Program for Adults with Bee City Asheville
January 24 at 3:30

Learn about the most common pollinators in Western North Carolina, followed by a discussion of conservation concerns and simple steps you can take to help pollinators. The session wraps up with the fascinating concept of pollination syndromes and how you can use them to participate in pollinator conservation.

This presentation is brought to you by the Bee City Asheville (BCA) Leadership Committee and is given by Athena Rayne Anderson, PhD, MEd.

No registration required.



Qigong At The Library

Thursdays in January from 4:30-5:30
Join us for a series of Qigong lessons with Allen Horowitz.



Allen Horowitz practicing Qigong

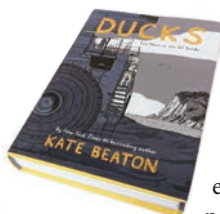
What is Qigong? It's like yoga but done standing and with more movement so it creates a flow of energy and gently increases circulation throughout your body. It is the grandfather of Tai Chi and other martial arts and is the self-help aspect of Chinese medicine.

The smooth, flowing movements are easy to learn, as each exercise is performed up to 10 times before proceeding to the next. Benefits are a sense of well-being, relaxation, calmness, and improved balance.

These classes are suitable for all fitness levels. No registration required.

Fairview Online Book Club

January 16 at 7 pm via Zoom
Ducks: Two Years in the Oil Sands
by Kate Beaton



Her first full length graphic narrative, [this is the] untold story of Canada: a country that prides itself on its egalitarian ethos and natural beauty while simultaneously exploiting both the riches of its land and the humanity of its people. (Drawn & Quarterly)

Upcoming Books

February 20 – *People of the Book* by Geraldine Brooks
March 19 – *The Song of Achilles* by Madeline Miller
April 16 – *The Violin Conspiracy* by Brendan Slocumb

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

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

SPECIAL EVENT

Author Terry Roberts

Join us for an evening of readings and conversation with award-winning novelist Terry Roberts.

January 23, 6:30 pm

Terry Roberts is the author of five celebrated novels: *A Short Time to Stay Here* (winner of the Willie Morris Prize for Southern Fiction and the Sir Walter Raleigh Award for Fiction); *That Bright Land* (winner of the Thomas Wolfe Literary Award, the James Still Award for Writing About the Appalachian South and the Sir Walter Raleigh Award for Fiction); *The Holy Ghost Speakeasy and Revival* (Finalist for the 2019 Sir Walter Raleigh Award for Fiction); *My Mistress' Eyes are Raven Black* (Finalist for the 2022 Best Paperback Original Novel by the International Thriller Writers Organization); and most recently, *The Sky Club*, released in July 2022.



Terry with his good dog, Bodie, who is a character in *The Sky Club*.

Roberts is a lifelong teacher and educational reformer as well as an award-winning novelist. A native of Western North Carolina, his ancestors include six generations of mountain farmers, as well as the bootleggers and preachers who appear in his novels. Roberts was raised close by his grandmother, Belva Anderson Roberts, who was born in 1888 and passed to him the magic of the past along with the grit and humor of mountain story telling.

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blinds, and high-end lighting are among new upgrades. HOA fees include water, sewer, garbage, grounds maintenance, and security.

ACTIVE LISTING Ameliah Davidson
\$625,000 | \$599,000 | MLS ID 4076872

ACTIVE LISTINGS

Black Mountain



3 BR | 2.5 BA | 2,180 SF

249 Flat Creek Road
\$695,000 | MLS 4073328

Asheville



9.21 ACRES

811 Starnes Cove Road
\$125,000 | MLS 4023455

Black Mountain



3 BR | 2 BA | 1,276 SF

24 White Willow Ridge
\$443,000 | MLS 4078392

FAIRVIEW REAL ESTATE SALES NOVEMBER 2023

| LISTING PRICE | NUMBER SOLD | AVERAGE SALE PRICE | AVERAGE DAYS ON MKT | AVERAGE % LIST-SALE PRICE |
|---------------|-------------|--------------------|---------------------|---------------------------|
| UNDER \$300K | 2 | \$212K | 13.5 | 99 |
| \$300K-599K | 5 | \$444K | 29.6 | 96.6 |
| \$600K-899K | 1 | \$700K | 10 | 93 |
| \$900K+ | 3 | \$1.8M | 3.5 | 103.5 |

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

Agent Spotlight BYRON BAILEY



Byron was very professional, provided timely communication, and had a wonderful demeanor. Our experience with Byron was exceptional.

— Dave M

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Garren's Tonic

A common illness in the past was scrofula. It was often called the "King's Evil." Very few people today have ever heard of it. It is a disease that in many ways resembles tuberculosis. It causes enlargement and degeneration of the lymph glands, especially those in the neck. It also causes inflammation of the skin, bones and joints.

The illness was called the King's Evil because the royal families of France and England were believed to be able to cure the disease by touching the individual with their hand. A description of the touching ceremony can be found in Act Six, Scene Three of Shakespeare's "Macbeth." The Book of Common Prayer of the Church of England listed the prayers used in the ceremony of "Healing by The King's Touch" until the mid-18th century.

King Charles the Second of England touched over 100,000 of his subjects with scrofula in hopes of curing their condition. Queen Anne of England was said to be one of the last of the royal family to use the royal touch to cure the disease. The child she cured was the famous Samuel Johnson. A person who was touched was given a medallion on a ribbon to wear around their neck. It was called a touch piece.

William A. Garren, a mountain man from Henderson County, was given an

old mountain formula of local mountain herbs, which cured scrofula. He made the formula in Hendersonville and sold it under the name of Garren's Tonic. People also called it Garren's Remedies or Garren's Blood Tonic. It apparently worked and thus sold well.

Garren found the cure by accident. As a young man in the 1890s, he would travel WNC in a buggy selling what was called "patented medicine." One day, he stopped at the home of a man just across the state line in Georgia. The man asked him if he had a cure for scrofula. Garren told him he didn't. The farmer told Garren that his daughter had suffered with it for years. He said a tramp, cold and hungry, had come by his house one day and saw the terrible condition his daughter was in. He told the farmer he would cure the girl in return for food and a place to stay. The tramp went off in the woods, returned with some herbs, and brewed them to make an elixir. The farmer said he gave it to his daughter and within 20 days she was totally cured.

The man told Garren he would give him the medicine he had left if he would use it

to help other people, and Garren agreed.

Back in Henderson County, Garren gave some of the medicine to Bob Hutcherson, who had scrofula. Hutcherson was completely cured within 30 days and lived another 14 years. This was in 1896.



He studied the included sarsaparilla, May apple, yellow dock, wild cherry, gold seal, yellow root, lady slipper, and other plants. News of the tonic spread far and wide and demand kept increasing.

D.S. Pace and his son became interested in the tonic and formed the Garren Medicine Company in 1919. They made Garren's Tonic in large quantities. They sold 16,000 bottles in Henderson County alone in 1921. The Natural Remedies Company got control of the Garren's Tonic formula in the 1920s. The company spent millions on advertising, and it was estimated they sold 77 million bottles a year in the US and Canada.

The great depression of the 1930s hurt sales. Millions of people were out of work. The government spent millions of dollars on medical research just to create jobs. This led to many medical advances that help

put Garren's Tonic out of business.

Garren died in Henderson County in July 1954. He was well thought of for his career in law enforcement and for his tonic that helped a great many people.

William Absolum Garren was born in 1870. He was the son of Wilbur and Margaret Lanning Garren. Will was a strong and erect mountain man who always looked you in the eye. He served in law enforcement in Henderson County for 49 years, starting his career as Constable of Hendersonville Township in 1897. He was Chief of Police in Hendersonville from 1910-1913. He was Sheriff of Henderson County for three terms, and he served as a deputy sheriff, a city police sergeant and a special officer. It was said that he never struck a man when making an arrest and that he always assumed a person was innocent until they were tried and convicted. He would often just send a postcard to the person he had a warrant for, telling them to come by his office and turn themselves in. It was said they would usually comply and come in as requested.

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).

Photo courtesy of ncwildflower.org

BOOK LAUNCH & SIGNING

MONDAY, JANUARY 15

UPCOMING FREE LECTURES

| JANUARY | |
|---------------|--|
| Tues, Jan 9 | NEUROPATHY |
| Thurs, Jan 11 | MEDICAL WEIGHT LOSS |
| Tues, Jan 16 | DEMENTIA |
| Thurs, Jan 18 | AUTOIMMUNITY |
| Tues, Jan 23 | LEAKY GUT |
| Thurs, Jan 25 | FYBROMYALGIA |
| Tues, Jan 30 | KNEE PAIN |
| FEBRUARY | |
| Mon, Feb 5 | MEDICAL WEIGHT LOSS |
| Tues, Feb 6 | NEUROPATHY |
| Thurs, Feb 8 | DEMENTIA |
| Tues, Feb 13 | NEUROPATHY |
| Thurs, Feb 15 | GETTING THE HEALTH YOU DESERVE NOW! |
| Tues, Feb 20 | NEUROPATHY |
| Thurs, Feb 22 | AUTOIMMUNITY |
| Tues, Feb 27 | NEUROPATHY |
| Thurs, Feb 29 | LEAKY GUT |

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SUNDAY GATHERINGS | 10:30 AM
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WHAT ARE WE ABOUT?

Now that we have relocated to A.C. Reynolds High School, we look forward to building relationships within the community! If you're looking for a Gospel-centered church and want to learn more about us, beginning **January 7th**, we plan to begin a new teaching series on the **7 Core Descriptors** we value as a church family. We invite you to come and check us out!



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A Review of 2023's Weather

A couple of things stand out as we look back at the weather in 2023. We ended the year with below-average precipitation. Most of the last quarter of the year (September through November) was exceptionally dry—the driest since I have kept records going back into the mid-80s. In the September–November 2023 time period, we only had about three inches of rain in an entire 100-day period. In contrast, the average amount for the same period is about 13 inches. A lot of roads got dry and dusty in that period and we had some drought and fire concerns. Fortunately, the growing season wasn't at its peak and we were going into fall; otherwise, the drought conditions would have been a lot worse.

Preliminary precipitation totals for 2023 were about 50 inches. That is about 10% less than my long-term average of 55 inches at my location. The pattern in early winter has been one of Pacific moisture, mainly in the form of rain, followed by colder air and then moderation, with

most storms being rain with maybe a bit of snow on the backside as the cold air filters in.

Looking at the next two months, I doubt whether we will continue to keep winter at bay in January and February.

We always have several intrusions of Arctic air, and it seems that in this type of El Nino pattern the Gulf of Mexico will open up and bring us some more precipitation. The main question is: will those Arctic air invasions be prolonged and frequent, which is more like what our November weather pattern was, or will it be more like our December with just a few cold days now and then? In terms of snowfall, odds do favor us getting some snow, but it can be feast or famine. Since 1990 we have had 10 Januarys with just a trace of snow and 9 Januarys with 4 inches of snow or more. The long-term monthly average snowfall in our area is around 4 to 5 inches.

Following is a poem about winter by poet Ogden Nash. I do hope we see some snow transforming our landscape, at least for a little while.



“Winter is the king of showmen, Turning tree stumps into snowmen, And houses into birthday cakes, And spreading sugar over lakes.

Smooth and clean and frosty white, The world looks good enough to bite.

That’s the season to be young, Catching snowflakes on your tongue.

Snow is snowy when it’s snowing, I’m sorry it’s slushy when it’s going.”

And of course, I hope everyone has a Happy New Year.



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

WEATHER WONDER

When is the “Dead of Winter,” and why is that term used?

The idiom “in the dead of winter” means in or during the middle of winter, especially at its coldest, darkest period. The word “dead” in the idiom does not mean deceased but rather implies a lack of vitality or movement. For most of the northern hemisphere, this usually means the month of January. While actual daily weather varies, historical average temperatures typically reach their lowest point of the year between January 10 and February 10.



QUESTION of the MONTH

I want to end on a weather joke...What falls but never hits the ground? Answer next month!

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It's gratifying to see how much the *Crier* means to our community. If you'd like to donate, you can do so by mailing a check to The Fairview Town Crier at PO Box 1862, Fairview, NC 28730. Or visit fairviewtowncrier.com and click the red donate button.

Happy Holidays!

We love the *Crier* and are so happy that you found new blood. Best wishes in 2024.



Enclosed is my \$50 donation to The Fairview Town Crier. I love this paper.



We love the Fairview Town Crier. Thanks for keeping it alive.

“ We really enjoy your paper as we learn about our community. Thank you! ”



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Out, But Not Down

Fairview Town Crier's editor suggested that I write a column about happenings on my land. His suggestion made sense as it's likely that my trials and tribulations at land management would be relatable to many of you. That said, I politely declined the editor's suggestion. That's because something more urgent needs to fill this space: a tribute to Clark Aycock.

Clark, as many of you know, will soon be off on new adventures. What he leaves behind here in Fairview is a strong legacy. What is that legacy? It's probably best described by the comments I heard at Cultivated Cocktails during the Fairview Business Association's December mingle.

The Crier is the heart of the Fairview community.

The Crier really is the foundation of this community. It connects everybody in such an integral way. It's grassroots. That's what's so beautiful about it.

80 percent of my business comes from the Crier, so I am thankful that it is continuing.

When FBA's outgoing president announced me as the incoming editor, Cultivated Cocktails was drowned in

applause, congratulations and thank you's. That recognition was not for me but for the Crier, and by extension, for Clark. Clearly, the monthly publication makes such a difference in people's lives that they could not have imagined the paper not continuing.

In my discussions with Clark, I've been impressed and even touched by how much the publication means to him. I gather from our talks that something unexpected happened during Clark's tenure: He fell in love with the Fairview community.

It's certainly an easy community to love. We're blessed not only with a beautiful landscape and friendly folks but also with something more important than either of those two things, a sense of neighborliness. Sure, that sounds like an old-fashioned concept, and yet, being neighborly may just be one of the things that we appreciate most about this community.

I know from my conversations with Clark that he will miss the Crier and Fairview. And we will miss him. Along with our new art director, Saige Hopkins, Clark and I have been working together



Clark on labeling day

since late November, and we'll continue to work together for a couple months more.

I wish you could be a fly on the wall during our work hours. If you were, you'd be impressed with the care that Clark takes in transitioning the Crier, as if he were handing over an infant in the most protective way, eager to see it grow and flourish.

You have some big shoes to fill, someone told me at the FBA gathering. Not missing the point, even though I do wear size 15

shoes, I couldn't have agreed more. Thank you, Clark for all that you have done for the Fairview Town Crier and the community.

Oh, if you're reading this Clark, a question: Do you know anything about multiflora rose? It has been a literal and figurative thorn in my side. We'll talk more about that next time in the column that you wanted me to write.

Ralph Grizzle is the editor of the Fairview Town Crier.

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BYTES BILL SCOBIE

Secure Your Wi-Fi

If you think someone is poaching on your Wi-Fi, there are some ways to get them off. The simplest is to change your Wi-Fi's password, although that entails teaching all your devices the new password. Many routers have a way to show you what devices are connected, which may allow you to block those MAC addresses (all networked devices have a unique Media Access Control address.) A longer-term method might be to enable a guest network—most modern Wi-Fi routers offer this option—and only share the guest password with others outside your immediate circle.

Windows 10 will reach its end of life on October 14, 2025, at which point there will be no more security updates. But as Microsoft did with Windows 7, they have announced that they will be offering up to three years of extended security updates, probably at a big cost. Pricing will come out sometime next fall and you will have to buy it in one-year increments. Or "just" buy a new computer.

That "cloud" sure does sound wonderful. Keep all your data and documents in the cloud so that you can access them anywhere you are and they are always backed up, right? But, sometimes even those big companies can lose things, as Google recently did for some Google

Drive users. The lesson here is to have duplicates (as in, multiple) for documents, data, pictures and other things that you really must have. Use something like an external hard drive along with those internet-based cloud services. Their reliability is still going to be better than just one external hard drive, but no backup plan should have just one point of failure when files are costly or impossible to replace.

If you are annoyed by phone games that use in-app purchasing, ads, or other upsells, you should check out (pardon their language) nobsgames.stavros.io. There, you can explore games, for iPhone or Android, that are just games—you pay for them and then you are done—no more ads.

When clearing out old items from your house, you may come across something you think is valuable.

You can check by using lens.google to get the Google Lens app on your iPhone or Android. Using the app, it is easy to take a picture and search for the price of matched items on the web. You will want to scroll

through the results to make sure that you are matching your item, for quality and brand, for example.

Hankering to try out ChatGPT but don't really understand it or want to pay for it? You can now try ChatGPT's "Chat with Voice" for free. This means that you don't have to type your question, and you may find it easier to follow-up on the result with further clarifying prompts or by asking ChatGPT to change its viewpoint. The Chat with Voice feature is only available if you install the official ChatGPT app for iOS or Android from OpenAI.

You may have used those live plane location websites to find out where incoming flights are, but did you know there is a similar site for trains in the US and Canada (trains.fyi). As I write this, I am checking on the speed of our closest passenger train out of Charlotte, traveling at 26 mph toward Raleigh.



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

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On the Road—Vista Justa



Dan Bennett and Chris Kelly have been long-time Fairview Town Crier fans, and they've taken the Crier with them on several trips abroad. But this time, they remembered to snap a photo, this one in front of Spain's Alhambra palace and fortress. Dan, by good fortune, works for American Airlines, which allows him and his wife to travel stand-by. With such a perk, Dan and Chris travel quite a bit. Chris is a North Carolina Wildlife Resources Commission wildlife biologist who studies the likes of Carolina northern flying squirrels and other local critters. In fact, upon returning to the United States from Spain last month, she was questioned by an agent at Customs and Border Control, who asked Chris to spell the Latin name for our flying squirrel. She relished the moment and passed with "flying" colors. Chris had only good words for the interrogating agent. "As much as it was a sort of nerve-wracking delay (given that we had a connecting flight), I felt reassured that she isn't letting anyone smuggle critters, feathers, seeds, or any biological specimens back into the US," Chris said.

Dating back to 1238, the Alhambra is a UNESCO World Heritage Site in Granada, Spain. The photo suggests that the weather in Spain isn't all that bad. And the view from Sabika Hill, where the palace complex resides, could only be described as "Vista Justa," or in English, a fair view, and in this mountain-lover's opinion, a very fair view indeed.

We'd love to share your travel photos! Take the Crier with you and send your best shots to (email) ralph@fairviewtowncrier.com or (text) 828-338-8133.

Does Love Give You Glowing Skin?

Love's glow is more than a feeling: It's oxytocin at work. Known as the "love hormone," oxytocin is released with a loving touch, be it a hug, caress, massage or making love. Recent studies highlight its remarkable effects on skin, going beyond the fluttery feeling of love. Elevate oxytocin through simple acts of touch for a radiant complexion and enhanced well-being.

*The skin
YOU'RE IN
Brea Gratia*

1. Accelerated Healing: Love releases oxytocin, fostering not just warmth but also wound healing. Elevated oxytocin levels, as proven by research, enhance wound recovery, underlining the vital role of social interaction in mental well-being and its direct impact on skin health.

2. Stress-Free Skin: Combat skin stress with love. Oxytocin counters cortisol's impact, preventing blemishes and inflammation. Studies suggest that oxytocin is a crucial mediator in maintaining skin balance, easing the management of inflammatory skin conditions.

3. Age-Defying Elixir: Love unveils youthful skin. Research in the British Journal of Dermatology reveals oxytocin's role in suppressing cellular senescence, preventing intrinsic aging. While more effective in the young, oxytocin still guards against age-related disorders.

4. Sweet Dreams for Beautiful Skin: Elevate skin health with quality sleep. Oxytocin aids sleep modulation, supporting crucial nighttime skin functions—repair, hydration, and defense against UV and pollution.

Embrace the transformative power of love for healthier, more radiant skin.



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

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Navigating Your Winter Weight Loss

As we step into January, the holiday season is behind us, but its indulgent aftermath often lingers. It's a time when many of us reflect on our wellness goals, hoping to shed those extra holiday pounds and kickstart a healthy routine. In the chilly winter months, maintaining our commitment to wellness can be a challenge, but with the right mindset and a clear plan, you can get back on track and stay on course. Let's explore two key aspects to help you jumpstart your wellness journey in January: Mindset and Execution.

MINDSET: Setting SMART Goals & Staying Accountable

SMART Goals, which are Specific, Measurable, Achievable, Realistic, and Time-bound, are the cornerstone of a successful wellness journey in January. It's easy to feel overwhelmed after the holiday feasts, but having precise objectives can keep you motivated and focused.

Instead of vaguely aiming to "lose weight," set specific goals. Define how much weight you want to lose and by when. Make your goals measurable, so you can track your progress. For example, a SMART goal could be "I aim to lose five pounds by the end of January." Ensure your goals are realistic, given the challenges of winter, and establish a clear timeline for achieving them.

Find Your Motivation

To stay motivated during the winter months, reconnect with your reasons for pursuing wellness. Ask yourself, "Why do I want to

improve my health?" Whether it's to boost your energy, enhance your well-being, or set a positive example for loved ones, your motivation can be a powerful driver. Hold yourself accountable for your choices. Share your wellness goals with a friend or family member who can provide support and encouragement. When you commit to yourself and others, it becomes easier to resist temptations and stay on track.

Resist Temptations

It's important to remember that it's entirely acceptable to say "no" to unhealthy foods and treats even after the holidays. Politely declining offers from well-meaning friends and family who encourage indulgence is an act of self-care, not rudeness. Prioritize your goals and remain resolute in your choices. Keep in mind that the best gift you can give yourself in January is the gift of improved health.

EXECUTION: Creating & Sticking to Your Plan

Having a well-structured plan is vital for a successful wellness journey in January. Start by outlining your dietary choices, exercise routine, and social strategies. A plan provides structure and guidance, helping you resist impulsive decisions.

Consider setting reminders for meal times to establish a consistent eating schedule and prevent unnecessary snacking between meals. This simple strategy can help you maintain control over your food intake.

Track Your Progress & Stay Hydrated

Keeping a food journal can make a significant difference. By recording your meals, snacks, and beverages, you gain insight into your eating habits. This allows you to identify areas where you can make healthier choices and stay accountable to your goals.

Monitor your water intake as well. Staying hydrated is crucial, as it can help control cravings and keep you feeling full. Plus, it's an easy way to support your wellness efforts.

Stay Active

Incorporating regular physical activity into your routine during the winter months is essential. Make time for exercise, whether it's a brisk walk, a home workout, or a fun family activity. Remember, resistance training above all else is key to a strong body and strong metabolism. Staying active not only helps with a healthy weight but also aids in managing stress and boosting your mood—both important for a successful wellness journey.

Remain Committed to Your Plan

Consistency is key to staying on track with your wellness plan in January. Stick to your chosen strategy and avoid deviations. Politely decline foods that don't align with your plan, knowing that each time you do, you're choosing kindness for yourself. Maintain your schedule, including meal times, exercise routines, and sleep patterns. Consistency will help you stay on

the path to your wellness goals.

Remember the Essence of Wellness

Above all, keep in mind that wellness is not just about what you eat. It's about creating a balanced and healthy lifestyle that supports your overall well-being. Redirect your focus from indulgences to the warmth in your heart. Celebrate the connections you have and the moments you treasure.

Jumpstarting your wellness journey in January is entirely possible with the right mindset and commitment. Set SMART goals, hold yourself accountable, and don't hesitate to decline unhealthy options. Create a well-thought-out plan, monitor your food intake, and prioritize physical activity. Remember that saying "no" to choices that don't align with your goals is saying "yes" to your health. Stay consistent, adhere to your schedule, and savor the true essence of the season—improving your well-being and enjoying the journey toward a healthier you in the year ahead.



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 or call 414-2368.



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Healthy Start To The New Year

Becoming healthier in the new year isn't just about moving your body. A foundation to better health includes sleep, energy, body and mind. Starting your day off on the right foot is important to improving overall health. I start my day by drinking 20 ounces of electrolyte + salt water (even before my coffee). I find that drinking electrolyte water first thing will enhance my hydration—and my energy—throughout the day. The next priority in my day is to eat a breakfast that contains 25 to 35 grams of protein. Eating a high-protein breakfast helps decrease my hunger throughout the day, which will help minimize snacking. A lack of protein in your diet can lead to constantly feeling hungry, which in turn, leads people to snack or overeat foods that are not whole and nutritious.



Working on your health should be your priority. To pour into others, you must first fill your own cup, so make sure you have a firm foundation.

The key foundation for your overall health is diet, exercise, and sleep. These are my recommendations:

- Walk for 30 to 60 minutes a day (increases heart health);
- Sleep 8 hours a night (boosts your mood);
- Drink water with electrolytes (decreases fatigue);
- Lift weights for 45 minutes, 3 to 5 times a week (builds muscle and burns fat);
- Eat approximately 25 to 45 grams of protein per meal. (And eat 90% whole, nutritious foods.)

Many people choose to start new exercise routines in January. Here are some ideas to jumpstart your fitness.

Walking is a great way to get cardio because it is easy on the joints.

Walking

Walking will also help burn fat. You can increase the intensity by wearing a weighted vest or walking at an incline.

Use Your Body Weight

Don't have access to weights? No problem! Start with just your body weight.

Start slow with a 2-minute timer, and pick any two of the exercise pairs below to try to complete during that time. (You can increase clock time as the exercises become easier.)

- A. 10 alternating lunges / 10 air squats;
- B. 10 sit-ups / 10 glute bridges;
- C. 5 push-ups / 15 plank holds (increase plank holds as they become easier).

15-minute Workout

Set a 15-minute timer and alternate doing 5 push-ups, 10 sit-ups and 15 air squats.

How to Perform the Movements

Lunges are performed by stepping one leg out front, then bending the knees—the back knee should feel like it's going straight down to the floor—and then standing back up. Repeat with the other leg forward. Don't lunge forward, which makes the front knee go over the front toes. The movement should be up and down, not forward and backward.



Air squats are performed by widening your stance so your feet are at least shoulder width apart. Point your toes slightly outward, engage your core, keep your chest up, and squat back as if you were going to sit in a chair. Ideally, your hip crease will go below your knee crease for a full range of motion. However, you can start by sitting and standing up from a chair without using your hands to push yourself up.



Sit-ups are performed by laying on your back on the floor. You can either butterfly your feet (knees out wide) or you can keep your feet on the ground and your knees bent up toward the sky. Put your arms/hands over your head, then use the momentum of your arms coming forward to lift your upper back off the ground. If completing a full sit-up is too challenging at first, you can perform a crunch. Lay on your back, feet on the ground and knees pointed up to the sky, and try to crunch your upper body to get your shoulder blades off the floor.



Glute bridges also begin on the floor, flat on your back with your feet on the ground and your knees pointed up to the sky. You will squeeze your glutes as you lift them off the floor. Slowly move one vertebra at a time off the ground and then slowly return flat to the floor.



Push-ups and planks both start in a neutral spine position, which means that your knees, hips and shoulders should all be in a line. Your feet should be shoulder width apart, arms out straight with hands flat on the floor, elbows/wrists lined up under your shoulders. For a plank, you will hold this position by engaging your core muscles. For the push-ups, you will



bend your elbows, bring your chest to the floor, and then press yourself back up. Both movements can be modified by dropping to your knees (staying in a neutral spine position), or by elevating yourself up to a chair or countertop. When using a chair or countertop, make sure your shoulders are stacked over the top of your elbows and wrists to ensure the chair doesn't slide out from under you.

No one can do cardio for you. No one can build muscle for you. No one can eat healthy for you. That's why getting healthier is the ultimate sign of self-respect and discipline. There is no cheat code to a healthy, sustainable lifestyle. You must choose to put in the work day in and day out.

Daily exercise will teach you more about yourself than any self-help book. Forcing yourself to do something hard transforms you not just physically but mentally. Believe that you can do whatever you put your mind to if you put in the work. Exercise will teach you delayed gratification, hard work and discipline. Exercise is the secret weapon to unlocking your full potential.



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

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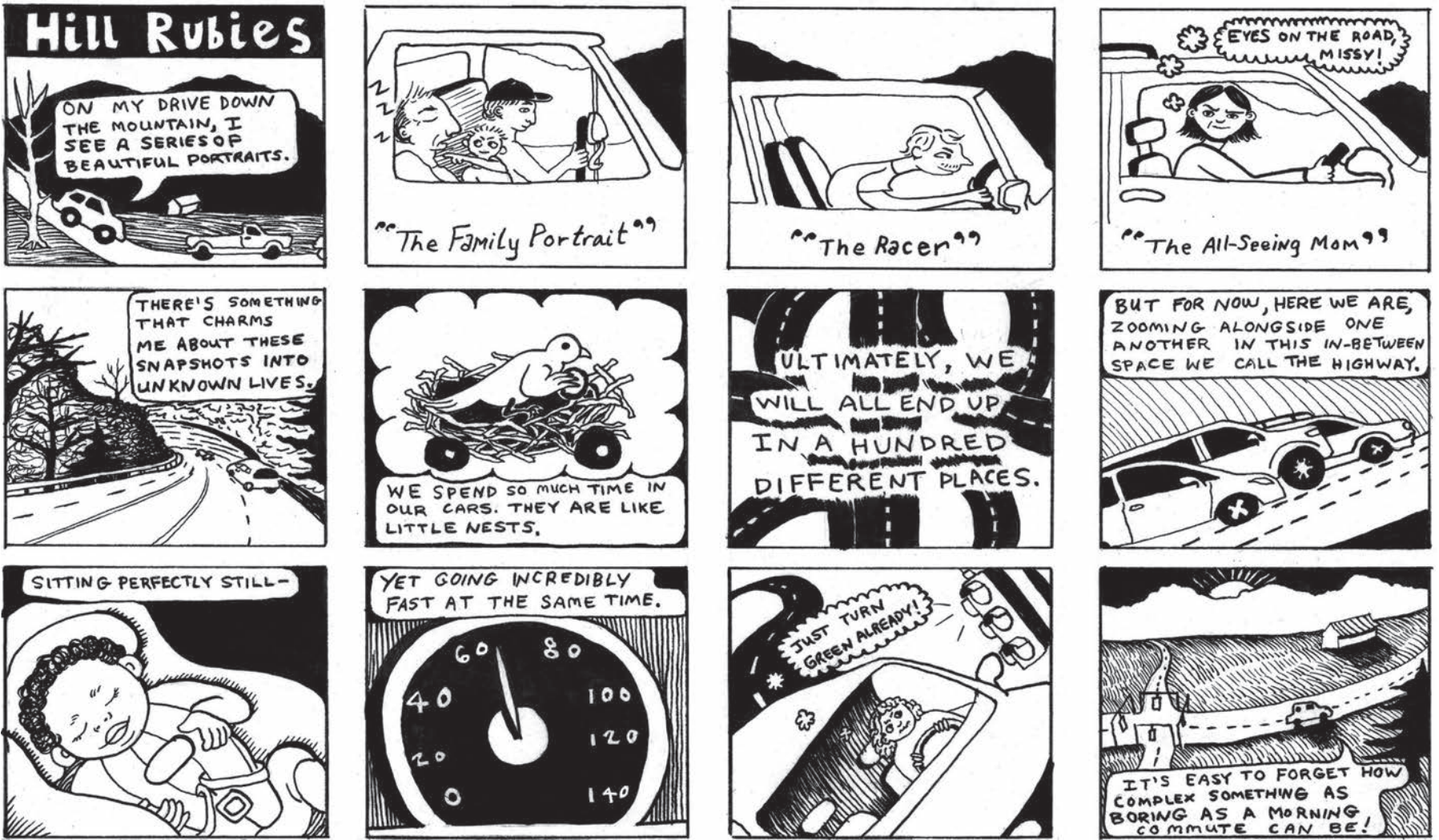


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Tips for Layering Up for Winter

With SAHC's 2024 Winter Hiking Challenge right around the corner and temperatures plummeting here in the mountains, we've put together a list of expert tips to keep you warm and comfortable while outdoors this winter season.

Base Layer Options for Winter Hiking

The base layer is the first layer of clothing you put on and is in direct contact with your skin. Its primary function is to wick away moisture from your body, keeping you dry and comfortable. Wool and synthetic fabrics are excellent options.

When choosing a base layer for winter hiking, consider the weight and thickness of the fabric. Lightweight base layers are ideal for high-intensity activities. Mid-weight base layers offer a balance between warmth and breathability and are suitable for moderate activities. Heavyweight base layers provide maximum insulation and are best for low-intensity activities or extremely cold conditions.

Choose a base layer that is snug but not too tight, allowing for easy movement and layering. Look for base layers with flatlock seams to prevent chafing and irritation during long hikes.

Insulating Layers for Warmth

The next layer in the system is the insulating layer, which provides warmth by trapping air close to your body. This layer should be lightweight and breathable, allowing for easy movement while retaining heat. Fleece jackets and down vests are popular choices for insulating layers due to their excellent warmth-to-weight ratio.

When choosing an insulating layer, consider the weather conditions

When choosing an insulating layer, consider the weather conditions you will be facing. If you expect wet conditions, opt for synthetic insulation that retains its warmth even when damp. Down insulation is highly effective in dry conditions but loses its insulating properties when wet.

Outer Layers for Protection Against Wind and Rain

The outer layer, also known as the shell layer, is your first line of defense against wind, snow, and rain. It should be waterproof, windproof, and breathable to keep you dry and comfortable in harsh weather conditions. Look for jackets and pants made from high-quality materials such as Gore-Tex, which offer excellent protection and durability.

When choosing an outer layer, consider the fit and features. It should be roomy enough to accommodate your other layers without restricting movement. Adjustable



Katie Greer layered up for a winter hike.

cuffs, hoods, and hemlines are essential for sealing out cold air and preventing moisture from seeping in.

How to Choose the Right Winter Hiking Accessories

In addition to the basic layers, there are several accessories that can enhance your winter hiking experience. Here are some essential accessories to consider:

- **Hats or beanies**
A significant amount of body heat is lost through the head, so wearing a hat or beanie is crucial for maintaining warmth.
- **Gloves or mittens**
Protect your hands from freezing temperatures with insulated gloves or mittens. Look for waterproof options if you expect wet conditions.
- **Neck gaiters or scarves**
Keep your neck and face protected from wind and cold air with a neck gaiter or scarf. Opt for moisture-wicking fabrics to prevent dampness.
- **Socks**
Invest in high-quality, moisture-wicking socks to keep your feet dry and warm. Wool or synthetic blends are excellent choices for winter hiking.

Tips for Staying Warm and Comfortable During Winter Hikes

While having the right gear is essential, there are additional tips to ensure you stay warm and comfortable during your winter hikes. Here are some expert recommendations:

- **Layer strategically**
Adjust your layers based on your activity level and the weather conditions. Remove or add layers as needed to regulate your body temperature.
- **Stay hydrated**
Even in cold weather, it's essential to stay

hydrated. Dehydration can lead to decreased body temperature, so remember to drink plenty of water throughout your hike.

- **Protect your extremities**
Keep your hands, feet, and ears well-insulated. Cold extremities are not only uncomfortable but can also increase the risk of frostbite.
- **Take regular breaks**
Allow yourself time to rest and warm up during your hike. Find a sheltered spot where you can eat snacks, drink warm liquids, and re-energize.

Where to Shop for the Best Winter Hiking Clothes

Now that you know what to look for in winter hiking clothes, the next question is where to buy them. Here are a few options:

- **Second-hand stores**
Check out thrift stores or online marketplaces for gently used winter hiking clothes. This is a more budget-friendly option and can still provide quality gear.
- **Outdoor specialty stores**
Visit local outdoor gear stores for a hands-on shopping experience. The staff can provide expert advice and help you find the right gear for your needs. A few local suggestions are Black Dome Mountain Sports, Second Gear, and Take a Hike located in Black Mountain.
- **Online retailers**
Websites like REI, Backcountry, and Amazon offer a wide selection of winter hiking clothes from various brands. Read reviews and compare prices.

As winter approaches and the desire to explore the outdoors remains, it is crucial to equip yourself with the right winter hiking clothes. By understanding the layering system, choosing the appropriate base, insulating, and outer layers, and accessorizing with the right gear, you can beat the chill and enjoy your winter hikes to the fullest. Remember to stay warm, stay safe, and have an incredible outdoor adventure!

Katie Greer is a Community Engagement & Education AmeriCorps Member.

Need some inspiration to get outdoors during the cold winter months? Southern Appalachian Highlands Conservancy is hosting its 4th annual Winter Hiking Challenge for 2024. Compete with your friends and family, or just relax and have fun with it. The challenge is done on your own time, at your own pace, and you choose the place(s). Be sure to register online and then hike, roll, walk, or run 60 miles between January 1 and March 1. SAHC will send you a patch to commemorate your success. Details and registration link at Appalachian.org.

Pet Dental Health Care

Dental X-rays, ultrasonic scaling, extractions and periodontal surgery for pets? You must be kidding! Not at all. Dental procedures are performed daily in veterinary practices. How does a loving pet owner know if dental care is needed?

Examination is the key to diagnosis and helps determine the type of treatment needed. Your pet should be examined on an annual or twice-a-year basis. A pet owner can help by examining their pet's teeth and mouth at least monthly. First, smell your pet's breath. If you sense a disagreeable odor, your pet may have gum disease. Periodontal disease is the most common ailment of small animals and is treatable. Gum problems begin when bacteria accumulate at the gumline around the tooth. Unless brushed away daily, these bacteria can destroy tooth-supporting bone and cause bleeding and tooth loss.

Fractured teeth are a common ailment in dogs, especially those who chew on hard objects such as hooves or antlers. As a rule, we recommend a dog's chew toy be soft enough to bend or snap in half, otherwise it can break a tooth.

Unfortunately, cats and dogs cannot point to dental abnormalities with their paws, and to determine the proper treatment plan, other tests are usually necessary. General anesthesia is essential for a proper

tooth-by-tooth evaluation. There is a wide array of reliable and effective anesthetics and monitoring equipment that make anesthesia as safe as possible.

Expect your veterinarian to use a periodontal probe to measure gum pocket depths around each tooth. One or two millimeters of probe depth normally exists around each tooth. When dogs or cats are affected by periodontal disease, the gums bleed and probing depths may increase, which requires additional care to save the teeth. Unfortunately, by the time some pets come in for dental care, it is too late to save all of the teeth. X-rays show the inside of the tooth and the root that lies below the gum line. Many decisions are based on X-ray findings. Decisions about whether or not a tooth should be extracted is often made during the anesthetic dental procedure.

Dogs and cats do not have to suffer the pain and discomfort of untreated broken or loose teeth or infected gums. With the help of thorough examinations, X-rays, dental care, and daily plaque prevention, your pet can keep its teeth in its mouth where they should be.



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

A couple of our Fairview neighbors are looking for Jimbo, their male Tabby cat. You can see by the hand-illustrated card below that they clearly adore Jimbo. Keep an eye out so we can help get him home.

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Cristina Viera

For Cristina Viera, parent of an A.C. Reynolds High School (ACRHS) graduate, an ACRHS sophomore, and an A.C. Reynolds Middle School (ACRMS) 7th grader, it's all about making education accessible, something she sees Reynolds schools doing with intention. A native of Miami and ethnically Cuban, Cristina is new to the region, claiming Asheville as home for only the last few years. Previously, she and her family lived in Tampa, Florida, where she completed her PhD in Curriculum and Instruction at the University of South Florida in 2021.

With her newly conferred doctorate, Cristina applied to the UNC–Asheville for the position of Director of the Center for Diversity Education. “I was attracted to the center because of its support for local educators,” she says. “K-12 education is my heart, and I wanted to continue advocating for these students. At the Center, I knew I would be focusing on educators: teaching teachers how to teach.”

Viera was excited about that possibility. “Being in higher education, I have a unique opportunity to shape those who will teach in K-12 classrooms.” She confides that one of her strategies is to have her students-who-will-be-teachers picture a child who is not an academic performer. Viera then tells her students to ask themselves this question: “How can I best be a facilitator of this child’s learning?”

Cristina accepted the position at UNC–Asheville, and she and her family left their Florida home for WNC. Once they arrived, her children settled into Reynolds schools. “I’ve been impressed with the Community School focus at Reynolds Middle,” she says. The Community School is funded by the United Way and designed to create more opportunities for students to succeed in school and in life in general. “The program is growing and creating better connections among students, parents, teachers and the community,” Viera says, pausing to shake her head, perhaps at the memory of her own elementary school days back in Miami. When she resumed, her Cuban accent had intensified and she spoke with the confidence born not only of academic research, but of personal experience as well. “If students need anything, they need connection,” she says.

A child of immigrant parents, Cristina knows something about being a student who craves connection. In school, her teachers spoke English. But the words she heard in her home were Spanish, the language of her parents’ native country. At school, Viera was

instantly labeled as a non-native English speaker and remembers being virtually dismissed as a student. “None of my teachers expected me to succeed. And I was not a stellar student,” she confesses. “My teachers would be shocked—if they remembered me at all—that I have a PhD and am a professor now.” Her own experience is one reason that she is excited about the Community School initiative at ACRMS: It creates pathways of hope for students who experience barriers to their education.

Cristina also praises ACRHS. “A.C. Reynolds High School is in high demand.

It has built a great culture of learning and socialization,” she says. She credits the principal, Ben Alexander, with part of that success. “At a time when education has been exceptionally difficult, Mr. Alexander stands out as an energetic leader who is supportive of teachers, staff and students.”

Reynolds schools tend to be known for their outstanding achievers. However, Viera’s specialty is connect-

ing with students at the margins. Does a struggling demographic even exist at Reynolds? “Well,” Cristina says, “my own kids are Cuban—part of the Hispanic community—but they don’t experience marginalization here because they have the necessary resources at home to succeed.” But there are students who do struggle, even here at Reynolds.

“The Reynolds community has some of the same problems that occur everywhere. There is a lack of understanding about how to teach Emergent Bilingual students? Emergent Bilingual students? “Yes,” Cristina explains. “I prefer this verbiage to the earlier categorization of ‘English as a Second Language students.’ Language has power, and using ‘Emergent Bilingual students’ places the focus on the positive aspect of dual-language acquisition.”

She is quick to point out that not all immigrant needs are the same. “It’s important to learn immigrant stories because the support students need will be based on their experiences.” For example, a teenager with Costa Rican parents who moved to the US for professional jobs will require different support than a kindergarten who came to the US with parents fleeing persecution. “Immigrants are not monolithic, and we should not treat them as if they are,” Cristina says.

Since coming to WNC, Cristina’s work and personal life have taken some unexpected turns. Her mother, who had been living with Viera for 18 years, was diagnosed with cancer. She passed away in



Cristina Viera



Cristina in Cuba

March, weeks before her oldest daughter’s graduation from ACRHS. A couple of months after that, Cristina helped move her ACRHS graduate 10 hours north to Rutgers University, where she is now a freshman. Also, during the summer of 2023, she took her very first trip to Cuba. Her eyes sparkled as she described the experience. “You wouldn’t believe how many family members I discovered,” she says. “So much family!”

She already plans to go back in 2024. “But I’ll go in January when the temperatures are milder. I’m not going in the summer again; that was just way too hot!”

Her job has changed too. Recently, she transitioned to a part-time role at Asheville City Schools Foundation, where she has been employed since earlier this year; her new role will be Grant Manager. The reduction in hours has enabled her to accept a dream job: a faculty teaching position at Western Carolina University in the School of Teaching and Learning that includes working with local Emergent Bilingual students in grades K through 5. Viera plans to commute to Cullowhee. “My kids are thriving in Reynolds schools. It’s in their best interest to remain here in schools they love.”

As committed as she is to supporting Reynolds schools, she knows one person’s efforts are not enough. She does know the solution, though. “If we invest as a community in our public schools, in our teachers,” she says, “that would be a real game-changer.”



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

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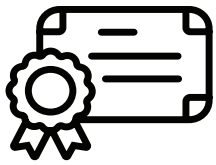
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FES Names Teacher Assistant of the Year

By Kenya Hoffart

Fairview Elementary School (FES) recently named Sarah Redmond as its Teacher Assistant of the Year.

Redmond has been a teacher assistant at FES for six years and currently serves in the school's media center. There, among many other things, she assists with the organization of the school's library, issues devices to all students, teachers, and assistants, and fields software- and hardware-related questions.

What she loves most about working in the media center is making connections with every student in all grade levels and maintaining relationships with those students throughout their time at FES.

She said the most challenging part of her position is maintaining expectations and helping others understand that not everything

can be fixed at a moment's notice, though she always strives to go above and beyond to make things happen as efficiently as possible.

Some days, Redmond works with small reading groups, leads tech time for students, provides technical support to students and teachers, and repairs computers. Other days, she's able to assist students with research or book selections and help with inventory.



Sarah Redmond

Every day, she assists with lunch and dismissal duties and is available to check in with students who may need a little extra encouragement during their day. She loves that no two days are ever alike and enjoys the challenges of each new day.

Karen Yutzy, the FES Media Specialist, said, "Mrs. Redmond is extraordinarily talented at building relationships with both staff and students, and she is the perfect partner for

managing our multifaceted role at FES." She added, "I feel very fortunate to work and laugh with her every day."

Redmond was surprised and very honored to be named this year's Teacher Assistant of the Year. Teacher assistants celebrated her at a special reception organized by past recipients of this award. Along with much gratitude and appreciation, she also received a special gift and a designated parking space for the year.

Redmond, her husband, and their three children have called Fairview home for many years. When she is not busy

Redmond is extraordinarily talented at building relationships with both staff and students, and she is the perfect partner for managing [a] multifaceted role at FES.

running her kids to soccer, football and volleyball practice and other activities, she enjoys making jewelry and taking care of plants in her greenhouse.

The staff at FES is so proud to be able to recognize Redmond for the way she serves everyone at the school. She is both humble and kind, and very much appreciated. Way to go, Mrs. Redmond!

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

Bad Weather Plan

If a weather event is truly severe and impacts power or the internet in our area, no instruction would occur and no assignments will be given. For significant but less severe weather, the school can change to remote learning.

- Remote learning (beginning at 10 am) would be asynchronous on the first day and synchronous on all subsequent days. Any work assigned must be made up within five days. (Asynchronous means that the teacher will assign tasks that will be completed online, but there will be no live teaching. Synchronous is a blend of live virtual instruction and independent work.)

- Should an isolated area of the county be severely impacted by a storm or your family has extenuating circumstances, please work with your school and teacher to make up the work.

- If a weather event is expected, the school will ask all students to take their school-issued device home with them.

What happens during a delayed start?

Parents will receive specific instructions that day to let them know when to drop their child off or have them at the bus stop.

What happens during an early dismissal?

Students will eat lunch before they leave. The district will let families know when they can begin picking up students or expect them on the bus. The school will also include information for after-school activities and athletics. If a parent is delayed in picking up their child from school, the child will be safe and supervised until the parent arrives.

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CHRISTI HURD

Winter Reflections

The stillness of winter makes it seem like nothing is happening in nature, but there's more activity underneath as it prepares for the beauty that pops forth in spring. What if we used this time of stillness as a sacred time to become more grounded as parents? Wouldn't that make us more energized for the seasons ahead?



One thing I know for sure in my own life is: *When I feel better, I do better.*

Right? *Happiness/hope is an inside job. No one else can do it for me.* The National Wellness Institute proposes that we nurture every aspect of ourselves—mind, body, spirit. Like a car in need of work, we can “get by” and still function, but eventually it will catch up with us and do serious damage. In the same way, we also need to *pay attention to the tension* within us because it might be a signal to address something.

- How much care am I giving my body with proper nourishment, exercise and healthy habits?
- Do I have healthy connections with others where genuine concern is reciprocal?



- When was the last time I learned something new?
- Does my vocation solicit my skill set so it's personally fulfilling?
- In what ways does my life have a sense of meaning and purpose for the greater good?
- Do I embrace all of my emotions and have the skills to cope with the painful ones?

When we model a commitment to become a better version of ourselves, everyone wins.

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



STUDENT OF THE MONTH Anita Zavyalova

Anita is a remarkable individual who has consistently demonstrated outstanding citizenship, represented our school with pride, and shown remarkable growth during her years at ACRHS. Anita was nominated by ACRHS band director Mr. Clif Dodson, who said, “Anita has positively represented our school both inside and outside the classroom. She actively participates in community service projects and is always willing to lend a helping hand. She actively engages in school activities, including band, track and many clubs and activities, where she has contributed to the positive spirit and camaraderie of our student body. What truly sets Anita apart is the remarkable leadership she has demonstrated during her time at ACRHS as Drum Major of the Rocket Marching Band. She has overcome challenges, developed new skills, and matured into a responsible and caring young adult. Anita’s journey of growth is a testament to her resilience and determination. She embodies the spirit of our school and community.”

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

FES DADS CLUB

Meet the Dads: Phil Lingle

Phil Lingle, a former philosophy teacher at AB-Tech, is the founder of a wedding officiating company called Love & Wisdom, Inc., which he started in 2012. Alongside his team, Phil derives

immense joy in guiding couples of diverse backgrounds and faiths through one of the most significant events of their lives.

Phil grew up in Raleigh and moved to Asheville in 1998. After the arrival of their son Bryton, who is currently in first grade, Phil and his wife Jen moved to Fairview. They love being a part of the community and being involved with Fairview Elementary. Their favorite hobbies include biking, drumming, LEGO, and vacations.

“The FES Dad’s Club has been such a great way to connect with other dads, as well as support and help the community. Being present and having a great relationship with my son is a priority for me, and I love being a part of the Dad’s Club because they share that goal. My son thinks it’s pretty cool, too.”



Phil, Jen, and Bryton Lingle

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

JANUARY 30 & 31 Daybreak with Dad

Dads walk their kids into school in the morning and participate in a short presentation put on by the Dad’s Club in the theatre. Then they walk their kids to class and have the opportunity to read to the class if they want.



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KIDS & SCHOOL

The Heart of the Community

by Andrea Britt

On the day and evening of December 12, 2023, Cane Creek Middle School (CCMS) shared its extraordinary programs in the arts with the greater school community. In so doing, it demonstrated that our school is the heart and soul of the community.

During the day, the school's vibrant Parent Teachers' Association (PTA) provided a special cookie, cake, and hot chocolate treat to our staff. The PTA works diligently to demonstrate gratitude to our staff and support for our 470 students.

Then Ms. Wharton, our Drama/Theater teacher, shared her student's videoed work product. After that, our families decorated tri-cornered hats and top hats. Students even had a "bad joke" booth.

Guests moved through the cafeteria and hallways looking at the artwork of Mr. Pospishil's students. Everyone then gathered in the gym, where Mr. Stewart's band students and Ms. Reyes' choral students shared holiday music. Santa Claus (masterfully portrayed by his elf, Mr. Williams) shared "The Night Before Christmas," with accompanying hilarity



Our Arts teachers put together a progressive and exciting interactive arts program for our families. Of our 470 students, more than 400 participated in the evening's events. The program attracted parents, friends, teachers, aunts, uncles, grandparents, cousins—you get the idea. In fact, there were so many people at the school that we had to scrounge for extra chairs.

Holiday Program

The holiday program opened with Dr. Peeva, our Strings teacher, and her students sharing festive holiday music.

provided by the band. Holiday lighting filled the gym with festive colors. A good time was had by all.

In any American community, much of life revolves around what happens in our schools. At CCMS, we love events that showcase our talented students and the instructional leadership of our staff. The Cane Creek family is a rock for this school, and our staff wants CCMS to be a rock for this community.

Andrea Britt is the principal of Cane Creek Middle School.





MAGIC WITH GREG

THE CALENDAR TRICK

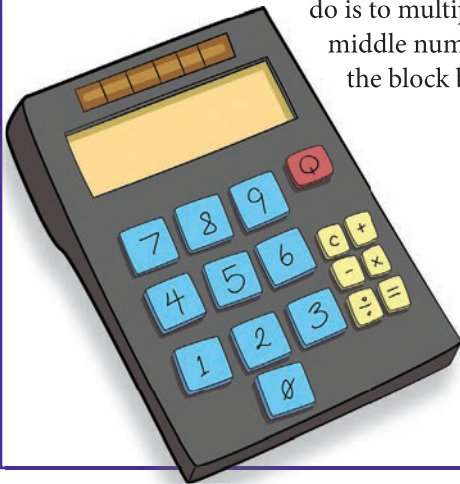
You can total up nine numbers faster than your audience – even if they use a calculator!

What You Need

A calendar, a calculator and something to write with and on.

The Secret

When your spectator chooses their block on the calendar, all you need to do is to multiply the middle number of the block by 9!



To Perform

- 1 Ask your spectator to draw a square around any three-number-by-three-number block on the calendar.
- 2 Give them the calculator and have them add the nine numbers together. Before they can even get a few numbers entered into the calculator, you shout, "Got it!"
- 3 Write down your number but don't let them see it. Have them finish adding the numbers on the calculator.
- 4 After they get their total, have them reveal their number on the calculator.
- 5 Show the total that you wrote down, which will be the same.

| SU | M | TU | W | TH | F | SA |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
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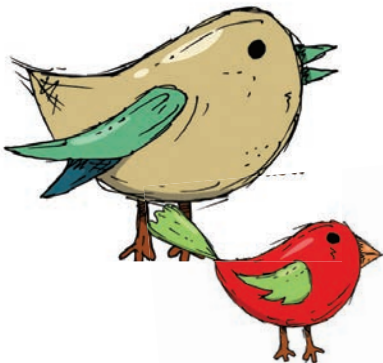
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Winter Birdseed Treats (no lard or peanut)

Birdseed edible treats for winter-feeding of birds are so easy to make!

Materials

- 2.5 cups birdseed (outdoor birdseed blend)
- 2 packages unflavored gelatin
- 2 tablespoons corn syrup
- 1 cup water
- 12 cookie or biscuit cutters
- 3 drinking straws (cut into 2" pieces)
- Twine



Instructions

1. Add ½ cup cold water to a large bowl.
2. Pour unflavored gelatin on top of water.
3. Add ½ cup boiling water to gelatin mixture and stir until completely dissolved.
4. Add the corn syrup and stir until combined.
5. Add the birdseed and mix well.
6. Place the bowl in the refrigerator for 10 minutes (but not much longer) until the liquid firms up.
7. Set cookie/biscuit cutters onto parchment lined baking sheet and fill with spoons of the birdseed mixture. Press the mixture firmly with a spoon to fill in all the way to top without any gaps.



8. Press cut drinking straws into each of the shapes, leaving at least ½" of space between the hole and the edge of the shape.
9. Place in the refrigerator overnight.
10. To remove the cookie cutters, gently pull the metal away from the edges on all sides and gently push the birdseed ornaments out of the cookie cutters. Gently pull out the straws.
11. Thread a piece of twine through the hole and tie the ends in a knot.
12. Hang the birdseed feeders from tree branches, leaving room nearby for the birds to perch on while eating.

Notes

When you place the mixture in the refrigerator, right after you've added the gelatin to the birdseed, make sure you don't keep it in the fridge for too long.

If any of the gelatin "breaks" when you stir it, microwave the whole bowl to melt it and try again. If the gelatin is set more than that before you spoon it into the cookie cutters, the mixture will end up being crumbly. Just make sure it's set enough so that it doesn't leak out from under the cookie cutters.

For more fun DIY kid's projects, visit onelittleproject.com.


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Some people's lives are so impactful that they are remembered long after their deaths. Such is the case with Dr. Will Hamilton, who passed away just over a year ago. Poet Jim Carillon remembers his friend through words inspired by the beauty of shared journeys and friendships from the lofty heights of our beautiful mountains.



Tuesday Mornings Ritual

*Cold bright morning where
eight of us Will's Wanderers
hike again today,*

*climb Strawberry Gap
Trail to Ferguson Lookout,
on to Rocky Point.*

*Climbing slowly warms
our gloved hands still quite
cold; hiking sticks help too.*

*The views amazing
at two rocky out-croppings—
mountains forever!*

*Blessed beyond measure,
we pause taking it all in,
thankful for times of
sharing our lives and
these journeys with each other
ev'ry Tuesday morn.*

*Jim Carillon,
December 12, 2023*

IN MEMORIAM

Gilberte 'Jill' Gurdal

Jill Gurdal, age 91, passed away from Alzheimer's Disease on December 6, 2023, at Valley Hill Health and Rehab in Hendersonville. Born in Brussels in 1932, Jill left Belgium as a child, during World War II, with her family to escape the Nazi regime. After a harrowing journey across the English Channel, they were welcomed to Great



Britain. Following the war, Jill returned to Belgium and attained a bachelor's degree in German. Ever the adventurer, she moved to Vienna to work with Lufthansa Airlines. Some years later, she boarded a freighter headed to Canada. Another Belgian, Simon Gurdal, was also on the freighter. After a brief courtship on the ship, they landed in Montreal and were married in 1960.

Jill was accomplished in English, French, German and Dutch. After moving from Canada to the US, she became a German and French teacher in Metuchen and Somerville, NJ.

Eventually, she and Simon retired to Fairview. An accomplished weaver and knitter, she used her creative talents as a sales associate at Southern Highland Craft Guild and Mountain Made in Asheville.

She and Simon moved to Hendersonville in 2022. They had lived in Asheville and Fairview since the early 1990s.

Jill was predeceased by her parents, Arthure and Augusta Provost, and her brother, Robert. Survivors include her loving husband of 63 years, Simon, and her nieces, Pascale and Dominique in Belgium.

Jill leaves behind many friends in the Asheville area. She is remembered as being gracious, loving and a truly beautiful soul.

State Expands Medicaid Access

Good news for Fairview residents who once had Medicaid but were dropped, as well as for those who found themselves in coverage gaps, earning too much for Medicaid eligibility yet too little to qualify for insurance through healthcare.gov.

North Carolina's Medicaid expansion program now gives access to health insurance to North Carolinians ages 19 through 64 years with household annual incomes of \$20,120 or less for single adults, \$27,214 or less for two and \$41,400 or less for families of four.

Free to those who qualify, NC Medicaid pays for a variety of essential services, such as doctor visits, annual check-ups, emergency care, mental health services, dental care and more. The majority of services are offered without charge, with the highest co-pay capped at \$4.

The easiest way to apply is by using the state's ePASS website (ePASS.nc.gov). You will need to provide your full legal name, date of birth, Social Security number, North Carolina address and income information.

In-person application services are also available at Buncombe County Health & Human Services at 40 Coxe Avenue in Asheville and Henderson County Department of Social Services at 200 Spartanburg Highway, Suite 300 in Hendersonville.

You may complete a telephone application by calling 828-250-5500. Pisgah Legal Services is also helping people sign up for Medicaid for free. Learn more at pisgahlegal.org or call 828-210-3404.



Helpful Insurance Tips

Unlike standard homeowners policies, Flood

Insurance specifically covers damages caused by flooding, including storm surges, heavy rains, and overflowing rivers. By definition, this protection is picked up whenever water comes into the home from an outside source. This is not the same as plumbing or water back up.

Investing in flood insurance becomes mandatory if a risk is located in a flood zone and there is a loan on the property, forcing the owner to purchase both home and flood insurance coverage. Beyond repairing structural damages, flood insurance often includes compensation for personal belongings and temporary living expenses.

Don't wait for the next downpour—act now and fortify your property against the unexpected with flood insurance. It's not just a policy; it's peace of mind in the face of nature's uncertainties.

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

Slow Down for the Kids



Long-time Fairview resident Salva Atkin asked us to remind the community to slow down and pay attention when traveling through the Fairview Elementary School zone during school hours.

With four grandchildren having attended or attending the school, she wants to ensure their safety as well as the safety of other students.

Atkin recalls when her daughter, 14 at the time, was attending a Halloween Party at the Fairview Community Center when a fellow classmate attempted to cross the highway to Food Lion and was struck down by a vehicle.

"There are two signs each way," Atkin said. "One indicates the start of the school zone, the other indicates the end of it."

During school hours, 7:30 am to 8:30 am and 2:30 pm to 3:30 pm, the speed limit is 35 mph. Slow down. It's for the kids of our community.

Time: A Key Element of Investing

Who knows where the time goes? We've reached the end of another year, so it's appropriate to reflect on the nature of time and how it affects us. And time certainly is a key element in the pursuit of your financial goals.

As an investor, time can be your greatest ally. If you hold some investments for the long term, you could achieve an impressive cumulative growth in value. Furthermore, if you keep adding shares to these investments, possibly through a dividend reinvestment plan, you could attain "growth on growth" through the power of compounding. Of course, when you own equity investments, you will experience market fluctuations, but in general, the longer you hold these investments, the more you can reduce the effects of market volatility.

But you also need to consider aspects of time in these contexts:

- **Checking progress on achieving goals**—When you establish a goal, such as saving for a child's education or your own retirement, you know the end date of when you'll need the money, but it's also important to mark your progress along the way. So, each year, see how far along you are in meeting your goal. If you're falling behind, you may need to adjust your investment mix.
- **Choosing an appropriate strategy**—The time needed to achieve a goal should drive

your investment strategy for that goal. For example, when you are saving for a retirement that won't happen for three or four decades, you will need to invest for growth by placing a reasonable percentage of equities and equity-based investments in your portfolio, based on your comfort with the various types of risk, including interest rate risk, credit risk and market risk. You will experience some bumps along the way—keep in mind that the value of investments will fluctuate and the loss of some or all principal is possible—but you likely have time to overcome the "down" periods. On the other hand, when you are saving for a short-term goal, such as a vacation or a new car or a wedding, you'll want a set amount of money available precisely when you need it. In this case, you may need to sacrifice some growth potential for investments whose principal value won't fluctuate, such as certificates of deposit (CDs) and bonds.

Keep in mind, though, that when you're investing for long—and short—term goals, it doesn't have to be just one strategy or the other. You can save for retirement with primarily growth vehicles but still have room in your portfolio for shorter-term instruments. And even when you're specifically investing for some short-term goal, you can't forget about your need to save and invest for retirement.

And here's one final point about the relationship between time and investing: Your risk tolerance can, and probably will, change over the years. As you near retirement, you may feel the need to adjust your portfolio toward a more conservative approach. That's because you may want to consolidate any gains you might have achieved while also recognizing that you simply have less time to bounce back from down markets. Still, even in retirement,

you'll need some growth potential in your portfolio to help you stay ahead of inflation. When you invest, one of your biggest considerations is time—so use it wisely.



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

NOVEMBER 2023 FAIRVIEW REAL ESTATE STATISTICS

| PRICE RANGE | NUMBER OF SALES | \$ AVG PRICE | DOM |
|------------------------|-----------------------|-----------------------|---------------------|
| 100-199,999 | 1 | 156,000 | 5 |
| 200-299,999 | 1 | 268,800 | 22 |
| 300-399,999 | 3 | 347,000 | 21 |
| 400-499,999 | 1 | 410,000 | 56 |
| 500-599,999 | 1 | 575,000 | 12 |
| 700-799,999 | 1 | 700,000 | 10 |
| 1M-1.5M | 1 | 1,400,000 | 3 |
| 2M-2.5M | 2 | 2,150,000 | 4 |
| HOMES LISTED: 6 | HOMES SOLD: 11 | LAND LISTED: 2 | LAND SOLD: 5 |
| Max \$1,750,000 | Max \$2,300,000 | Max \$1,450,000 | Max \$375,000 |
| Min \$425,000 | Min \$156,000 | Min \$695,000 | Min \$282,500 |
| Avg \$627,500 | Avg \$804,618 | Avg \$1,797,500 | Avg \$218,300 |

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Service, Pride and Change in Reynolds District

I hope all of our Reynolds district students, staff and families had a wonderful holiday season; that it provided meaningful time with family and friends and also rest. One of my favorite parts of the season was attending the various school chorus and band holiday concerts. It is always impressive to see the artistic talent and dedication of our students and staff on display.

In January, we will be finishing the last few weeks of the first semester and tackling exams. I appreciate the administration of A.C. Reynolds High for seeking student and parent input regarding the four-day exam schedule. Outcomes are typically improved when we seek feedback and work collaboratively with the primary stakeholders. This exam schedule, which allows students to focus on one exam per day, instead of two, reduces student stress and allows for a full afternoon of preparation for the next day's exam.

Honoring Martin Luther King Jr.

January is the month in which we celebrate Martin Luther King Jr. Day. Across our county and school system, there will be activities to honor Dr. King's immeasurable contributions to American history and his lifelong work of encouraging people of all colors, races and faiths to join in brotherhood. It's also the only federal holiday designated as a National Day of Service, to encourage all Americans to engage with our communities through constructive action and recommit as involved citizens by volunteering to serve others. You can find ways to volunteer at handsonasheville.org, the volunteer coordination center for United Way of Asheville and Buncombe County. To specifically volunteer at a school, you are encouraged to call or email the school directly. It truly takes a village to raise a child and everyone associated with Buncombe County Schools (BCS) is grateful for all the support that the Fairview and Reynolds community provides the students and staff.



Dr. Martin Luther King Jr. delivering his "I Have a Dream" speech at the Civil Rights March on Washington, D.C., in 1963.

National Blue Ribbon School

We should all be proud of Fairview Elementary School and their achievement in becoming recognized as a National Blue Ribbon School, which is one of the highest accolades given by the US Department of Education. The program recognizes outstanding public and non-public elementary, middle and high schools based on their overall high academic achievement or success in closing the achievement gap among a diverse group of students. Since 1982, the goals of the program have been to shine a spotlight on the best schools in the US and to share best practices across the country. Qualifying for this recognition takes years of dedicated work on behalf of school administrators, teachers, staff, students, parents and the local community. Thank you to the entire Fairview community for all of your support over the years, including volunteering in the school, corporate and private donations, PTA service, and simply being a helpful, neighborly community. If you or your business would like to support Fairview

Elementary, Cane Creek Middle, or any BCS school, call or email the school directly for guidance on easy ways to keep our schools well-supported.

School Board Meeting Update

During the December Board of Education meeting, we passed several adjustments to existing policies in relation to the NC Parents Bill of Rights law that passed last September. By law, our school board was required to present policy language to the NC Department of Public Instruction before the start of the second semester this month. Also, the board discussed three draft school board district map proposals from our contracted legal firm and demographer, as the new state law mandates that we change how the county

elects its school board representatives.

The Parents Bill of Rights law establishes 12 rights for parents regarding their children and education. These rights are now posted on the BCS webpage (buncombeschools.org). Most of these were already practiced in our schools, such as the right to receive a report card, to inspect curriculum, and to join a PTA or PTO.

The board provided an extensive public comment period to review our proposed policy language adjustments required by law. I appreciate everyone who spoke up and participated in that process. And I feel confident that we did our best with our policy language to balance federal and state law, community feedback and the BCS mission to provide a safe, welcoming learning environment for each and every student.

We will likely be adjusting and re-adjusting to this new law for many months or years. Personally, I have sincere concerns with certain parts of the law that are not helpful in supporting student mental health or could be construed

as not welcoming to the full diversity of our school community. I will continue to advocate for these parts of the law to be changed so that we can better serve our students and parents.

Redistricting

There is a link on the BCS webpage to the three first-draft district map configurations we are considering, with an option for the community to provide comment. This re-districting will not change where your student attends school, but it will eliminate the Reynolds district with regard to school board representation.

Because the new law requires the new districts to be balanced in population, the new board will be made up of six generic districts that will not necessarily contain all of the elementary and middle schools that feed into the local high school. The current Reynolds district will feel the biggest change out of all the districts. Some parts of the community will be part of a district that includes what is now Owen district schools. The law requires our school board to finalize the new districts by June, just ahead of the filing period for the 2024 election cycle.

Merger

Lastly, regarding the mandated school merger study, we have agreed with Asheville City Schools to have Buncombe County government act as a coordinator and mediator of the process. Committees have been established to select a consultant to perform the study and begin soliciting stakeholder feedback. The study is required by law to be completed by February 2025. At that time, county commissioners will consider the results of the study and make a final decision.



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

or call/text 828-222-4874.

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Cultivating Community

There's new food and drink for Fairview residents. Both are spin-offs of downtown Asheville businesses. Cultivated Cocktails and Mountain Madre had their soft openings late last year when the owners of the distillery/tavern and Mexican kitchen combined their talents to create the distinct community venue on Charlotte Highway. Naturally, the *Town Crier* had to pay a visit to learn more and to sample what this new venue had to offer.

Locally Cultivated & Distilled

What we learned during our visit was that Cultivated Cocktails is a family business with deep roots in the Fairview community. Owner and founder Taylor Howard attended Fairview Elementary before going to Reynolds for middle and high school. He served as a volunteer firefighter for the Fairview Fire Department. Taylor's wife Leah serves at the company's CEO, and their son Hawkins is the inspiration for the hawk that adorns Cultivated Cocktails' labels. More on that in a moment.

Taylor and his father Wendell run T&K Utilities, which has done construction work for the likes of Sierra Nevada, New Belgium, Wicked Weed and other local breweries. In 2015, the father-son duo opened H&H Distillery across from the Reynolds Fire Station. Not long after opening, the distillery began to amass awards and national acclaim for its locally crafted spirits.

In 2019, Taylor took the lead role in the distillery and changed the name to Cultivated Cocktails. He opened a tasting room in downtown Asheville, which unfortunately was shortly before the pandemic shut things down. Having weathered that storm, Taylor began looking to launch a second venue closer to home. Initially, he planned to team up with Turgua Brewing Company's Phil Desenne, building a Cultivated Cocktails location next door to the Cane Creek Road brewery, but county and state regulations made their partnership challenging, and the two reluctantly nixed the deal.

As luck would have it, though, Taylor found a vacant building beside the Kounty Line Shell station, where he and his dad

still meet each weekday morning to plan their construction workday. (Yes, Taylor works two jobs, even as owner of the distillery.) After months of renovating, Cultivated Cocktails opened to the public on October 31, 2023.

All of the hard work and expense that went into the renovation seems to have paid off, which is to say that you shouldn't be fooled by appearances when passing by Cultivated Cocktails at 161 Charlotte Highway. From the outside, the building looks like it could be an industrial production facility for almost any type of manufacturing. Inside, though, is where the magic happens. The interior is tasteful and expansive, with warm lighting, plentiful tables, cozy nooks, outdoor seating—and, of course, palate-pleasing food and drink.



Taylor Howard, founder and owner of Cultivated Cocktails

Come Inside & Warm Up

It may come as a surprise that Taylor is not a drinker. Still, he appreciates what goes into the making of crowd-pleasing spirits. Cultivated Cocktails' house-distilled spirits include rums, gins, whiskies, aperitifs and liqueurs, one of which is inspired by Taylor's grandmother. The story goes that Granmama (as they call Grandma Gail) concocted little bottles of her coffee liqueur for stocking stuffers

each Christmas. Her recipe has become the secret sauce for the distillery's Asheville Coffee Liqueur.

All of Cultivated Cocktails' offerings, in fact, have a story that is told through the locally inspired labels that adorn the bottles. If you look closely, you'll find the often-elusive hawk embedded on each label as a tribute to Taylor's son. Hazel 63 Rum features a 1963 Cadillac that was owned by Taylor's grandfather Hazel. The Cadillac is still in the family and still in running condition. The label for Highway 9 Gin shows the vintage vehicle traveling along, yes, you guessed it, Highway 9. Steel Horse features a classic Harley-Davidson (belonging to Taylor's dad) photographed along the switchbacks heading toward Gerton. The smooth-as-butter whisky (duty called, we answered) is a limited batch spirit that "travels" 2,000 miles in barrels rotated by motorcycles tires. Yep, you read that right. Motorcycle tires are rigged in the distillery so that they can spin a barrel. After having learned this, I was not surprised to hear that Taylor had graduated from Western North Carolina University with a degree in electrical computer engineering and technology. In fact, the community-oriented local chose WCU over NC State in part for the shorter commute so that he could continue as a firefighter at the Fairview Volunteer Fire Department.

Cultivated Cocktails' winter drink menu features six cocktails, all priced at \$10. Particularly appealing was the Winter Berry Mule, made from Highway 9 Gin, maple ginger shrub, blackberry pomegranate syrup and lime juice topped with ginger beer.

Flights of tasting-size glasses run \$5 for five spirits or \$7 for seven spirits. Beers and wines are also available as well as bottles of spirits for purchase.



Mountain Mexican Meets Craft Spirits

No tavern is truly complete without a kitchen, so Taylor approached his friend Danny Scully of Mountain Madre for a food collaboration. It turned out to be the perfect pairing. The Mexican kitchen's downtown location has been a long-time favorite of the Howard family and to many other locals.

Operating in a custom-built kitchen in one corner of Cultivated Cocktails, Mountain Madre serves up dishes that range from \$14 to \$21. On my visit in December during the Fairview Business Association's winter mingle, I tried the Tinga Fresca Tacos, \$15, with shredded chipotle braised chicken breast, corn salsa, guacamole and cilantro-lime crema on corn tortillas served with a side of rice and black beans.

With an aim to be family-, community- and canine-friendly, Cultivated Cocktails is a welcome addition to Fairview's food scene. For hours call 338-9759 or visit cultivated-cocktails.com and mountainmadreavl.com.

Ralph Grizzle is the editor of the Fairview Town Crier.

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FBA's Winter Mingle

The Fairview Business Association held its December mingle at Cultivated Cocktails (read more about this new venue on the adjacent page). The event attracted members and their families for the holiday event. FBA members were encouraged to bring unwrapped children's gifts for the local community in need. For more information about the Fairview Business Association, visit fairviewbusiness.com.



Food for Fairview's Jeff Cole with FBA president Justin Purnell and Steam Master owner Liz Bopp.



The FBA members who attended the December get-together.



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|--|---|

Work (n.):
Where mommy and daddy go to get tired.

I was talking in my sleep last night. I kept saying marshmallow, graham cracker and chocolate bar-- over and over. This morning, my wife told me, "You kept me up all night with your s'moring!"

"Here's something to think about: How come you never see a headline like 'Psychic Wins Lottery'?"—Jay Leno

I tried to sue the airport for misplacing my luggage. I lost my case.

I tried working in a muffler factory, but that was exhausting.

My memory is terrible, so I changed my password to "incorrect." That way, when I log in with the wrong password, the computer will tell me, "Your password is incorrect."

A thief broke into my house last night. ... He started searching for money. ... So I woke up and searched with him.

Why did the nurse need a red pen? In case she needed to draw blood.

What did the fish say when he hit the wall?
"Dam."

BEEN WONDERING ... Doctors say that 7 out of 10 Americans suffer from hemorrhoids. Does that mean the other 3 enjoy them?

Thanks, Scott Cameron, for this one: A business in Asheville has a sign that reads, "It's beginning to cost a lot like Christmas."



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.

Thresholds

Our fall donation campaign has concluded. We want to thank all of the donors for your support of the pantry. It is the generosity of our donors that enables us to continue our mission of assisting the food-deficient residents of the Fairview community and surrounding area.

Food for Fairview (FFF) is an all-volunteer pantry established in 1999. We are a tax-exempt 501(c)3 non-profit corporation; a MANNA Foodbank agent partner; and a participant in the government's Emergency Food Assistance Program (TEFAP).

We are what is known as a client's choice pantry, where our clients can personally "shop" for the supplies they need each week. Open on Monday afternoons, we serve approximately 40 families each week. This Thanksgiving, we provided the fixings for a Thanksgiving meal to over 60 families, along with pantry-purchased Food Lion gift cards so our clients could purchase items we were not able to provide.

FFF is one of only a few pantries that participates in TEFAP due to the somewhat cumbersome regulations. In addition to requiring that the pantry provide any resident of Buncombe County who requests it with TEFAP-provided food, there are other strict requirements. The pantry must establish financial guidelines, meet special storage requirements

(TEFAP food must be stored separately from other foods the pantry provides), and perform regular reporting to the government.

Our team of volunteers works each week to stock the pantry shelves, organize and re-pack TEFAP donations, pick up donations from our donation wagons around the area, transport food donated by Food Lion, meet tracking and reporting guidelines, and help our clients by explaining the rules and loading their cars.

FES Third Graders Win Again

For the second year in a row, the third graders at Fairview Elementary School won the competitive food donation drive—and once again by a wide margin.

A pizza party was the offered prize for the winning class, but instead the third graders wanted a popcorn event.

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.

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We Eat the Decorations

December and the holiday season have passed; the new year is here; the levels of sunlight are slowly growing after the solstice; it is wintertime and I love it. For many decades now, being a lifelong fan of the solstice and holidays, I reserve the winter months as a time to prune many of our evergreen trees and shrubs and wander down the rural highways and roadsides in search of beautiful additions to our winter decor.

Special favorites of mine are juniper swags with their fragrant berries and lovely silvery blue colors; red sumacs with their rich fiery red clusters of berries; graceful white pine and spruce branches; and the beautiful flowers of pansies and violas. All of these shrubs and flowers are common and abundant on our land and in our neighboring areas.

All of our numerous outdoor pots and planters get stripped down for winter and each is filled with a multitude of evergreen branches. I add sumac and mullein stalks for color and texture, and a side benefit is that when snow or ice comes, songbirds visit all the pots and baskets to feast on the berries. Every February, we find about a dozen bluebirds descending upon our front porch to strip each container of most of the berries. As times are a little tough in late winter, it's a special treat for the beautiful birds and us humans who love them.



Red sumac berry bouquet

have been used for centuries as a winter tonic to treat colds and infections. The tea is soothing and easy to make. Bring two quarts of water to a boil and turn it off. Add about a cup or two of white

with birds but they also lend themselves to a special treat when infusing their essence into butter. Take 1 tablespoon of dried juniper berries and 2 tablespoons of sea salt. Crush the berries using the flat end of a jar or a coffee grinder and mix together with the salt. Melt 2 sticks of butter and stir the berry-salt mixture into the melted butter. This will keep in the fridge/freezer as long as its sealed. Juniper is also high in anti-inflammatory properties and can be made into a healing salve for sore muscles.

Red Sumac Berries

Sumacs are gorgeous shrubs that seem to thrive and populate roadsides, meadows and sunny fields. The foliage in the fall is spectacular, and after the leaves have dropped, the lovely crimson red berry clusters are stunning throughout the winter months. Many songbirds enjoy the berries, and humans do too! One of my favorite wild edible tonics is sumac lemonade, which is easy to make. Pick the berry clusters after a period of sunny days, as rain tends to wash out the flavor. Bring water to a boil, turn the heat off, and drop the berry clusters into the water. I love it with a touch of maple syrup. I have also added a touch of mint or lavender to the brew. Sumac berries are high in oxalic acid, the same ingredient found in lemons, and the pink tea is tart and tangy. The ground berries are also wonderful mixed with salt and used to flavor rice and fish.

Pansies and Violas

We grow a lot of winter pansies and violas, or "johnny jump ups," which re-seed vigorously every year, pop up in our walls, driveways and garden beds,

Whenever we make a blueberry pie, cobbler, cake or cheese platter, we usually decorate the outer ring with an assortment of these beautiful flowers, as it makes for a stunning display and kids love to eat them!

and bloom profusely all winter. Even after being deluged by ice or snow, they resurrect themselves quickly and begin blooming again. It is great to have a few flowers that can make it through the whole winter. Pansies and violas (which are in essence miniature pansies), are great additions to salads and make wonderful decorations on holiday cakes and desserts. The flowers are mildly sweet, pleasant tasting and gorgeous.

So go ahead, be bold, pluck a few of your winter decorations from the yard and try them out in the kitchen. Wow your friends and family with a bit of wild edible magic from the landscape of your life. Have fun, enjoy the holidays, and drink in the beauty of winter's peaceful essence.



Juniper berries

Pines, Juniper and Evergreens

For the last few years, we have been expanding our plantings of evergreen trees as they provide valuable habitat and shelter for birds and other critters and bring a lot of needed texture, color and beauty to our winter landscape.

White Pines grow abundantly and are often used in decorations as swags and runners for the holidays. They also happen to make an excellent tea, especially when mixed with a bit of spearmint or peppermint and a touch of honey. White pine needles are high in Vitamin C and

pine needles and honey or maple syrup to taste. Some friends love it straight up but I like to add a little mint. Let the tea cool down and you can refrigerate it for a week or more. It is truly a refreshing winter beverage and good for your body!

Juniper Trees grow easily in our mountain region and some years the fragrant berries are especially abundant. I have always loved the luminous colors of the foliage as well as the texture. The berries provide a wonderful contrast in our hanging baskets and outdoor planters, and like the other cut evergreens, they last all winter just shoved into the dirt inside the pots. The berries are popular



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

YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

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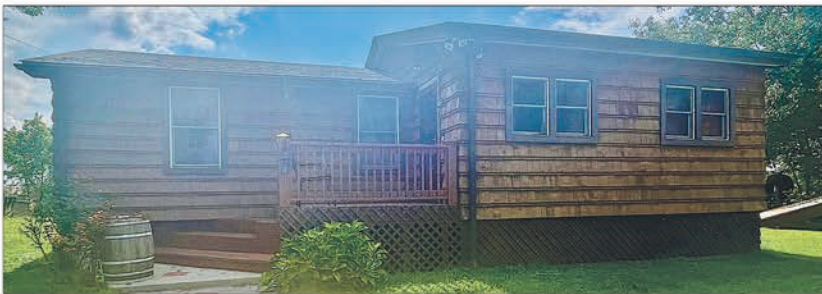
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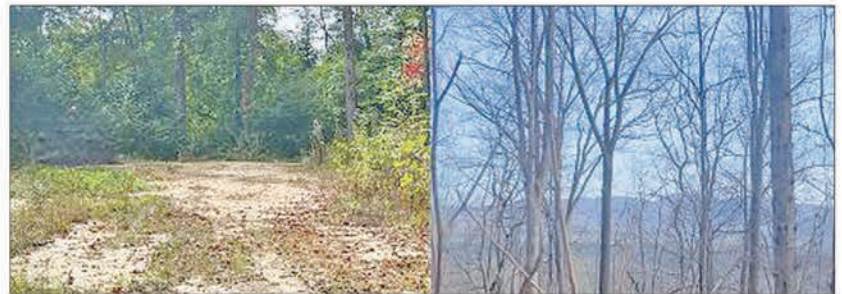
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