



THE VOICE OF OUR COMMUNITY

# The Fairview Town Crier

APRIL 2017 VOL. 21, No. 4 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

## Bump up Your Happy — Give an Hour to the Crier

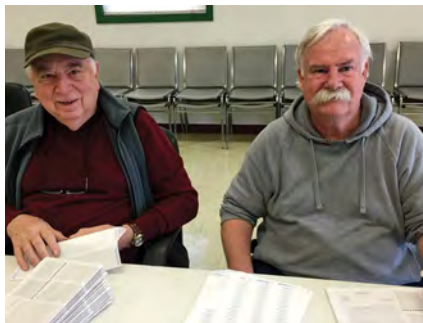
**Did you know that volunteering can increase your happiness?** Help the Crier team at labeling for an easy and fun feel-good moment.

We all have busy lives, but taking time to support your community is very beneficial. Research shows that the more people volunteer, the happier they are. Volunteering can also help you make new friends and can provide you with a stronger bond with your community. There are many ways that volunteering can have a positive impact on your wellbeing.

The *Fairview Town Crier* provides our community with a connection to what is happening in our area. As a non-profit newspaper, the *Crier* needs public support to assist in mailing the paper to more than 8,400 homes and to maintain the office and support staffing.

Please consider volunteering to assist with the labeling of the *Town Crier* for mail-out. Labeling takes place toward the end of each month. If you have an hour, come join the fun and make a difference in your community. You'll definitely get a little ink on your hands and can claim, "I helped get the newspaper out this month!" Many thanks from the *Crier* staff.

A few of our champion volunteers. Top left to right: Roger, Cullen, Doris, and Tim. Middle left to right: Lynnie, Chuck, Marne, and Roger. Bottom left to right: Tim; Patti (our new volunteer coordinator); Traci; and Sandie, our managing editor.



### 2017 Labeling Schedule

Always at the Fairview Fire Department, 1586 Charlotte Highway, at 10:30 am

May Issue: Tuesday, May 2  
June Issue: Friday, June 2  
July Issue: Friday, June 30  
August Issue: Tuesday, Aug. 1

September Issue: Friday, Sept. 1  
October Issue: Friday, Sept. 29  
November Issue: Tuesday, Oct. 31  
December Issue: Friday, Dec. 1



Easter  
Roundup  
page 30



April Planting  
Guide  
page 36

## VOTE

to update Fairview Fire Department's bylaws to avert falling under Buncombe county rule. voting open Friday, Saturday, Sunday and Monday, April 3, 7 am-7 pm! Takes 1 minute! Just stop by the main fire house.

## APRIL CONTEST... FIND THE PHRASE!

**"...they migrated here with the colonists"**

A little more difficult than last month's contest. Find the phrase and email the exact location to [contest@fairviewtowncrier.com](mailto:contest@fairviewtowncrier.com). All entries must be received by 4/15. One per household. Prize will be a gift bag of local products from The Hub of Fairview!

### MARCH CONTEST RESULTS

The *Crier* Guy was hidden on page 20, picture B, in Chorizo the cat's left ear. We were thrilled that 127 readers participated in the fun contest. **And the winner of a gift certificate donated by The Local Joint, plus a gift bag of local products from The Hub of Fairview is... James Ross.** Congratulations James! Stop by The Hub and pick up your prize any Monday-Friday, 10-6 pm.

#### We loved hearing from our readers:

It wasn't easy, our six year old was getting into it.

*I had to look through the paper a couple of times...he was very well camouflaged! Great job hiding him!*

*I just moved to Fairview from Arkansas and really enjoy your paper! Hope I win! I was reading as I went through and then noticed it when I was looking at the pets up for adoption. That was a cute idea.*

*Took a long time. I had already read the paper from front to back. I looked over each page several times but was very surprised to find him in a cat's ear.*

*I had to go through the paper twice really looking. Funny thing is I'm an animal lover and looked at each animal an the description of them and still didn't see him on the ear until I really went page by page searching.*

*First time through. My son loves looking at the animal pictures.*

*I love animals so of course that was the first place I looked!*

*It only took me 3 tries to locate him. When I really wasn't looking, he jumped out at me.*

## FOOD FOR FAIRVIEW

### Are You the Next Food for Fairview Executive Director?

**F**ood For Fairview is in search of a part-time Executive Director. The Executive Director's duties include community outreach, fundraising, grant writing, donor correspondence, and writing the monthly *Town Crier* article. The ED is the link between the community and the food pantry. Through articles in the *Town Crier*, the ED keeps the community updated on the needs of the pantry. The ED also maintains the vital relationships that help the pantry to survive. Hours range from 1-6 per week and do vary.

Good communication, organizational and people skills are needed. Good computer skills are a must, as well as the professional ability to work with the pantry's

volunteers and all levels of personnel in the community.

This is a volunteer position. Reimbursement for mileage and out of pocket expenses will be provided.

If you feel a special calling and would like to find out more about the pantry and becoming the Executive Director for Food for Fairview, please visit our website at [foodforfairview.org](http://foodforfairview.org). Applications/resumes may be sent to [food4fairview@gmail.com](mailto:food4fairview@gmail.com) or PO Box 2077, Fairview, NC 28730 by April 10, 2017.

*Food for Fairview is a Tax Exempt 501 (C) (3) Corporation. For more information on our organization, please call 628-4322.*

The Fairview Town Crier  
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APRIL 4 (TUESDAY)

Foot Pain Solutions Workshop

Fairview Chiropractic Center, 2 Fairview Hills Drive, 5:15–6 pm. The causes of different types of foot problems, DIY treatments, and when to get professional help will be discussed. Preregister and receive a free digital foot scan. Free but reservations required. Call 628-7800.

Prostate Cancer Forum

Us TOO of WNC: a prostate cancer support forum for men, caregivers and family members will meet at 7 pm at the First Baptist Church of Asheville, 5 Oak Street. No fee to attend. Jeffrey Whitridge, a Clinical Nutritionist at Mission Health, will speak. For details contact 242-8410 or wncprostate@gmail.com.

APRIL 5 (WEDNESDAY)

Spelling Bee Benefit for Literary Council

The 26th Annual Spelling Bee benefiting the Literacy Council of Buncombe County will be held with a comic flair at The Salvage Station, 468 Riverside Drive, Asheville, 6-9 pm. Comedian David Ostergaard as emcee will keep the raucous fun going as teams compete and even cheat (if they've raised enough funds for the Council). For more information and to purchase an audience ticket for \$10, visit litcouncil.com.

APRIL 6 (THURSDAY)

Embroiderer's Guild Meeting

The Laurel Chapter of the Embroiders' Guild America, 9:30 am–12 pm, Cummings United Methodist Church, 3 Banner Farm Road, Etowah/Horse Shoe, NC. The first of a two-part series on creating a Hapsburg Scissors Case. Taught by a guest speaker. There is a cost for each project kit. Carol Foster 686-8298 or Janet Stewart 575-9195.

Reuse! Film at Habitat ReStore

Habitat for Humanity ReStore will present a free screening of the documentary film *Reuse! Because You Can't Recycle the Planet*, which shows different ways people across the country reuse materials. 6 pm at the ReStore upper showroom, 33 Meadow Road in Asheville. Complimentary beer from Hi-Wire Brewing and popcorn will be available. Each attendee will also receive a 20% off ReStore coupon. Register at Eventbrite; for details call the ReStore at 254-6706 or visit ashevillehabitat.org/ReStore.

APRIL 6 & 20 (THURSDAYS)

SMCC Property Development Open Discussion

The community is invited to participate in a discussion of what to put on the land acquired by the Spring Mountain Community Club, as well as how decisions can be made for its use. All

who use the Center to take are encouraged to take part in these discussions and share their ideas. 5:30–7 pm in the lower building of the Center, 807 Old Fort Road.

APRIL 7–8 (FRIDAY AND SATURDAY)

Drawing and Watercolor Workshop at Red House

The Swannanoa Valley Fine Arts League will host a workshop on drawing and watercolor techniques for beginner and intermediate artists, 10 am–4 pm each day at the Red House Gallery, 310 West State Street in Black Mountain. Led by Stephanie Sipp and Donna Davis. Registration \$200 for SVFAL members, \$235 non-members. For details contact dandmdavis79@gmail.com.

APRIL 8 (SATURDAY)

Alpine Wine Dinner at HNGF

Hickory Nut Gap Farm and Saveur the Journey will host an Alpine Wine Dinner to celebrate the beautiful wines of the Alpine region and spotlight local artisanal cheeses. Five courses including hors d'oeuvres, crafted from local, seasonal ingredients (including meats from HNG) will be paired with an enchanting Alpine wine. 6:30 pm. A complimentary shuttle will be provided by HNG from a location in Asheville. Reserve seats at hickorynutgapfarm.com/product/alpine-wine-dinner/

Concealed Carry Firearms Class at SMCC

Spring Mountain Community Center will conduct a Firearm Safety and Training class, 9 am–5 pm. Completion of the class will meet part of the requirements for a Concealed Carry permit in Buncombe County. Cost is \$85 including lunch. Reservations must be made and will not be guaranteed until payment is received; attendance limited to 20. Call 712-9208 for details and to reserve. Bringing a firearm is not required unless desired, but please bring 22-caliber ammunition for the shooting portion of the day.

Community Hike on Craggy Gardens Trail

In conjunction with Hike NC and BCBS of North Carolina, Buncombe County Recreation Services has organized several spring hikes led by experienced guides and open to the public to encourage citizens to get outside and enjoy active recreation opportunities. The April hike at Craggy Gardens on the Blue Ridge Parkway, 10 am–12 pm, tops out near 6,000 feet in elevation and into a northern hardwood forest, passing through a heath bald into grassy meadow and great views. Moderate nine-tenths of a mile hike with some steep climbs. Hikers meet at Craggy Gardens Picnic Area, mile 364.2 on the BNP. To register visit Gohikenc.com and click on the Find Your Hike link.

Buncombe County Democratic Party Convention

Buncombe County Democrats will meet at 10 am at the Blue Ridge Assembly, 84 Blue Ridge Assembly Drive, Black Mountain. The purpose of the convention is to elect new BCDP Officers, elect SEC members and adopt resolutions.

APRIL 10 (MONDAY)

WNC Knitters and Crocheters for Others

The group meets at New Hope Presbyterian Church, 3070 Sweeten Creek Rd, 7–9 pm. All skill levels are welcome. Contact Janet Stewart, 575-9195.

APRIL 14 (FRIDAY)

Second Friday at The Hub

Stop by 5-7 pm to see what's new at The Hub gallery and gift shop, as local as you can get. Wine and snacks plus featured artist demo, author book signing, and crafters. 1185 Charlotte Hwy, 628-1422.

APRIL 15 (SATURDAY)

Hickory Nut Gorge Sale on the Trail

Sponsored by the Hickory Nut Gorge Chamber of Commerce, the 9th annual Sale on the Trail begins in Gerton and winds through Bat Cave, Chimney

Rock, Lake Lure and Bill's Creek — 19 miles of private and community roads. Upper Hickory Nut Gorge Community Center will provide a community pancake and sausage breakfast from 8–10:30 am, a home-baked goods sale from 8 am until it's all gone and a community yard sale from 8 am–1 pm.

8th Annual Easter on the Green

Ingles sponsors this free family event at Pack Square Park, 2–5 pm, with age-specific egg hunts all afternoon. There's lots of to do inbetween with giant inflatables, kids crafts from Macaroni Kid and LEAF Community Arts, oversized games from Asheville Plays, and prizes and activities from Ingles. Children can meet the Easter Bunny and have a photo taken by photographer Jim Donohoo which parents can download for free or purchase a print. More information can be found at ashevilledowntown.org or on Facebook.com/AshevilleDowntownAssociation

APRIL 16 (SUNDAY)

Ethical Society Meeting

"Connecting Across Divides" will be presented by Roberta Wall, 2–3:30 pm at the Friends Meeting House, 227 Edgewood Road, Asheville, NC. The subject is conversing and connecting with others across religious, political and cultural divides. All are welcome to attend. Refreshments and informal discussion follow the meeting. Visit EHCasheville.org.

APRIL 18 (TUESDAY)

SMCC Covered Dish Dinner

Bring a dish to share; 6:30 at Spring Mountain Community Center, 807 Old Fort Road.

Knee Pain Solutions Dinner and Presentation

Is knee pain stopping you from enjoying normal activities? Are you taking pain medications with serious side effects? Attend this seminar to learn how you might avoid knee replacement surgery utilizing state-of-the-art treatments. Complimentary dinner, 4:30–6 pm at Ryan's Family Steak House, 1000 Brevard Road, Asheville. Reservations required. Call 628-7800.

APRIL 21 (FRIDAY)

Barbecue Dinner & Silent Auction at Fairview Baptist

Fairview Baptist's popular annual dinner and auction will be held from 6–8 pm at the church at 32 Church Road. Barbecue Dinners are \$7 for adults, Children 12 & under \$5, no family pays more than \$20. The auction will have items for the entire family and donations from area businesses including antiques, gift baskets, restaurant dinners, spa visits and more. For more information or to order BBQ takeout for dinner, call 628-2908 or 231-5035.

APRIL 22 (SATURDAY)

Fairview Baptist Giant Yard Sale

Fairview Baptist holds its biggest, most donated sale of the year, 8 am–12 noon at the church, 32 Church Road. Biscuits, coffee and juice served to shoppers. Proceeds will go to Community Outreach Missions. For details call 628-2908 or 231-5035.

Chimney Rock Earth Day

Join Chimney Rock State Park rangers, biologists and other environmental educators and learn about the incredible work being done to protect our beautiful landscape. 11 am–3 pm in Chimney Rock Village, behind the Old Rock Café along the Rocky Broad Riverwalk. Kids will have the chance to earn a Grady's Kids Club Annual Pass to Chimney Rock at Chimney Rock State Park.

APRIL 23 (SUNDAY)

Carolina Mountain Cheese Fest

The WNC Cheese Trail will hold its third annual Cheese Fest at Highland Brewing Company, 12 Old Charlotte Highway, from 12–4 pm. This family friendly festival will include hands-on activities for kids and adults, dairy animals, panel discussions, pairing events, workshops, vendors and cheese makers and numerous opportunities to learn more about, taste and purchase

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**Cherie Ledford, ANP-C**, provides holistic, comprehensive care to women of all ages with an emphasis on education, prevention and wellness.



**Jeffrey Garris, MD, MS, FACOG, FPMRS, FACS**, leads the Park Ridge Health Urogynecology Center. He is board-certified in both Female & Pelvic Reconstructive Surgery and Obstetrics & Gynecology.

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## COMMUNITY EVENTS

### APRIL 23 (SUNDAY) CONT'D

local, artisan cheeses. A wide variety of producers from the industry such as bread and crackers, meats, pickles and jams will also be on site. Tickets (ages 12+) are \$14, children under 12 free. Tickets at [mountaincheesefest.com](http://mountaincheesefest.com).

### APRIL 29 (SATURDAY)

#### Yard Sale at Abiding Savior

Abiding Savior Lutheran Church will hold a yard sale of gently used household/garage items (no clothes), 8 am–1 pm, 801 Charlotte Hwy. Proceeds benefit ministries and outreach. Contact Kay Doverspike at 239-476-2965 or [raftinmama10@gmail.com](mailto:raftinmama10@gmail.com).

#### Camp Maranatha Reunion

All kids and families who remember Camp Maranatha are invited to gather, 12–4 pm for memories, food and a tour of the camp. Old Fort Road in Fairview.

### UPCOMING

#### Labeling the Town Crier, May 2

Research says it will make you happier! Volunteer labelers will be welcomed at 10:30 am at Fairview Fire Department.

#### AC Reynolds Music for the Sole 5K Saturday, June 3

For the third year, the ACRHS Music for the Sole 5K will bring together music lovers and trail running enthusiasts

as it benefits the AC Reynolds band. The first 150 participants who register will be guaranteed an event t-shirt. Entry fee is \$25 until May 4, \$30 from May 5 through day of race. Register at [runsignup.com/Race/NC/Asheville/ACRMUSICfortheSole](http://runsignup.com/Race/NC/Asheville/ACRMUSICfortheSole).

#### The Lord's Acre Annual Square Dance, Pot Luck and Auction, May 20, 5–10 pm

Always a great time for an always great cause... fighting hunger and educating folks about food right here in our community and beyond. Mark the date so you don't miss it.

### ONGOING

#### New Moon Marketplace Flea Market

Every first and third Saturday (weather permitting), from 8 (ish) to 1 pm, at the intersection of Cane Creek Road and 74A. Vendors can set up for \$10. Shoppers get to enjoy the flea market and shop inside as well.

#### Fairview Farmers Market

Starting in May, look for the Fairview Farmers Market EVERY Saturday in Fairview Elementary School's lot.

#### Brain Tumor Support Group

Every third Thursday at MAHEC, 6 pm. Refreshments. Visit [wncbraintumor.org](http://wncbraintumor.org).

#### Go Hike! With Buncombe County Recreation Services

Community hikes are open to the public and are part of the department's continuing efforts to encourage citizens to get outside and enjoy active recreation opportunities. April hikes: **BNP Craggy Gardens Trail, April 8, 10am–12pm;** South Mountains State Park: Little River, Raven Rock, **River Trails Loop, April 14, 10–11:30 am;** Pisgah National Forest: **Moore Cove Falls, April 17, 10:30 am–12:30 pm;** **Grandfather Mountain: April 21, 10:30 am–1:30 pm;** Carl Sandburg Home: **Big Glassy, April 26, 2–4 pm.** For details visit [gohikenc.com](http://gohikenc.com).

#### April Events at the Light Center

4/8, 2 pm, "Full Moon (Reiki) Healing Circle. Suggested donation \$19.

4/9, 2 pm, "Toning for Peace and Transformation," with crystal singing bowls. Suggested donation \$12.

4/22, 10 am, "Twelve Rays, Part II," Cost: \$20 advance, \$25 on site; 6:30 pm, New Moon Drum Circle, outside near the labyrinth, bring folding chair and drum. Suggested donation \$10.

4/23, 1 pm, Crystal chakra bowl meditation. Suggested donation: \$20.

Yoga classes on Thursdays, 10:30–11:45 am, \$10/class. 2196 Highway 9 South, Black Mountain. Visit [urlight.org](http://urlight.org).

#### Passive Solar Greenhouse Tours in Oakley Saturdays 4/8–6/10

M R Gardens in the Oakley community is offering tours of the nursery's one-of-a-kind passive solar greenhouse, designed for the production of plants using nearly all renewable resources. Tours are at 11 am Saturdays. The information given on solar design and seedling propagation will be helpful for all experience levels. RSVP by contacting [megan@mrgardens.net](mailto:megan@mrgardens.net) or 333-4151. Tours are offered at a sliding scale with a minimum of \$5 per person. For more information, visit [mrgardens.net](http://mrgardens.net).

#### Weekly Scrabble and Cribbage

The Scrabble & Cribbage Club meets Wednesdays, 12:30–4:30 pm. Call 216-7051 for more information.

#### Welcome Table Lunch — Every Thursday

A community lunch every Thursday, 11:30 am–1 pm in the Community Room of Fairview Christian Fellowship, behind the Fairview Library. A donation of \$10 if possible. Visit their Facebook page or [fairviewwelcometable.com](http://fairviewwelcometable.com).

#### Dining for Women

The Fairview chapter of the global poverty-fighting giving circle meets on the fourth Monday of each month. For details visit Facebook page.

#### Spring Mountain Community Center

[springmountaincommunitycenter.com](http://springmountaincommunitycenter.com)

**Free Exercise Classes:** Janis Williams will lead Eccentrics classes for all ages and ranges of ability, 3–4 pm Mondays and Thursdays. Bring a floor mat if possible.

#### Community Leadership Meeting:

Usually the first Tuesday of each month, 6:30 pm. We are now inviting nominations and volunteers for 2017 leadership positions.

**Quilting Bee:** Meets every second Tuesday, 10 am–2 pm. Bring a project and your lunch. Quilters make various items to donate to worthy causes. Call 628-7900 or 628-1938.

**Berrypickers' Jam:** Tuesday evenings at 7 pm. Our beloved Berrypickers will move the "jam" inside for the season. Bring your instrument, listening ear, and dancing feet to the lower level for a jammin' good time.

**Yoga Classes:** Mondays 9:30–10:45 am, Thursdays 6:15–7:30 pm; \$5–\$10 suggested donation. Call 243-8432 or email [sabrina.alison.mueller@gmail.com](mailto:sabrina.alison.mueller@gmail.com).

### PET EVENTS

#### Humane Society

**Cat Lover's Book Club:** Friday, April 21, 6:30–8:30 pm, Asheville Humane Society, 14 Forever Friend Lane. Join

fellow cat lovers for a charming evening of book discussion and mingling with adoptable felines! Snacks will be provided; bring your beverage of choice. There will also be a feline behavior Q & A with Dr. Anne Peden Symonds, DVM.

#### Tour of Asheville Humane Society and the Buncombe County Animal Shelter:

Saturday, April 29, 1:30 pm. Learn about AHS programs and the Animal Care Campus. Tour begins in the Adoption Center, 14 Forever Friend Lane. Free and open to the public.

**Low-Cost Vaccine & Microchip Clinic.** Saturday, April 29, 11 am–2 pm, Emma Elementary School, 37 Brickyard Rd, Asheville.

#### Brother Wolf

**Adoption Event.** Saturday, April 1, 12–3pm, Upcountry Brewing, 1042 Haywood Rd, Asheville

**Adoption Event.** Sunday, April 2, 12–3pm, Petco, 825 Brevard Rd, Asheville

**Revelry: The Downtown Food Truck Rally.** Saturday, April 8. Adoption event with music, comedians, food trucks, and local craft beer. Some of the proceeds will directly benefit Brother Wolf. Asheville Masonic Temple, 80 Broadway St. For details see [thedowntown-foodtruckrally.eventbrite.com](http://thedowntown-foodtruckrally.eventbrite.com).

**Adoption Event.** Sunday, April 9,

**Adoption Event.** Sunday, April 23, 11 am–2 pm, Second Gear, 444 Haywood Rd, Asheville.

**Pars for Paws Fundraising Event.** Thursday, April 27, 9 am–6 pm. A fun day of specialized golf to help support Brother Wolf. Adoptable dogs on site all day. Asheville Municipal Golf Course, 226 Fairway Dr., Asheville.

**Adoption Event.** Saturday, April 29, 12–3pm, Art Safari in Weaverville, at Pet Pantry, 1 Merrimon Ave, Weaverville.

**Send calendar events to**  
[copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com)

### IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (3) (c) company that publishes a monthly community newspaper Twelve issues per year are delivered free on or about the first of every month to 8,400+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. The Fairview Town Crier is located at 1185F 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](http://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 to [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com). For staff directory, contacts and additional information, please see page 39.



# SHARE YOUR MEMORIES OF CAMP MARANATHA!

## Reunion for all kids and families on Saturday April 29, 12–4 pm

Join us for an afternoon  
of fun, food and tour of  
camp! All are welcome.  
Old Fort Road in Fairview!

RSVP: 828-628-7954  
or email  
[Camp4KidsNC@gmail.com](mailto:Camp4KidsNC@gmail.com)

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## New Moon Marketplace

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a great place to shop for an ever-changing selection of antiques, collectibles, vintage signs, jewelry, pottery, crafts, gifts & more.

**NEW! The "Cottage" is now open with furniture and home accessories!**

1508 Charlotte Hwy in Fairview  
[www.newmoonmarketplace.com](http://www.newmoonmarketplace.com)  
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## Marie's Essential Oils & Gifts

April Events

**AromaTouch Technique & Demo**  
Guest Speaker Marie Forney, CATT  
6:00 pm, Tuesday, April 18

**Parent/Teacher Night - EOs Used Daily**  
6:00 pm, Thursday, April 6 \*Bring ad for free gift

**What Are EOs & How to Use Them**  
6:00 pm, Tuesday, April 4

**Monthly class listings on Facebook @ Maries Essential Oils & Gifts**

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[MydoTerra.com/MarieForney](http://MydoTerra.com/MarieForney)



# GreyBeard REALTY



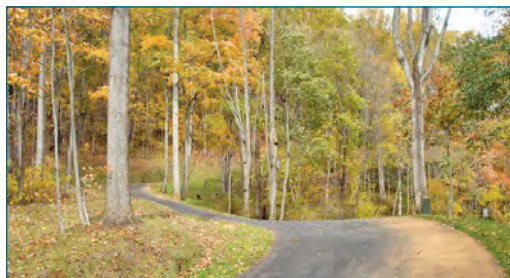
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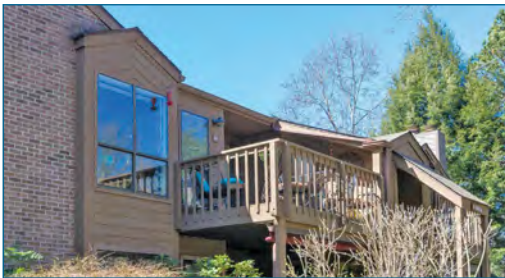


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214.54 acres in Maggie Valley/Jonathan Creek area. Price reduced!  
\$1,075,000 MLS 3220837



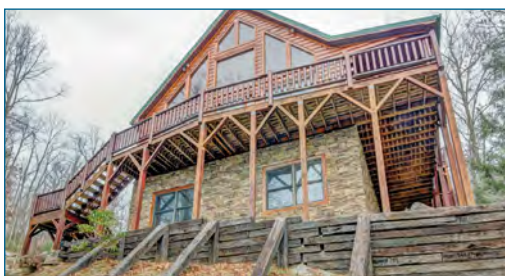
South Asheville upper-level condo with two en-suites and access to outdoor balconies.  
\$131,900 MLS 3258038



West Asheville commercial space for sale off of Haywood Road.  
\$799,000 MLS 3220812



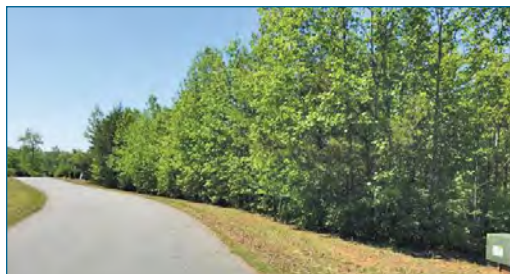
5 bedroom 5 bath Gateway Mountain Home with 4+ private acres and beautiful long-range views. \$896,000. MLS 3232898



3 bedroom 3 bath custom A-frame home in Gateway Mountain with great views of Lake Lure. \$595,000. MLS 3239865



6-bed, 5.5-bath historic renovated 1950s lodge. 29 acres with 2 ponds and a stream.  
\$999,000 MLS 3198929



2 acres with easy lake access in Lake Lure.  
\$59,900 MLS NCM586427



South Asheville ground-level condo with two en-suites and access to outdoor porches.  
\$134,900 MLS 3258131



Three-bedroom, two-bath Candler home.  
\$189,900 MLS 3253288

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## FRIENDS OF THE LIBRARY JAMIE McDOWELL



### Butterflies of Fairview with Sparrel Wood

Friends of the Fairview Library are excited to present *Butterflies of Fairview* by lifelong amateur lepidopterist Sparrel Wood, on Tuesday, April 25 at 7 pm.

In the 12 years Sparrel has lived on Butler Mountain in Fairview he has cataloged 62 species of butterflies and has photos of 60 of them. His slide program will feature butterflies of the Swallowtail, Sulphur/White, Blue/Hairstreak, Brushfoot and Skipper families and the nectar plants they feed on. He will also have a four-page summary of larval host plants for people who want to help enhance butterfly habitat in Fairview.

Sparrel first became fascinated with butterflies when a 3rd grade teacher introduced him to Monarch butterfly migrations. He collected butterflies in the US, the Philippines & Europe as his military family moved around the world. Eventually he turned to photography to document his discoveries. Sparrel worked at the NC Arboretum as a Landscape Specialist for nine years and cataloged the butterfly species encountered on the Arboretum's 400+ acres.

Join us for this fascinating nature program! Refreshments served after the

presentation courtesy of the Friends of the Fairview Library.

### Friends of the Fairview Library

The Friends will meet on Tuesday, April 11 at 7 pm. All in the community are welcome to attend.

### Evening Book Club

The Evening Book Club will read *Last Bus to Wisdom* by Ivan Doig for discussion on Tuesday, April 18 at 7pm.

### PROGRAMS AND EVENTS FOR KIDS

#### LEGO Club

On Friday, April 7 at 3:30, join us for special builds, creative challenges, and a whole lot of fun. You bring your creativity, we'll provide the blocks!

#### Maker Space

Creative opportunities abound in our Maker Space! Self-directed activities will be available all month long for children and teens. Past activities have included black-out poetry, bookmark making, and grownup coloring. The station is always changing, so make sure to check out the latest project next time you are in the library.

#### Preschoolers, We Love You

Preschoolers, Get Ready! This year's "Preschoolers We Love You!" show promises to be one of the zaniest ever. This popular variety show for children began as a special valentine

to the library's youngest book lovers and continues to be one of our most favorite events.

Each year, shows regularly draw over 1,000 children for the multiple performances. The program is a book-inspired musical revue especially designed for preschoolers, with puppets, dancing and other lighthearted fun. The talented performers are drawn from the library staff across the county, including Fairview Public Library!

The dates and locations for this year's performances are:

Tuesday, April 18, 9:30 and 10:45 at Pack Memorial Library, 67 Haywood St, Asheville  
Wednesday, April 19, 9:30 and 10:45 at the Weaverville United Methodist Fellowship Center, 90 North Main Street, Weaverville

Thursday, April 20, 9:30 and 10:45 at the Black Mountain Library, 105 N Dougherty St., Black Mountain

### COMMUNITY ANNOUNCEMENTS

#### Teachers and Homeschool Parents' Research Requests

Have you seen the new Teacher Subject Request Form on the Library website? Fill out the form and our Library Staff can set materials aside for you, saving you time and energy. Best of all, the teacher request service is free! Please allow at least one week for materials to be selected. You will be notified by email when your resources are ready for pick up and they will be held in your name for one week. This service is absolutely free. The Library is happy to

support our teachers and we look forward to working with you!

#### Used Book Sale

Visit the Used Book Store inside the library to get some great deals on gently used books. All of the profit from the Book Sale goes to the Friends of the Fairview Library.

#### Library Closings

The Library will be closed for the Easter holiday Friday, April 14 and Saturday, April 15.

### NEW BOOKS

#### Adults

*All By Myself, Alone* by Mary Higgins Clark  
*My Italian Bulldozer* by Alexander McCall Smith  
*Miss Julia Weathers the Storm* by Ann B. Ross  
*Hallelujah Anyway* by Anne Lamott  
*The Shadow Land* by Elizabeth Kostova  
*Prince Charles: The Passions and Paradoxes of an Improbable Life* by Sally Bedell Smith

#### Kids

*Graphic novels! Graphic novels! Graphic novels!*

We've been adding dozens of graphic novels to our juvenile and young adult collections. Come check them out!

#### Storytimes

Mother Goose Storytime (4-18 months): Tuesdays at 11  
Bounce n' Books Movement Storytime (2-5 years): Wednesdays at 11  
Preschool Storytime (3-5 years): Thursdays at 11



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# Minutes of the Quarterly Conference Methodist Church South, Holston Conference, Swannanoa Circuit

These records were given to Louise Cunningham Crook, wife of my grandmother Ollie Davis Ingle's (1887-1969) 2nd cousin Howard Crook. We don't know who gave them to Louise Crook, but she kept them in a trunk in the attic until she gave them to Jean Dixon Anker. Jean Anker gave them to the Ole Buncombe County Genealogical Society who transcribed them. I was given a copy because they contain material from local Methodist Churches in the Fairview area that might be of interest to the Fairview Community.

On the following page is a list of members of Sharon Methodist Church in the period from 1879 to around 1885. The listing includes the names of the members, birth and death dates and other identification records.



Joseph "Joe" Lytle



Manerva Gilliam Lytle



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## Sharon Methodist Church Members, 1879–1885

1. **Jane Tweed** 1811-1887, wife of Samuel Tweed

2. **John F. Tweed** 1851-1896

3. **Mary A. Tweed**

4. **Sarah Stevens** 1839-1893, wife of F. M. Stevens

5. **Elizabeth Lytle** 1842-1914, wife of T. B. Lytle

6. **Nancy Lytle** 1832-1912 wife of A. Lytle

7. **Manerva Lytle** 1836-1917 wife of Littleton Lytle

8. **Harriet Lytle**

9. **Leah C. Lytle**

10. **Susan (Harper) Stroup** 1812-1894, wife of Silas

11. **Mariam Catherine Stroup Suber** 1842-1924, daughter of Silas and Susan Harper Stroup and wife of James Suber

12. **Serepta E. Livingston**

13. **Elizabeth Coston Mitchell** 1812-1892, wife of Elbert Mitchell 1809-1873, daughter of John Coston 1788-1785

14. **Nancy A. Mitchell**

15. **Sarah C. Mitchell**

16. **Mary Mitchell**

17. **Nathan Barlett** 1801-after 1885

18. **Charlotte Bartlett** 1797-1880

19. **James Toms** 1803-1885

20. **Minerva Toms** 1820-1889, wife of James Toms

21. **Eliza (Elizabeth) Burgin Clayton** 1817-1909

22. **Mary Young Harper** 1841-1901, wife of Samuel H. Harper

23. **Caroline Whitaker Garren** 1835-1883, wife of David Garren 1832-1903

24. **Rebecca Lanning** 1821-1886, daughter of John and Susanna Gallimore Lanning Jr.

25. **Susan Rees** (likely Reed) 1824-1905 wife of Henry Reed

26. **M. L. Casey**

27. **Martha Merrill**

28. **Ruth Whitaker**

29. **Margaret Westmoreland** 1863- daughter of Rachel Westmoreland 1809-

30. **Rachel Westmoreland** 1835-, daughter of Margaret Westmoreland

31. **Julia A. Freeman** 1839-1917, wife of Robert Freeman

32. **Martha Pitillo** 1853-1915, wife of Frank P. Whitaker, daughter of Jefferson and Matilda Pittillo

33. **Mary Brank** 1832-1900, wife of B. W. Brank

34. **Amanda Pittillo** 1846-1920, wife of J. R. Pittillo

36. **Mary M. (Lytle) Smart**, wife of Thomas Smart

37. **Mary Smart** (same as Mary M. above)
38. **Mollie (Cooper) Williams** 1857-1943, wife of Jesse Siler Williams

39. **Eliza Thomas**

40. **M. J. Sparks**

41. **Margaret Sparks**

42. **John G. Young**

43. **Mary Young**

44. **Susan M. Cunningham**

45. **Rebecca Mitchell** 1846-1904, wife of J. W. Mitchell 1838-1910

46. **Joseph Mitchell** (J. W. Mitchell?)

47. **Jesse Williams Jr.** 1849-1933

48. **Thomas W. Tweed** 1845-1927

49. **Elizabeth (Coston) Mitchell** 1812-1892

50. **Mirah M. Mitchell** 1854-, daughter of Elbert and Elizabeth Mitchell

51. **(Rev) William A. Mitchell** 1855-1917

52. **Lucinda (Sales) Harper** 1818-1905, wife of Alexander Harper

53. **M. A. Merrell**

54. **Rebecca Williams** 1838-1883, wife of J. E. Williams

55. **Matilda Pitillo** 1820-1885

56. **Sarah Penland** 1836-, wife of George N. Penland

57. **Permelia Sinclair**

58. **G.N. Penland** (George N. Penland) 1840-, husband of Sarah

59. **Frank Patton** 1867-1932

60. **Pricilla Brady**

61. **Mary Brady**

62. **Aurelia Baker**

63. **J. N. Case**

64. **James B. Baker**

65. **Matilda McBrayer** 1846-1901, daughter of William and Elizabeth Fortune McBrayer

66. **Elizabeth (Fortune) McBrayer** 1808-1888 wife of William McBrayer

67. **Mary McBrayer** 1842-, daughter of William and Elizabeth McBrayer

68. **Lucy McBrayer** 1844-1883 daughter of William and Elizabeth McBrayer

69. **Martha E. Young** 1837-, wife of Thomas J. Young

70. **Marcus E. Young**

71. **William A. Young** 1866-, son of Samuel Young

72. **Samuel P. Young** 1839-

73. **Sarah J. Young** 1866- daughter of Thomas J. Young

74. **Rebecca Young** 1810-

75. **Nancy Patton** 1816-

76. **E. M. Lytle** 1859-1922

78. **John Mc Merrell** 1816-1891

79. **L. E. Lytle**

80. **M. E. Stevens**

81. **Susan Hill**

82. **Calvin D. Nice**

83. **Thomas Bright**

84. **Branch H. Williams** 1863-, son of Jesse Williams

85. **James Tweed** 1842-1922

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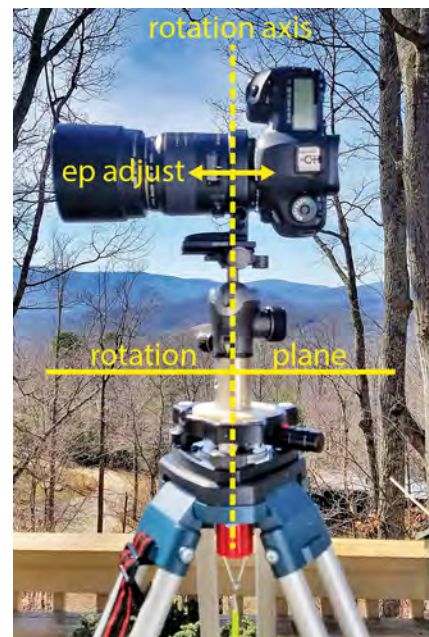


<sup>1</sup> The rate advertised is an example of our best rate currently offered. Your rate may vary and will depend on various factors including but not limited to credit qualification, loan amount and, repayment terms. Subject to approval and closing, the bank will provide the borrower \$300 credit towards closing costs or a credit towards the actual fees, whichever is less. These fees generally range between \$100 and \$1,700 depending on the credit limit. This product is for an owner-occupied primary 1-4 family residences and excludes manufactured homes, investment properties, second homes, and homes currently listed for sale. Requirements include property insurance and flood insurance if needed. Our Home Equity Line of Credit programs have variable periodic rates that currently range from as low as 3.49% Annual Percentage Rate (APR) to 5.25% APR, with a maximum rate up to 18.00% APR. In order to receive the 3.49% rate, it is required that the loan-to-value be 80% or less, have a minimum credit score of 730, and have a minimum line of credit amount of \$50,000. There is a \$500,000 maximum line of credit amount for a first lien position and a \$250,000 maximum line of credit amount for a second lien position.

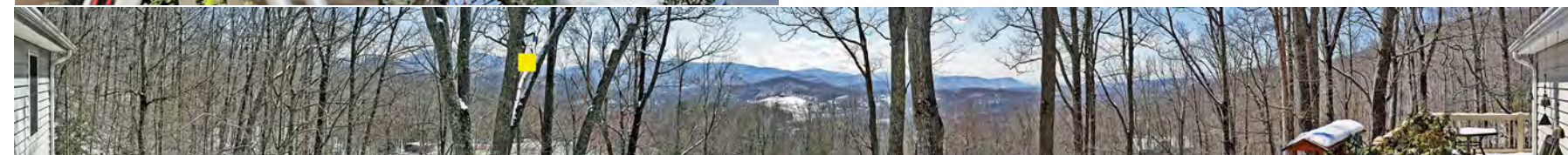


## Look Behind You

In my last column I fell into the rabbit hole of creating panoramic images. It all seemed so easy with Microsoft's Image Composite Editor (ICE.) I also said that "for the obsessive sorts" there are devices that allow you to rotate your camera smoothly around the correct



vertical axis so that all of the images stitch together perfectly. It appears that I am that guy. I just bought a tripod ball head that has a graduated rotation base and a dovetail clamp on the top. Adding a matching dovetail to the lens ring mount allows me to slide it along its length to set the lens entrance pupil on the vertical rotation axis (I described the method last month). This eliminates parallax errors between successive shots. An adjustable base with a bubble level from some old surveying equipment, shown on the left, keeps the panorama sequence level. With this setup I took a series of 28 shots,

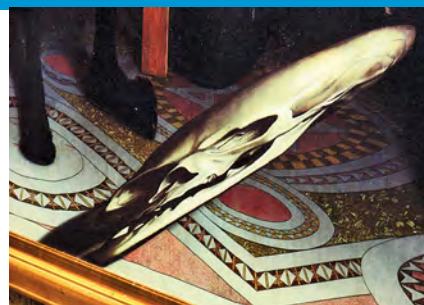


one every 7.5 degrees, off of our back porch. The 100 mm lens has a field of view of 14 degrees in the horizontal direction so there is a 50% overlap between images. The resulting panorama covers a horizontal angle of 230 degrees and a vertical angle of 20 degrees with a resolution of 318 million pixels. The only practical way to see the detail is to look deep into it with a computer. The detail in the yellow square is shown in the image directly above it.

I still prefer prints on walls and I can print a long image like this with roll paper. Still, a print on a flat wall does not give a real sense of the panorama. You have to walk down the long image and pretend that you are turning your head. Wrapping a print like this inside of a circular room would work if the print covered 230 degrees. Then you could stand still in the center of the room and turn your head to feel the extent of the view. But who has a circular room?

So now I have a new project: I want to use TWO walls with the center of the image folded into the corner of the room. Then I could stand still, turn my head, and even look Behind Myself.

Standing still, however, adds a twist.



Not a twist exactly, but a 2D stretch. In a rectangular room the distance to a wall is not constant as you turn your head. For example, the image has to get taller as it recedes to maintain the apparent 20 degree vertical angle.

This reminded me of a 1533 painting by Hans Holbein called *The Ambassadors*. A fragment of the painting is above; Google it for the entire work. Once it must have been placed high on a wall in a stairwell because from that low angle you can see a skull that is not obvious looking straight on. It really impressed me as a kid. Tilt this page and you can see it.

Next time: Anamorphic Panoramas



Steve Fulghum holds a Ph.D. in physics from MIT. His work is in Asheville's River Arts District and at [stevefulghum.com](http://stevefulghum.com).

## Magic at the Food Lion — and Beyond

While recently grabbing some things in the Food Lion, I noticed I wasn't the only "older gentleman" with a toddler in tow pushing a Shopper-in-Training cart. It seemed as if cries of Pawpaw, Gampy, Papa, and Pops were heard around every corner. I was glad to know I wasn't the only one who had relocated to be close to their grandchildren! Oh, by the way... I'm Grandpa.

One gentleman looked at me strangely, then put out his hand and said, "I'm Jerry, you're that magic guy in the *Crier*." I responded in the affirmative and he called his granddaughter over. She was busy with a box of Pop Tarts. "Madison, this is Mr. Greg, he's a magician." Madison wasn't sure how to respond so Paw Paw continued. "Show my granddaughter a trick, would you please?" Now, my standard answer when asked to perform on the spot is to say things like, "You wouldn't ask your brain surgeon to perform a lobotomy right here in the meat department would you?" But I remembered what I had written for all to see in the *Crier*: "If you ever see me out and about, ask me to show you a trick!" So I did a simple little coin routine and Madison was duly impressed. I figured her to be around four or five years old and a bit overwhelmed. That was until I vanished the coin and took it out of Paw Paw's ear. Then she



started to giggle, and then laugh and laugh. You would have thought I had vanished an Elephant. Oh, the wonder of little children. It's why I do what I do.

Paw Paw asked about my magic classes too. Magical Mondays happen weekly at the Hub. Recently I took the class to see a friend of mine, Ariann Black, who was performing at the Thomas Wolfe Auditorium. Ariann is an accomplished magician, and my class of mostly girls loved it! It was a fun show for everyone. See, you don't have to go to New York to see great shows. They come here!

Oh, by the way, if you do see me out and about don't be afraid to ask me to show you a little magic effect. Maybe you'll like it more than Madison! I hope you continue to join in on my adjustment to the move to Fairview. After all, it is a Funbelievable Life!

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## Whole Person Wellness

**Y**ou might think doctors and hospitals have a significant influence on your health status. Actually, it is well known that the strongest predictors of a person's health are factors and influences that happen OUTSIDE of the medical encounter (i.e., not in the doctor's office or hospital). Most of what determines whether you are healthy or not occurs in your moment-to-moment daily life. Here are a few of the most important factors:

**Sleep and relaxation:** Do you sleep well most of the time? Do you eliminate unnecessary stimulants from your life? Do you minimize unnecessary screen time that could be keeping your brain awake? Do you minimize sleep-inducing medications that can be helpful in the short term but harmful in the long term? Do you allow yourself to relax and enjoy "down-time" with your friends and family?

**Exercise and movement:** Do you use your body to its fullest ability? Do you push yourself to your own safe limit? Do you make yourself sweat and get short of breath in exercise? This is what your body needs! Do you honor and love this magnificent vessel you have been given, this castle of your soul? Do you stretch and explore new ways of moving and using your body that you may never have known before?

**Nutrition:** Do you put real food in your body? Do you take the time to prepare food that will nourish your cells rather than harm them? Do you think ahead to bring food to work so you aren't bound to eating whatever is available and easy? Do you eat food grown on a farm or food manufactured in a factory? Do you drink enough water? Do you stop eating before you are full?

**Stress:** Can you identify the sources of stress in your life and work to minimize them? Do you put yourself in stressful situations unnecessarily? Do you avoid fixing problems that need to be addressed? Do you stress your body unnecessarily with tobacco or excessive alcohol or too much work? Do you use your vacation time?

**Relationships:** Do you nourish the friendships that are important to you? Do you let the people you love know it? Do you allow the people who love you to show you their love? Do you feel connected to the earth? Do you feel connected to your community? Do you know your neighbors?

I asked many questions above. The answers are often more difficult to find. We are all works in progress. Keep going!

*Dr. Coladonato is the Director of the MAHEC Family Health Center at Cane Creek*

## Perimeter Shopping to Help Boost Brain Power

**P**erimeter shopping when at the grocery store is certainly not a new concept.

But while many are aware of this health-boosting approach, very few put it into practice. As the term implies, perimeter shopping is a focus on purchasing foods from the outer aisles and cases.

The outside aisles of a grocery store are filled with fresh produce, meats, dairy, eggs, and "by-the-pound" items like nuts and seeds. Almost all grocery stores are set up this way because it allows it allows convenient access to refrigeration and the grocery store employees are able to restock fresh goods quickly.

These products—meat, milk, eggs, fruits and vegetables—haven't changed much (if at all) from their source; these are referred to as "whole foods." Some items on the perimeter are certainly not as healthy as they could be (think chocolate covered pretzels); but by and large, whole foods are nutrient-dense foods that power our brain.

What makes this concept of perimeter shopping very important is that your brain is driven by energy; your brain essentially runs on sugar (glucose) and oxygen in most cases. The sugar comes from the foods that we eat. Carbohydrates, protein, and fats provide energy and building blocks for the body and can be found in very high quality and quantity in whole foods.

Processed foods, which tend to be found on

the interior aisles of the supermarket, are made by breaking down or altering whole foods. This involves complex chemical processes, preservatives and additives that extend their shelf life (and make foods taste and look "better"). Thus, processed foods tend to have less nutrient density and quality, and some can actually be quite dangerous. These are foods typically found in a box, can, or bag.

The further a food is from its original source, the harder it is for your body to break it down. Example: You eat a baked potato (whole food) and your body processes this quite efficiently. On the other hand, you eat a manufactured potato-like chip that may have 10% potato, and you get a laundry list of other ingredients and chemicals that take more time and energy to process, yield nearly zero nutritional value, and may form toxic by-products when digested: which do you choose?

The takeaway: whole foods found at the perimeter of the store are the most efficient, readily available sources of fuel. If we intend to care for our brains with any degree of success, we need to make sure we have the proper fuel in the tank for optimal performance.



*Dr. Trayford is a Board Certified Chiropractic Neurologist. More at ApexBrainCenters.com*

## Oh My Aching Feet

**Y**ou would likely think a chiropractor should be writing about a painful back rather than aching feet but some DCs have excelled at identifying and treating foot conditions — like we have in our office. In 1981, I was in a corporate career, training for the NYC Marathon. I developed severe Achilles tendonitis 6 weeks before the race. My MD and podiatrist both told me to stop running, put inserts in my shoe and take NSAIDs. I was desperate to run the race given the time I spent training. My older brother was in chiropractic school and told me to see a chiropractor with sports injury training near where I lived. He examined my feet; did an ankle adjustment; used a steel tool to treat my Achilles and calf muscles, made me a pair of flexible orthotics and my problem resolved and I finished the race in 3 hours 19 minutes. I was shocked a "quack" chiropractor knew more about treating feet than my MD and podiatrist! I eventually had a life epiphany and was inspired to become a chiropractor, giving up a very successful career in international business.

At Fairview Chiropractic we have been treating foot problems for 20 years. Based upon my personal experiences and 1000 hours of additional sports and extremity training, we developed our unique protocols in treating feet non-surgically without drugs and with lasting improvements. In the last 6–7 months we have resolved 8 out of 8 cases where ankle replacement was the next step, giving those patients lasting improvement. We have helped hundreds of cases of plantar fasciitis; Achilles tendonitis, Morton's Neuroma, metatarsalgia; heel spurs, severe ankle arthritis; slow healing

foot wound and neuropathy. Our secret is to do a detailed exam that helps us identify the pain generators in the foot and body. These exams include digital foot imaging, thorough physical exam, posture scans and X-rays. Foot pain generators are often the same regardless of the foot ailment:

- Scar tissue, adhesions, tears in muscles, fascia, ligament and joint capsules and tendons
- Abnormal foot arch—flat feet, dropped arches, high arches and hyper-pronation
- Lack of healing blood flow to the feet
- Lack of nerve supply for proper gait and proprioception
- Arthritic joints or bone spurs
- Restricted foot joint bones / subluxations
- Nerve entrapment syndromes
- Improper footwear — tight shoes or high heels, worn out running shoes
- Diabetic ulcers

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*Dr. Reilly is past president of the NC Chiropractic Association. dreilly@fairviewdc.com, fairviewdc.com, 628-7800.*

## My Journey With "It"

### How Did It Slip Up On Me So Fast?

Over the years, I've counseled many people who were, with great fear and trepidation, fast approaching their day of reckoning... turning 65! As an insurance agent, I had become adept at discerning folks' personal situations and offering what I felt, in my professional opinion, was their best course of action. Quite frankly, while I tried to show a degree of empathy for their plight, like anything else in life, you really can't unless you "Take a walk in their shoes." Well, now it's MY turn. Yikes, how did it slip up on me so fast?

### And Thus, It Begins

The older I get, the more the days are zipping by faster than I could have imagined (my mama told me they would). Well sure enough, before I knew it, there "it" was in mail the other day. I was minding my own business, picking up the mail as I always do at the post office, when I saw "it." There, hiding amongst the various pieces of junk mail, "it" was. Somehow, somebody found out I was about to turn 65 and was offering to "help" me sort out MY "Medicare choices!" The urgent warning of BIG changes in Medicare immediately caught my attention, along with an equally urgent request to send back this response card to receive additional information. And then it hit me. This was almost exactly like the one I had sent out years ago. Oh well, what goes around, comes around I guess.



### So, What Do I Do With "It"?

I've heard reports from clients, and had seen piles of "it" on folks' kitchen tables and countertops when I went in to help them, and now I realized I was about to experience "it" for myself. The question that must come to mind for most folks is: "How do these people know how old I am and where I live?" I didn't think much about that before, but now that I'm on the receiving end, it's a little scary. To add angst to the matter, some of "it" can look really "official;" it's hard to figure out and folks aren't sure exactly what to do so, so they guess maybe they'd better keep it just in case it's really important. I'm glad I'm an insurance agent and know what to do. And I now have an increased empathy with those who don't. "It" can be really intimidating!



*Mike Richard is president of Prime Time Solutions. Contact: 628-3889 or 275-5863.*



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William Adams

Duty, honor, sacrifice. These words exemplify the men and women of our country’s “greatest generation.” Born in an era of economic hardship, these citizens defeated America’s enemies in World War II, then returned home to build a country that was a beacon for liberty and freedom around the globe. We owe a great debt to these men and women, especially those still living in our community. One such citizen is Mr. William Adams.

Born in 1922, William Adams is the son of sharecroppers who began their life together raising tobacco in Durham County, NC. Times were difficult for many farmers during the 1920’s and William’s parents were no different. When a rag-

During the Battle of Peleliu, William was unloading mortars when a shell hit the tractor and mortally wounded two of his fellow soldiers. William lost part of two fingers and left shrapnel embedded in his arm. He often thinks of those who died that day, and how lucky he was to survive the brutal fighting on Peleliu.

ing summer hailstorm destroyed their tobacco crop, William’s father (Howard Avery Adams) gave up sharecropping and moved his young family to the city of Durham. There he began working for the Southern Railway railroad company. William clearly remembers how fortunate it was that his father had this job during the Depression; “We did not have much, but his job kept food on the table,” he says. His mother Blanche worked too, at a tobacco company packing cigarettes to help



support their growing family. In addition to William, there were two brothers and a sister in the young family. One of William’s fondest memories is riding on the back of a Model-A pickup truck with his brothers and sister to visit his grandparents in Holly Springs, N.C.

**Sharp-Shooter**  
William attended high school in Durham, N.C., and graduated in 1940. The war in Europe had started and like many young men his age, William was anxious to join the military to serve his country. The snappy blue and white uniforms worn by Marine cadets lured William and his friend A. B. into hitchhiking to the Marine Corp recruiting station in Raleigh, N.C. They enlisted in the Marines and shipped off to basic training on Parris Island, S.C. During basic training, William distinguished himself on the firing range, reaching an “expert” rating with his rifle and “sharp-shooter” rating with his pistol. His skills as a marksman brought him an additional \$5.00 a month in service pay and got him promoted



to instructor on the .45-caliber pistol range. He’s still very fond and very proud of these accomplishments.

In 1941, William transferred to Washington, D.C., to serve in the Navy shipyard. The war in Europe was raging but America hadn’t officially entered WWII, and the Marine Corps needed volunteers willing to travel to England to support the British war effort. William readily volunteered and soon found himself aboard a British passenger ship to

England in December 1941. To maintain secrecy, all volunteers wore civilian clothes during the trip. When Japan attacked Pearl Harbor on December 7, 1941, William and the other Marines put on their uniforms. They knew America was at war. Near the end of their trip, German aircraft bombed their ship off the coast of Scotland, but William escaped unhurt. He served as a Marine in England, then returned to the United States to serve in Brooklyn, N.Y., until



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Stay Active, Stay Involved, Stay Informed

Did you know? Citizens who volunteer and stay involved in their communities live, on average, at least 4 more “healthy” years than those who don’t? And that exercise is essential to maintaining good physical and mental health? You probably do ... but do you know about an agency in Buncombe County devoted to helping senior citizens find the resources they need as they grow older?

The Council on Aging of Buncombe County is a leader in providing educational resources and access to services that help our citizens age with dignity. Take a minute and review the COA website at coabc.org to learn more about the services available to our elderly residents. There you will find resources for in-home assistance or caregiver support, help with making decisions about Medicare and assistance for elderly citizens who have home repair, transportation or nutritional concerns. The COA has long been a trusted resource for families facing these kinds of problems.

If you know of someone in the Fairview area who might benefit from the Council on Aging’s services, please call 277-8288. The COA office in Fairview is located at the Spring Mountain Community Center and is open most Mondays and Tuesdays from 8:30 am– 3 pm.

1944. He then joined the first Marine division to fight the Japanese in the South Pacific. His division invaded Peleliu Island and was involved in the vicious fighting during the Battle of Peleliu. While William was unloading mortars off an amphibious tractor, a shell hit the tractor and mortally wounded two of his fellow soldiers.

The attack injured William’s right hand, resulting in the loss of part of two fingers and left shrapnel embedded in his right arm. He often thinks of those who died that day, and how lucky he was to survive the brutal fighting on Peleliu. William transferred back to the states and completed his service with the Marines in Quantico, Va. He was discharged in 1946.

Thanks to the G.I. Bill, William attended N.C. State and earned a B.S. in Textile Engineering. He started working for Burlington Industries in 1950, but returned to active military service with the Army of Occupation (Japan) in Okinawa until 1952. Upon ending his second term, He returned to work for Burlington Industries in Cramerton, N.C., and later in Halifax, Va. In 1962, he moved his wife and three young daughters to the Asheville area and began working for American Enka Textiles, where he worked for 17 years. He later

Fairview is a great community and I am proud to be a part of it.”

—William Adams

worked for Hoechst Fibers in Spartanburg, S.C., until his retirement in 1989. In 2012, at age 90, William moved into his daughter Lynn and her husband Nathan Ebanks’ home in Fairview. “I have a beautiful room that has a wonderful view from a large window. Fairview is a great community and I am proud

to be a part of it.” William has faced other personal battles. In 2004, he was diagnosed with throat cancer and went through radiation treatments. He battled again in 2015 when diagnosed with tongue cancer. His perseverance and the support of his family helped him survive major surgery and twice-daily radiation treatments for five weeks to overcome cancer a second time. He is now cancer-free.

William often reflects on the men and women who served our country during WWII, and understands how lucky he is to have lived such a full and happy life. “My friend A. B., who hitchhiked with me to join the Marines, passed away a couple of years ago. Fortunately, my daughter and her husband made arrangements for me to travel and see him before he passed.” William honored his friend as we should honor those like William whose lives exemplify duty, honor, and sacrifice.

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## Boundary Posting and Third-Party Trespass

“A common challenge for landowners and land trusts alike is trespassing by third parties,” says Sarah Sheeran, Stewardship Associate with the Southern Appalachian Highlands Conservancy (SAHC). “If a property is not adequately marked, it’s more difficult to protect against trespassing and other encroachment issues — such as timber theft, poaching, unauthorized ATV use, etc. Such activities can negatively impact a property’s conservation values.”

Posting property lines, especially in accordance with North Carolina’s Landowner Protection Act (LPA), can offer protection from trespassing. The LPA, which clarifies some of the common hunting and recreational trespass issues landowners encounter, provides two ways for landholders to post their lands to allow only hunters, trappers and anglers with written permission to legally enter their property: signs and purple paint.

The Landowner Protection Act does not change general trespass laws nor have any effect on lands that are not posted. It does not repeal any local acts currently in effect that require written permission to hunt, fish or trap. For more information and instructions on posting property boundaries in accordance with the LPA, visit [ncwildlife.org/Portals/0/Conserving/documents/LandownerProtectionAct/Landowner\\_Ad.pdf](http://ncwildlife.org/Portals/0/Conserving/documents/LandownerProtectionAct/Landowner_Ad.pdf)

Other important trespassing facts and laws relevant to landowners include:

- No one can operate a motorized all-terrain-vehicle on another’s property without written permission from the landowner (see G.S. 14-159.3(a)(1)).
  - It is illegal (Class 3 misdemeanor) to destroy or mutilate any “posted” or “no hunting” or similar signs on the land of another, or post similar signs on the land of another (see G.S. 14-159.8).
  - It is considered second degree trespass (Class 3 misdemeanor) to remain on the premises of another without authorization after being told by an authorized party to leave (see G.S. 14-159.13).
  - It is illegal to cut, injure or remove another’s timber (see G.S. 14-135), which could result in double damages (G.S. 1-539.1), and larceny of goods such as timber is a Class H felony if the value of goods is greater than \$1,000 (see G.S. 14-72).
- “If trespass is suspected, try contacting the Sheriff’s office or NC Wildlife Resources Commission law enforcement,” suggests Sheeran. “A provision of the LPA allows wildlife officers to enforce trespass laws immediately, instead of having to first obtain an arrest warrant or criminal summons.”

SAHC stewardship staff is happy to help posting boundaries for conservation properties. Contact [sarah@appalachian.org](mailto:sarah@appalachian.org).



## Cloud 9 Farm, Flying Cloud Farm Receive Grants from WNC AgOptions

In February 2017 the WNC Agricultural Options program awarded grants to 35 farm businesses to assist in farm diversification and expansion projects which increase the economic sustainability of farm businesses. The N.C. Tobacco Trust Fund Commission is the exclusive financial supporter of WNC AgOptions, which aims to build sustainable farming communities in the mountain region by providing resources directly to farmers.

Buncombe County always has the most applicants — 15 this year. Of the 5 farms awarded grants in our county, two of them are right here in Fairview!

### Cloud 9 Farm

Cloud 9 Farm received a \$3000 grant for improvements in the irrigation system on Janet Peterson’s blueberry farm to enhance the health of her berry bushes. She is also adding 200 raspberry plants to diversify her U-Pick operation. The early summer fruiting florican raspberries will bridge the gap between the Northern Highbush blueberries in June and the mid-July/August harvest of the Rabbit Eye blueberry variety. They will begin to produce a year after planting.

Janet’s current drip irrigation system is not producing enough pressure to consistently water all parts of the hilly patch. A major leak in the irrigation pond, coupled with the spring and early summer droughts of 2015



A major leak in the irrigation pond required extensive repair.

and 2016, meant that she had to supplement with labor-intensive hand watering of younger bushes. Production lowered considerably. Putting in a new “zone” of underground piping for new drip lines on the raspberry plantings, along with the repair of the pond (using the red clay dug out for the Dollar General Store on Cane Creek Rd!), is expected to solve the problem.

Cloud 9 Farm has produced blueberries since 1974. Janet has also added cattle, pastured Cornish hens and turkeys, honeybees and select harvest timber. Vacation stays in two cabins and weddings on the farm have become popular for vacationers from all over the US. Janet also likes to do honey bee education with small groups of children and make skin care products using the beeswax, honey and propolis, too. Since Janet retired

from teaching in 2007, she has turned her family’s hobby farm into a diversified operation demanding her full-time attention. For more information visit [cloud9farm.net](http://cloud9farm.net).

### Flying Cloud Farm

Flying Cloud Farm received a \$6000 grant to build mobile sorghum processing trailers to turn sorghum cane grown on the farm into sweet sorghum syrup. Annie and Isaiah Perkinson have been growing sorghum since 2008 and processing it at locations in other counties.

Having the facility on site not only saves in travel and time, but also adds an agritourism element to their farm. The trailers will allow them to process syrup near their self-serve produce stand on the high-traffic Hwy 74A in Fairview, so that visitors to the farm can learn about molasses making. “We will be able to share the Appalachian tradition of sorghum molasses with the locals and tourists coming to our farm stand, and add another stream of revenue to our farm income,” Annie said.

One trailer is for the mill, the machine that presses the green juice out of the cane, and the second trailer is for the wood-fired cooker where the juice is transformed into molasses. Since the equipment is on wheels, it can be stored in covered barns when not in use. The value-added product adds to year-round income. The Perkinsons also expect to employ apprentices for a longer



Sorghum plants

season since sorghum is processed in the fall. The syrup is a popular product at fall and winter markets.

Annie and Isaiah have farmed since 1999 and full-time since 2008, selling at four farmer’s markets, to 85 Community Supported Agriculture members, to floral design customers and to restaurants in Asheville.

For more information, visit [flyingcloudfarm.net](http://flyingcloudfarm.net).

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# FIRE on the Mountain

FOR 25 DAYS IN NOVEMBER OF 2016, the fire at Rumbling Bald burned.

The “Party Rock Fire” grew out of Chimney Rock State Park and eventually charred 7,142 acres on public and private lands. To put that into perspective, one acre is about the size of a football field. To say that this fire was historic would be an understatement. The skies darkened with a heavy smoke, sirens could often be heard in the distance, Facebook and the local news broadcast continuous images of flames engulfing entire mountainsides and spreading, seemingly uncontrollable. For those of us living in the area, it truly felt like Armageddon had arrived. And then it rained....

When the smoke cleared we would learn that not a single person was hurt and no structures were lost during the entire episode. Local, state, and federal agencies came together in a remarkable way to protect life and property. The outpouring of donations from the community was impressive and heartwarming. Volunteer and professional firefighters focused their energy on keeping people and property safe, and were remarkably successful. It was genuinely inspiring to see a community join together and be so supportive during a natural disaster.

## Seeing the Effects

But was it a disaster for the ecosystem? Will the forest recover? Is it going to look like a barren moonscape? What about the animals? As a biologist and educator, I had these and many other questions running through my head about the effects of the fire on the ecosystem. Shortly after the fire was extinguished, I had a chance to visit Rumbling Bald at Chimney Rock State Park to see for myself. Driving up to the parking lot on Boys’ Camp Road, I could see scorched bushes and blackened tree stumps. From the parking lot, I hiked the 1.5-mile loop trail that leads through the boulder fields, up to the cliff face and then back to the parking lot. As I started walking, it was obvious that so much had changed. The trees were still standing, but most of the understory had been thinned out. The Mountain Laurel and various Rhododendrons that had grown 15-20 feet tall in the absence of fire had been completely torched. Their normally evergreen leaves were now brown and dead or completely incinerated. The whole place smelled like a giant campfire and the ground was almost entirely black with charcoal and ash. A few dead leaves that hadn’t burned rustled as the wind blew, but other than that it was mostly quiet.

After seeing the forest for myself it was clear that the forest had changed, but it wasn’t the complete devastation I had expected. I began researching Fire Ecology and found a lot of information from local and regional experts at a discussion hosted



### 1. Fire on the Cliff Face

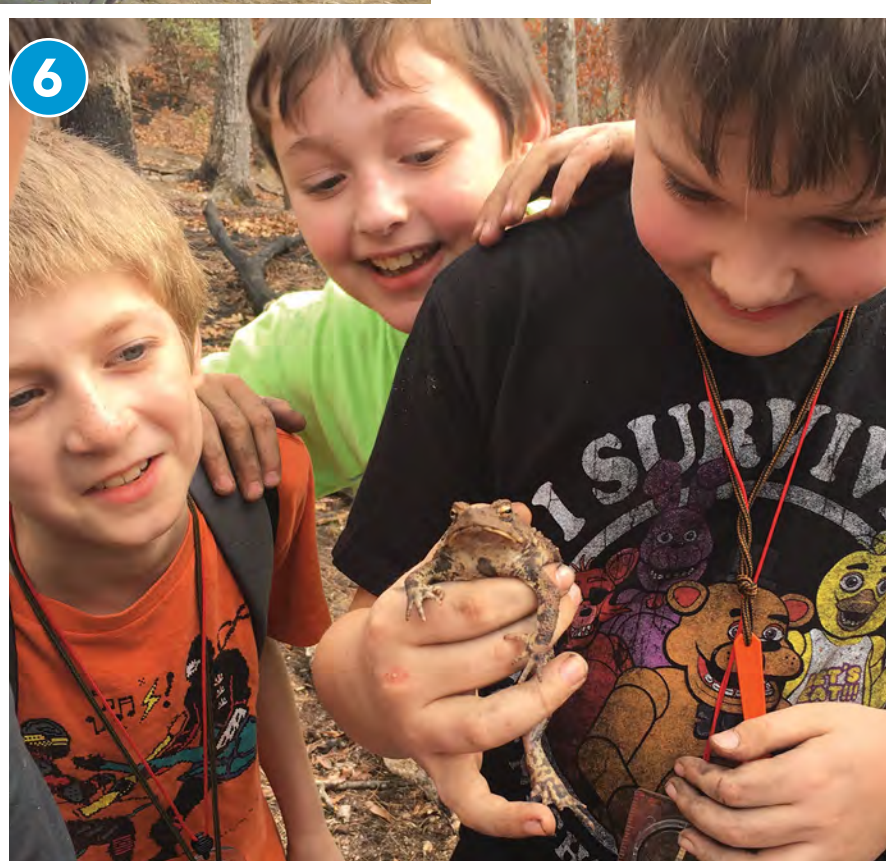
Flames are visible as they burn Virginia pines on the cliff face of Rumbling Bald.

### 2. The Random Nature of Fire

As the fire burned through this area, some trees, both small and large received no observable physical damage. Because many of the trees had already gone relatively dormant due to drought, they were probably spared. Had this fire occurred in the spring, mortality would have been a lot higher.

### 3. Helicopter

Helicopter dropping water on the massive fire.



### 4. Fire from on high

Looking down on the fire from Chimney Rock.

### 5. Bloodroot

After the fire, trees that still had leaves dropped them, providing a layer of insulation in many areas that had already been scorched. Underneath was a layer of black, scorched soil. These bloodroot popped up out of a patch of leaf litter in a roadside area that burned from backfires that were intentionally set to slow the progress of the main fire.

### 6. Bloodroot

Some of the kids in the Muddy Sneakers program found early evidence that life goes when they discovered this toad.

Photos 3, 4, 5 and 6 by Ryan Lubbers. All other photos and captions courtesy of Clint Calhoun, [clintcalhounadventures.blogspot.com](http://clintcalhounadventures.blogspot.com)





areas burned regularly, you see a lot more plant diversity on the ground, which is also expected in this case. When you think about these forests, the diversity is not in the canopy, the diversity is on the ground. We don't know if we'll see a great flush of herbaceous diversity, but if we're ever going to get it, this is the time. And based on what

**The more I heard from the different experts, the more reassured I became that the forest would eventually recover and perhaps even come back stronger and healthier than ever.**

we've seen in other fires, I think we can expect to see that happen, which is all to the good. The wildlife will be very happy."

#### Ecological Winners

In addition, because of fire suppression over the last 100 years, the numbers of red maples and yellow poplar have been increasing. They have thin bark and are mostly intolerant of fire. This fire may kill off some of the maples and poplar, creating an opportunity for the regeneration of fire-tolerant and resilient species like oaks, hickories and yellow pines. Deer, bear, turkey, and other animals that depend on acorns and hickory nuts will most likely be ecological "winners" as the oak/hickory forest regenerates itself.

#### Groceries on the Ground

The combination of the drought and fire will also most likely cause some clusters of trees to die off. These are predicted to cause "halos" or open spots in the forest that allow more sunshine to reach the forest floor. More sun will allow more herbaceous plants to grow and create what Ellis refers to as "groceries on the ground." This type of a patchwork mosaic landscape will enhance the plant biodiversity in the Hickory Nut Gorge and provide animals with the variety of different habitats and food sources they need to survive.

The more I heard from the different experts, the more reassured I became that the forest would eventually recover and perhaps even come back stronger and healthier than ever. There was, however, one main concern that everyone seemed to agree on: Exotic Species. The exotic species in this case are plants from other parts of the world that have found their way to North Carolina. They can take over an area and compete with native plants, usually at a detriment to the native wildlife. Examples are Kudzu, Princess Tree, Tree of Heaven, Bittersweet.... and the list goes on. Most invasives have one thing in common: they thrive in areas after a disturbance. Monitoring and removing invasive species as they colonize the newly burned areas is a top priority of the state park and private land owners in the area.

We will have to wait until things "green up" in spring to know for sure how well the plants survived. But what about the animals? Experts agree that most larger animals are well adapted to the fire and flee the smoke and flames long before they're in danger. Anecdotal reports from local firefighters describe animals like turkey and deer calmly walking in front of the fire line and even returning to recently burned areas just days after the fire is extinguished.

On a recent trip with Muddy Sneakers, students from Lake Lure Classical Academy and Pinnacle Elementary did their own investigations to find out what, if anything, survived the fire. Muddy Sneakers, based out of Brevard is an environmental education program that works with 5th grade public school students across seven counties in WNC, five counties in the Piedmont, and two counties in Upstate South Carolina. This innovative program educates in the core concepts of the NC state science curriculum using hands-on, experiential teaching methods spread over multiple outdoor classroom experiences.

#### Signs of Life

During the Terrestrial Ecology expedition, students hypothesized as to whether or not smaller animals (both vertebrates and invertebrates) would be present in areas after the burn. They scoured the charred hillsides looking under half-burnt logs



for anything that was still alive. Much to all our surprise we found an incredible amount of life even in the most scorched areas. Small invertebrates like ants, spiders, land snails, slugs, wood roaches, beetles, termites, millipedes, and centipedes were all discovered.

Dozens of Carolina Anoles, a native lizard that turns from brown to green, were seen scurrying around the leaf litter on the warm winter day. Even a most unlikely animal was discovered: a toad. The small amphibian that could never escape the fire by hopping away did the only thing it could do. In a true testament to nature's resilience it buried itself under the the soil and hoped, and waited — and survived.

The ecological effects of the Party Rock Fire will continue to unfold over the following years as different species respond in their own way. All in all, the benefits of the



Party Rock Fire will most likely far exceed the negatives. But don't take my word for it! Come down to Chimney Rock and Lake Lure for a day this spring to see the resilience of nature for yourself. In addition to the Rumbling Bald Trail at Chimney Rock State Park, Buffalo Creek Park in Lake Lure offers five miles of hiking and mountain biking trails through the recently burned area near Young's Mountain and Weed Patch Mountain. Will the woods be blooming with the most epic wildflower display in the last 100 years? There is only one way to know for sure.

See you on the trails this spring!

*Ryan Lubbers is a naturalist and trail guide at Chimney Rock State Park and Muddy Sneakers, and is the author of the Hiker's Guide to the Hickory Nut Gorge.*

#### 7. Burned-out Hickory Tree

This old hollowed out hickory tree burned at the base and fell. It will now become food for the decomposers.

#### 8. Less Signs of Fire

The deeper into the woods we walked west of Party Rock, we began to see areas of less intense fire and less impact.

#### 9. Little Sweet Betsy Trillium

This trillium was growing in a spot that burned near the bouldering area at Rumbling Bald. It's not unusual for these to pop up in February, so things appeared on schedule on the south-facing slopes. Tread lightly out there. This trillium has already been stepped on at least once. Please stay on trails and let the forest heal.

#### 10. Early Meadow Rue

This early meadow rue plant is coming up on the bank along Hwy 64/74A. Backfires were set here to slow the fire's progress as it came over Roundtop Mountain.

## Here Comes the Sun

The equinox (March 21st) was the official start of spring, but the actual beginning — the day when new plant growth rises and migrating birds return — varies from place to place. In Western North Carolina, Spring seemed to come very early this year. The season moves north as the sun climbs higher, progressing, according to an old rule of thumb, at the rate of about 100 miles per week.

For many folks spring begins when we can plant early lettuce or perhaps the first mowing of the yard. For most of us that time is at hand. Our average temperatures really start to take off in April with the help of increasing solar radiation. Our April average high temperature goes from 64 degrees F at the beginning of the month to 71 degrees F by month's end, with the lows moving from 39 degrees F to 47 degrees F from beginning to end. Plants and trees usually wake up during this period as well, and local farmers' markets typically have early season produce.

April can also be a month of extremes, and one needs to keep an eye out for late season frosts, which can harm tender



vegetation — especially if trees and plants "greened" up earlier than usual, as was the case this year. The increase in surface temperatures combined with still cooler air aloft in April can lead to a process which can create a large vertical temperature gradient from the surface to 40,000 feet. Because of this gradient, which is most prevalent in April, we stand a greater risk of hail here in the mountains of western North Carolina.

The critical factor in all of this is where the "freezing level" is aloft. This freezing level, which is defined by the 32 degrees F isotherm, represents the altitude in which the temperature is at 32 degrees F. The freezing level determines the depth of the atmosphere that is above freezing. If the

freezing level is high in the atmosphere, hailstones will have more time to melt as they fall than if the freezing level is close to the surface.

A high freezing level also decreases the vertical depth in which hailstone formation and growth is possible. The freezing level depends on elevation, the season, and the temperature profile of the atmosphere. High elevation areas will have relatively low freezing levels in all seasons. For low elevation areas, a general rule to follow is: If the freezing level is closer to the surface than 10,000 feet, strong thunderstorms have a good probability of producing hail that will reach the surface.

In terms of rainfall, this year has followed last year's pattern of being rather dry.

## April Trivia Answer

*April holds the dubious record of having the world's most deadly tornado. Where did the tornado occur and how many people died?*

According to the World Meteorological Organization, the world's single deadliest tornado struck the Manik-ganj district of Bangladesh on April 26, 1989. The violent tornado carved a path a mile wide and 10 miles long, destroying the towns of Manikgank, Sadar and Satoria. and killed approximately 1,300 people.

We had two good precipitation events in January — one a snowstorm and the other a good soaking rain of two to three inches. The monthly total precipitation was around four to five inches in January in the Fair-view area, which was right around normal. However, since that period, precipitation has been on the light side. I certainly hope this isn't the trend we will be seeing over the next four to six months, because if it is, the world "drought" will once again rear its ugly head.



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



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## ON THE ROAD: THE PHILIPPINES



Charles and Becky Lloyd (Signs for Hope) are working with deaf children at My Children's House of Hope, run by Talking Hands in Bahay Bata, Philippines.

Here they are in one of the market areas of Manila, and with the children, catching up on news from home.

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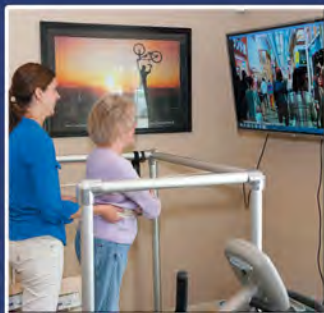
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## FEATURE JULIE HANSBURY

# Passover Perspectives and Traditions

**T**radition. The common thread that binds and connects us and makes tangible the experiences of generations past. As spring arrives, our community celebrates and observes a myriad of traditions and holidays, and is thus bound together by our own communal experiences.

When we think of spring-time holidays, Lent and Easter come to mind for most of us — organizations and churches in our community host religious services, Easter egg hunts, Friday night fish fries, and other community meals and children's activities. However, for some people in our community, spring is a time to honor another holiday — Passover, a Jewish holiday that memorializes the Exodus of the Jewish people enslaved in Egypt more than 3,000 years ago.

### Common Traditions

Celebrated since the first anniversary of their emancipation, Passover is observed each spring by Jews around the world. Although varying to some degree, most Passover traditions are commonly shared among Jewish households. Passover lasts for seven or eight days (depending on religious denomination), with festivities and preparations beginning as early as a month in advance (at which time spring cleaning is removed from the household).

During the Passover Seder, many children hide the *afikomen*, a half-piece of matzah (unleavened cracker-like bread). Children create Passover crafts, sing songs, tell stories, play games, and help prepare food for the Passover Seder. On the first night of Passover, Jewish families commence for the Passover Seder. The following day, they congregate at the synagogue for services, and many recommence in the evening for a second seder. Among other customs at the seder, a candle is lit, the blessings are recited, and the Passover story is retold.

### "The Best Days"

One Jewish resident in our community recalls Passover as a child — a time she describes as "the best days." Celebrating Passover in her house included those "fun things" like hiding the afikomen. "My father was a really good hider" she fondly reminisces. "One year, he hid it in the nightstand." Another year, he placed it back inside the matzah box. At the Passover Seder, prizes were awarded for finding

### TRADITIONAL PASSOVER SEDER PLATE

Bitter herbs (maror and chazaret, representing the pain Jewish slaves felt in Egypt), lamb shank bone and hard-boiled egg (zeroah and beitzah respectively, symbolic of the sacrifices and offerings brought to the Holy Temple), and charoset, a mixture of red wine, nuts, apples, and spices (resemblant of bricks and mortar, a reminder of the hard work endured by the Jews enslaved in Egypt).



it. Of course, her family observed other customs, she recollects, such as cleaning the house and preparing for the Passover Seder.

"Every year when I was older, my mother would pay me to bring up all the dishes, pots, and pans, and get rid of all non-Passover items, as instructed in the Bible to do. I washed the ceilings, floors, and cabinets inside and out, and put out all the pots, pans and dishes the day before."

The next day, they were ready for Passover. Her grandmother, a woman she describes as "a great cook," would arrive and help prepare the traditional Passover Seder meal. For their family, this meal, fairly consistent but still varying from one Jewish Passover Seder plate to the next, included bitter herbs (representing the pain Jewish slaves felt in Egypt), lamb shank bone, hard-boiled egg, and *charoset*. She relays that "after grandma died, it was the same, but not the same," a universally bittersweet sentiment to which most can relate.

### Serving Our Community

Jewish synagogues closest in proximity to our community are located in Asheville and Hendersonville, and they offer various Passover events and services available to both young and old. When the railroad came to Asheville in the 1880s, so too came Jewish peddlers who formed what would become a substantial Jewish community in

the Asheville area, founding two congregations, Congregation Beth Ha Tephila and Congregation Beth Israel. Shortly thereafter, Agudas Israel Congregation was established in Hendersonville, and continues to serve our local Jewish community in the Fletcher area. The origination of these congregations laid the foundation for dozens of Jewish organizations, such as the Asheville Jewish Community Center (JCC), which continue to thrive today.

### Unique Traditions

Our local congregations and organizations maintain Passover traditions, each in their own unique way. Events comprise Passover

Seders (most requiring reservations), some of which include singing, Hallel and Torah reading, lighting the candle, and retelling the Passover story. All include a seder dinner.

Separate religious services are also available at most congregations. For children, the Asheville JCC Shalom Children's Center hosts a special children's Passover Seder for their Pre-K students (with an introduction to Passover open to members of the community), which is comprised of a puppet show and a retelling of the Passover story, as well as education about the traditional foods eaten at the Passover Seder dinner.

## Passover Services & Event Highlights

### Agudas Israel Congregation, Hendersonville

Tuesday, April 11: Passover Seder, 5:30pm - 9:00pm

### Congregation Beth Ha Tephila, Asheville

Tuesday, April 11: Passover Services, 10:00am - 11:00am

Tuesday, April 11: Passover Seder, Dave Hall, 5:00pm - 8:00pm

### Congregation Beth Israel, Asheville

Tuesday, April 11: Second Night Seder, 6:00pm - 8:30pm

### Jewish Community Center, Asheville

Monday, April 10: Tot Passover Seder, Shalom Children's Center, 10:00am - 11:00am

Monday, April 10: YAJA Passover Seder, 7:45pm



# A Day in the Life of Karen's Snowman



*"Life is short," they say,  
Fleeting as a March snowman.  
But today seemed long.*

Before: from left, Myla Adkins, Lily Adkins, and Liam Dozier with Karen's snowman.  
After: Fleeting March snowman.



The lovely haiku above, which so perfectly describes the wildly quirky weather of our early mountain spring, was written by Karen Yutzy, the media specialist at Fairview Elementary School.

Karen lives off Taylor Road in Fairview with her husband and their daughters Lily and Myla.

"My husband and I are originally from McDowell County," Karen says, "but we have fallen in love with the Fairview community and are so happy to live and work here, and to raise our children here."

We at the *Crier* thank you, Karen, for making poetry out of a —very brief — snowy day in March.

## Boone Bowman is a County Chess Champion

**Congratulations to Fairview resident** and Evergreen Charter student Boone Bowman, who took second place in the K-3 grouping of the 2017 Buncombe County Scholastic Chess Tournament held at Avery's Creek Elementary.



## Fairview Preschool Students Enjoy Multitude of Life Experiences



The children at Fairview Preschool have many hands-on experiences. Pictured is an FPS student enjoying a real English Tea with homemade scones made at school and drinking tea from real china teacups and saucers.

Enrollment for the fall of 2017 is going well. If you or someone you know is looking at preschools in the Asheville area, we welcome you to come visit Fairview Preschool.

For details call 338-2073 or email info@fairviewpreschool.org.



## Sara Ulage is ACRHS Student of the Month

Sara Ulage is the April Student of the Month at AC Reynolds High School. Sara was nominated by CTE teacher Debbie Ebner who said this about her: "Sara works well & leads students from all different groups, has a way of reaching even the most challenging students and motivating them to do their best. She already has her enlistment date for the Marines (June 2017). Sara is mature beyond her years, trustworthy."

Congratulations on all your hard work, Sara!

## Teacher Housing Field Trip: Win-Win-Win!

When your Buncombe County Board of Education gets together as a group, we generally sit at a table and make decisions. That's our job. But in the midst of our series of meetings on March 2, we were able to squeeze in a field trip to the Williams-Baldwin Teacher Housing Campus, now nearing completion. Such an exciting project!

The unique 24-apartment project near Erwin High School is a partnership between the two local school systems, Eblen Charities (coordinating the project), Buncombe County (donated the land), and the State Employees' Credit Union Foundation (provided a 15-year, no-interest loan). The facility is named after UNC basketball coach and former Charles D. Owen High coach Roy Williams and his wife Wanda, along with two former Buncombe County teachers: Roy Eugene "Buddy" Baldwin and Rosa Lee Case Baldwin.

### "Never Been Anything Like This"

"As many programs as we have been fortunate to be part of, there has never been anything like this," said Bill Murdock, Executive Director of Eblen Charities. "We have no stronger partners than Buncombe County and the school systems and we see every day the importance our educators have in touching so many lives." Eblen Charities has created a separate LLC corporation to manage this \$2.7 million



School Board members at the teacher housing campus.

project; the plan is that any revenues generated from the properties in the future will support Eblen's educational programs in the community.

Thanks to Goforth Builders and good weather, the project is currently right where we want it to be: under budget and ahead of schedule. Eighteen of the two-bedroom,

1,100 square-foot apartments will be designated for Buncombe County Schools' teachers, and six for teachers in Asheville City Schools. More than twenty teachers have already indicated an interest in moving in; the two buildings currently under construction should be ready for their new residents this spring.

### A "Great Project"

"This has been a great project for us," said Bruce Goforth. "We are always about community, and we are happy to be a part of this success."

But why would a school system be partnering on affordable housing? Aren't we supposed to be focusing on teaching and learning? This is one of several teacher housing facilities that the State Employees Credit Union has supported across the state, but the only one in Western North Carolina. And in an area where housing

*"We have no stronger partners than Buncombe County and the school systems and we see every day the importance our educators have in touching so many lives."*

**Bill Murdock**  
Executive Director  
Eblen Charities

costs are skyrocketing, "The teacher campus also provides an advantage to Buncombe County Schools as we are recruiting teachers in the midst of a national teacher shortage" according to Cynthia Lopez, Human Resources Director for Buncombe County Schools.

We hope that this is just the beginning. Thanks to the generosity of Buncombe County, the land for the Williams-Baldwin Teacher Housing Campus is large enough to accommodate additional buildings, and both Eblen Charities and the State Employees Credit Union are "cautiously optimistic" that if all goes as planned, we may be able to add another or even two more apartment buildings on this site.

I am eager to go back and visit again, when the completed complex holds a community of young teachers. What a wonderful opportunity — not only for affordable housing, but for these developing educators to socialize, collaborate, and share meals and ideas with each other. Everybody wins!



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Contact: cindy.mcmahon@bcsemail.edu.

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**April Calendar for Reynolds Schools**

**Monday, April 3**  
Fairview Elementary Kindergarten Orientation, 5:30 pm

**Tuesday, April 4**  
Fairview Elementary play, Amy Gdala (K-2nd grade), 6 pm

**Thursday, April 6**  
Fairview Elementary play, Amy Gdala (3rd-5th grade), 6 pm  
Board of Education Meeting, Nesbitt Academy Minitorium, 6:30 pm

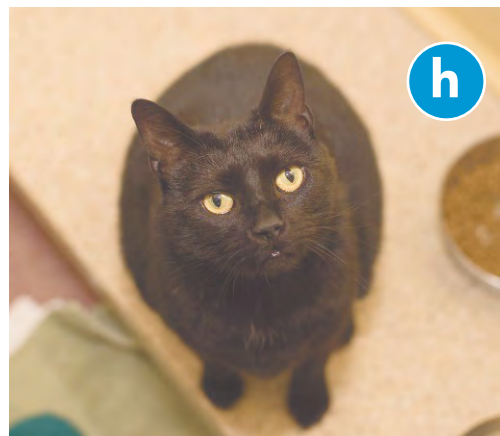
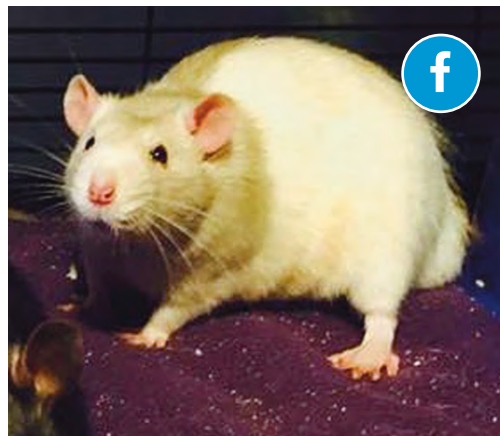
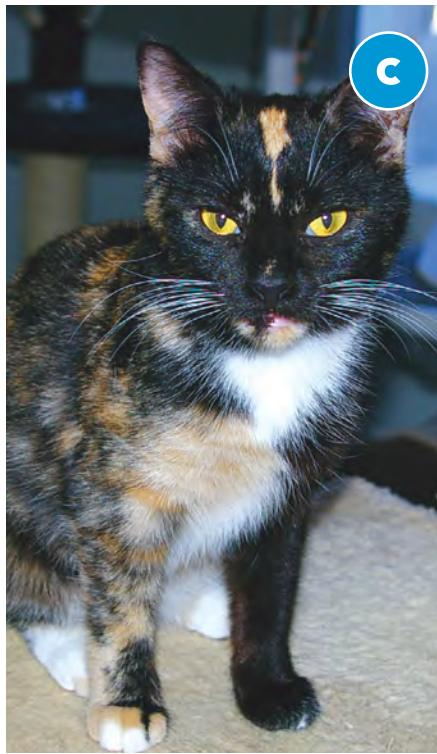
**Monday, April 10–Friday, April 14: SPRING BREAK**

**Saturday, April 22**  
BCS STEM Celebration Day at Nesbitt Discovery Academy, 9 am –3 pm  
Reynolds Middle Spring Rummage Sale, 8 am–3 pm (rain date 5/6)

**Tuesday, April 25**  
Fairview Elementary Kindergarten Registration (call 628-2732 for an appointment)  
Reynolds High Blood Drive, starting at 8 am  
Fairview Elementary Arts Night, 6 pm

**Thursday–Saturday, April 27–29**  
Reynolds High Spring Musical Guys & Dolls, 7 pm





## ADOPT ME!

**a. Cleffa** is a sweet little 6-month old female guinea pig, currently residing in a foster home. Please contact Janet (ecochristian@yahoo.com) for more information. *BWAR*

**b. Buddy** is an adorable and sociable 1½-year-old terrier mix who loves to be petted. He is confident and enjoys exploring and running. Buddy is a member of the New Leash on Life Spring training class at Craggy Correctional Center — graduation in about 8 weeks. *Animal Haven*

**c. Mae** is a domestic short hair Tortoise Shell kitty who was born on 5/03/16. Mae is super affectionate and especially loves to have her head rubbed — she never tires of it. *Charlie's Angels*

**d. David Beckham** is a sweet, curious boy with a big personality. He likes to explore and loves to be scooped onto his person's stomach for ear and forehead rubs. Contact Remy (remynicolesawyer@gmail.com) to learn more. *BWAR*

**e. Tess** Tess is a spayed 4-year-old lab mix, sweet and gentle and appreciates a good walk. Tess is also enrolled in the New Leash on Life training program at Craggy. *Animal Haven*

**f. Ace** Snuggly Ace and his buddy Deuces currently reside at the East Asheville Thrift Store. *BWAR*

**g. Molly** is a 12-year-old Golden Retriever mix whose previous owner was transferred out of the country. She only has three legs, but we provide a doggie wheelchair. Molly loves the companionship of people, but prefers to be the only pet. *AHS*

**h. Babe** is a five-year-old confident cat who gets along with other cats once she has established who is in charge (her). She is currently store ambassador at Wild Birds Unlimited (Gerber Village) through our Adoption Ambassador Program. If you would like to meet her, please stop by the store located at 10 Crispin Court, Asheville. *AHS*

**i. Sammy** is a handsome two-year-old male Bassett/Lab mix who loves people but not other dogs. He really enjoys walks and investigating all the scents along his route. Sammy is semi-housebroken. *Charlie's Angels*

**j. Nahni** Nahni is a cute and spunky girl, spayed and about one year old. She loves to snuggle in laps, play tug, keep watch over daily activities and use her favorite lizard toy as a pillow. She is currently working on training skills in New Leash. *Animal Haven*

### Local Animal Shelters and Rescue Organizations

**Animal Haven of Asheville**  
299-1635 or animalhaven.org

**Brother Wolf**  
885-3647 or wncanimalrescue.org

**Charlie's Angels Animal Rescue**  
885-3647 or wncanimalrescue.org

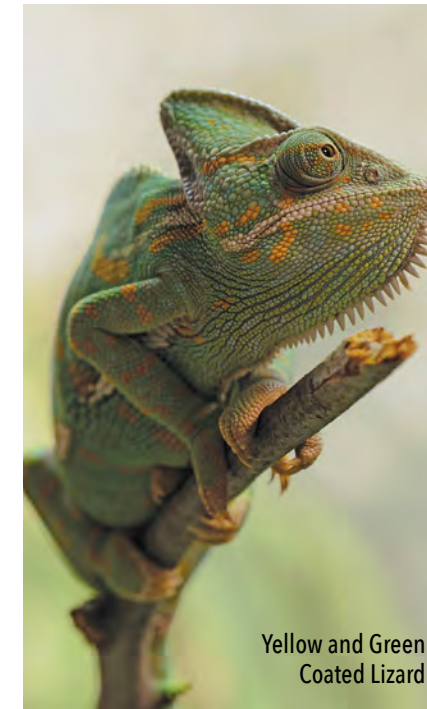
**Asheville Humane Society**  
761-2001 or ashevillehumane.org

See Community Events section, starting page 2, for Pet Events.

## PET VET DR. SARAH HARGROVE

### Beyond Dogs and Cats

#### Keeping Reptiles as Pets



Pets play an important part in most of our households. You want to carefully consider which pet suits your family and lifestyle. While many of us keep mammals — dogs, cats, guinea pigs and other furry creatures — birds, reptiles and other “exotics” can also provide us with companionship. These animals also deserve quality husbandry and medical care.

Reptiles include some of the most ancient species on our planet. They live in many different habitats, can have interesting behaviors and appearances. Lizards are one of the most diverse reptile groups living in a diverse range of habitats — arboreal, aquatic, terrestrial. Snakes also can be excellent pets.

#### Do Your Research

Since each species is unique, please research the animal you want before obtaining it. There is a lot of misinformation about captive care for reptiles. The majority of disease in captive reptiles is directly related to improper care. Maintaining healthy reptiles in captivity depends on an owner successfully achieving both adequate nutrition and proper environment. The vivarium needs to accommodate a species' needs in terms of enclosure size and type, temperature and humidity, lighting, substrate and accessories.

Reptiles generally cannot control their own body temperature. The environmental temperature regulates their internal body temperature. Most tropical and desert species are comfortable at 85-95 degrees F, cooling at nighttime to the 70s. There are many types of heating sources that can be used. When using heating lights and pads, is important to keep a barrier between lights and the animals, and to monitor lights and pads to ensure they cannot give thermal burns.

Lighting requirements vary by species with nutritional requirements. Light in the UVB spectrum is required for synthesizing Vitamin D, and the related absorption and metabolism of calcium. Direct and unfiltered sun is the best source of UVB. While

many light bulbs may say “full spectrum,” owners should check for UVA and UVB (at least 5%) output. The effective life span of these lights is about six months, even though the eye can still see light provided.

It is important to attempt to replicate a reptile's natural habitat when considering a good substrate. Arboreal species need to be able to climb, fossorial species need to be allowed to burrow. The best substrate in reptile enclosures is nontoxic, easily digestible, absorbable and easy to clean, but these requirements are not usually met by commercial products. The best ones may be nontoxic paper such as newspaper or artificial turf for lizards; bark chips or aspen should be ok for snakes. There are many other products that may be used, but care should be taken to ensure that the pet will not accidentally ingest the material or become impacted.

Accessories include bowls for food and water, branches for climbing, plants and hiding places. They can provide enrichment (psychological stimulation) as well as improve the aesthetics of the enclosure. All materials should be nontoxic and able to be disinfected.

Assessing the nutritional needs of reptiles should take into account whether they are carnivores (only meat), omnivores (insects, flowers, fruits, small vertebrates) or herbivores (only plants). Most need a calcium supplement, and all need fresh water.

#### Medical Issues

Reptiles can have many different medical issues. Some that I have seen include: issues with shedding, wounds from the prey put into the habitat, burns, parasites, anorexia, and respiratory infections. Looking over your pet regularly is important. Abnormalities in shedding may be linked to the humidity of the environment or can be an indication of other illness. (Lizards shed in patches, as opposed to snakes which have continuous shed.) Heat rocks or lights can burn the skin of a reptile. Stress or other illness may keep an animal from eating regularly. Poor nutrition can cause metabolic bone disease.

If you have a reptile pet or are interested in getting one, please research your options. Venomous animals, very large snakes and many others should not be kept by amateurs. For instance, iguanas may be purchased very small, but could grow to be several feet long as adults. However, there are some snakes, such as corn snakes or king snakes, which are gentle and good for a beginner. There are veterinarians in the area that enjoy the challenge of providing medical care for exotics, and it is a good idea to find out which vets can provide care before you are faced with an illness in your pet.

The animal world has provided me with many fascinating experiences, and I believe that inviting a “non-traditional” species into your family will always be interesting.

Sarah Hargrove, DVM, practices at Cedar Ridge Animal Hospital and Equine Services

## FOR THE BIRDS SIMON THOMPSON

### Our Wonderful Blue Ridge Thrushes

Most, if not all, of us are familiar with the American Robin. We see them flocking on their way north in the spring, and many of us even have them nesting on our property during summer. Their caroling song (“Cheer-up, cheerily, cheer-up”) is an integral sound of springtime, and their acceptance of us as neighbors makes them a part of our immediate world.

Robins are members of the thrush family, which also includes all three North American bluebirds, the shy Wood, Swainson's and other brown thrushes, and the western Townsend's Solitaire. This large group of birds is quite diverse and although the recent taxonomic classification is open to debate, over 300 species of the true thrushes are found worldwide, with about 10 species regularly breeding in North America.

Because of our diverse topography here in North Carolina we are blessed with four of the brown forest thrushes. These are the Wood, Hermit, Swainson's and Veery. Due to their preference of dense forest habitat all are shy and far more likely to be heard than seen.

The most widespread species is the heavily spotted Wood Thrush, which breeds at lower elevations in the rich deciduous forests of Western North Carolina. If a portion of native vegetation and undergrowth has been left intact, the Wood Thrush can even be found in well-wooded gardens and adjacent woodlots. There's nothing nicer than being awakened at dawn on a late spring morning by the rich flutings of a newly arrived Wood Thrush, often considered the finest songster in North America.

A drive up into the mid- to higher elevations of the Blue Ridge will take you into the preferred habitat of the Veery. Like the Wood Thrush, the Veery is a shy bird, although at times it can be seen hopping around on the forest floor. Without the rich red-brown coloration and heavy spotting of the Wood Thrush, the Veery is a subtle study in cinnamon brown with little to very obscure spotting around the throat. The beauty of the Veery is in its song, which is best heard at dawn or just before dusk when the unusual, metallic downward spiraling song echoes over the foggy spruces.

Climb a little farther up into the mountains to find the last of the three regularly breeding thrushes, the Hermit. This widespread bird



Top: Swainson's Thrush; bottom: Wood Thrush

has been extending its range down the Southern Appalachians and now breeds as far south as the Great Smoky Mountains in Tennessee. Unlike the other spotted thrushes, the Hermit Thrush spends the winter with us, and it's not uncommon to find one feeding under the bird feeder. This moderately spotted thrush is easily recognized by its habit of slowly raising and lowering its red-brown tail, and in my opinion, its song is the most evocative of all. With introductory notes each given on a different pitch, followed by a sweet fluttering trill, the song of the Hermit Thrush evokes the windswept conifer forests of the north woods.

Here in the western mountains our last breeding thrush is the Swainson's. A common migrant in both spring and fall from its wintering grounds in South America, this pale thrush with an obvious buff-colored eye-ring has recently been discovered during summer high in the Blue Ridge. While no nests have yet been found, it follows that this northern thrush could mimic the range extension of the Hermit to eventually breed here in our Southern Appalachian forests.

Learning these shy, brown thrushes can be a challenge, but their songs and even their call-notes are distinctive. Their preferred habitat and elevation helps as well in distinguishing the expected species.

Take an evening drive into the high Blue Ridge and park at an overlook along the Blue Ridge Parkway. As the evening sun begins to set, sit back and enjoy the chorus of Veery and Hermit Thrush. It's simply gorgeous.

Simon Thompson owns and operates Ventures Birding Tours. Contact VenturesBirding@gmail.com.



## EASTER EVENTS

PALM SUNDAY, APRIL 9



### Fairview Baptist Easter Egg Hunt & Cookout

The egg hunt will be outdoors, weather permitting, and indoors otherwise. 5 pm at the church, 32 Church Road.

### Palm Sunday Worship at Abiding Savior

Service at 11 am, Abiding Savior Lutheran Church, 801 Charlotte Highway.

### 52nd Trinity Greek Orthodox Luncheon

The Ladies Philoptochos Society of the Holy Trinity Greek Orthodox Church and the Morris Hellenic Cultural Center's annual event food service is 11am–2 pm at 227 Cumberland Ave.; takeout begins at 10:30 am. Phone 253-3754 weekdays to order for pick up, or 254-7424 on the day of the luncheon. Feast on lamb shank, pastichio, spanakopita, keftethes (meatballs) and more. Desserts include Baklava, Kourambiethes, and Galatoboureko. Enjoy Greek music and dance presentations. Proceeds support charities worldwide and locally.



WEDNESDAY, APRIL 12

### Passover Seder at Fairview Baptist

"Feast of our Freedom" celebration, 6:30 pm at the church, 32 Church Road.

MAUNDY THURSDAY, APRIL 13

### Maundy Thursday Worship at Abiding Savior

Service at 7 pm, Abiding Savior Lutheran Church, 801 Charlotte Highway.

GOOD FRIDAY, APRIL 13

### Good Friday Worship at Abiding Savior

Service at 7 pm, Abiding Savior Lutheran Church, 801 Charlotte Highway.



SATURDAY, APRIL 15

### Fun With the Bunny Day at SMCC

Here comes Peter Cotton Tail for loads of fun for kids at the Annual Bunny Bash at Spring Mountain Community Center. Festivities begin at 11 am with the egg hunt and games. Bring a basket and six eggs if you wish to decorate them with provided materials. Refreshments will follow all the hoppin' around.

### Trinity of Fairview Easter Egg Hunt

Eggs galore for the finding from 10 am–12 pm at Trinity of Fairview, 646 Concord Rd, Fletcher.

EASTER WEEKEND, APRIL 15–16

### Easter Celebration at the Light Center

The Light Center will celebrate Easter Saturday, 10 am–12 pm, 2–4 pm, 7–9 pm; Sunday, 10 am–12 pm at 2190 Route 9, Black Mountain. Donations gratefully accepted. For more information visit [urlight.org](http://urlight.org).

EASTER SUNDAY, APRIL 16

### Sunrise Service at Bethany United Methodist

Bethany United Methodist Church, 212 Bethany Church Road, Fairview, will host a Sunrise Service at 6:45 am with breakfast to follow. Everyone is welcome. Regular Sunday School and Worship will be held at 10 & 11 am. Call 684-4338 for details.

### Fairview Baptist Sunrise Service at Cane Creek Cemetery

Easter morning, 6:30 am. Following the service, breakfast will be served in the Fairview Fellowship Building, 7:15 am.

### Abiding Savior Worship Service Follows Easter Breakfast and Egg Hunt

Breakfast and Egg Hunt at 9:45 am, Easter Sunday Worship Service at 11 am, Abiding Savior Lutheran Church, 801 Charlotte Highway.



### Fairview Baptist Resurrection Celebration

All are invited to join in celebrating the hope of the risen Christ, at 11 am in the Fairview Baptist Church Sanctuary, 32 Church Road. A nursery will be provided. For details call 628-2908.



### Easter Egg Hunt at UHNGCC

Upper Hickory Nut Gorge Community Center in Gerton will host an Easter egg hunt at 2 pm for kids 12 and under.

### Easter at the River Church

All are invited to join the River Church family as they explore the concept that "Grace Changes Everything." 10:45 am at 950 Old Fairview Road, Asheville.

### Trinity of Fairview Sunrise Service & Breakfast

All are invited to a Sunrise service, 7 am in the Family Life Center, 646 Concord Road, Fletcher, with breakfast following. Easter worship services at 9 & 10:45 am.

**A blessed Easter to our community!**

## COMMUNITY OUTREACH

### Gardens of Fairview Tour

The Gardens of Fairview Tour was designed to show what was being done in Fairview, to foster appreciation for the diversity and inspire others to garden and to grow some of their own food, herbs, and flowers in gardens of any size or complexity. The Tours showcase the diversity of our gardens, to encourage tourgoers to grow their own gardens, learn and share ideas.

Last year the Gardens of Fairview Tour featured 12 gardens. This year brings some changes to the format: There will be eight tours on Saturday, June 10, and five sites on Sunday, June 11. The Sunday events will offer more in-depth presentations of an hour and a half at each garden, providing an opportunity to spend more time with each site, to learn

some new ideas and skills, share information, and increase community resources. The five interactive workshops on Sunday are each held twice allowing ticket holders to attend two of the five sites that afternoon.

Another new addition to the Gardens of Fairview Tour this year is a collaboration with the newly-formed Asheville Area Art League. A number of the member artists will be creating art right at the garden spots on the tour. Visitors will not only get to appreciate nature's living beauty but can enjoy watching it being captured on canvas and other mediums by the working artist's hands.

Information on the sites, times, map, etc. will be available at various Fairview businesses and facilities in mid-April. Tickets for events will be sold at Trout Lily Market, The

Hub of Fairview and The Garden Spot. Tickets for Saturday garden stops at \$10 for adults with children 15 and younger free. Sundays interactive workshops are \$10 to attend one and \$18 to attend two. A full package ticket for \$25 includes Saturday garden tours and two Sunday workshops/presentations.

Come out and enjoy the gardens we have and give thanks to those willing to share and teach us about food, flowers, herbs, fruits, wildflowers, trees, composting, starting seeds, organic production, planning your landscape and providing plants and protection for bees. And about creating art inspired by nature.

For more information about the Garden Tour contact Jim Smith at [jimsmith1945@gmail.com](mailto:jimsmith1945@gmail.com) or 864-313-5106.



Alyssa and Adam Sacora's greenhouse garden for starting seeds, winter production and other crops.

### Fairview Baptist Pie Sale Continues Through April 16

Add a delicious dessert to your Easter celebrations!

To raise funds for their 2nd Annual Youth Retreat, Fairview Baptist Church will fill same-day or advance orders for their Chocolate, Lemonade, Million Dollar, and Peanut Butter pies. The cost of each pie is \$10 and can be ordered on the same day or in advance for pick up at Fairview Baptist on 32 Church Road.

The sale will benefit the "Meet with God" Youth Retreat for middle and high school students organized by Fairview Baptist Church and Camp Good News. The Fairview Baptist Pie Sale team is grateful for the community's help in making change that matters in the lives of the students.

For more information or to order, visit Facebook, Twitter or call 231-5035.

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Morning Service – 11:00 AM  
Evening Service – 6:00 PM  
Wednesday Evening – 7:00 PM

[www.calvaryoffairview.org](http://www.calvaryoffairview.org)

**Fairview Baptist Church**  
32 Church Rd  
PO Box 1339  
Fairview, NC 28730  
828 628-2908  
[www.fbc1806.org](http://www.fbc1806.org)  
contact us  
@fbc1806.org

**SUNDAYS**  
Morning Life Groups 9:45 am &  
Sunday Worship 11 am  
Evening Life Groups & SPK Kids 6 pm

**WEDNESDAYS**  
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A.M.P. Ministry 6:15 pm  
Team Kids – X180 – High School – Adults  
Wednesday Night Worship 7 pm

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Phone: 628-2032  
Pastor: Ron Roberts

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Children's Church 10:45  
Evening Worship 6:00  
Wednesday Evening 7:00

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How Can the “Sandwich Generation” Relieve Financial Stress?

Don't worry too much if you haven't heard, but April is National Stress Awareness Month. Of course, stress can present emotional and physical challenges to all of us, but if you belong to the “sandwich generation” — that is, you may be caring for aging parents while still supporting your own children — you may be facing some financial stress as well. What can you do to relieve it?

For one thing, be aware that you're certainly not alone. About one in seven middle-aged adults is providing financial

support to both an aging parent and a child, according to the Pew Research Center.

Still, knowing that you have plenty of company won't provide you with solutions for your own situation. So consider the following:

- Suggest “downsizing.” Are your parents still paying a costly mortgage on a house that's now too big for them? You might want to encourage them to think about downsizing. They may be emotionally attached to their home, but they might benefit substantially if they

moved someplace that's less expensive.

- Talk to parents about their income sources. Are your parents maximizing their Social Security payments? Are they following a sensible withdrawal strategy for their IRA, 401(k) or other retirement accounts? You may want to recommend that they work with a qualified financial professional.
- Discuss all legal arrangements. Be aware of your parents' estate plans and the status of important legal documents — will, living trust, power of attorney, health care directive, and so on. When the time arises for any of these arrangements to take effect, you don't want to face any unpleasant — and possibly costly — surprises.
- Find out about health care. Try to learn about your parents' health insurance coverage. And have they done anything to protect themselves from the potentially catastrophic costs of long-term care, such as an extended nursing home stay? You may not be able to do a great deal for them in these areas, but at the least, you may be able to get them to take some positive action on their own behalf.
- Don't ignore your own retirement savings. Even if you can afford to provide some financial support to your parents, don't shortchange yourself when it comes to your own retirement savings.

You don't get a “do-over” when it comes to putting away money for retirement, so contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan.

- Prioritize your investment choices. If you would like to help your children go to college, you might want to consider a college savings vehicle. Still, you may need to prioritize your investments. After all, your children will likely have a variety of options — such as loans and scholarships — to help them pay for school, and they may also be able to reduce costs substantially by going to a community college their first two years. But you are basically “up against the clock” when it comes to saving for retirement, so you'll want to take that into account when allocating your investment dollars.

Belonging to the sandwich generation can certainly produce feelings of anxiety. But by following the above suggestions, you may be able to reduce some of this stress. And by doing so, you can help your parents, your children — and yourself.



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.

FEBRUARY FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	16	799,000	34,995	487,612.19
Homes Sold	15	690,500	12,000	243,476.67
Land Listed	12	425,000	34,995	121,974.50
Land Sold	12	367,000	28,500	102,166.67

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). When selecting a real estate company, remember to shop local. Cool Mountain Realty has been in Fairview for 13 years and our agents have been selling in our area for 33 years. Keep and multiply the dollars in your local community's economy.

A Day In the Life

Let me give *Town Crier* readers some idea of what it is like to serve in the North Carolina legislature. At this moment I am sitting in my modest office looking out on the courtyard of the 1300 quad, just around the corner from the main entrance. It is a Tuesday (March 21). I drove down from Fairview yesterday afternoon, hoping to beat the traffic. The 4+-hour car ride I fill up by listening to radio news and library books. I am listening to an interesting book about the transformation of Europe from Rome to the Renaissance. I am a history guy, and that is one reason being in the NC House is a rare privilege.

My goal was to arrive in time for our Democratic caucus meeting at 5:00. That meeting yesterday involved the interesting news that there was yet again a promising attempt to repeal HB2, our infamous bathroom bill that has defined our state for the past year. This Thursday will be the one-year anniversary of HB2. Rep. Chuck McGrady, a moderate Republican from Henderson County, has been pushing hard to find a way to repeal it, along with Gov. Cooper and the leaders of the House and Senate. Over the past weekend, Duke and UNC played basketball in South Carolina rather than Greensboro because of HB2, and the sportscasters loved to tell that story.

Repealing HB2 requires finding a sweet spot along the political spectrum that could

generate 61 votes in the House and 26 votes in the Senate. The GOP does not like to have to rely on Democratic votes to pass legislation, but in this one case, that is a necessity.

After caucus on Monday, we had an evening session at 7:00 to debate and vote on one bill, a local bill regarding school board elections in an eastern county. After Session, I went to a restaurant with other members of our Buncombe delegation to discuss the bill introduced in the Senate to make candidates for Asheville City Council run from districts, and not at large. After dinner, I came back to my office to answer emails and prepare for the next day. It is peaceful late at night in this building, with members of the cleaning staff sometimes singing as they work.

I stay with a friend in Raleigh, on his beautiful farm, about 15 minutes from downtown. We are paid \$104/day for room and board the days we are here, and we are paid a little less than \$14,000/year for the work. We are also paid 29 cents a mile for the drive back and forth.

We often have sponsored breakfasts in the cafeteria, and this morning (Tuesday) the Methodist Home for Children provided food and a chance to learn about their work at 7:00. This organization receives about \$3 million a year from the General Assembly to provide a faith-based alternative for young people in trouble. These breakfasts

are always exactly the same: scrambled eggs, grits, sausage or bacon, and a biscuit. There is also a big fruit bowl. Once a year I am able to bring down some Hickory Nut Gap sausage to just show off a little bit!

At 8:30 this morning I had my first committee meeting: Appropriations General Government. I usually have a conflicting meeting at the same time, Appropriations, Agriculture, Natural and Economic Resources. (AGNER). This morning, AGNER did not meet, which was great. These are preliminary meetings leading up to budget negotiations. Today we heard from the state Treasury Department. Dale Folwell, newly elected Treasurer, led us through the many aspects of his department along with other department heads. Did you know the North Carolina fund he manages is the 26th largest in the world?

At 10:00, I had an Education K-12 committee where we discussed and voted out three bills without much controversy. I returned to my office and spent the rest of the morning visiting with constituents from home. The Buncombe delegation met together with a group representing Creation Care Alliance, a faith-based environmental organization. I also met with a representative of the Montford Park Players, a friend trying to repeal HB2, a representative from the Bar Association, and another friend from Black Mountain. Out in the courtyards, it was

Down Syndrome Advocacy Day.


The NAACP had a tent outside on the lawn, and I hiked out there to see if they were serving lunch. There I saw some Asheville friends, and they sat me down right next to Rev. Barber as he spoke. I expected that there would be a large scale Moral Monday event in the Capitol, but that did not materialize. Session was scheduled for 1:00, but it was a No Vote session, which means attendance is optional. I spent time in the afternoon answering emails and phone calls, and visiting with more constituents in my office. I also worked on finding out what I could about what was hindering Broadband access in rural areas, which is a big topic here.

Tonight I have three receptions I can attend: North Carolina Electric Cooperatives, North Carolina YMCAs and the North Carolina Symphony. These are usually beer and wine plus finger food affairs, and a chance to meet with people from home connected to these organizations. Usually there are not three of them to attend, so I will wind this effort up, put on my suit coat and head out!



Rep. John Ager, District 115 North Carolina House of Representatives

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An Ode to Brassicas



This time of year I spend far more time with the Brassica family than my own. Brassicas are the backbone of spring, the sweet crunchy superfoods that reinvigorate my immune system after a cold winter. You may not know the name *Brassica Oleracea*, but you’ve certainly eaten it. Kale, broccoli, cauliflower, cabbage, kohlrabi, collards, Brussels sprouts — all of these wondrous little gems were created from the one and only *Brassica Oleracea*. Over the course of a couple of thousand years, humans took the Brassica plant and selected traits like big leaves or buds to create different cultivars.



Big curly leaves became kale, buds became cabbage, near—flowering plants became broccoli.

I revel in these details as I seed the different varieties with nearly identical seeds and plant out the nearly identical starts. As the sun pours into their veins and their roots expand into the soil, I watch them warp and change, like our children, into complete individuals. I often admit that the reason I love to grow food is that I love to eat, but in this case, standing at the edge of the field watching the plants develop into who they will become, there’s a sense of something more. I am part of a history, a set of hands in the long line of humans who came before, winding their way through trial and error, triumph and failure one season at a time. In planting these new babies I can see clearly that I’m part of all of that.

I dream about the time when the plants moved up to England and over to China. I can nearly taste the Broccoli diving into clear Asian broths, the kale tucked into shepherd’s pie, cabbage crushed in the hands of Eastern Europeans as they made sauerkraut. Now here we are — serving coleslaw at parties, timidly or boldly trying



kale salad, making our own ferments and carrying the torch for those who put in the work before us. With every recipe, every bite, we can relish the ingenuity, the sheer possibility of what one single plant can become, and see that potential within ourselves — to grow, to adapt, to become the best we can be and to spread it across the world, across social and cultural boundaries.

So many days start and end like this in spring, standing on the edge of the field and feeling like a brassica — part of something bigger and inextricably connected to every family across the world as they stand on the edge of their fields and sit down to their dinner tables.

Amy Miller is Assistant Garden Manager at The Lord’s Acre

Fairview Area Vegetable Planting: April

Vegetables that can be planted from seed

Bush beans in late April

Mustard greens

Potatoes white or colored, not sweet

Beets for something new, Chioggia is one of our favorites, as are most golden varieties

Carrots come in orange, red, yellow, purple and even white

Radishes varieties are endless, and you can cook with them

Turnips our favorite is Hakuri, so sweet you can eat them raw

Lettuce

thousands of varieties for every season

Chard in a variety of gorgeous colors

Kale regular, red, dinosaur, and other varieties

Kohlrabi purple and green varieties

Spinach in early April

Onion family (onions, scallions, bunching onions, leeks) be sure to only grow intermediate or short day onions

Vegetables that can be planted from ‘starts’ (seedlings)

Much of the brassica family: broccoli, cabbage, cauliflower, kale, kohlrabi in very early April

Vegetables that can be started indoors

Cucumber

Summer or winter squash

Summer lettuce varieties

Onion family

Tomatoes for a late crop

Eggplant better to start in mid-March

Peppers better to start in mid-March

Jicama yes, it grows here in WNC

Potatoes can be pre-sprouted indoors for a later set out date

Graphics created by Freepik.com

Forsythia

The Spring equinox is coming soon, and even though this winter has been much warmer on the whole it has been a wild ride, like being on a meteorological seesaw. Basically my mantra each day in March is “Prepare for any kind of weather.” Today we were awakened by an intense thunderstorm in the middle of the night, mostly big thunder and lightning. Yesterday was 73 degrees and balmy; today we have gale force winds with a possible three–five inches of snow in a day or two! Our gardens have been filled with daffodils for weeks now, fruit trees began blooming a month ago and the unstoppable forsythia is in full bloom, with its cascading yellow flowers that are always one of the many joys of springtime. Bright yellow seems to be one of the dominant color themes for early spring, and forsythias always seem to glow with a brilliant canary yellow hue that makes one smile deeply.

Forsythias are extremely hardy, deciduous shrubs that are easily grown in this region. My favorite local name for these shrubs is “yellow bells,” and many times I have delighted in listening to the diversely rich nuances of mountain dialects when folks tell me about their favorite “yallerbell flowering shrubs.”

These shrubs are members of the Olive Family, named after the 17th century Scottish botanist James Forsyth. Most Forsythia species are native to China, and they have an interesting history. Forsythia was introduced to the rest of the world by a rather

unique Scotsman named Robert Fortune, who was a member of the Royal Horticultural Society and had been sent to China to find new plants; he became infamous as a renowned plant smuggler, posing as a Chinese peasant while he secretly transported a wide number of living plants out of China and brought them to India and western Europe. In time, like so many plants in North America, they migrated here with the colonists and took off, thriving and reproducing in their new habitats.

Forsythias are vigorous, tough shrubs that can reach 15 feet in height and have small, narrow opposite leaves, but their real claim to fame is their abundance of brilliant four-lobed yellow flowers that arrive before the leaves. For decades, it has been a tradition in our household to cut stalks weeks before they might bloom and force them indoors, where they put on quite a show, their long wispy branches stunning in arrangements.

I have studied wild edible plants for 40 years but until recently never encountered any information about forsythia being edible. I knew that it had been used in medicinal preparations, but the flowers are in fact edible and can be eaten raw in salads, as a trail nibble or a beautiful garnish on a plate. They vary in taste from plant to plant, but generally I find them mildly bitter in flavor — however, taste buds in humans vary quite a bit, and the term “mildly bitter” is relative; I have some friends who have tried them and

promptly spit them out, telling me they are really much more than mildly bitter. My grandmother was Italian, and she often incorporated bitter greens in her salads; I am sure she would have used forsythia blossoms, which were abundant in our family’s home garden. I have tried to broaden my repertoire of foods, incorporating small amounts of bitter greens and fruits because they are usually highly beneficial for our digestion.

Forsythia is one of the 50 foundational plants in traditional Chinese medicine, and has been used to clear out toxins and treat issues related to the lungs, gallbladder and heart. The fruits and plant-based materials also seem to have strong antibacterial and anti-microbial properties and have been used to treat skin infections, boils, acne and other dermatological ailments. Forsythia has also been used to treat high blood pressure.

On a utilitarian front, forsythia sticks have been used to make the bow of the *ajaeng*, an ancient Korean instrument that sounds somewhat like a raspy cello. Birds seem to love forsythia’s dense protective cover — as do some children: when I was a kid, my friends and I used to hide out underneath a giant forsythia bush during games, becoming invisible to others and feeling safe and secure as we spied on our playmates.



Forsythias are a beautiful part of our lives, and right now everywhere I go, regardless of the direction, while driving or walking along our mountain roads and in towns, I am greeted by these beautiful yellow harbingers of spring and yes, like all wild things, they do indeed make my heart sing!

Now, I’m not about to make a whole meal out of forsythia blossoms, but it’s fun to nibble on a few! Our mailboxes are nestled inside a huge forsythia shrub in full bloom, and yesterday while picking up our mail, I popped a few blossoms into my mouth. It felt like getting a sunshine-yellow infusion of spring into my body and psyche, and the lingering bitter flavor was simply a way of waking up a bit more fully to life.



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MISCELLANEOUS:

Fairview Town Crier .....	628-2211
Fairview Business Assoc.....	338-9628
Fairview Farmers Market.....	550-3867
Fairview Library .....	250-6484
Food for Fairview .....	628-4322
The Lord's Acre Garden .....	628-3688
Meals on Wheels .....	253-5286

LETTERS

Editor's Note:

Some personnel changes have occurred at the Crier's office. After nearly 3 years, Candi Yount has left her position as the front-office face of the *Crier* to pursue other endeavors. Her smiling personality will be greatly missed by many. Our capable bookkeeper Annie MacNair has slid over into the broader Office Management position. Because Annie has been with the paper for two years, we are grateful for a smooth transition and wish Candi all the very best. Following is a note to all of you from her.

Dear Readers, Advertisers, Volunteers and Friends of the Crier,  
March 17 marked my third wonderful year as Office Manager of the *Town Crier*. I have seen the present on-site office grow from an idea into a vital and appreciated part of our community. I love the people of Fairview and the paper, which serves so well to bring the community and information together. I am grateful and humbled to have been a part of this endeavor. I sincerely offer my good wishes for the Town Crier's continued success as an integral part of our fine community — a community that we can all be proud of and that has so much to offer.  
With warmest wishes and best regards,  
— Candice Yount

Dying Easter Eggs with Onion Skins

You can make the most beautiful, polished “mahogany” eggs by using onion skins to create a dye. Combine skins from about 10 onions, 4 cups of water and 4 tbsps of white vinegar. Bring to a boil, lower heat and simmer, covered, for 30 minutes. Let dye cool and soak hard cooked eggs in dye for a half hour to an hour. Rinse, dry and polish with olive oil or other edible oil. Your “mahogany” eggs will be stunning.



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**Submissions/Announcements/Events/Stories**  
Announcements, community news, upcoming events, Just Personals, Letters, etc. will be published free as space allows. Send a SASE if you would like your photo returned. Articles submitted must have a content and tone in keeping with the Town 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 Town Crier reserves the right to reject editorial or advertising it deems unfit for publication.

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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. Email editor@fairviewtowncrier.com or mail to Fairview Town Crier, PO Box 1862, Fairview, NC 28730.  
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**Editorial deadline is always the 10<sup>th</sup>**

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January	Mon	12/12	12/19	1/2
February	Tues	1/10	1/17	2/1
March	Fri	2/10	2/17	3/1
April	Fri	3/10	3/17	4/3
May	Mon	4/10	4/17	5/3
June	Wed	5/10	5/17	6/5
July	Fri	6/12	6/16	7/3
August	Mon	7/10	7/17	8/2
September	Thur	8/10	8/17	9/4
October	Mon	9/11	9/18	10/2
November	Tues	10/10	10/17	11/1
December	Fri	11/10	11/17	12/4
January 18	Mon	12/11	12/18	1/3

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