

Food for Fairview Honored



From left to right: Jeff Cole, from Food For Fairview, and Justin Parnell and Liz Bopp, from the FBA.

donated gift certificates, and ESCO Insurance provided a gift card from Food Lion. “If you donated the wall sign, decorative black-and-white pillow or notepad,” said Cole, “let us know so we can properly thank you, too.” Also in the award basket were a travel mug, a plaque and a festive storage container.

To volunteer, donate or get assistance, visit foodforfairview.org or call 628-4322. Food for Fairview is located at the Fairview Community Center, 1357 Charlotte Highway.

At the Fairview Business Association’s (FBA) holiday party in December, Food for Fairview (FFF) was given an award from the FBA for best servicing the needs of the Fairview community.

“Thank you to everyone who voted for FFF to win this award,” said Jeff Cole, the executive director of FFF. “And we’d like to give special thanks to the businesses in the FBA that provided the gifts that were included in the award basket.” Steam Master and The Local Joint

A FEW WORDS FROM OUR ADVERTISERS

Fairview Landscaping:

“We’ve advertised in the *Crier* since there was a *Crier* (26+ years). Why? Because it works!”
— Wayne McElrath

AA Diamond Tile:

“When I heard the *Crier* had found Ralph and new staff, I said ‘Thank goodness.’ I thought I’d have to close my business! I get more response from the *Crier* than all my other advertising combined.”
— Ronnie Yount

Dumpster Rental/Tractor Work/Handyman:

“I first started advertising years ago and got a great response. Decided to grow my business and went with a larger ad and there’s been a definite increase in interest from local folks.”
— Bahnson Lovelace

Wanda McElrath Notary:

“Why do I advertise in the *Crier*?” Almost every call I get starts with ‘I saw your ad in the *Crier*!’ And that’s why I keep my ad running.”
— Wanda McElrath

ESCO Insurance:

“Advertising in the *Town Crier* cultivates a sense of familiarity and trust within the community. Staff is always eager to create an ad that is true to my business while keeping it fresh and informative each month.”
— Joanne Winkler

Williamson CPA:

“Advertising with the *Crier* has been very beneficial in reaching local people to let them know who and what I am and where I’m located. So many said ‘Found you in the *Crier*!’”
— Bob Williamson

Your Fairview-area business or organization can benefit from advertising in the *Crier*, too!

Contact the editor for information. (See box at right.)
We have reasonable rates and free ad design.

WINTER DATES

▶ Dr. Will Memorial Marmalade

In memory of Dr. Will Hamilton & Scottish poet Robert Burns
February 16 & March 22, 6–8 pm Turgua Brewing, 3131 Cane Creek Rd.

The Dr. Will Marmalade Session has been held monthly since Dr. Will Hamilton died (shown at right) in November 2022 at Barn Door Ciderworks, where he often played with his ukulele group or string band. It’s a time for his community to gather and connect, remember him and make new friends through our connection to him. (Will was British, and they use “marmalade” instead of “jam.” Get it?)

It’s an open jam for beginners and seasoned musicians. Fairview-based musicians—including John Templeton, Rob Elliott, Steve Jones, Brian Kintner, David Hamilton, to name a few—have hosted the event. “We love including new folks who are just cutting their teeth on playing ‘out’ and learning old-time music,” said Templeton, “though we’re happy to play [other styles].”

It’s hard to pick in cold weather, and so it was decided to move inside at Turgua Brewing until the weather warms up. And since Tom Milroy was a part of Dr. Will’s circle and also has a history of hosting poetry events honoring Robert Burns—which share the same spirit as the “marmalades”—these winter dates will combine the two.

The jam will return to Barn Door in April.



Two Chances for Chili on Feb. 24

The Great Gerton Chili Cook Off

February 24, 1-3 pm
Upper Hickory Nut Gorge Community Center
See page 2 for more information.



IMAGE: FREEPIK

Chili Cookoff and Silent Auction

February 24, 6-8 pm
The PLACE Fellowship Church
See page 2 and ad on page 14 for more information.



READER REMINDER

Reach out to Ralph!

Contact the *Crier*’s new editor, Ralph Grizzle, about story ideas, event details, running an ad, and anything else.

828-338-8133

ralph@fairviewtowncrier.com

The Fairview Town Crier
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COMMUNITY CALENDAR

FEBRUARY 3 OF WHISTLEPIGS & WORLD POLITICS 10:30 am Laughing Waters Retreat Center

Join award-winning naturalist and storyteller Doug Elliott as he describes not only the natural world of the groundhog but its role in the folklore, history, mythology and philosophy of people past and present, from Europe to the Appalachians. RSVP at conservingcarolina.org. For more info, contact Pam Torlina, pam@conservingcarolina.org. 3963 Gerton Hwy. Gerton.

FEBRUARY 6 WNC PROSTATE SUPPORT GROUP 6:30 pm

Medical professional speakers. Free. First Baptist Church of Asheville or Zoom. wncprostate@gmail.com or 419-4565.

FEBRUARY 8 REYNOLDS FD FUNDRAISER 4 pm

Fundraiser drive-through for Reynolds Fire Department. Containers of chili \$10 each (until sold out). 1 Charles Lytle Ln., Asheville.

FEBRUARY 8 HAPPY HOUR WITH DEMOCRATS 5:30 pm-7:30 pm

Buncombe County Democrats
Join fellow Democrats and like-minded voters for a social gathering. Meet and greet Martin Moore, candidate for NC Court of Appeals; Eric Ager, candidate

for NC House; and other candidates. Bring a friend. Cultivated Cocktails, 204 Charlotte Hwy.

FEBRUARY 12 ART LEAGUE MEETING 11 am

FAIRVIEW AREA ART LEAGUE

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

FEBRUARY 12 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.

FEBRUARY 14 SWEETS FOR YOUR SWEET 4:30 pm-6:30 pm

Spring Mountain Community Club
Prepared by good cooks in our community. Call 777-4047 to reserve your desserts. \$5 for each dessert. Specify your choices—coconut cake, pecan pie and other delicious desserts—during registration. 807 Old Fort Rd., Fairview.

FEBRUARY 14 ROOT CAUSE FARM FUNDRAISER 5-9 pm

Root Cause Farm

Spread love in a truly meaningful way that directly impacts the Fairview community. There will be live music, top-notch cocktails (and mocktails), food and a silent auction to help Root Cause Farm kick off its fundraising for 2024 and give away more fresh produce to the food insecure this year. See ad on page 20. Cultivated Cocktails, 204 Charlotte Hwy.

FEBRUARY 15 PLANT-BASED COOKING CLASS 5-9 pm

Seventh Day Adventist Church

Featuring “chicken” soup, corn chowder, crackers and dips. See ad on page 10. 57 Cane Creek Cir., Fairview.

FEBRUARY 17 DEMOCRATIC PRECINCT ORGANIZING MEETING 10 am-12 pm

Buncombe County Democrats

Event open to all registered Democrats in the Fairview/Reynolds area. For more info, contact John Stover at 704.905.6707 or fairviewncdems@gmail.com. Fairview Community Center, 1357 Charlotte Hwy.

FEBRUARY 23 CONNIE BOSTIC EXHIBITION OPENING 6-8 pm

The exhibition will open at the S. Tucker Cooke Gallery in Owen Hall at UNC-Asheville and run through March 29. Gallery hours are 9 am-5 pm, Monday-Friday. See a Fairview-centered Bostic remembrance on page 5. The event is free and open to the public.

FEBRUARY 24 CHILI COOKOFF 1-3 pm **Upper Hickory Gap Nug Gorge CC**

The Great Gerton Chili Cookoff. Entries welcome, and all are welcome for a tasty meal. Vote for first, second and third place winners. If you are interested in entering your chili, email groundedin-gerton@gmail.com with your name and chili details (type of meat/vegetarian; heat level). Set up starts at 11:30 am. Crock pots work best to keep chili warm for the event. If you don't have a crock pot, get in touch. To ensure your table is ready, send in your info by February 21. Cornbread, beverages and desserts

will be provided. This is a free event, but donations will be greatly appreciated. 4730 Gerton Hwy., Gerton.

FEBRUARY 24 CHILI COOKOFF & SILENT AUCTION 6-8 pm

The Place Fellowship Church

A fundraiser for a new picnic shelter for community and church use. \$10 to enter cookoff by calling Herman at 301-7368. Trophies for best chili and presentation. Deadline to enter is February 15. \$10 per person for chili, chips and fixings. The Place Fellowship Church, 2 Laura Jackson Rd.

FEBRUARY 27 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 (see contact info on page 31). At Re.Imagine Studios, 15 Spivey Lake Dr., 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.

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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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 hulloballoo, 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

Lego Club

February 23 at 3:30
The library provides the Legos, you provide the creativity. Perfect for ages 6 and up.

Crafting And Creating

- In-house Crafting: Post-It Portraits**
Visit the Library in February to make your mini-portrait for the library's temporary art installation, The Post-It Portrait Wall. The library will provide all the supplies that you need. You bring your creativity! All ages.
- Take-home Crafting: Paper Puzzle Heart**
Are you into paper folding? Difficult paper folding? We have the perfect take-home craft for you! Based on a Victorian era craft, this Puzzle Heart will challenge and charm you! Appropriate for all ages.

Leap Year Spectacular

February 29 at 3:30
Join us for our inaugural Leap Day Celebration!

- Leap-Scotch!
- Crafts!
- Scavenger Hunt!
- Time Travel?? Come find out!
- Ages 5 and up

FOR ADULTS

**FAIRVIEW FIBER ARTS CLUB
An Evening of Crafting and Conversation**

Tuesday, February 13 from 6:30-8 pm
A monthly gathering of those who enjoy knitting, crocheting, and hanging out with friends.

This is not an instructional group, but newcomers are most welcome. Held every 2nd Tuesday of the month at 6:30. Due to early voting, the group will meet in the main part of the library.

Community Engagement Market

February 2 from 3-4:30 pm
The first Friday of each month, Manna Food Bank and other service providers will be at Fairview Public Library. Rising grocery prices, along with rising housing, gas and other costs are putting pressure on Buncombe households. For many in our community, no-cost healthy meals and information about County and partner services and resources are a valuable lifeline. Buncombe County's Community Engagement Markets offer free food, medical services, and information about mortgage, rental, and weatherization assistance, as well as other resources directly to those most in need by meeting them in their neighborhoods. Mark your calendar and bring questions. *There will be no Community Engagement Market in March due to early voting. Visit the county's website for information on other Markets happening in our area in March.*

Fairview Online Book Club

February 20 at 7 pm via Zoom
People of the Book
by Geraldine Brooks
Inspired by a true story, *People of the Book* is at once a novel of sweeping historical grandeur and intimate emotional intensity, an ambitious, electrifying work by an acclaimed and beloved author. The story follows the journey of a rare illuminated manuscript through centuries of exile and war (from Geraldine Brooks' website). The library's moderated online book discussion group meets on the third Tuesday of each month, September through May. You can join by emailing jaime.mcdowell@buncombecounty.org at least one hour before the meeting.

Upcoming Books
March 19 - *The Song of Achilles* by Madeline Miller
April 16 - *The Violin Conspiracy* by Brendan Slocumb
May 21 - *We Measure the Earth With Our Bodies* by Tsering Yangzom Lama

FRIENDS OF FAIRVIEW LIBRARY

Friends of Fairview Library will be having their regular meeting Tuesday, February 6 at 7 pm in the Library's Community Room.

CALL FOR ARTISTS

THE FAIRVIEW LIBRARY is looking for visual artists interested in exhibiting their work at the library. For more information, or to express interest, contact Branch Manager Jaime McDowell at 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

Art On Display

Artists Anne Ogg and Leigh Shultis have their art on display at the library through the end of February.

All of February



Anne Ogg is an artisan in the International Guild of Miniature Artisans. She is a woodturner specializing in miniatures, specifically 18th and 19th century replicas on a scale of one inch to one foot. She researches wood types and finishes in an attempt to get as close to the original object as possible, only in miniature. Her shop is located in Fairview. Visit her online at annieswoodturning.com.



Leigh Shultis is an American Storyteller. She started beadweaving and candlemaking in 2017 while she was serving as her grandfather's primary hospice caregiver, and found joy in those quiet, mindful moments. She uses her art to tell stories of hope and resilience. Her work is a colorful reminder that there can be beauty in even the darkest of times. Leigh Shultis' Sonne Studios can be found online at .sonnestudios.com and on instagram (sonne.studios).

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

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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
\$415,000 | MLS 4078392

FAIRVIEW REAL ESTATE SALES DECEMBER 2023

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
\$300K-599K	4	\$442K	30.5	100.5%
\$600K-899K	2	\$643K	45	104%
\$900K+	1	\$1.47M	412	99%

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

Agent Spotlight BEN (CHIP) CRAIG



“Chip's integrity, dedication, and humility were most important to building a partnership that enabled us to sell my home. He came highly recommended and exceeded all my expectations. He was always available, very responsive to my needs and questions, and most importantly, was an unflinching closer who represented me.”

— Skip M

”

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Conelia Harrill Bostic

Conelia Harrill Bostic (Connie) was born on June 8, 1936, in Spindale, NC, and died in the early morning hours of January 14, 2024, in her beloved home in Fairview.

Connie grew up in Spindale, where she was raised by her maternal grandparents. Her life there was limited by the confines of a typical small Southern town; however, she found an interest in the arts through history lessons given by her elementary school art teacher. In her early teens, she became intrigued with the city of Asheville when she discovered the writings of Thomas Wolfe. These experiences would lead to her artistic expression and her love of the Fairview/Asheville area.

Connie married George Bostic Sr., and in 1970, after relocating to Asheville, she happened upon the S.J. Ashworth House on U.S. 74 in Fairview. She "surprised" George by purchasing the house and fittingly named it "Mayhem Manor," where they raised their five children, horses, dogs and several of their children's friends. What an amazing adventure!

Connie had an incredible life, with stories rich in emotion and intrigue as well as shocking, amazing, wonderful, crazy surprises at every turn. She has been



described as the "Grandmother of the Asheville art scene," as she brought the first contemporary art gallery to Asheville in 1990 with Zone One Contemporary on Biltmore Ave. She also provided a strong foundation for the creation of the Black Mountain College Museum + Arts Center.

Connie is survived by her children, Michael Bostic of Fairview, Beth Bostic of Fairview, and Catherine Bostic Southern (Bill) of Flowery Branch, GA; daughter-in-law, DJ Bostic of Black Mountain; grandchildren, Lindsay West (Matt), Kari Morris (John), Hannah Lyda (Kevin), Rachel Burleson (John) and Will Southern; and great-grandchildren, Jett Burleson, Leona Lyda, Victoria Burleson and Fredrick Lyda.

Connie was preceded in death by her husband, George Michael Bostic Sr.; son, John Mark Bostic; and daughter, Victoria "Ticker" Bostic Landers.

In lieu of flowers, the family requests donations be sent to: Black Mountain College Museum + Art Center (BMCM+AC), PO Box 18912, Asheville, NC 28814 or online at blackmountaincollege.org/donate.

For updates on events and service, visit conniebostic.com.



Connie and dear friend and art student Sydney Green at the Asheville Women's March on January 20, 2018. (left)



Connie purchased the Ashworth house in 1973 and dubbed it "Mayhem Manor." In September of 2017, Hurricane Irma wreaked some mayhem of her own when a massive old tree crashed down on it. (above) Despite the odds Connie was fine, and her son Mike, a builder with a love for the old, rebuilt it to stand in even more glory than its past. (below) The house is listed in the book *Cabins and Castles, The History & Architecture of Buncombe County, North Carolina*, originally published in 1981.

My mom always wanted to live somewhere along Charlotte Highway over the mountain from Gerton. When she saw the old Ashworth house, she knew it had to be hers. The house was about to be bulldozed when she rescued it in 1973. At that point, the house was estimated to be around 85 years old. There was a huge pile of debris right outside the back door, and one of the upstairs rooms had particle board flooring and raw wormy chestnut walls that angled steeply to the floor. The trees beside the house were not tall, and the wind broadsided the house, even taking out windows. The first winter we lived there, it was so cold that water left in the bathtub froze overnight. None of this mattered to Connie. She fell in love with the place and set her "force of nature" personality to restoration. The house has had some changes made, rooms removed or transformed to make new rooms. It became a gathering place for people from the horse show world, the dog show world, the art world and all of them combined at times. The house got to see the most interesting dinner parties then.

Over the years, "Mayhem Manor" was a symbol of the old restored to new and has had pride of place along Charlotte Highway. We hope it will pass to new hands that love it like Connie did and will continue its legacy. — Beth Bostick



When Connie gave up her downtown Asheville studio, she believed the dilapidated old, tin-roofed building just down the road would make a fine art studio with enough room for her students. The structure had originally belonged to "Boss" Earley and later became "Harold's Garage." Her son Mike refurbished yet another piece of Fairview history when he restored it, retaining as much of the original as possible, including the words Harold's Garage. (left)

Connie had plenty of room to paint, teach and host art events. (far left)

Connie Bostic Retrospective
Opening — Feb. 23, 6–8 pm
 S. Tucker Cooke Gallery
 UNC Asheville
Celebration of Life
Sunday, March 3, 11am–1pm
 Eden Hall at Camp Rockmont 375
 Lake Eden Rd., Blk Mtn

Proton Mail Unveils Desktop App

If you are a Proton Mail user, you have probably learned that they will soon have a desktop app for their encrypted mail and calendar services. Once you gain access to Proton's desktop client, you will be able to compose email even when not connected to the internet. If you are not a Proton Mail user but want something more than Gmail, look at proton.me/mail.

While there, look at Proton's free VPN service (protonvpn.com/free-vpn), which has no gimmicks for when you need a simple VPN to get you safely through a hotel, airport or coffee shop Wi-Fi connection. It is limited to one device at a time and pops you out onto the Internet in one of three countries—the US, Japan or the Netherlands. Of course, you can pay more for accessing exit points in other countries, but just to feel safe, start with their basic free VPN, for when you might just need it.

If you can choose where you place your Wi-Fi router, put it toward the center of your house or building, and ideally, in the middle of that room on the ceiling. There are routers that support power over ethernet (PoE), so you won't have to run but one cord, and many of the PoE-enabled Wi-Fi routers come with plastic wall or ceiling mounting plates. Just remember this for the next time you upgrade; it may help get one more device off a shelf.

Sometimes, there are simple hacks to cut

down on those dangerous impulse purchases. Turn off Amazon's 1-click ordering, the company's patented method to suck you in quickly and purchase items without reflection. Look in your Account area, then dig around for 1-Click settings—its location varies whether you are doing this on your phone or computer—and disable it.

You may not think of Microsoft as a hardware company, but until they stopped last year, Microsoft sold some good ergonomic keyboards and mice. Now, Onwards Brands has worked out licensing for Incase to bring back some of those Microsoft classics, like the Microsoft Ergonomic Keyboard. They are hoping to start making these available sometime in the second quarter of this year.

Ambient noise in the background is very helpful for some. There is a single use website (ambiph.one) that lets you pick and blend different sounds to create your own mixed soundscape. Others might prefer to rest their eyes, so see what happens when you visit ncube.ndavd.com. Play with the sliders and see if you can visually zone out.



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

This summer, Fairview's Nicky Booth will set out on a cycling adventure from Seattle to Washington, D.C. Nicky's mother Laura couldn't be prouder. "Nicky's has always liked to challenge himself," she said. "He was on a unicycle team at Fairview Elementary. He's on the dean's list at collage and is an assistant outdoor education leader."

Nicky is pedaling for a charity organized by the Fuller Center for Housing, which aims to help eliminate poverty housing through buildings and repairs in rural America. Laura told the *Crier* that Nicky and his cycling group will stop along their route to make repairs to homes of needy families.

She wrote the *Crier* to ask if we would let readers know about her son's adventure. "He's a very humble kid and has a hard time tooting his own horn," Laura said. So, we reached out to Nicky, who's currently attending university in Colorado, to do a little horn-tooting for him.

You have a big ride ahead. What's the most miles you've ever pedaled in one trip?

My longest biking trip was during the Fuller Center Bike Adventure in the summer of 2022. I covered 900 miles over three weeks from Ohio to Maine. This experience served as valuable preparation and motivation for the upcoming 4,000-mile ride.



What are your biggest preparation challenges?

Primarily physical and mental conditioning for the extensive journey. I will need to ride at least 500 miles before the trip to get myself in shape. I will also need to raise at least \$5,600 for the Fuller Center.

Tell us about the route.

The 10-week route from Seattle to Washington, D.C., includes beautiful scenery along with building days and sleeping on air mattresses in host churches. From the seat of my bicycle, I'll soak in the stunning views of the Pacific Northwest, Glacier and Yellowstone National Park, enjoy America's heartland in the Central Plains, and conquer the Blue Ridge Mountains—all leading to a great sense of accomplishment in our nation's capital.

To learn more, visit tinyurl.com/nickybooth

SEE WHAT THE PEOPLE OF FAIRVIEW ARE SAYING ABOUT...

"The therapists are incredible! They took time to see what exercises would work best for me, are gentle, professional, great listeners, and super informative. They also gave me a home program that I can do on my own."

-RK

SEPT

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-NV

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-MK

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-VG

Meghen Hughes
Physical Therapist
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How to Identify

TREES

Remember the three B's!



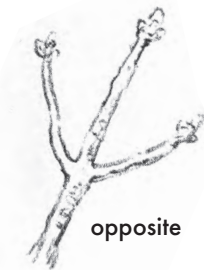
in Winter

Identifying trees in winter seems like a tough task, but it's easier than you might think. Using your powers of observation to look for specific clues, you'll be able to impress all of your friends and neighbors. The trick to winter tree identification is to pay close attention to the Three B's: **Bark**, **Branching**, and **Buds**.

Bark: Look for unique colors, textures, and features in the tree's bark. Is the bark light gray or dark brown, and/or multi-colored? Is it super smooth, extremely rough, and/or peeling in places? Are there any distinct features, shapes, or patterns? Note: bark can appear very different on young vs. old trees of the same species. Learn to identify both.

Branching:

Trees can either have opposite branching, with twigs growing out **opposite** sides of a branch, or **alternate** branching, with twigs alternating up the length of the branch. Broken twigs can change the look of a branch. Look for the overall pattern on the tree.



Buds: If the tree has low hanging branches, try to observe the size and shape of the tree's buds. Are the buds large or small, long or short, pointy or round, singular or clustered, opposite or alternate? Do the buds have a unique color or shape? Note: not all trees have buds in winter.

Eastern White Oak (Quercus alba)

Bark: Light, ashy-gray bark that becomes increasingly scaly and begins to peel as it moves up the trunk.



Branches: Alternate. Red-brown twigs, hairless and often shiny.

Buds: Groups of small, round, scaly, red-brown terminal buds.



Other: Some leaves persist through winter. Brown, round-lobed leaves can be found surrounding the base of the tree.



Red Maple (Acer rubrum)

Bark: (Young) Smooth, light gray bark, often mottled with white crustose lichens. (Mature) Darkens and cracks into long plates.



Branching: Opposite. Reddish stems that can be shiny.

Buds: Globular red buds. Additionally, red maples are one

of the first trees to flower in the spring, often displaying bright red flowers at the earliest sign of a warm day in mid- to late-February.

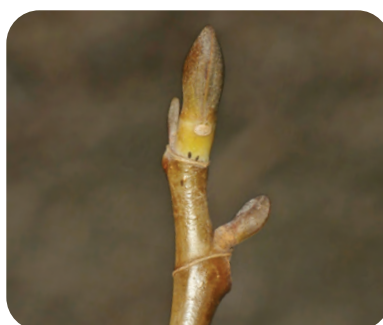


Tulip Tree (Liriodendron tulipifera)

Bark: Extremely straight-growing trunk. Light gray bark with a distinct vertical crisscross, ridges and valleys.



Branching: Alternate. Shiny red-brown twigs. Woody remnants of the seed pod from the previous year can be found pointing upward.



Buds: Purplish-brown, duck-bill-shaped buds can be found on the tree's smaller branches and twigs.



Kids in Parks is a signature program of the Blue Ridge Parkway Foundation, the primary nonprofit fundraising partner to the Blue Ridge Parkway.



About Kids in Parks Headquartered on 74A, the Kids in Parks program has developed a network of hiking trails, called TRACK Trails, designed to engage kids and families in outdoor recreation activities that foster lifelong wellness and meaningful connections to nature. You can find out more about the Kids in Parks program and its network of TRACK Trails at kidsinparks.com.

Groundhog Day Signals Winter's Midpoint

After a dry fall in 2023, from December onward we've had seesaw weather, with an increase in needed rainfall. The last two months have been dominated by a Pacific flow of air across the country, coupled with lots of moisture from the Gulf of Mexico, resulting in several storms giving us several inches of rain. On the backside of the storms, we have had colder air and seasonable temperatures but only one or two days with nighttime lows in the teens or lower.

The pattern features fast-moving systems, so any cold arctic air only hangs around for a day or two before modifying, and then another Pacific storm brings a milder westerly flow and rain. That has been the pattern so far; however, winter can come knocking on the door anytime and isn't over yet.

It can be difficult to remember what accumulating snow looks like. We haven't had any for quite some time. The last 4-inch snowfall in the Fairview area? Check next month's article for the answer. However, the airflow and jet stream can switch any time and bring an airflow that originates in the Arctic flowing across the frozen plains of central Canada into the US. I am sure it will do it again a time or two over the rest of the winter, and maybe we will get some snow as well. The best



Close up of a groundhog, courtesy of Patrice Schoefolt.

recipe for snow is a Pacific storm intensifying in the Gulf of Mexico and moving up through central North Carolina to the northeast, but time will tell.

Groundhog Day is a popular tradition celebrated in the US and Canada each year on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks. If it does not see its shadow because of

cloudiness, spring will arrive early. While Punxsutawney Phil claims to be the nation's official forecasting groundhog, he's not the only furry forecaster in the US. Some other notable contenders include General Beauregard Lee of Atlanta, GA; Sir Walter Wally of Raleigh, NC; and Jimmy of Sun Prairie, WI, along with dozens of others. The Groundhog of Silver Point, TN, is someone dressed up like a groundhog on a motorcycle.

While Groundhog Day is a way to have a little mid-winter fun, climate records and

WEATHER WONDER

What falls but never hits the ground?

This question has two answers: The first is the temperature, and the second is virga, which is precipitation that evaporates in the air before reaching the ground.

QUESTION of the MONTH

When was our last 4-inch snowfall in the Fairview area?

statistics tell us that winter isn't over. Climatologically speaking, the three coldest months of the year are December, January and February, so winter typically still has a good bit to go when the groundhog comes out in search of his shadow on February 2.



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

UPCOMING FREE LECTURES



FEBRUARY

- Mon, Feb 5 **MEDICAL WEIGHT LOSS**
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- Tues, Feb 20 **NEUROPATHY**
- Thurs, Feb 22 **AUTOIMMUNITY**
- Tues, Feb 27 **NEUROPATHY**
- Thurs, Feb 29 **LEAKY GUT**

MARCH

- Tues, Mar 5 **NEUROPATHY**
- Thurs, March 7 **AUTOIMMUNITY**
- Tues, March 12 **LEAKY GUT**
- Tues, March 19 **NEUROPATHY**
- Thurs, March 21 **DEMENTIA**
- Mon, March 25 **LEAKY GUT**
- Tues, March 26 **KNEE PAIN**

APRIL

- Tues, April 2 **KNEE PAIN**
- Thurs, April 4 **DEMENTIA**
- Thurs, April 11 **LEAKY GUT**
- Tues, April 16 **PND**
- Thurs, April 18 **TBI/CONCUSSIONS**
- Tues, April 23 **AUTOIMMUNITY**
- Thurs, April 25 **BRAIN FOG**
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Just Say No to Tree Topping

It's winter in Fairview, and most trees have dropped their leaves. Without their greenery, healthy trees display beautiful shapes that we can enjoy in this sometimes-dreary season. I particularly enjoy viewing winter sunsets, or a snow-fall, through tree silhouettes.

With their leaves gone, trees also reveal where they might need some maintenance. Are there dead or broken branches to be removed? Is a tree's height getting too close to power wires? Does a tree's growth near a building or road seem hazardous? Except in wild areas, trees aren't maintenance-free, and from time to time they may require some care.

At such times, it's wise to remember that pruning trees is not a task for the untrained. Mistakes by unskilled workers can lead to loss of trees, higher expense of repeat visits to repair damage, and reduced property value. Bad decisions on tree care are often permanent and can cause regret for many years to come. One of the most serious mistakes—and unfortunately, one of the most common—is a practice called topping. This practice is nearly universally condemned by tree care organizations and businesses, forestry agencies, utility companies, and forestry agencies and research programs. And yet, topping is still happening in many areas, including right here in Fairview.

Why? My reading suggests that unskilled, door-to-door workers hired to do tree pruning are likely the biggest reason why topping persists. Topping can also take place when contractors or do-it-yourselfers aren't fully educated in how to prune. They are not aware of the harms of topping or that there is a better way to accomplish everything that topping falsely claims to do.

What is topping? Also known by the names “stubbing,” “pollarding” and “hat racking,” topping is the practice of indiscriminately removing a tree's top and largest side branches most of the way down toward the trunk, leaving several blunt stubs without finer side branches. Topping is sometimes done to reduce the height or size of a tree crown, ignoring widely accepted pruning methods that reduce tree height or width with much less harm to the tree. Often, topping is performed by unskilled workers or homeowners who may incorrectly think it is legitimate pruning.

Under severe stress the year after the removal of most of its branches, a topped tree puts out numerous small branches at the places where its limbs were severed (see figure 1). Additional labor is then needed to thin out these small branches to leave fewer, stronger ones. The remaining new branches are prone to break off and fall as they gain size and weight while rot sets in at the end of the cut limb. The attractive shape of the tree is not only permanently lost but new hazards are created, and the tree is much less healthy. Ultimately, the tree may die prematurely.



In the meantime, additional labor and costs are often needed to repair the new problems.

How is proper pruning different? Again, I could find no reputable source that considers topping a legitimate pruning technique. What's more, many professional sources verify that there are proper pruning techniques that accomplish all the alleged goals of topping (e.g., reducing height or spread) without severe damage to the tree. See Figures 1 and 2 as you consider the difference between topping and proper pruning.

To begin, topping violates a main principle of pruning: Never cut more than 25 percent of a tree's branches in a given year. Another principle of proper pruning is to only remove branches at the point of origin on a larger limb (as in Figure 2), not partway out, leaving ugly rot- and disease-prone stubs. Pruning always aims to achieve maintenance goals like crown reduction while keeping a tree's attractive shape and overall health.

Why is topping so bad? Ask the experts. These points made online by tree care professionals and researchers speak for themselves:

North Carolina Department of Forestry: “Stop topping! Don't hire a tree service that routinely tops trees. Topping damages a tree's health and appearance and initiates a sooner death. A good arborist knows the alternatives to topping that will keep your tree healthy so it can be enjoyed for many years.”

Clemson University Extension: “Healthy, well-maintained trees can add 10 to 20 percent to the value of a property. Topped trees are considered an impending expense.”

International Society of Arboriculture: “Topping is often used to reduce the size of a tree, but it is perhaps the most harmful tree pruning practice known.

Topping can lead to unacceptable risk,



tree stress, and decay. It is also expensive and destroys the natural form of the tree.”

A final caution: Hire only professionals. If you're thinking of taking on a pruning job yourself, remember that there is substantial skill and judgment involved. Do not expect even a trusted handyman you know to be able to prune a tree properly—it is a specialized skill.

Many of the professional sites I visited emphatically cautioned against “drive-by” offers to cut your trees. Reputable firms

Figure 1 (far left): Victims of topping like these trees never regain their attractive original shape and often die within 10 years. PHOTO COURTESY OF GREENSBORO, NC, PLANNING DEPT., WEBSITE.

Figure 2 (left): Pruning a mature tree properly (removing the red branches) can accomplish everything that topping falsely claims to do—including reducing tree height—without severe damage to tree health or appearance. FIGURE COURTESY OF THE INTERNATIONAL SOCIETY OF ARBORISTS WEBSITE.

do not need to drive by to get business, and the risk is high from an untrained individual who may severely damage your trees. Some may say they'll prune but then do topping. Be particularly wary of “today-only” sales pressure to agree to a drive-by job. It will not be a bargain when your poorly disfigured tree never looks the same again. The safest policy is to just say no to anyone who knocks on your door asking to trim your trees immediately. Be patient and find a trained expert.

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

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The Land Steward

Feeling that I needed to get out of Asheville, I came to look for land in Fairview during the fall of 2021. Luckily, I found just the spot, a patch of land off of Concord Road with seductive views of Bearwallow Mountain.

I refer to my 2.5 acres as a “postage stamp-sized parcel” among the large swaths of privately owned land in Fairview. Still, 2.5 acres is sufficient for living, gardening and farming. I’ve done a bit of each on my land.

My patch was once part of a larger parcel passed down through four generations of farmers. A few years ago, the last of those farmers decided he was done, and so he divided up the land and sold the farm.

The farm once had trees, which were felled to make pasture. The pasture was mowed a couple of times a year for hay. My land was beautiful but barren.

Let the meadow grass grow, I was told. Rewild your land, they said. Let it go back to what it once was. Eliminate the invasives, install native trees and plants, create habitat. The pollinators and animals need your land, people told me. The more I listened, the more I bought into the idea that I could do something positive with my small plot. I could focus on native habitat for the creatures that depend on it.

I read Doug Tallamy’s inspiring book, *Nature’s Best Hope*, which advocates a grassroots, home-grown approach to conservation. I joined Tallamy’s Homegrown



Oriental Bittersweet, an invasive, outcompetes native plants.

National Park (homegrownnationalpark.org), whereby land owners commit to planting only native plants. I joined Conserving Carolina and the Southern Appalachian Highlands Conservancy. My donations, the organizations told me, help to protect mountain views, pristine streams, wildlife habitat and local farmland. That sounded good to me.

Though my land is zoned open-use and

unrestricted, I did not want to build and flip the three homes that the land could accommodate. As I was to learn, owning the land came with more responsibilities than just being a good neighbor and paying property taxes. One day, my significant other prodded me to put up a few bluebird houses. Fifteen minutes after installing the first of four, a half-a-dozen bluebirds perched on top of the wooden structure. We were thrilled. “Now you’re a land steward,” Tamera said.

A land steward? Me? Much of my life had been spent on far-flung assignments. After graduating UNC-Chapel Hill with a journalism degree, I signed on with a travel magazine. I wrote mainly about cruise ships and destinations. I traveled the world, but my heart was always here in WNC.

When at home in Asheville, I wrote for *Our State* magazine. I even penned a biography about a famous North Carolinian in a book titled *Remembering Charles Kuralt*.

By purchasing land in Fairview, I was coming full circle. Asheville had been my primary home for more than 40 years. My grandparents were Southern Appalachian farmers. I know little about their farm except that it took more than farming to feed a family of six children. To make ends meet, my grandfather walked 20 miles roundtrip weekly for work in Ducktown, Tennessee. My father said his parents were so poor that they rationed out buttermilk so that each child could get a spoonful or two.

My father and his five siblings all left the farm. Dad worked for Southern Railway and later started a logging business. I was skidding logs with a tractor before I was 10 years old. What a twist of fate that in my senior years, I would be planting trees instead of felling them.

On my land, I put in a drive, dug a well and installed septic with help from others. I planted native trees, native plants—blueberry bushes, hollies and more. Each week during the spring, summer and fall, I



Ralph welcoming bluebirds and other species

spent a couple of hours watering more than 100 new trees and plants. It was truly a labor of love, and I was enjoying it all.

I got rid of the Bradford Pears, the oriental bittersweet and battled the prolific multiflora rose. I removed a lot of Carolina Horsenettle, which is native to North America but considered to be a weed because it competes with more beneficial plants. Few things in life are black and white, though. I learned that Carolina Horsenettle also serves as a host to the larvae of the Carolina Sphinx Moth, so I preserved some of the plants.

I began to take pride in all the blooming things that surrounded me: sunflowers, fleabane, butterfly weed, aster, Queen Anne’s lace, echinacea. The bees were busier than ever. With my iPhone, I filmed a timelapse of chicory opening its petals to the morning sun as gold finches perched on my split-rail fence. The chicory’s awakening was beautiful.

As fall approached this year, birds flittered over quilts of goldenrod, rabbits bounded through the meadow while the resident hawk looked out from its perch. What an idyllic place for nature to thrive.

One evening, while sitting in lawn chairs facing Bearwallow Mountain, Tamera and I saw what appeared to be headlights on the mountain top. There was no vehicle, however. The orb was the full moon rising over that beautiful mountain.

That evening, we named our postage stamp-sized parcel. And that’s the story of how I became an unlikely land steward of a special place that I call Bearwallow Moon.

Ralph Grizzle is the editor of the Town Crier. Do you have a story to share about your land? Send it to ralph@fairviewtowncrier.com or call/text 828-338-8133.



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John Templeton's Route to Fairview Fueled by Music

If you think Dr. John Templeton landed in Fairview by accident, think again. The number of connections, switchbacks and redirects that led him from Chapel Hill to New York to Texas then back to Fairview present a convincing argument that he was meant to be here all along. The geologist, ordained Baptist pastor and Appalachian Old-Time musician was raised in Chapel Hill. He started his journey at his hometown college, the University of North Carolina at Chapel Hill, earning a degree in geosciences.

Fairview Friends

Among Templeton's childhood friends was Richard Sanders. After high school, Sanders left Chapel Hill to attend Warren Wilson College. There, Sanders connected with classmates William and Annie Louise Hamilton and Jamie Ager, members of the Ager-Clarke-Hamilton clan. Sanders and his new friends enjoyed the local culture and made plans to attend the 1997 LEAF festival. Knowing his high school buddy would be up for a road trip, Sanders invited Templeton to drive over from Chapel Hill to join the fun. Throughout the LEAF festival weekend, Templeton got to know Sanders' new friends, and in time, the whole Ager-Clarke-Hamilton family.

The next January, Templeton received a different kind of invitation from Sanders: "Hey! You want to come stay up all night and cook a pig?"

When I spoke with him last month, Templeton laughed with a mix of pride and wonder at his college self. He had never cooked a pig, so he thought, Why not? To a 19-year-old, that kind of novelty can be more than enough reason to drive across the state. "It was about this time of year," Templeton said, pulling out his phone. "Actually, I should text Eric and wish him a Happy Anniversary!" That pig roast? It was for Eric and Rachel Ager's wedding reception.

Templeton wasn't done with higher education. Wanting to explore his theological interests, he enrolled in Wake Forest Divinity school. After receiving his Master of Divinity degree, he found a position in campus ministry up the road from Fairview at Mars Hill University.

Coincidentally, among his co-workers was Fairview native Stan Dotson. Dotson and Templeton became fast friends, strengthening the Fairview web



From left to right: John Templeton, Cyrus Ager, Anne Hamilton

of connection. Also, around that time, Templeton and his future wife, Molly (née Tyson), met and began dating. They married in 2007; their rehearsal dinner was held near the Clarke family's Hickory Nut Gap Farm. Dr. Will and Susie Hamilton helped with the wedding planning and ceremony.

To New York, and Back

While Templeton enjoyed collegiate ministry at Mars Hill, his interest in geosciences continued to call him back to scientific study. So, not long after he and Molly married, they left WNC and moved to Manhattan for Templeton to pursue a PhD in Geology at Columbia University. From 2009 until 2022, the Templetons lived far away from Fairview; still, they stayed in touch with their friends-made-family back in WNC. "And I never stopped playing Appalachian Old-Time music," Templeton said. That's Appalachian Old-Time, not bluegrass. Bluegrass can be polished, performative and commercial. Old-Time is not any of those things.

"The function of Old-Time music is community; it's intergenerational and participatory," Templeton explained. "These songs are learned by playing them in community. It's intentional, in that people make it a priority to gather to play music. But it's also organic. You never know who will attend. You could have any assortment of instruments: mandolin, guitar, washtub bass, banjo, fiddle or something else. "It works out though," Templeton said, smiling. "The quality of our playing varies, but the community is always . . ." he trailed off. "Well, it's like church for me."

in Scotland, he joined up with Celtic musicians whose style informed aspects of Appalachian Old-Time. "It was harder in Norway," Templeton admitted. One would think. "But they have the Hardanger Fiddle there, so that worked."

By 2022, the Templetons and their (by then) two children, were living in Texas. When Templeton changed jobs, he no longer felt tied to Houston. "We could live anywhere we wanted because my job is remote," Templeton said. John and Molly talked about it and considered various scenarios. Before they had made up their minds, some friends called and asked the Templetons to house-sit for them. Where? Fairview, of course.

"We got here, and we loved it," Templeton said. "The kids had friends from years of visiting here; Molly and I picked up with our friends as if we'd never left." And just two weeks after the family moved to Fairview, David Hamilton invited his old buddy to an Old-Time jam session. Templeton smiled, remembering. "It was like coming home."



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



Folks gather at the Mountain Song Jam. John Templeton wearing green, fourth from left.





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Avoiding Knee Pain with Common Activities

Pain on the outside of the knee is a common complaint among hikers, runners, cyclists and other people who have become more physically active. As we increase the demand on our bodies by increasing our physical activity levels, we also increase the chance of developing pain from overuse injuries.

When we introduce a new or more intense activity, e.g., repetitively bending over to work in the yard, going on a long hike that includes steep hills, increasing running distances, or riding a bike more frequently, the muscles in our body need time to adjust. If we do not help the muscles adjust by resting and performing specific stretching and strengthening exercises, then imbalances between muscles can cause nagging and persistent pain, such as with iliotibial band (ITB) friction syndrome.

The ITB is a band of connective tissue that extends down the outside of the leg—from a hip muscle, the tensor fascia latae, past the knee joint—and attaches to the tibia. Fibers of the ITB are blended with portions of the gluteus maximus, vastus lateralis and biceps femoris muscle tendons.

Causes of ITB Friction Syndrome

- Running on hilly terrain
- Running on sloped ground
- Sudden increases in mileage with

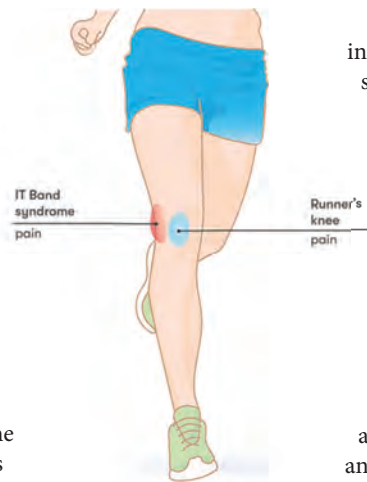
running and cycling

- Sudden changes in training surfaces
- Leg length difference
- Muscular imbalances at the hip, thigh, and knee
- Hamstring and quadriceps muscle tightness and/or weakness

The symptoms of ITB friction syndrome include diffuse pain on the outside of the knee that is difficult to localize, and pain that occurs when performing the repetitive activity that caused the injury.

Treating ITB Friction Syndrome

- Make activity modifications, such as taking a break from running, decreasing mileage, or changing the training surface.
- For cyclists, look at the proper bike fit and adjust the seat height and position. Ice the outside of the knee three to four times per day for 10 to 15 minutes.
- Incorporate strengthening exercises that target the hip abductor and external rotator muscles in your regular strength routine.
- Perform a regular stretching routine to



include the ITB and surrounding muscles. It is important that surrounding muscles that connect with the ITB are also stretched.

Hip Strengthening Exercises

• **Clamshells** Lie on either side, then bend your knees and hips. While keeping your hips and knees bent and your ankles together, slowly lift the top leg away from the bottom leg and attempt to point your knee toward the ceiling. Keep your ankles together throughout the entire movement. Perform eight to 12 times with each leg.

• Single Leg Bridge

While lying on your back with your knees bent and feet on the floor, extend one knee. Next, raise your buttocks off the floor. Try to maintain a level pelvis the entire time. Perform eight to 12 times with each leg.

• Hands and Knees Hip Extensions

While in a crawling position, slowly draw your leg back behind you as you straighten your knee. Perform eight to 12 times with each leg.

Stretches for Before and After

• Calf Stretches

Stand with the middle of your feet on the edge of the stairs while holding onto a railing. Keeping your knees straight, slowly lower your heels until you feel a stretch in the back of your legs. Do not bounce. Hold the stretch for 30 seconds. Repeat 3-4 times.

• Hamstring Stretches

While lying on your back, hook a towel or strap under your foot and draw up your leg until you feel a stretch under your leg and calf area. Keep your knee in a straight position. Hold the stretch for 30 seconds. Repeat 3-4 times with each leg.

• ITB Stretches

In a standing position, cross one leg in front of the other. Bend forward toward the floor to feel a stretch behind your legs. Hold the stretch for 30 seconds. Repeat 3-4 times with each leg in front.

Being active is a vital part of healthy living and does not have to cause persistent pain or discomfort. By keeping the leg muscles that surround the ITB flexible and strong, knee pain can be avoided and desired activities can be fully enjoyed.

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

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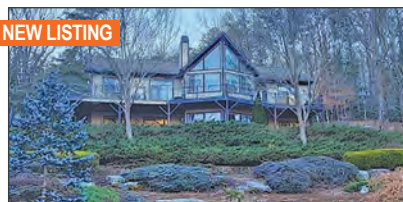
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Managing Seasonal Affective Disorder

It's that time of year again, when a significant number of individuals find themselves grappling with seasonal affective disorder (SAD). SAD is a form of depression that typically surfaces during the colder, darker months. This mood disorder not only affects mental health but takes a toll on physical and emotional well-being. There are many factors at play that, if properly understood, can be altered to help direct better outcomes.

Seasonal Affective Disorder (SAD) and the Brain

At the center of SAD lives a complex dynamic of environmental factors and neurological processes. Reduced exposure to natural sunlight during winter can make it difficult to get adequate amounts of vitamin D in the body, which is crucial for immune function and closely linked to depression (regardless of the season). It also disrupts the brain's internal clock, known in neurology as the circadian rhythm, leading to sleep issues, fatigue, and cognitive issues like brain fog. The combination of reduced vitamin D plus circadian dysfunction can be detrimental to short and long-term brain health.

One of the brain regions that can be most impacted by this is the prefrontal cortex, which plays a significant role in critical thinking, focus and emotional regulation. One of the ways it does this is by helping to regulate the production of our neurotransmitters, particularly serotonin, which is one of the most important brain chemicals in terms of helping maintain our moods. Understanding these neurological underpinnings is crucial for developing effective strategies to manage and alleviate the symptoms of SAD.

Nutritional Strategies for Battling SAD

Dietary choices can significantly influence mood and energy levels, representing an important avenue for addressing SAD. Foods rich in omega-3 fatty acids—such as salmon, mackerel, flaxseeds and walnuts—have been linked to improved mental health in those that eat them regularly. These fatty acids play a role in maintaining the integrity of cell membranes in the brain while modulating inflammation throughout the body, thereby improving long-term brain health.



Credit: Jacek Chabaszewski

Another important strategy is to keep sugar intake at low to moderate levels. This can be tough with the wealth of goodies that gets tossed around in the

colder months, yet this is one of the most important things you can do for your brain health. Excessive sugar intake (which does not take many cookies, slices of pie or candy hearts to achieve) has been linked to poor mental health, increases in impulsive behaviors, and further dysregulated circadian rhythm and sleep habits. Keeping these indulgences limited or avoiding them altogether can be one of the most effective ways to optimize your brain health.

Lifestyle Adjustments for Enhanced Emotional Well-being

Simple lifestyle modifications can make a substantial difference in managing the impact of SAD. Maximizing exposure to natural light is key. Taking short walks outdoors during daylight hours, arranging workspaces near windows, and incorporating full-spectrum lighting in living areas can help mitigate the effects of reduced sunlight during the winter months.

Maintaining a consistent sleep schedule and proper sleep hygiene is another critical aspect of managing SAD symptoms. Disruptions to sleep patterns can exacerbate feelings of anxiety, depression and fatigue. Prioritizing your sleep quality by reducing screen time before bed is one of the best first steps. The light from TVs, smartphones and tablets enters through the retina and alters our ability to release melatonin and other sleep neurochemicals in adequate amounts. This leads to poor sleep quality, difficulty falling asleep and exacerbations in anxiety, depression and fatigue.

Exercise as a Mood Booster

Physical activity has long been recognized as a powerful tool in the fight against depression, and this holds true for SAD. Exercise stimulates the production of brain chemicals that can help to promote better moods and contribute to long-term brain health. Incorporating regular physical activity, such as brisk walks, yoga or aerobic exercises, into daily routines can significantly contribute to improved mental well-being, in addition to whole body health benefits.

One of the best strategies is to devise ways to exercise outdoors during these months, to help improve sun exposure and physical activity in a time-efficient manner. The social aspect of group activities can also provide emotional support and foster a sense of community and connection during the darker months. Fun fact: Socializing with others has been proven to be the best way to improve serotonin levels.

Harnessing Neurofeedback for Holistic Well-being

A promising approach in the realm of mental health is neurofeedback, which is a non-invasive technique designed to regulate brain function. By providing real-time training of brainwave patterns,

neurofeedback helps individuals learn to self-regulate and optimize brain function. Brainwaves are the name given to the electrical output of the brain. Certain patterns of brainwaves are associated with mental health struggles and depression.

Neurofeedback offers a personalized and targeted approach to addressing the neurological aspects of SAD. By training individuals to regulate their brain activity, this technique avoids many of the side effects of pharmaceuticals. It is essential to consult with appropriately certified and experienced practitioners to ensure the best applications of neurofeedback for your unique circumstances.

Conclusion: A Holistic Approach to Thriving During Winter

As we navigate the winter months, prioritizing mental health becomes paramount, especially for those grappling with SAD. Combining nutritional adjustments, lifestyle changes, regular exercise and, perhaps, techniques like neurofeedback can empower individuals not only to cope



stock.adobe.com

with SAD but also to thrive during the darker seasons.


Seeking professional advice and support is crucial in developing a personalized and holistic approach to mental well-being. Remember, even amid the winter blues, there's always light at the end of the tunnel, and with the right strategies, individuals can illuminate their path to emotional resilience and vitality.



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

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Top Nine Foods to Fuel Your Fat Loss

In last month's issue, we mistakenly attributed the column from PHD Weight Loss's Dr. Ashley Lucas ("Navigating Your Winter Weight Loss," page 12) to another writer. We deeply regret this production error and apologize to Dr. Lucas. As January is a key month for many people seeking to start a program to lose weight, it was important for us to correctly identify Dr. Lucas as the author, as she has a PhD in Nutrition, is a registered dietician, and runs a company that specializes in helping with weight loss.

If you're reading this column, it's likely you've been on a quest to shed some pounds and prioritize your health. Well, you're in the right place. I'm here to share some valuable weight loss tips and introduce you to the top nine foods that can kickstart your fat loss journey, especially for those of you over 40 years old.

First things first: let's be clear—I'm not endorsing any of those trendy diets, medications or quick fixes. Weight loss is a journey that demands commitment, dedication, a positive/open mindset and the right nutrition. Let's dive in.

1. Avocados

Kickstart your day with avocados, a fruit that's rich in healthy fats, fiber and essential nutrients. Avocados will keep you feeling full and satisfied, helping you tackle

the day without succumbing to those pesky mid-morning cravings. High in potassium, avocados are great to support your body in recovery.

2. Eggs

These are your morning champions, high in protein and low in carbs. Eggs provide a steady energy supply; perfect for your busy day. Plus, they're versatile—scramble them, poach them or create a delightful omelet. Make sure you eat the yolk because that's where all the vitamins and minerals live.

3. Spinach

Packed with vitamins, minerals and antioxidants, spinach is your ally against inflammation and weight gain. It's gentle on your digestion and keeps you full.

4. Cauliflower

Often thought of as just a side dish, cauliflower is a secret weapon against fat gain. This cruciferous vegetable is rich in fiber and antioxidants, supporting your digestion and long-lasting fullness. You can even make it into a pizza crust—just search the phrase "cauliflower pizza crust recipe" and give it a try.

5. Salmon

Fatty fish like salmon, with omega-3 fatty acids, boost metabolism and reduce inflammation—important for those in their 50s. Enjoy a grilled salmon fillet for dinner to support your weight loss goals.



Credit: Anastasia Izofatova

6. Berries

Nature's sweet treats without the guilt, berries are low in sugar and high in fiber. They satisfy your sweet tooth and provide a healthy dose of antioxidants. Snack on berries or add them to your yogurt for a delightful treat.

7. Nuts and Seeds

Almonds, chia seeds and flaxseeds are a trusty source of crunch. Full of healthy fats and fiber, they keep you satisfied, "regular" and provide an energy boost when you need it.

8. Animal Protein

Chicken, turkey and steak are packed with high-quality proteins that help you build and maintain muscle, ensuring you stay satisfied while losing weight and making it easier to maintain the weight loss long term.

9. Greek Yogurt

Plain Greek yogurt, a protein powerhouse, is an excellent snack or breakfast option.

Low in sugar and high in probiotics, Greek yogurt promotes gut health and supports weight loss. Just make sure you get plain and flavor it with your own berries.

Now that you're armed with these fantastic fat-loss-supporting foods, it's time to take action. Remember, in your 40s and beyond, weight loss is about more than just the number on the scale; it's about reclaiming your health and vitality. Should you need help and accountability, reach out to a program that provides nutritionally sound guidance and behavioral support. If you're ready to embark on your fat loss journey, make sure your program is tailored to your age and metabolism; otherwise you'll find the fat loss will be challenging to maintain.

Ultimately, successful weight loss is about gaining a healthier and even happier version of yourself. The effort is worth the huge benefits. There is no better time than now to take that first step toward a brighter, lighter future.



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

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

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Sharing the Love of Conservation

My love for conservation came naturally. During childhood summers, my parents would send me and my siblings to stay for a week or so with our grandparents in the country. I'd run barefoot through the creek, look for climbing snakes, pick blackberries and generally use all the crooks and crannies of their farm as a playground for my imagination.

I learned to love the land by being on it, sometimes in it. I also learned the value of conserving resources—conserving water that came from a well, growing and canning food, fixing and reusing items rather than wasting materials, and sewing my own clothes. We'd learn to break beans, shuck corn, harvest okra—and then Granny would put these and more into the vast pot of canning jars on the stove, admonishing us not to jump around and run through the house or we'd blow the kitchen up.

Later, we'd help carry the season's jars into the earthen basement below the house, always on the lookout for the giant rat snakes that called it home. These lessons didn't come from a book—they didn't arise from an abstract idea or lesson on permaculture. I was steeped in the knowledge passed down by generations of folks who had lived on the land and learned concepts of frugality and self-sufficiency shared by those who had personally experienced the deprivations of the Great Depression.

They may not have called it conservation—it was just doing what you did. But in a large part, I learned the value of conservation from my grandparents.

Flash forward a few decades, and now my oldest son is preparing to embark on his college and career journey. When asked what he thought he might want to do or study, my heart warmed to hear that he wanted to find some path in conservation or local resource management. He may not have enjoyed the same childhood experiences that I did, but he grew up hiking, camping and joining other staff and members of the Southern Appalachian Highlands Conservancy (SAHC) on outings to protected lands.

Experiences matter. They help shape our values, mold our mindsets and forge pathways for future careers.

That's one of the reasons why SAHC set up a youth education program several years ago—to purposefully fill the gaps for people who may have limited access to experience, enjoy and learn about the natural world. As part of this program, SAHC's Equity and Education Manager LaKyla Hodges partners with established youth-centered organizations like the Girl Scouts and after-school/summer camp programs such as YMCA Horizons and local community recreation centers to offer on-site programs. This helps these groups fill in their activity schedules and provides a way for youth



LaKyla Hodges

to learn about and experience concepts of conservation and outdoor recreation in a familiar environment.

“The outdoors can be a daunting concept for those who don't have a strong or positive relationship with it,” said Hodges. “Overarching themes in our conversation on how to bridge this gap include comfort, patience, and community engagement. The importance of a slow, warm welcome to green spaces should not be overlooked. Meeting people where they are, accessing their comfort levels, and providing conservation-related opportunities at several different levels can be exactly what many people need to discover their love for the outdoors.”

In addition to hosting on-site

programming, SAHC provides experiences for youth education on conserved land across our 10-county focus areas in WNC and eastern Tennessee. We also partner with environmental educators across the region to expand opportunities to connect people with nature.

One of our partnerships last year involved Buncombe County Soil & Water Environmental Educators Rose Wall and Jen Knight. Their department hosts a variety of programs throughout the county, including Environmental Education Field Days, the Envirothon (a fun, hands-on, natural science academic event that challenges and engages middle and high school students to think critically about the natural world and their role in it), Camp WILD (a five-day long summer day camp for sixth to twelfth graders focusing on having fun while learning in the outdoors), poster and essay contests, scholarships and more.

For more information about SAHC's youth education programs, email lakyla@appalachian.org. Connect with Buncombe County's Environmental Educators at environmental.educators@buncombecounty.org or visit tinyurl.com/sahcyouth

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

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Primary Election Guide

Primary election day is March 5. Early voting runs from February 15 to March 2. Due to changes in state law, you will need to present an acceptable photo ID to vote (or vote provisionally).

Take Responsibility for Your Vote

Are you registered at your current address? If you have moved and not updated your registration, you can do so and vote on the same day only during early voting at any location.

If voting in person on Election Day, you should always vote in your precinct. If you vote in another district on March 5, you'll have to fill out a provisional ballot, which is reviewed by the Board of Elections and could be rejected. See the "Find Your District" section on the facing page to find out how to get your correct info.

Has your district changed? Due to redistricting last year by the state's General Assembly, voting districts may have changed in your area. *Don't assume you'll vote where you always have!* See the "Find Your District" section on the facing page to find out how to get your correct information.

Get unbiased, nonpartisan information about registration and voting from the county's Board of Elections. Call 250-4200 or go to buncombecounty.org/vote.

COUNTY PARTY INFO

Democrats

buncombedems.org 274-4482
facebook.com/BuncombeDems

Republicans

buncombegop.org 253-5800
facebook.com/buncombegop

NC Libertarian Party

chair@buncombe.LPNC.org
lpnc.org (state-level site)



Candidates and Races on Fairview Ballots

A majority of our readers live in the 28730 ZIP code. The races and candidates below are representative of what most voters in that ZIP code will see on their ballots. However, a ZIP code is not a precinct, and other readers live in Gerton, Fletcher and Asheville. You can find your sample ballot and precinct information on the state Board of Election's website (see info on facing page).

FEDERAL

PRESIDENT

DEMOCRAT

JOSEPH R. BIDEN, JR.

LIBERTARIAN

Many candidates. See list at lpnc.org.

REPUBLICAN

RON DeSANTIS

NIKKI HALEY

ASA HUTCHINSON

VIVEK RAMASWAMY

DONALD J. TRUMP

RYAN BINKLEY

CHRIS CHRISTIE

JEFFREY ELMORE

MARLENIS HERNANDEZ

NOVOA ALLEN MASHBURN

JIM O'NEILL

SAM PAGE

ERNEST T. REEVES

HAL WEATHERMAN

SETH WOODALL

DEANNA BALLARD

PETER BOYKIN

US HOUSE OF REPRESENTATIVES - DISTRICT 11*

REPUBLICAN

CHUCK EDWARDS

CHRISTIAN REAGAN

ATTORNEY GENERAL*

DEMOCRAT

SATANA DEBERRY

TIM DUNN

JEFF JACKSON

NC AUDITOR*

REPUBLICAN

CHARLES DINGEE

JIM KEE

ANTHONY WAYNE (TONY) STREET

JEFF TARTE

DAVE BOLIEK

JACK CLARK

SECRETARY OF STATE*

REPUBLICAN

JESSE THOMAS

CHRISTINE E. VILLAVERDE

CHAD BROWN

COMMISSIONER OF INSURANCE

DEMOCRAT

NATASHA MARCUS

DAVID WHEELER

REPUBLICAN

ANDREW MARCUS

C. ROBERT BRAWLEY

MIKE CAUSEY

COMMISSIONER OF LABOR*

REPUBLICAN

LUKE FARLEY

JON HARDISTER

CHUCK STANLEY

TRAVIS J. WILSON

COMMISSIONER OF AGRICULTURE*

REPUBLICAN

COLBY (BEAR) HAMMONDS

STEVE TROXLER

SUPERINTENDENT OF PUBLIC INSTRUCTION

DEMOCRAT

C.R. KATIE EDDINGS

MAURICE (MO) GREEN

KENON CRUMBLE

REPUBLICAN

MICHELE MORROW

CATHERINE TRUITT

TREASURER

DEMOCRAT

GABE ESPARZA

WESLEY HARRIS

REPUBLICAN

A. J. DAOUD

RACHEL JOHNSON

BRAD BRINER

SUPREME COURT - SEAT 6*

DEMOCRAT

ALLISON RIGGS

LORA CHRISTINE CUBBAGE

DISTRICT COURT - SEAT 6*

DEMOCRAT

EMILY SUTTON DEZIO

ROBIN LEIGH MERRELL

DISTRICT COURT - SEAT 7*

DEMOCRAT

B. TODD LENTZ

MEREDITH PRESSLEY STONE

COURT OF APPEALS - SEAT 15*

REPUBLICAN

CHRIS FREEMAN

HUNTER MURPHY

COUNTY

BOARD OF COMMISSIONERS - DISTRICT 1

DEMOCRAT

JENNIFER HORTON

MATT KERN

REPUBLICAN

RONDELL LANCE

PAUL BENJAMIN

CLERK OF SUPERIOR COURT*

DEMOCRAT

JOHANNA FINKELSTEIN

JEAN MARIE CHRISTY

* If your party is not shown for this race, then there is only one person running for that party's nomination and therefore no need for a primary election.

DO YOUR HOMEWORK

Research races and candidates at the following websites, which all claim to be nonpartisan:

- Votessmart.org
- RealClearPolitics.com
- Ballotpedia.org
- PolitiFact.org
- League of Women Voters lwvab.org

Voting 101

REGISTRATION

To vote in NC, you must be a US citizen and resident of NC who has lived in the county where you intend to vote for at least 30 days. You must also be 18 years of age or older. You must not be currently serving a felony sentence (including any probation, post-release supervision, or parole). You cannot claim the right to vote elsewhere.

The deadline to register is February 9, 5 pm. If you are registering to vote by mail, forms must arrive by the same date and time as above. You can, however, register and vote with same-day registration during early voting, February 15-March 2.

How to register

Register online

If you have an NC driver's license or ID, go to the NC DMV's website (payments.ncdot.gov). After you log in, you can submit a voter registration application (or an update).

Fill out a printed registration form

English: tinyurl.com/ncvoteenglish

Spanish: tinyurl.com/ncvotespanish

You may fill out the form online and print it. Or you can print it and fill it out.

Printed forms are available at county election board offices, public libraries, high schools, and college admissions offices.

Mail the signed and completed form to: Election Services, PO Box 7468, Asheville, NC 28802-7468

Register in person

Visit the county elections office at 59 Woodfin Place, Asheville.

If you have moved since the last election and are currently registered to vote in Buncombe County...

Fill out a form found at the links listed above and then hand deliver (59 Woodfin Place, Asheville), mail (PO Box 7468, Asheville, NC 28802-7468), fax (828-250-6262) or email (elections@buncombecounty.org).

College students

College students can register and vote in the jurisdiction of their residence. Students who consider their school addresses their residences may register and vote in the county where the school is located.

PHOTO ID INFO

- Voters will be asked to show a photo ID when voting in North Carolina.
- However, if you do not have an ID, you can still vote with an ID Exception Form and a provisional ballot, or vote with a provisional ballot and return to the county Board of Elections office with your photo ID by the day before the county canvass.
- The address on the photo ID does not have to match the voter registration records.
- There are a few exceptions.

Acceptable forms of ID include a NC driver's license, military or Veterans ID cards issued by the federal government, and college student and public employer ID cards that the State Board approved for use in voting. For a full list of acceptable forms, go to tinyurl.com/ncvoteid.

Registered voters who do not have an acceptable form of identification for voting purposes can get a free photo ID from the

county Board of Elections office. You may also register to vote at that time if needed. Voters will be able to get IDs printed on the spot. ID cards can be issued at any time during regular business hours, except for the period following the last day of early voting through Election Day.

Voters also can get a free ID from the NC Division of Motor Vehicles.

Voters who vote by mail will be required to include a photocopy of their ID with their ballot or complete a Photo ID Exception Form for Absentee Voting. The photocopy will be placed in a special envelope to protect the voter's personal information on their ID.

Acceptable proofs of address include NC driver's license; government-issued photo ID with address; current utility bill, bank statement, government check, paycheck, or other government document showing name and address; current college/university photo identification card paired with proof of campus habitation (some schools, such as Warren Wilson, transmit a current student roster to the Board of Elections).

FIND YOUR DISTRICT

To confirm or find your precinct, go to vt.ncsbe.gov/RegLkup and enter your name, then click on your name on the next screen. You'll also find a sample ballot. Or call the county Board of Elections at 250-4200.

EARLY VOTING

The one-stop "in-person" process permits voting at any designated location prior to election day. Early voting runs February 15–March 2; Monday–Friday, 8 am–7:30 pm and Saturdays from 10 am–3 pm (except for March 2, from 8 am–3 pm).

Local early voting sites

Fairview Library – 1 Taylor Rd., Fairview

For other sites, go to vt.ncsbe.gov/ossite, find "Buncombe" in the dropdown menu, and then click "Find Sites."

ABSENTEE / MAIL VOTING

Requesting a Ballot

Anyone may request an absentee ballot for any reason. The deadline to request is February 27, 5 pm (request earlier to ensure it's received in time). Complete a request form (find at tinyurl.com/absentnc) and return by mail (PO Box 7468, Asheville, NC 28802) or in person (59 Woodfin Place, Asheville).

Once your form has been received, an absentee ballot will be mailed to you.

Submitting a Ballot

Absentee ballots must arrive at the Buncombe County Election Services office (59 Woodfin Place, Asheville) on or before March 5, 7:30 pm. You may still vote in person if you have requested an absentee ballot. A voter's near relative may also request and return an absentee ballot. For active duty military, their family members, and US citizens living abroad, please visit FVAP.gov and follow the absentee ballot instructions to receive a ballot. When voting by mail, you must include a photocopy of an acceptable ID or complete an ID Exception Form.

DO YOU LIVE IN HENDERSON COUNTY?

For our readers who live in Gerton and Fletcher, visit hendersoncountync.gov/elections for more information.

QUESTIONS? Call 250-4200 or visit buncombecounty.org/vote

Securing Your Vote

If you vote on election day... you insert your ballot directly into a tabulator at your voting site. When you do this, your selections are immediately recorded on a memory card in the tabulator. The results stored on the memory card are then imported through a secure process to the NC Board of Elections and reported on election night as part of the unofficial results.

For further confirmation that your ballot was counted, use the Voter Search tool (vt.ncsbe.gov/RegLkup).

Your ballot status will show up in the "Voter History" section as soon as your county completes the post-election process of assigning voter history to your record. This may take a couple of weeks or longer after the election.

If you vote during the one-stop early voting period... the process to vote and to store and transmit your vote is the same as with in-person voting on Election Day.

Under NC law, votes by mail and at one-stop early voting sites are considered absentee votes. You can find your vote counted in the "Your Absentee Ballot" section of the Voter Search tool. Enter your first and last name and county.

If you voted during the early voting period, your "Absentee Status" will show "VALID RETURN," the "Return Method" will be "IN PERSON" and your "Return Status" will be "ACCEPTED." This status is typically updated by the day after you cast your ballot at an early voting site.

Your ballot status also will show up in the "Voter History" section as soon as your county completes the post-election process of assigning voter history to your record.

If you vote absentee by mail*...

once your ballot is received by the county's Board of Elections, you can find your vote counted in the "Your Absentee Ballot" section of the Voter Search database. Your "Absentee Status" will show "VALID RETURN," the "Return Method"

will be "MAIL" and your "Return Status" will be "ACCEPTED" or "ACCEPTED - CURED."

Your ballot status will also show up in the "Voter History" section as soon as your county completes the post-election process of assigning voter history to your record. This may take a couple of weeks or longer.

**including military, overseas, and visually impaired voters who submit their ballot electronically.*

If you cast a provisional ballot...

you will be able to check the status of your ballot 10 days after the election through the Provisional Search tool (vt.ncsbe.gov/RegProvPIN). You must fill out all four fields on the form, including the PIN number given to you when you voted provisionally, and click "Search."

Security

Every voting machine and tabulator is tested before every election. After these tests, voting equipment is sealed and locked in a secure area until it is transported to voting sites. Tamper-evident

seals are placed on media ports. Voting machines are never connected to the internet, and they do not contain modems. A person would need physical access to the machines to install any type of virus or malware.

All votes in NC are cast on hand-marked paper ballots or ballot-marking devices that produce a paper record for tabulation. This paper trail serves as a backup that can be recounted or audited to confirm results.

After every election, multiple audits are conducted to confirm the accuracy of the election.

State elections officials urge voters to use the options above to ensure their in-person, absentee or provisional ballot was counted. They also urge voters to be wary about what they read online and on social media about elections. If you have questions about the voting process, reach out to the county Board of Elections at 250-4200.

This information was taken from the Buncombe County and NC Boards of Elections.

It Must Be Love at Fairview Elementary

By Kenya Hoffart

Every February, Fairview Elementary School (FES) students are reminded how important it is to show appreciation for the people and things they love. Many students love recess, music class, after-school clubs and pizza on Fridays. Others love feeling safe, spending time with friends, and learning new things. Here is what students said when asked why they love FES:

"I love FES because I get to play in centers and on the playground with my friends."

—Brayden Sullivan, kindergarten

"I love FES because the teachers are really, really nice to me, and they love me and help me learn."

—Becca Dula, first grade

"I love FES because everybody cares for each other."

—Kathryn Wargo, first grade

"I love FES because all the teachers are wonderful and help kids learn."

—Camryn Reeves, third grade

"I love FES because I've had so many nice teachers who are always there for me."

—Myla Adkins, third grade

"I love FES because of the teachers. They care a lot about their students."
—Buck Hollifield, fourth grade

It's very clear the students at FES are fond of how much they are loved when they are at school.

The FES staff also enjoy reflecting on what they love most. Teachers and staff members will quickly tell you they love the students above all else, but a majority of teachers and staff members say they love the sense of family that exists at the school "I love FES because we are a family. We support each other. We love each other, the students we work with, and the community we work in," said Exceptional Children teacher Amy Clayton. Mary Wommack, kindergarten teacher, said, "I love FES because of the people here. Every teacher has inspired me, challenged me, and encouraged me. I am in awe when I pass a classroom and hear a beautifully crafted lesson and see engaged students hanging on every word."

Curriculum Coach Amanda Ogle said, "I love FES because of the incredible staff who are always eager to learn and work hard each day to make sure they meet the needs of our students." And fourth grade teacher Sarah Kuehne said, "I love FES because it is my home, which I knew the



Third graders Myla Adkins and Camryn Reeves

moment I walked into the school. I'm in my 14th year of teaching at FES, and I'm continually impressed by the amazing staff, students and community. I can't imagine teaching anywhere else."

School administrators Dr. Bonnie Bolado and Rachel Austin love being part of the FES community. Assistant Principal Austin said, "Our staff and students are family. We genuinely care for one another and always put our students first."

FES thanks Fairview families for

trusting us to love your children as we help them learn and grow. It is a privilege and brings great joy to the hearts of all teachers and staff. As author Scott Hayden writes, "Teachers have three loves: love of learning, love of learners, and the love of bringing the first two loves together."

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

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- 7-12: at least 30 minutes per week
- 13 and older: once a month, do something your teen can't resist.

Declare your child's birthdate as “their special day.” If your child was born on the 21st, make each 21st “special.” Do something that day to remind them that you are grateful that they're part of your family.

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



FES DADS CLUB

Meet the Dads: Pete Musser

Growing up in California, Pete Musser developed a love for good food and the natural world. He met his wife Natalie while studying economics at Connecticut College, and they recently celebrated 15 years together. The

purchasing costs for property owners.

Pete cultivated a love for gardening to complement Natalie's culinary prowess.



Pete Musser and family

Mussers moved to Fairview with their three children (Evie, Lily and Alex) in 2020. Evie is currently a first grader in Ms. McCall's class at FES.

Musser played Division 3 lacrosse in college and went on to coach for many years at all age levels. In 2015, he founded Focus Earth, an LED lighting analytics company that caters to the commercial real estate sector. His company has developed a software platform that shortens the lighting supply chain to reduce

Their farm in Fairview practices organic and regenerative agriculture. Additional passions include ping pong, riddles, gaming and comedy.

“I've really enjoyed becoming a part of the FES Dad's Club community and have been impressed with the level of commitment shown by the other dads. I'm working to coordinate an annual gardening event in the spring that helps teach students about growing while simultaneously beautifying the campus.”



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Homework: The Cane Creek Way

By Norm Bossert

Being a preacher's child is never easy. Likewise, being the child of an educator can be challenging. Even more challenging is being the student of a teacher who also happens to be your parent. At one point during my career, I was blessed to have my younger son in my middle school Language Arts class. Our daily dinner talks provided an interesting break from reality.

"Well, Seth, do you have homework tonight?" I would ask.

"No, I don't," Seth would reply. I would sit back in my chair, put my head in my hands, and after a pause, say, "Well, that's odd. I know for a fact your Language Arts teacher gave you homework." It was still iffy whether the assignment would be completed (or even started).

I suspect many of you ask the same question sometime after your child gets home from Cane Creek Middle School (CCMS). I would even suspect that you, during your time as a student, have been asked the same question. But kids are kids. And school is, well, school. Between class changes, grade level transitions and modern math, however different you may think school is from the "good ole days," it is, in fact, remarkably like the school you knew. It is a place where caring



Aubrey Nelson, left, and Paisley Stanley

professionals work to build meaningful relationships with kids of all ages and backgrounds. Some are more facile with that than others, but all want to feel successful with your child.

Sure, we can debate the value of homework. For some students, homework is what they get when they haven't finished classwork, enabling them to earn grades. For others, homework helps them practice skills learned in class. Homework is also an opportunity to learn self-discipline and time management. As a parent, I loved homework time in the house. It was quiet and provided an opportunity to work

one-on-one with my kids. Homework also helped me to know what my kids were learning in school and what sorts of things interested them; and it sparked parent-child conversations.


For some families, homework can make after-school time contentious. I have heard more than one parent argue that if their children worked all day, shouldn't they be able to use the afternoons to unwind and play? Suggestion: If homework is a daily battle, contact the teacher(s). Don't argue with your child over homework. Be certain that your child knows that you think it is important to complete assigned homework

and that a benefit of doing homework could be better grades or more free time during the school day. If positives don't motivate, contact the teacher or school counselor. Our schools are staffed with many educators who are also parents. They will understand and work with you.

There is much to be gained from homework. It is worth your time to tell your children that you know they get homework regularly and that you can contact their teachers to confirm it. You can remind them that there are benefits of doing homework and consequences for not doing it.

As far as communicating with teachers, we live in the 21st century. We don't need Morse Code, Semaphore, drums in the forest or smoke signals. We have access to our children's teachers in ways that our parents and grandparents never had. Through programs like ClassDojo, PowerSchool and Google Meet, email, telephones and more, you can be in touch with your child's teachers and know your child's grades, work completion, test scores and missing assignments. When you team up with your teachers, good things can happen. Even better, when you team up with teachers, your kids almost always win.


Norm Bossert is the Assistant Principal of Cane Creek Middle School.



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Adulthood Can Wait

If you have read my previous columns, you would probably think that I couldn't wait to be an adult, with adult friends, responsibilities and opportunities. You would think that wanting to get out of high school is something I have in common with kids my age. However, if given the choice, I would go back to elementary school; I would never pick the option of skipping ahead to graduation. I actually dread the thought of growing up, getting my license, graduating, going to college and achieving all of the other adult mile-markers.



Ansley Fuchs
TEEN PERSPECTIVE

Some of my mindset sprouted from my middle school years, as I had a unique middle school experience: I was home-schooled on a cross-country RV trip and also experienced both public middle school—over Zoom and in the classroom on an A/B day schedule—and private school. This diversity of experiences is why I've always looked back on my middle school years with nostalgia, as years filled with fun adventures and treasured time with friends and family.

I was never in a place long enough to grow tired of it. On the contrary, my brother, Landyn, who has gone to the same school all three years of middle school, cannot wait to get to high school. I see the same pattern in peers my age. They cannot wait for high school to end and college or whatever comes next to begin.

Perhaps it's the nostalgia I have for my

childhood years that makes me want to slow time so that it can't slip away too quickly. Or maybe it's just a full-hearted love for the life I am living that I never want it to end. Or it could even be the uneasiness that change brings, which is something I don't want any part of. It's probably a combination of these things that becomes the foundation for why I have a negative perspective on growing up.

As my dad says (or heard on some podcast and keeps repeating), "This is the only four years of your life that all you have to worry about (essentially) are grades, sports, extracurriculars and hobbies. And you are completely taken care of."

Yes, teenage life is hard. School is difficult, requiring lots of time and energy. Sports cram up my schedule and tire me out. Friendships are complicated, and drama runs rampant through the halls. However, I love school, learning, sports, teams, and friends, and I try my best to avoid drama.

I also love my family and the comforts

I stress out over feeling like I need to have everything figured out about my entire life before I graduate. But I feel that I also have a greater appreciation for the small things around me in daily life.

of home. It's easy for me to see why I don't want to grow up, having a life crammed with the things I love and coming home every day and waking up every morning to a family I adore. I



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don't want this to end and to move away to college and then into a frenzy of adult life, costs, burdens and responsibilities.

I could go down a huge, unreasonable rabbit hole that goes on forever. Instead of crying my way through the abyss of that endless hole of thoughts, I instead focus on each and every day in this life that I prize so much.

Just as in the other ways I am different from many teens, my longing to remain a kid forever has both positives and negatives. I stress out over feeling like I need to have everything figured out about my entire life before I graduate. But I feel that I also have a greater appreciation for the small things around me in daily life that are so quickly taken

advantage of and tossed away in the rush to grow up.

I try hard to not get carried away in the business of everyday life, to cherish every Nerf gun fight with my brothers or crazy bus ride with my team. And I also try to have an equally fair mindset toward the next steps in life—to reason through them instead of treating them like the end of the world. I have a lot to learn about accepting change, and even pursuing it, but I can find a balance in enjoying and cherishing every moment along the way.

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



STUDENT OF THE MONTH
Victor Gonzalez-Lara

Victor is a true example of Rocket spirit, and one who has come a long way—from a shy, quiet freshman in 2020 to the impressive senior he is today.

Business & Marketing Teacher Ken Ulmer, who nominated Victor, said, "He eagerly signed up for my second-level honors class in his sophomore year and became a student who actively

participated and was determined to get an "A"—he did! This year, as a senior, he's taking a third class with me—again opting for honors—and is excited about applying for college."

"Victor is a very conscientious student," said English teacher Jennifer Linn. "The thing that impresses me most about him is that he asks great questions to make sure he understands assignments and expectations. He cares about doing quality work and contributes thoughtful observations to classroom discussions."

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



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The Importance of Grooming

Even if your dog's hair isn't particularly out of control, grooming provides many health benefits for your dog that may not be immediately obvious.

Brushing ventilates your dog's coat, helping it grow healthy and strong, and takes away old and damaged hair. Grooming also ensures that your dog's skin can breathe and keeps down the level of oil in their coat. Too much oil can block pores, causing irritation and all sorts of skin problems. Brushing also acts as a massage, which promotes good blood circulation.

As a dog sheds, the loose hair can get tangled and cause matting, which, if not untangled regularly, can eventually tear the skin and create painful sores. The sores can get infected, and this is hidden underneath their fur, so if you aren't checking on a regular basis, it may be missed.

Dogs can't tell us if something hurts, so grooming can provide an opportunity to give them a health check: They can be checked for matting, sores, fleas, ticks or general lumps, bumps, and scratches, as well as the condition of their eyes, ears and paws.

Visiting a Professional Groomer

Although many dog owners prefer to groom their dogs at home, having your dog professionally groomed can save

you time and energy. Dogs who are old or anxious or become aggressive when you try to groom them must be handled gently and confidently, and some may need to be muzzled while being groomed—this is something a professional groomer can do. Additionally, if you have a physical condition such as back issues or arthritis, professional grooming will keep you from having to deal with painful lifting and handling of your dog while being groomed.

Professional groomers also have all of the tools to get your dog looking their best, from different kinds of brushes, clippers and scissors, to a grooming tub, and even an adjustable grooming table. They're also equipped with shampoos and conditioners for all coat types, as well as for dogs with skin allergies, irritations, fleas or ticks.

While short-haired breeds are less likely to require a full-on groom than those with longer hair, getting your short-haired dog bathed by a professional groomer is a great opportunity to have your dog checked over. The groomer has the right tools and products to enhance your dog's coat and can offer advice on what products are best for your dog's coat. Professional grooming also provides social interaction for your dog and gets them accustomed to a different environment and being handled by someone



else, which is helpful in all sorts of situations.

Dog breeds with longer coats require a more thorough groom, and there are often specific coat styles for particular breeds. A professional groomer will know which coat style suits which hair type best and which products will enhance the dog's coat the most. How often you should have your dog groomed will depend on your dog's breed, lifestyle and coat length; ask the groomer for advice on how regularly they should be groomed.

In addition to keeping your dog looking and smelling great, professional grooming offers many health benefits:

- Regular (but not weekly) baths wash away dirt and help prevent skin irritations.

- Detangling prevents mats from forming and creating painful sores.
- Different coats require different brushes, which groomers have. The more dead hair they remove from your dog, the less you'll find on your living room rug.
- Brushing distributes the dog's natural oils and gets rid of dead skin.
- Handling during grooming allows the early detection of lumps, bumps, and skin irritations.
- Nail trimming reduces the risk of nail tears and cracks, painful paws and poor posture.
- Groomers can also brush your dog's teeth with a dog-specific toothpaste (although regular teeth cleaning should also be done every day at home).

No matter whether you visit a professional with your dog every six weeks or a few times a year, a good bath, nail trim, brushing, de-matting, ear cleaning, and freshening up of private parts will make your canine kid more healthy, comfortable, and pleasant to live with.



Stefani Cotten is the owner of Fairview Boarding, located at 1923 Charlotte Highway. For more info on boarding or grooming your dog, call 628-1997 or go to FairviewBoarding.com.

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EASTERN SPOTTED SKUNK

FUN FACTS

- Eastern spotted skunks are rare in the Southern Appalachian Mountains, and not much is known about their distribution in the mountains.
- Eastern spotted skunks have 4 to 6 stripes on their backs, giving them a spotted appearance. The only true spot they have is one found on their foreheads. Their distinctive black and white appearance is a warning to potential predators.
- Before spraying a potential predator, they stand repeatedly on their front paws in a handstand as a warning display. If that doesn't work, they then assume a horseshoe shaped stance before spraying their foul-smelling musk toward the predator. They have an accurate range of over 10 feet.
- They are nocturnal animals and are usually seen by humans only at dawn or dusk.



Lee James Pantas

Lee James Pantas

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

Friends of Fairview Library Update

By Annie Ager

The Friends of Fairview Library are grateful for the generous support of the community for the Holiday Book program. As of December, we received donations totaling \$1,433. We bought books—hardcover books this year—for 88 kids from Fairview Elementary and Cane Creek Middle Schools. The Friends, consulting with the schools, purchased books that the children wanted. We also bought a few books requested by the media specialists for the libraries at both schools.

We are so fortunate to have the library here in Fairview. It offers many good programs in addition to providing books, books on tape, movies, music, periodicals and computer access to the community. The Friends raise money by organizing book sales at the library with books donated by the community, and the funds are used to support programs with authors and other community members. You can join our group by asking for information at the library, and we hope that many of you will.

Annie Ager is president of The Friends of Fairview Library.



Helpful Insurance Tips

Did you know that insurance is available to protect

nonprofits and their board members? Directors and officers (D&O) insurance can shield nonprofit leaders from potential financial and legal repercussions. It extends coverage to directors, officers, managers and even volunteers, safeguarding personal assets in the face of lawsuits stemming from alleged mismanagement, neglect or breach of duty. Without it, the personal assets of board members may be at stake.

Premiums often start at less than \$1,000, covering legal defense costs, employment practices liability, fiduciary liability, and cyber/privacy liability. Nonprofits should prioritize D&O insurance to protect their leadership and mission from setbacks, ensuring their endeavors remain resilient in the face of challenges.

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



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How Can Business Owners Plan for an Exit?

If you're a business owner, you always have a lot to do and a lot to think about. But have you put much thought into how you'll eventually leave it all behind?

Even if you're a few years away from that day, it's a good idea to create an exit strategy. If you're like most other owners, most of your net worth may well be tied up in your business—so how you exit that business can have a big impact on your finances and your retirement.

As you begin the exit strategy process, you'll need to examine some basic questions, such as how much you want for your business and how much it's worth. But you'll especially need to plan for the mechanics of your exit—that is, just how you're going to sell or transfer ownership of it.

Essentially, you have three main options:

• **Internal sale or transfer**—You could sell or transfer your business to someone affiliated with the company, such as a family member, business partner or even a group of employees. The advantages of this method are that you'll have greater control over the timing of your exit, and you'll be able to provide greater continuity for your employees, clients and suppliers. One potential disadvantage is that your net sales proceeds may be less than what you'd get from selling the business to an unrelated third party.

• **External sale or transfer**—The biggest benefit of selling or transferring your business to an unrelated third party is that you can potentially maximize your net sales proceeds. But you'll need to consider some tradeoffs, too. For one thing, a sale to an outside person or business usually requires a long and possibly expensive due diligence process. Also, you'll have less control over the timing of your exit than you would if you sold the business to an internal source.

• **Liquidation**—If you liquidated your business by selling all your assets and shutting down operations, you could end up with far fewer net proceeds than if you sold the business to an internal or external source. However, you could raise cash pretty quickly. But if you chose to liquidate or dissolve your business, it could potentially be disruptive for your employees, clients and suppliers.

Because everyone's situation is different, there's no clear-cut formula for deciding which of these exit options is right for you. And it isn't simply a matter of numbers, either, because you'll need to consider some intangible factors, too. How will your family be affected by your choice? How would you feel if your business was in someone else's hands, or no longer existed? You'll need to work out these issues, along with the financial ones, before you decide on your business exit strategy.

Fortunately, you don't have to go it alone. You may want to consult your financial, legal and tax advisors, and possibly work with a commercial banker and a business evaluation expert. By drawing on several sources of expertise, you can feel more confident that you'll make a decision that's appropriate for your needs.

One final suggestion: Don't wait too long before you begin putting together your exit strategy. Time goes fast—and when the

time comes for you to say goodbye to your business, you'll want to be prepared.



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

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500-599,999K	3	513,300	53
600-699,999K	2	642,500	45
1.4M-1.5M	1	1,475,000	412

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Min \$390,000	Min \$372,000	Min \$174,000	Min \$70,000
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End of the Year in Raleigh

I hope everyone is settling into the New Year here in the mountains and that 2024 will be a great year for our beautiful little part of the world. Since my last article in September, the General Assembly's (GA) long session came to a quick end with the passage of several important bills that will have an impact on our community. The most important were the state budget, which passed after a long delay on September 22, and bills that redrew the districts for the NC House and Senate, as well as the US Congressional seats in the state. These bills were contentious and passed through the House along mostly party-line votes.

The NC budget year begins on July 1, and the GA traditionally passes a two-year budget. In a perfect world, the budget is passed before July 1 and is then executed starting on that date, but that rarely happens. And last year was no different. Because the budget outlines all the state expenditures for two years, it is lengthy, and there is a tendency to include other policy ideas in the budget that makes it even longer. The budget process started early in the year when Governor Cooper presented his recommendation, which was followed by the House and the Senate passing their separate versions. While a lot of time and effort goes into creating these separate budgets, they are just the opening bids in the process.

Following passage of the House and

Senate versions, the bill is then sent to a conference committee to work out the differences and come up with a final bill that can be passed by both houses. As the current GA has Republican majorities in both the House and the Senate, the negotiations on the final bill are carried out with only one party in the room. While you would think this would make for a speedy process, it didn't turn out that way last year. The negotiations took place behind closed doors from May through September, with the final bill coming out on the afternoon of September 20 and then voted on the following day. It was definitely a challenge to read through a bill of more than 600 pages in less than 24 hours before the vote.

The budget included several policy changes that will impact the lives of North Carolinians. On a local level, it provided some Agriculture Cost-Share funds for farmers who are working to implement best practices for improving water quality in the French Broad River basin, including Cane Creek, and helped several area non-profits and municipalities with program funding. In addition, passage of the budget ensured the expansion of Medicaid in NC, which will help large numbers of people in the state access healthcare who were unable to do so previously.

The budget also created some new policies which, in my view, will not be good for the

state and didn't do enough to shore up some important priorities. First, I felt it didn't do enough to ensure our public schools are set up for success. In the county, our schools are struggling to find educators, nurses, counselors and bus drivers. I don't think the budget's small pay raises, which fail to keep up with the recent high rate of inflation, will be enough to significantly help recruitment. Instead, this budget diverts nearly half a billion dollars from public schools to private schools by expanding the state's voucher program, and will allow even the wealthiest families in our state to receive taxpayer money to pay for private schools. This funding will flow to private schools without any real accountability for outcomes or requirements that these schools accept those with disabilities or learning challenges.

Additionally, the budget implements a significant shift in judicial power by giving the GA the authority to appoint more judges than are elected by voters; possibly allowing the Judicial Standards Commission to have more partisan members; and providing the staff for the Joint Legislative Commission on Governmental Operations, which is controlled by the majority party, the power to enter the premises of and seize records at any government building as well as private businesses that receive state funding.

The final act of the GA this session was to create new districts for the US Congress and the NC Senate and House. Though this is only supposed to occur every 10 years following the census, we seem to do it every

couple of years here in NC due to changing court rulings. Though Buncombe County will remain in the 11th Congressional District, there are some significant changes to the NC House and Senate maps in the county that may change who you vote for in 2024. If you are interested in the specifics, the county's Board of Elections site (buncombecounty.org/districts) has some great maps outlining the new districts. In my view, we need to make this process a fairer one by creating a non-partisan commission charged with drawing maps based on criteria other than partisan advantage.

The current schedule for the GA has us reconvening in April for the short session, which will likely be focused on any necessary updates to the budget. Hopefully, the session will remain short and will end in June. As I head back to Raleigh in the spring, I look forward to hearing from you all about any policy ideas or efforts to improve the lives of those around us.

Entering 2024, it looks like we could be heading for a divisive national election, but I'm hopeful that locally we can continue to discuss the issues in a civil fashion and work together to make a positive difference in our community. Don't hesitate to reach out to me if you have concerns or ideas.



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

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Robert Henry

Robert Henry was born in Mecklenburg (now Gaston) County, NC, on February 10, 1765. He was the son of Thomas Henry (1719–1787) and Isabella Martha Shield (1728–1821). At age 10, Henry attended the signing of the Mecklenburg Declaration of Independence. He fought on the American side in the Revolutionary war at the Battle of Kings Mountain and at the Battle of Cowan's Ford on the Catawba River under General William Davidson, who was killed in the battle.

Henry moved to what is now Buncombe County soon after it started being settled by white colonialists. He taught at the first school in Buncombe County, which was called Union Hill School. It was where the old Newton Elementary School was, next to the Newton Academy Cemetery.

Next, Henry studied law. He became the solicitor of Buncombe County and later opened a criminal practice. He was said to be one of the most distinguished criminal lawyers Buncombe County ever had.

Henry later built a resort at Sulphur Springs in what is now West Asheville. He operated the resort there for many years. Later in life, he moved to Clay County, NC, where he died on February 6, 1863, at age 98. He had been a soldier, school-teacher, surveyor, lawyer, farmer, hotel keeper and politician.

Henry married Dorcus Bell Love (February 9, 1797–February 5, 1857), daughter of Robert Gustavus Adolphus Love and Mary Ann.

Robert and Dorcus Henry had six children.

1. Mary Louise Henry was born in Buncombe County on September 3, 1815, and died on April 6, 1849. She married Reuben Deaver.
2. Robert Marcellus Henry was born in Buncombe County on February 10, 1821, and died in Haywood County on November 15, 1885.
3. Eliza Henry was born in Buncombe County in 1822 and died in 1915. She married Edward John Arthur.
4. William Lewis Henry was born in Buncombe County on November 24, 1823, and died in 1900. He married Cornelia Catherine Smith.
5. Martha Ann Henry was born in Buncombe County on June 29, 1825, and died there on December 18, 1896.
6. James Love Henry was born in Buncombe County on December 24, 1835, and died on October 6, 1884. He married Belle Everett Floyd.

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

Applying Oils for Healthier Skin

Do you enjoy using oils in your skincare routine? I certainly do. Each morning, I indulge in a ritualistic application of oils, and I want to share with you a technique I call "touch with intent."

The skin YOU'RE IN
Brea Gratia

It's like a mini massage session for my face, focusing on muscles and connective tissue.

As I apply the oils, I use a slightly deeper massage technique, adjusting the pressure as I move from one area to another. One of my favorite parts is massaging under the eyes, starting from the inside corner and moving out to the crow's feet area. I use small, firm circles at the crow's feet, and I find it comfortable to glide back and forth under the eye.

This method helps warm the skin by stimulating circulation. For the forehead, I apply tiny circles with firm pressure, especially between the brows. When working on the neck, I lift my chin to tighten it and use downward strokes, alternating between the right hand on the left side of the neck and vice versa. I extend the neck massage down onto the chest, using the heel of my hand and moving outward from the center in one smooth motion, alternating right then left.

And don't forget those beautiful lips. Massaging them is a wonderfully soothing experience that adds a perfect finishing touch to my morning routine. I encourage you to give this "touch with intent" technique a try and see how it elevates your skincare ritual. Your skin will thank you for the extra love and care.



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.

HILL RUBIES SAIGE HOPKINS

Monthly comics inspired by reader submissions: Do you have a story?

Upcoming theme: Friendship

Do you or someone you know have an unusual friend? Maybe you've never met this friend in person, or maybe you started off as enemies. We'd love to hear about it! Email your stories to saige@fairviewtowncrier.com (or call 828-771-6983) and your story could be featured in a future comic.

Contributors can remain anonymous upon request.

<p>IN BIOLOGY CLASS, WE LEARNED THAT IN ORDER TO SURVIVE, THE BODY MUST MAINTAIN A STABLE STATE CALLED "HOMEOSTASIS".</p>	<p>WHEN SOMETHING BEGINS TO ALTER THIS STATE, THE BODY HAS DIFFERENT WAYS OF RESPONDING.</p>	<p>ONE FORM OF RESPONSE IS CALLED A POSITIVE FEEDBACK LOOP.</p>	<p>IN THIS SITUATION, OUTPUT INSTIGATES MORE OUTPUT, LIKE A SNOWBALL EFFECT, DRAWING THE BODY FURTHER AWAY FROM EQUILIBRIUM.</p>
<p>ENERGY BUILDS UNTIL IT REACHES A CLIMAX, AND THE CYCLE IS BROKEN.</p>	<p>IN CLASS, WE WERE TAUGHT HOW THIS SYSTEM WORKS TO OUR ADVANTAGE – BUT ALSO HOW IT CAN WORK AGAINST US.</p> <p>The harder I try the faster they run!</p>	<p>THESE DECISIONS ARE BEING MADE INSIDE OUR BODY WHETHER OR NOT WE ARE AWARE OF IT, YET THE CONSEQUENCES REMAIN.</p> <p>ALONE AGAIN</p>	<p>WE ARE PRESENTED WITH CHANGES WE CANNOT BEAR, AND WE REACT IN WAYS THAT ARE OUTSIDE OF OUR OWN UNDERSTANDING.</p> <p>...NEED BANGS!</p>
<p>YET MYSTERIOUSLY, LIFE CAN BARREL ONWARD.</p> <p>HELP WANTED</p>	<p>HELP WANTED</p>		<p>NEW VERSIONS OF NORMAL EMERGE.</p> <p>Hi.</p>

Meet A Member: Bill Scobie



Bill Scobie, center back, with family

Members of the Fairview Business Association are also part of the community. We hope you enjoy getting to know them through the Crier's business people profiles.

What brought you to Fairview?

For various reasons, including wanting four seasons again, my wife and I moved from Texas to the Asheville area in 1995. I remember discovering Emmas Grove Road back when we were looking for rental property. The corridor of pine trees at the start of the then two-lane Charlotte Highway felt magical.

What were you doing before moving to Fairview?

I had been working in the Governor's Office of Texas, helping 254 counties move toward databases and email back in the early '90s. It didn't take long to learn that helping people understand their computers was more fun than working in government, even though I had a master's degree in public policy.

Is that what got you started in your own business?

I started with the Mountain Area Information Network, a non-profit with the goal of providing local dial-up Internet access across 23 counties in WNC. In the fall of '99, I decided to become my own boss, teaching people how computer tech could fit in and improve their businesses.

How do you help your clients?

I make them aware that the latest tech is not always what people or small businesses need and that hardware choices can be confusing when tech sellers have a vested interest in selling their products. Also, showing people how software can be optimized for more efficient use is something I find very rewarding when someone gets it. My goal has been to make computer tech not so scary and to slot it in with how people work. Seeing the lightbulb go off when people understand something new or that has finally been well explained is still exciting a quarter century later. In fact, I still have clients from when I started my business 25 years ago.

You teach more than just your clients?

Yes, we home-schooled our three children, using all the resources available in this wonderful region. Two of them are still living in WNC.

What's on your bucket list?

Occasionally, people recognize that Scobie is a Scottish name. Family lore says it is a family name in the Clan Mackay of the far north of Scotland. Google claims it is lowland Scots, go figure. We prefer the Highlands link. In a couple of years, we might go check that out. Right now, we are planning an inn-to-inn walk of a part of the Wales coast, the other end of the ancient Appalachian Mountain chain.

Bill Scobie is the owner of Scobie.Net.

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Winter Chills and Edible Thrills, Part 1

seem to be in the minority, but I have always been a fan of winter, as it is a necessary part of the four-season cycle that completes the whole picture. And yes, I love snow, but I can do without the treacherous ice. Yet even with ice, providing one is not on the road, there is an exceptional beauty to the mountains that is nothing short of magical and awe-inspiring.

One of the gifts of living in WNC is that winters are not that long, and there are many warmer days and sunshine—things that we missed deeply while living in the constant overcast and rain in the Pacific Northwest. So far, this winter has been exceptionally cold, and we are grateful for our abundant wood supply and wonderful woodstove that keeps our cabin toasty and warm.

I am always amazed at the resilience of plant and animal life. Even though the trees are all in dormancy, the earth is a remarkable living being and new life is always growing, albeit a bit slower. And when it gets down to zero, as it has a few times already, even the hardest of wild things freezes. Yet they come back with renewed vigor as soon as the weather warms. We put up a lot of produce and wild mushrooms in the freezer each year, but we love to augment our greens with a little bit from the wild in one form or another.

So, while we ride out winter's deepest chills, here is a sampling of some of the more



Rose hips

common wild edible thrills. Dandelions, wild onions, rose hips, burdock root, wild mustards and watercress can all be found in the winter months.

Dandelions (*Taraxacum officinale*) are indestructible common wildflowers introduced to North America by the colonists. Until the truly bitter cold spells, they could still be found blooming in our fields. The greens from these wildflowers become less bitter in the winter. They were among my Italian grandmother's favorite greens; she prized these common plants so much that she guarded and protected them in our suburban landscape. The flowers can be nibbled on, and while they are not my favorite, I love the greens, especially when sautéed with a small amount of bacon and

herbs and mixed into mashed potatoes for a special, nutritious treat. The leaves and roots are used in traditional medicines throughout the world. And of course, most of us have heard of or perhaps tasted traditional dandelion wine, which is made only with the freshest flowers.

Wild onions (*Allium canadense*) are prolific plants in this area and are easy to identify. The most common rule is if the grassy, chive-like leaves and bulbs smell like strong garlic and onion, it is an onion and not one of the poisonous members of the lily family, which also dwell locally. The leaves are an excellent substitute for chives, and the tiny bulbs dwelling under the soil's surface are extremely strong and flavorful and a great addition to stir fries or soups. I tend to mostly use the greens, as it is easier to snip rather than dig. We have many clumps all over our land and plenty in the driveway, which makes for ease of access and cutting.

Wild fruits are a bit thin for the pickings in winter, but one exception is rose hips. These tiny fruits grow in abundance throughout our mountains, and after many hard frosts they become much sweeter. Their bright red berries will dull over time in the winter, but enough color remains, and it is always fun to be on a hike and grab a few of the softened small fruits and pop the softer outer skin of the fruit into your mouth for a

mildly sweet treat. Rose hips are loaded with vitamin C and minerals, and they also make a great addition to tea.

During WWII, rose hips were used throughout Great Britain after supplies were severely rationed or unavailable altogether and citizens were advised to harvest wild and cultivated rose hips to make a vitamin C-rich syrup for children and adults. It's not hard to make—just gather a few cups of rose hips, cook them for a few minutes in boiling water, mash them down with a wooden spoon, and run the rose hip mess through a sieve. Then sweeten with honey if desired and enjoy.

When making tea, I like to mix the fruits with spearmint or lemon balm. When I lived in New England, I loved finding the huge rose hips from *Rosa rugosa*, or beach rose, which were abundant along the coast.

Winter is a time to slow down and enjoy the peace and beauty of life after the holidays have passed, but there is plenty of time to celebrate the gifts that come from more inward times, quiet walks and gatherings by the fire. It is a beautiful time to experience nature in all its stark beauty and grace.



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Share the Love this Valentine's Day

Since moving to Fairview in 2022, I have been wanting to get more involved with local, sustainable farming. This was sparked by the beautiful backyard (and front yard) gardens that are visible from the road as you drive around the area. I would catch myself rubbernecking often, not because I was passing by a traffic accident, but because I saw a property with a wonderfully large plot of edible plants.

Each spring, I found myself wondering what the gardeners and homesteaders were up to when I saw them for half a second as I drove by. Are they direct-sowing into the soil? When will they plant starts? What should I be doing to have the best edible garden during the growing season?

Inspiration struck me after that very first spring. With every mile on the road, I was determined to learn more, meet more farmers and home gardeners, and volunteer. The problem was that I had a small business (which never ever felt "small") taking up the majority of my time, outside of raising two boys who attend Fairview Elementary and spending time with my husband. With the tiny amount of free time I had, how was I going to squeeze in the huge world of plants, soil, tools, planning, cover crops, companion planting, mushrooms, pest control, irrigation, sunlight tracking, harvesting, preserving, concocting, etc.?

This is when the universe intervened and the plant world began crossing my path naturally. I found Mother Earth Food when I went looking for a produce delivery box service. I met a local mushroom expert and plugged an oyster log the first winter I was here. My tea company was selected to be a vendor at the Organic Growers School Spring Conference soon after. The ASAP farm tour popped up on my radar. Finally, I organized the Fairview Kids Maker's Market last fall and found Root Cause Farm (RCF) as a venue space.

After I was introduced to that farm and the wonderful people there, Amy Miller, the farm's director of operations, and Jon McNair, the farm manager, helped me get involved with their volunteer days on



Sundays and Mondays, as well as host an event for the inspiring and creative entrepreneurial kids in this area. I was inspired by RCF's mission to grow food and give it away, to educate and inspire everyone from preschoolers to the elderly with outdoor farm education, and to provide a wholesome community space. Last year alone, RCF grew over 8,500 pounds of produce and hosted 150 service-learning groups. For a small non-profit, they were doing a lot.

After only a few visits, I was hooked. I wanted to learn more, do more, and apply my marketing and business background to help their non-profit—to give back in the way I knew I could. This was all happening at the same time that I made the decision to close my tea business and pivot into small business consulting, which allowed me more free time so I could join the Events and Fundraising committee at RCF. I jumped right in.

I quickly learned that RCF is a small-but-mighty non-profit that is funded almost completely by individual donors. I knew right away that we should collaborate with Leah Howard to put on an event at her family's new Cultivated Cocktails

location on Charlotte Highway—and Leah was immediately on board. The party is called "Share the Love," which will be the first RCF fundraising event of the year. It will raise money that supports outdoor education and hunger relief, but it will also be a total blast.

"This event and others make it possible for us to achieve all that we do throughout the year, but they also serve as a fun opportunity for the community to come together," said Miller. "Most of our fundraisers end up feeling more like a reunion of old friends and a chance for new folks to meet their people. And of course, this time we're just thrilled for a chance to hang at this cool new venue."

Please join us for a unique celebration of Valentine's day on February 14 from 5-9 pm and spread love in a truly meaningful way that directly impacts the Fairview community. There will be live music, unique cocktails (and mocktails), food, and a silent auction to help RCF kick off their fundraising for 2024 and give away more fresh produce to the food insecure this year.

To learn more about RCF, visit rootcausefarm.org or look for them on Instagram and Facebook.

Ashley Haywood is a Fairview resident, entrepreneur and business consultant. She can be reached at ashleybhaywood@gmail.com. Root Cause Farm is located at 26 Joe Jenkins Road, Fairview. rootcausefarm.org.





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REYNOLDS BAPTIST CHURCH



SERVICE SCHEDULE

Sunday School 9:45 am
Worship 11:00 am
Sunday Evening 5:30 pm
Wednesday 7:00 pm

REYNOLDS BAPTIST CHURCH
520 Rose Hill Rd, Asheville, NC
ReynoldsBaptistChurch.org
828.779.9783

Spring Mountain Baptist Church



Marc Shumaker
Pastor

11 Spring Mountain Rd
Fairview, NC 28730
828-551-2572 shumakermarc@yahoo.com

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FOOD PANTRY TUESDAYS 4-6PM

THE PLACE
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FELLOWSHIP CHURCH

828-581-0588
Pastor Mike Anderson

2 LAURA JACKSON ROAD, FAIRVIEW

Trinity of Fairview
Rev. Stacey Harris, Senior Pastor

SUNDAY MORNING WORSHIP & SMALL GROUPS
Two Sessions 9:15-10:30am and 10:45am-12pm

WEDNESDAY NIGHT ACTIVITIES 6-8pm
Awana Food, Worship, and Activities for Children
The Midweek Food, Worship, and Activities for Students

THURSDAY NIGHT ACTIVITIES 6:30-7:30pm
Prayer and Bible Study Service for Adults

646 Concord Road, Fletcher, NC 28732 • (828) 628-1188
www.TrinityofFairview.com

Doctor (n.):

A person who kills your ills with pills then kills you with bills.

Silence is golden. Duct tape is silver.

If speaking kindly to plants helps them grow, imagine what speaking kindly to humans can do.

"A hug is like a boomerang—you get it back right away."

—Bill Kean

Three friends die in a car accident. They go to heaven for orientation. Saint Peter asks each, "When you are in your casket and everybody is mourning, what would you like to hear them say about you?"

The first guy says, "I would like to hear them say that I was a great doctor and a devoted family man."

The second guy says, "I would like to hear that I was a wonderful husband and dedicated schoolteacher."

The last guy replies, "I would like to hear them say... Look, he's moving!"

What two things can you never eat for breakfast?

Lunch and Dinner.

My teacher pointed a ruler at me and said, "At the end of this ruler, there's an idiot."

I got detention after asking which end.

"What do you think is the best thing about being 104?" the reporter asked the woman on her birthday, which had set a record for her town.

After a long pause, she replied, "No peer pressure."

Thanks, Bonnie Sibner, for this riddle: What kind of room has no doors or windows?

A mushroom.



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.

HELP WANTED



NOW HIRING.

Applications for TE Connectivity accepted at Spherion Staffing, 856 Sweeten Creek Rd., Unit H in Asheville. Call 348-0390

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Spring consultations and development. Call John @ 828.674.7801 or email imagesbyjohnsmith@gmail.com.

SERVICES

ACCOUNTING/TAXES

BOB WILLIAMSON, CPA has served Fairview and surrounding areas for over 12 years. His office is at 1185 Charlotte Highway, Suite F, in Fairview. Bob is looking forward to helping the community

NOTICES

STUDY GROUP A Course in Miracles study group meets each Monday 1–2:30PM for discussion and meditation. Welcoming new friends. Call 828-458-1633.

Classified Ads Work!

HELP WANTED

GENERAL OFFICE HELP WANTED Admin work, filing, organizing, errands, email. 20 hrs/wk. Call (555) 555-5555

FOR SALE

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The Fairview Town Crier

Managing Editor & Publisher **Clark Aycock** clark@fairviewtowncrier.com phone/text 828-771-6983

Editor **Ralph Grizzle** ralph@fairviewtowncrier.com phone/text 828-338-8133

Art Director **Saige Hopkins** saige@fairviewtowncrier.com

Billing Questions **Veronica Flynn** billing@fairviewtowncrier.com

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OFFICE OPEN Tuesdays 11am–3pm Thursdays 11am–3pm

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1185-H Charlotte Highway

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SUBMISSIONS Announcements, community news, upcoming events, etc. will be published free as space allows. Send a SASE if you would like your photo returned. Articles submitted must have content and tone consistent with the Crier's editorial policy. All submissions will be edited for clarity, style, and length. Materials must be received by the 10th of the month preceding publication. Include name and phone number. Unsolicited manuscripts/photos are welcomed, and will be returned if a SASE is included. Anonymous submissions will not be published. The Crier reserves the right to reject editorial or advertising it deems unfit for publication.

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

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



Jim Buff

CRS

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FEATURED LISTINGS



ASHEVILLE! 1.22 acres w/ warehouse/office, loading dock, 3 add'l rollup doors, city h20, 1 full/2 half baths, 10 ton bridge crane support, nat gas, elec heat, owner financing possible, MLS#3927611 **\$1,199,000!**



MARION! Well maintained, 3 BR, 2.5 bath home on 2.63 acres in Pleasant Gardens area, Primary bedroom on main level, office, 2 car-gar, covered front porch, MLS#4062487, **\$475,000!**



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ALEXANDER! Investor Alert! 3 BR, 2 Bath, manufactured doublewide on 1.52 acres end of private cul-de-sac, huge yard, needs TLC, MLS#4085378, **\$175,000!**

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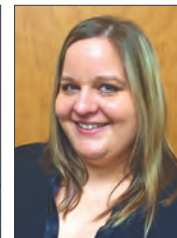
Jason Rice
Sales



Sabrina Howard
Sales



Noah Clarke
Closing
Coordinator



Ashley Nelson
Office/Listing
Manager



Rebecca Guy
Office Assistant

RESULTS

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

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