



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

JUNE 2019 VOL. 23, No. 6 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

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Did You Spy the Crier Guy?



In our May issue, the Crier Guy was hidden on page 25 on a pill bottle in the image of a medicine cabinet. Did you find him? More than 40 people with sharp eyes participated in the contest. We put the names of

all the spotters in a hat, and the winner was Bobby Hembree from Reynolds. Congrats, Bobby! He'll receive a \$25 gift certificate from Americare Pharmacy.

We loved hearing from our readers!

"Thank you so much for setting up this contest! So much fun every time!" • "You can't keep doing this to me. I can't read the paper until I find him!" • "What fun!" • "Found him!" • "The little guy has been a bad boy and gotten mixed in with medication bottles."

State Champs Go Global



Destination Imagination teams, team managers, and supporting parents from Fairview Elementary, Cane Creek Middle and A.C Reynolds High schools traveled to Kansas City last month, joining nearly 1,200 other teams from 38 states and 17 countries for the Global Finals of the creative problem-solving competition.

Have You Seen These Missing Kitties?

At the end of last month, we posted about two lost cats on our Facebook page. Sadly, neither of the kitties has come home yet. Be on the lookout for these two as you travel around the area.

Lee Lee had just gotten out of the hospital (his front legs are shaved across the middle from surgery) and is on a special diet. Last seen near Landon Road off Upper Brush Road. If you see him, call Kim at 545-8261.



Harley was last seen on Fox Ridge Drive, off of Emma's Grove Road, but may wander to Manningfield and/or the Bob Barnwell Road area. If you see her, text Beth at 828-776-8131.



Time Is Ripe for New Produce Stand



Billy Worley let us know he's going to fill the need left since Silas' Produce did not open this year. The new, family-run farmstand is located on the corner of Charlotte Highway and Reems Creek Road. (The entrance is on Charlotte Highway.) As of the *Crier's* print date they had fresh strawberries, blueberries, cabbage, lettuce, peppers, corn and potatoes and also still had peaches, apples, tomatoes, cantaloupes and watermelons. The stand is going to be open seven days a week. Stop by and see what's new.

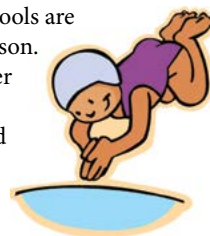
Seeking Summer Fun?

County Pools Open

Buncombe County pools are now open for the season. Cost to swim is \$3 per day for Buncombe residents. Discounted multi-visit passes are also available at each pool. (Starting June 10, you can check out pool passes via the ZOOM program from the library.)

Pools are open on Saturday and Sunday until the end of the school year, when they will be open daily, 11:00 am-6:45 pm.

Our local pool is Cane Creek Pool at 590 Lower Brush Creek Road, Fletcher.

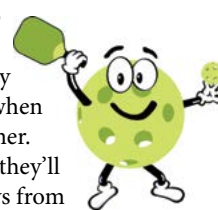


Play Pickleball

The Pickleball group that plays at the Fairview Community Center is changing when it plays for the summer. Starting on June 10, they'll compete on Mondays from 6 to 9 pm.

New players of any age are always welcome. Equipment is provided, and there is a \$2 fee per person per day. If you have any questions, call Mary Jane at 242-7787.

The Fairview Community Center is at 1357 Charlotte Highway, Fairview.



SHARP EYES?

The *Town Crier* is in need of a professional, experienced proofreader. Could it be you? See ad on page 39.



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Sandra Suber Show Was a Sellout!



In May's issue, we featured Sandra Suber's hat emporium. On May 18, Sandra held her 25th annual Fashion Show, which was well attended by many customers and appreciators. Actually the event was sold out. Former *Crier* editor Lynn Stanley (at left) and photographer Dana Irwin (right) were thrilled to be among the audience. Here they are modeling two of the many incredible hats with Sandra and Odell Suber and their son, Odell, Jr.

Spend a Morning Helping Local Schools

Local schools need volunteers to help proctor during exam time. Your contribution of time will help promote student success, allow teachers and staff to fulfill their responsibilities more easily, and help you understand the sorts of exams that today's students face.

A.C. Reynolds High School

June 5-7 and 10, 7:30-11 am

Call the counseling office at 298-7665 or go to fairviewtowncrier.com/links to fill out an online form.

Cane Creek Middle School

June 3-5, 7:30-11 am

Call the school at 628-0824 or email larry.weigel@bcsemail.org.

Spring Mountain Community Ctr.

Community Leadership Meeting: Usually first Tuesday, 6:30 pm.

Quilting Bee: Meets every second Tuesday, 10 am-2 pm. Call 628-7900 or 628-1938.

Berrypickers' Jam: Tuesdays at 7 pm. Slow Flow & Yin Yoga with Anna: Mondays, 8:30-9:45 am. \$5-10 suggested. Yoga with Sabrina: Thursdays 6:15-7:30 pm. \$5-10 suggested. 807 Old Fort Rd. springmountaincc.com

JUNE 1 (SATURDAY)

Habitat Benefit Concert

7 pm, doors; 8 pm, show. An all-ages benefit concert for Habitat for Humanity, featuring local band Andrew Scotchie & the River Rats, performing Tom Petty tributes and their original tunes. Tickets are from \$20 to \$40 and all sale proceeds will be donated to Habitat. Ambrose West, 312 Haywood Rd., Asheville.

JUNE 4 (TUESDAY)

Knee Replacement Seminar

12:30-1:30 pm. Find out about eliminating drugs from your life and avoiding surgery with a lengthy recovery. Fairview Chiropractic Center. Free and lunch will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

Prostate Cancer Support Group

7pm. Us TOO of WNC. Medical professional speakers; no fee. 5 Oak St., Asheville. 419-4565, wncprostate@gmail.com, and on Facebook @WNCProstate.

Sons of Confederate Vets Mtg.

7 pm. The Cane Creek Rifles meet at Fletcher Fire Dept., 49 East Fanning Bridge Rd., Fletcher. 230-6523.

JUNE 6 (THURSDAY)

FBA Member Meeting

6 pm. The meeting will take place at Troyer's Country Amish Blatz. See page 35 for more information.

Women's Shelter Benefit

7 pm. "Sisters Doin' It for Ourselves," an evening of female-led entertainment. All net proceeds go directly to Helpmate Shelter. Tickets are \$25 (VIP, premium, senior and student pricing available). Purchase tickets at dwtheatre.com. Diana Wortham Theater, 18 Biltmore Ave, Asheville.

JUNE 7 (FRIDAY)

HNGF Barn Dance Fundraiser for local PTAs

6-9 pm. Admission to the Hickory Nut Gap Farm Barn Dance will benefit Parent-Teacher Associations at Fairview

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COMMUNITY EVENTS

Elementary and Cane Creek Middle schools. See page 16 for more information. 57 Sugar Hollow Rd., Fairview.

JUNE 7 AND 8

Shakespeare in the Park(ing Lot)

6:30 pm. Friday and Saturday. "The Ballad of Romeo and Juliet" will be performed on a mobile stage in library's parking lot, followed by live music, and is free to attend. See page 7 for more information. 1 Taylor Rd., Fairview.

JUNE 8 (SATURDAY)

Folkwear Open House

4–6 pm. See the new space, view hundreds of historic and international garment samples, and shop for patterns, fabric, and clothing at Folkwear, which is in the old Hub space at 1185 Charlotte Highway. See page 34 for more information.

Second Saturday in the RAD

10 am–8 pm. River Arts District gallery walks with demonstrations, music, wine tastings, and snacks. Be on the lookout for Fairview artists at Trackside Studios, 375 Depot St. (Lynn Stanley, Steve Fulgham and Dona Barnett); 310 ART, 191 Lyman St. (Fleta Monaghan); and Pink Dog Creative, 344 Depot St. (Mary Alice Ramsey).

Seed Saving Workshop

10–11 am. Lee Barnes, Ph.D., will give a free talk about saving seeds, understanding what to grow, how to plant, and how to collect seeds. Black Mountain Library, 105 N. Dougherty Street, Black Mountain.

Homebuyer Class

10 am–1 pm. Wendy Powers, from PrimeLending in Asheville, will be leading an educational class for first-time homebuyers to discuss credit, down payment, budgeting, and steps to prepare for owning a home. There will be realtors there, as well. This free, private event will be held at the public library. 1 Taylor Rd., Fairview.

JUNE 10 (MONDAY)

Fairview Area Art League Mtg.

10 am. FAAL members and others interested in the arts are welcome. 704-975-0095. Fairview Public Library, 1 Taylor Rd.

JUNE 11 (TUESDAY)

Appalachian Wildlife Refuge

5:30–7 pm. The Blue Ridge Naturalist Network will host speakers from Appalachian Wildlife Refuge, a non-profit that coordinates the needs of

wildlife rehabilitation in WNC providing care for injured and orphaned wildlife, support for the wildlife rehabilitation network, and conservation education to the community. Open to the public. 942 Haywood Rd., Asheville.

Release Party for Adi the Monk

Saturday, June 15, 6–8 pm

Adi the Monk, a jazz and blues musician and producer who lives with his family in the Brush Creek area, will celebrate the release of his third album at the Block Off Biltmore. All are invited to this free party.

Adi has performed at Whistle Hop, The Joint Next Door, Brewskies. He was a Vaishnava monk for eight years and served in temples in India and Nepal. He has also lived in the Philippines, Greece and the Middle East. Look for a profile of him in an upcoming issue

39 South Market Street, Asheville.



MICHAEL BOULOS PHOTOGRAPHY

Neuropathy Treatment Seminar

12:30–1:30 pm. The causes, diagnosis, and treatment of peripheral neuropathy. Fairview Chiropractic Center. Free, with lunch. Reserve at 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

continued on page 4



REYNOLDS
BAPTIST CHURCH

50TH ANNIVERSARY

Celebration!

JUNE 29–30, 2019

REYNOLDS BAPTIST CHURCH 520 Rose Hill Road, Asheville 828-779-9783

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3 PM PICNIC

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**SUNDAY
JUNE 30**

11 AM WORSHIP

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church history,
and post-worship
meal provided!

reynoldsbaptistchurch.org

COMMUNITY EVENTS

JUNE 13 (THURSDAY)

Welcome Table

11:30 am–1 pm. A lunch served to anyone in the area seeking food, fellowship, and community. Donations are greatly appreciated. The meal will only be served once a month until more volunteers are available. Behind the library in the fellowship hall of Fairview Christian Fellowship. 596 Old US Hwy 74, Fairview.

JUNE 16 (SUNDAY)

Father's Day

Don't forget about your dad today!

Ethical Humanist Meeting

2–3:30 pm. "Asheville's Diversity at Risk." 227 Edgewood Rd., Asheville. Call 687-7759 or go to EHSAsheville.org.

JUNE 17-21

Fairview Baptist Church VBS

Roar! Life Is Wild. God Is Good Monday to Friday, preschool to adult. See ad on page 12 for more information. 32 Church Road, Fairview. fbc1806.org.

JUNE 18 (TUESDAY)

Flesher's Community Outreach

6 pm. Larry Hartley, Elder Care Attorney, S&A Strauss Attorneys PLLC, will

answer questions about Medicaid, Special Assistance, Durable Power of Attorney, and Health Care Documents. There will be door prizes, and light refreshments. 3016 Cane Creek Rd., Fairview.

Sciatica Seminar

12:30-1:30 pm. Learn about new treatments and technologies that may help you avoid back surgery and eliminate the need for drugs. Free and lunch will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

JUNE 22 (SATURDAY)

History of Skyland Talk

2–3 pm. Learn about the origins and development of the Skyland community, established by Otis Miller in 1887. For more information, visit obcgs.com or call 253-1894. 128 Bingham Rd., Suite 950, Asheville.

Low-Cost Pet Vaccine Clinic

1–4 pm. Get your pet vaccinated for rabies and other common ailments. See page 27 for more information. 807 Old Fort Road, Fairview

JUNE 22 & 23

ASAP Farm Tour

12–5 pm, both days. The annual tour

"A Pastoral Palette: The Barn Whispers its Memories"

Friday, June 21, 5–8 pm

A fundraiser featuring paintings of Madison County barns and their surroundings. Proceeds benefit The Appalachian Barn Alliance, and the distinguished artists (including Fairview's Dana Irwin) are members of Saints of Paint. The gala will be at the Asheville Visitors Center, 36 Montford Avenue. Local restaurants including HomeGrown Café, Fig Bistro, Green Sage Café and Chupacabra Latin Café will provide refreshments, and there will be sweets, free wine and beer, and music. Guests can mingle with the artists and members of the Barn Alliance. Tickets may be purchased (\$45 each) at appalachianbarns.org/pastoral-palette-art-show-gala or at the door. The art show and sale is free admission and will run Saturday and Sunday, June 22 and 23 from 9–5 pm, and the public is welcome to view and purchase the art.



of local farms, organized by the Appalachian Sustainable Agriculture Project. Participating farms include Flying Cloud and Hickory Nut Gap. Passes are on sale now for \$30 at asapconnections.org. One pass

admits a carload of visitors to all farms both days. Passes can also be purchased the weekend of the tour from any participating farm for \$40. asapconnections.regfox.com/asaps-2019-farm-tour



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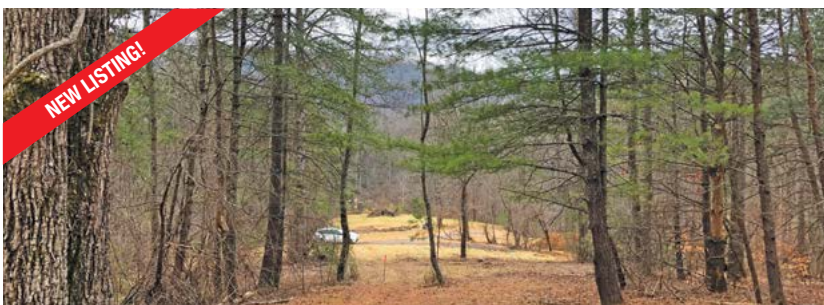
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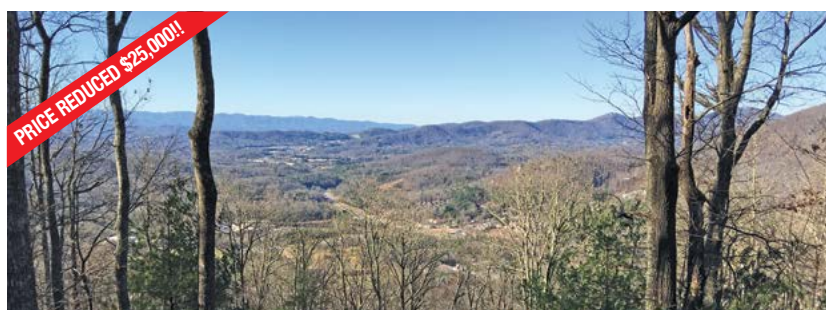
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FOUR-PLEX APARTMENTS (2 UP & 2 DOWN) 2 BR & 1 BATH EACH. Separate garage apartment with 2 bedrooms, 1 bath, bonus room & garage with laundry. Additional 3 bay garage/workshops. **\$575,000** MLS# 3485737

COMMUNITY EVENTS

JUNE 24 (MONDAY)

Learn How to Make Salsa

6–8 pm. The NC Cooperative Extension will conduct a hands-on class about making your own quality salsa. Cost is \$10, cash only. Ingredients and jars provided. See page 27 for more information. 807 Old Fort Road, Fairview.

JUNE 25 (TUESDAY)

Billy Wilder Film Series

6 pm. A four-part series at the library begins with "The Lost Weekend" (1945), starring Ray Milland. See page 7 for more information. 1 Taylor Rd., Fairview.

Brain Therapy Lecture

12:30-1:30 pm. Learn about new therapies that may help with brain injuries or diseases of the brain, such as concussions, MS or Parkinson's. Free and lunch will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

JUNE 27 (THURSDAY)

Dem Women's Summer BBQ

5:15 pm. \$20 per person, with catering from Okie Dokie's. Governor's Western Residence, 45 Patton Mountain Rd., Asheville.

JUNE 28 (FRIDAY)

Town Crier Labeling

10:30 am. Meet other people from the community and help us get the next issue of the *Fairview Town Crier* into the mail! At the Fairview fire station, 1586 Charlotte Hwy., Fairview. Contact Patti Parr for more information: patti-parr@yahoo.com or call 628-2211.

Florence Nature Preserve Cleanup

10 am-3 pm. Morning-only shifts are fine, too. Bring lunch and water; wear closed-toe shoes and long pants. Water, snacks, and tools provided. RSVP to volunteer@conservingcarolina.org or call Olivia at 697-5777 ext. 211. 3836 Gerton Hwy., Gerton.

JUNE 28-29

Nesbitt's Chapel VBS

Friday and Saturday, preschool to grade 5. See listing on page 27 for more information. 12 Nesbitt's Chapel Road, Fairview.

JUNE 29 (SATURDAY)

Reynolds Baptist 50th Anniversary Celebration

3 pm. A celebration with fun and games for the entire family. See ad on page 3 and article on page 9. 520 Rose Hill Rd., Asheville.

JUNE 30 (SUNDAY)

Reynolds Baptist Homecoming

11 am. Special music, church history, and post-worship meal provided. See ad on page 3 and article on page 9. 520 Rose Hill Rd., Asheville.

SAVE THE DATE

JULY

Hickory Nut Gap Farm Camp

Day camp for kids 6–13 centered around horseback riding but many other activities are offered, such as art

and pottery classes, outdoor theatre skits, and nature walks. See ad on page 22 for dates and more information.

JULY 8-12

Trinity of Fairview VBS

In the Wild: Amazing Encounters with Jesus. See ad on page 18 for more information.

JULY 28-AUGUST 2

Emma's Grove Baptist VBS

To Mars and Beyond. See ad on page 11 for more information.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (c) (3) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,400+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. *The Fairview Town Crier* is located at 1185G Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to copy@fairviewtowncrier.com. For staff directory, contacts and additional information, please see back page.

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FEATURED LISTINGS See all available listings at greybeardrealty.com



Fairview: 3BR/2bath. 3-year-old Schumacher home, year-round views. Fireplace open to living & dining rooms. Attached 2-car garage. Furnishings negotiable.
\$375,000 MLS 3471939



Asheville: 3BR/1.5 bath. Super cute, super clean, move-in ready in Oakley. Covered wrap-around porch. Large master with cathedral ceiling brings in great light.
\$269,500 MLS3481755



East Asheville: 3BR/2.5 bath, well-maintained home in Riceville Meadows. Mature landscaping, covered front porch, back deck, patio. Large master suite is entire upper floor.
\$325,000 MLS3491668



Lake Lure 3BR/3 bath. Gated Riverbend community. Custom crafted log home.
\$325,000 MLS 3443186



Candler 2BR/2 bath. Town House in active community 9 minutes from downtown Asheville. \$354,500 MLS 3447795



Biltmore Forest: 1.64 acres with 1BR/1 bath 1930's cottage.
\$845,000 MLS 3431368

LOTS AND LAND

ROSE HILL: 2 lots with access to city water, sewer AND natural gas.
.42 acre, \$83,500 MLS 3449765
.27 acre, \$73,500 MLS 3449771

Byers Park Lot with .61 Acres.
\$49,900 MLS 3277895

6.5 Acres in Chestnut Mountain Subdivision
\$265,000 MLS 3324420

Cul-de-sac lot in Moores Valley neighborhood in Leicester.
1.10 acres and mountain views.
\$48,200 MLS 3406765

Fairview - Wildflower Ridge.
1.98-acre lot. \$38,500 MLS 3473369

.92 acre in Briar Ridge Dr Fairview.
\$75,000 MLS 3488850

1 acre Church Rd Fairview.
\$39,900 MLS 3489362

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Greybeard's Property Management division manages over 400 vacation and long-term rentals in the Asheville area. Learn more at greybeardrentals.com or call 855.923.7940.

Town Wide Read

Fairview Library is inviting everyone in the community to come together this summer through the shared experience of reading the same book in the first "Town Wide Read."

It may be new to Fairview, but it's not a new idea. Nancy Pearl, Director of the Washington Center for the Book and creator of the first Town Wide Read, said: "People can go for days at a time not talking to anyone outside their immediate family. There are precious few opportunities for people of different ethnic backgrounds, economic levels or ages to sit down together and discuss ideas that are important to them. This project provides that opportunity."

The book chosen for this summer's read is *One Foot in Eden* by Ron Rash. The library has plenty of books in circulation for people to check out, and the Friends of Fairview Library will be selling copies of the book for \$5 to anyone that would like to own one, starting June 1.

Small group discussions are planned throughout the months of July and August at several Fairview businesses, and the library will be hosting "An Evening with Ron Rash" on September 11 at Fairview Christian Fellowship Church.

We also encourage you to host your own book groups as well.

You can pick up a guide at several of our 2019 Friends of Fairview Library Business member locations, at our book discussion locations, or at the library.

For more information, please contact the library staff at 250-6484.

Library-sponsored book discussion groups start in July, and a schedule of related events will be available in July's *Town Crier*.

EVENTS



"A Universe of Stories"— Summer Reading Program

The Buncombe County Public Library Summer Reading Program begins June 1 and goes until the last day of August. To celebrate reading in the summer, the library hosts fun-filled programs and events all summer. We will also be giving away a free book to any child that visits the library four times this summer.

To earn a free book, children and teens must pick up a special summer reading bookmark from the library. Each time they visit the library between June and August they need to bring the bookmark with them to collect a stamp. Once they have collected all four stamps they can pick out a book to keep forever.

June Reading Program Events

Old-fashioned Selfies: June 13 at 3 pm. Create a self-portrait using a variety of media. Bring a 5 x 7 or 8 x 10 headshot. Photograph or photocopy is OK. Photo won't be damaged. You are welcome to bring personal ephemera as well. Ages 10 and up.

Fancy Nancy Gala: June 20 at 3 pm. It's the fanciest event of the summer! Fancy crafts and activities. Fancy costumes are not required but highly encouraged. Ages 3-8.

Snakes Alive: June 27 at 3 pm. Ron Cromer discusses snake habitats and folklore. Live snakes!

Shakespeare in the Park(ing Lot)

Bring your camp chairs and picnic blankets and join us for Shakespeare in the Park Friday, June 7 and Saturday, June 8 at 6:30 in the library parking lot.

The American Myth Center will perform "The Ballad of Romeo and Juliet," a roots-music-infused take on the Shakespeare classic inspired by Reconstruction-era Appalachia. The free, two-hour performance will be held on a mobile stage in the parking lot, followed by live music. Call the library for more details.

Billy Wilder Film Series

June 25 at 6 pm

The Lost Weekend (1945)

1 hour 39 minutes. Not rated

In a career that spanned five decades, Billy Wilder is considered one of the most brilliant and versatile filmmakers of

Hollywood's Golden Age. Join us for a four-part retrospective of his career.

"The Lost Weekend" presents an unflinching look at alcoholism and its effects in the 1940s. Over the course of a long weekend, a New York writer (Ray Milland) spirals out of control while those around him desperately try to help him overcome his destructive lifestyle. Also starring Jane Wyman and Phillip Terry.

All screenings are hosted by North Carolina Film Critics Association member James Rosario (thedailyorca.com), who will introduce the film and lead a discussion after. Popcorn provided by Grail Moviehouse.

The other films in the series are "Sunset Boulevard" (1950), July 23; "Some Like it Hot" (1959), August 27; and "The Private Life of Sherlock Holmes" (1970), September 24.

Regular Kids Programming

Baby Storytime: Tuesdays, 11 am

Baby Gym: Tuesdays 11:30 am

Toddler Storytime: Wednesdays, 11 am

Toddler Gym: Wednesdays, 11:30 am

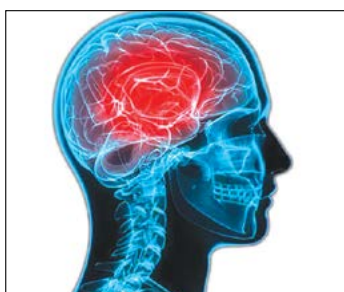
Heroes Unlimited RPG for Tweens: first Wednesdays, 4 pm (Only the first six kids to sign up are guaranteed a spot.)

Preschool Storytime: Thursdays, 11 am

LEGO Club: first Fridays, 3:30 pm

Jaime McDowell is the head librarian at Fairview Public Library.

IN PAIN ?



CONCUSSION



NEUROPATHY



KNEE PAIN



SCIATICA

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DON'T MISS THESE **FREE** JUNE LUNCH SEMINARS PRESENTED BY DR. REILLY!

KNEE PAIN
TUESDAY, JUNE 4
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NEUROPATHY
TUESDAY, JUNE 11
12:30-1:30 PM

SCIATICA
TUESDAY, JUNE 18
12:30-1:30 PM

BRAIN HEALTH
TUESDAY, JUNE 25
12:30-1:30 PM

RSVP REQUIRED: 828-490-4207

All seminars held at Ryan's, 1000 Brevard Rd., Asheville, NC



Jeremiah West: Farmer, Carpenter, and Landowner

Jeremiah West was born probably in Buncombe County on March 5, 1795. Some say he may have been born in England but that seems highly unlikely. Jeremiah's father, John West, was born in England around 1765. He is said to have arrived in Norfolk, Virginia, on a Dutch ship and then moved to Rowan County, NC. John West bought four 50-acre tracts of land from the state on July 7, 1794. Two tracts were listed as being on Sweeten Creek. The other two were listed as being on the Swannanoa River. These tracts would have been located near the present-day I-40 exit for Sweeten Creek Road. They would have bordered the land of my third great-grandfather, Capt. Thomas Foster. Jeremiah West was born around eight months after this land purchase, probably on this property.

Jeremiah West married Mary Whitaker around 1816. Mary was born in Rowan (now Davidson) County on March 5, 1797. She was the daughter of John Whitaker Sr. (1765-1841) and his second wife Milly Brookshire. Mary was raised in Fairview.

Jeremiah West did well, judging by all the land he owned: 795 acres on Sweeten Creek; 1,240 acres on Busbee Mountain; 87 acres on the Swannanoa River; 17

acres on Gashes Creek; 100 acres on Parker Branch; and six acres on New-found Creek in Leicester. This amounted to 2,245 acres in Buncombe County. He deeded land on October 20 and 23, 1840 to John Long, Foster W. Wilson, and Henry Stevens for a church and school on Sweeten Creek.

West was a farmer and carpenter. He built a large structure near his home that stood until around 1970. The logs, notched and well-hewn, were 30 feet long and 18 inches wide. It's believed that he and his family lived in it until a wood-framed house was built nearby.

A story has been passed down that Jeremiah and Mary moved to Texas for a brief time. They did not like the area and soon moved back to Buncombe. Several of Mary Whitaker West's cousins in Fairview moved to Texas from the 1830s-1850s. Mary and Jeremiah might very well have gone with her relatives to Texas, looked it over, and moved back to Buncombe County.

Mary was listed as being blind on the 1850 census of Buncombe County. Jeremiah West died at his Sweeten Creek Farm on April 25, 1881. Mary died on November 29, 1872. Both are buried at West Chapel Cemetery. They had at least 12 children, all born in Buncombe County.

1. John Preston West was born September 6, 1817. He married Sarah Jane Vaughn (March 31, 1822-February 4, 1897). He died in the Civil War on May 5, 1864 in Spotsylvania County, Virginia.
2. Rosella Malinda West was born on March 3, 1820. She married William C. Rice (July 12, 1795-Aug 17, 1871). She died on September 3, 1890.
3. Jasper Newton West born on March 2, 1821. He married Esther Emily Cordell (December 9, 1828-May 20, 1904). He died March 3, 1904. Both died in Syracuse, Otoe County, Nebraska.
4. William Riley West was born on July 25, 1823. He married Salina E. Webb (April 11, 1838-April 21, 1922). She died in Sylva Jackson County, NC). William died in Haw Creek on January 16, 1905.
5. Salina West was born in 1826. She married Gabriel P. Miller (1826-May 13, 1865). She died on Oct 27, 1883 in Haw Creek.
6. James T. West was born on August 9, 1827. He married Margaret Ann Wilson (April 25, 1834-Sept 5, 1895). James died on November 14, 1917. Both died in Commerce, Hunt County, Texas.

7. Mitchell West was born in 1828 and died in 1861 in Springfield, Greene County, Missouri.

8. Alexander "Alex" West was born on April 16, 1830. He was a carpenter. He married Rachel Eleanor Penland (March 31, 1840-June 11, 1920). Alex died on June 2, 1910.

9. Noah West was born on October 1, 1831 and died on October 2, 1861. He was a rifleman in the Civil War.

10. Rachel Matilda West was born on September 5, 1834. She married Frank M. Ballew (1830-1897) on October 16, 1856. Her second husband was Robert Williams (March 15, 1823-Dec 12, 1914). Rachel died on June 12, 1923. She and Robert are buried in Sharon Cemetery in Fairview.

11. Martha Harriett West was born on June 22, 1836 and died on December 30, 1862.

12. Nancy Caroline West was born on May 1, 1838. She married Joseph Thomas Carter (March 27, 1932- Feb 21, 1911). Nancy died on August 19, 1931.

Local historian Bruce Whitaker documents genealogy in the Fairview area. He can be reached at 628-1089 or brucewhitaker@bellsouth.net.

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Reynolds Baptist Church Turns 50

Celebration to include a picnic and Homecoming service

by Vance Pollock

Reynolds Baptist Church celebrates its 50th anniversary on the 29th of this month. Special events will include a community picnic with fun and games for the kids that afternoon and a Homecoming service on June 30.

Rev. Lawrence Fox served the congregation for its first 25 years, and was succeeded by the current pastor, Rev. Bobby Smith. Bud and Aretha Sales were charter members, and are still active in the church. Other founding members include Betty Fraley, Donald Dotson, and Regina Fox.

The original group of 25 or so held services in Oakley and then Reynolds High School auditorium, according to Bud Sales. Later they acquired property and built a church at Mine Hole Gap, where Berrington Village apartments now stand. The current church sanctuary was completed in the 1980s on the old Rose Hill School property. A modern fellowship hall was completed in 1997 and dedicated as the Charles Jay Pettit Family Life Center in memory of the charter member and deacon who died in 1995. Today the church has a regular Sunday attendance of 85 people.

Preacher Bobby, as the Rev. Smith is known to his church family, recently

spoke about some of the church activities. Vacation Bible School each summer is certainly a highlight. The church youth participate in charitable projects such as mission camp in Shelby, NC, where they harvest vegetables for regional food banks and help build ramps for the handicapped.

Through the years the church has paid for the education of young members who chose to pursue religious studies. "I've always had a heart to do that," Smith said, explaining that it was such generosity that allowed him to go back to school when he was called to preach. Several of these former church members and sponsored students are now active in the ministry across the state and will return to share messages during the Homecoming service.

Invitations are being sent to former members of the church for the anniversary festivities, and the public is welcome to attend. On June 29 the fun will begin at 3 pm with food and family-friendly fellowship, including a bounce house for the kids.

Reynolds Baptist Church is at 520 Rose Hill Road. Regular services include Sunday school at 9:45 am; Sunday Worship service at 11 am; Bible study, Sunday at 5:30 pm; Awana Club youth group, Sunday at 6 pm; and Wednesday night prayer meeting, 7 pm. For more information, call 299-4409.



Above, the groundbreaking for the sanctuary. In the center, with shovel in the ground, is Rev. Lawrence Fox, the first pastor at Reynolds Baptist. Left, the Rev. Bobby and Phyllis Smith. Below, Bud and Aretha Sales, charter members of the church.





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4.5-acre wooded, restricted homesite at end of road adjoining lg undeveloped tract. Potential for spectacular valley/mountain views. Very private and in area of nice homes. Owner will consider financing. **\$50,000** Call Karen Cernek 828.216.3998

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3/2.5, 2-story w/cathedral ceilings. Open floor plan w/ huge great room, dining area & kitch w/bfast bar. Master on main, walk-in closets. New agrihood subdivision in heart of Fairview. Many plans available. **\$425,000**

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Recently completed! Top-quality custom home on 1.6 unrestricted acres, just 15 mins to AVL. Open floor plan w/ cathedral ceilings, fab kitchen, FP and many creative touches. **\$435,000** Call Karen Cernek 828.216.3998

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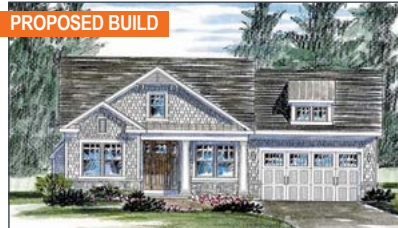
Beautiful site w/ mountain laurel surrounding 4.74 acres in Fairview. Steep but partial clearing w/ basement foundation. Property has well & approved for septic. Smooth, steep driveway. Call Susan Lytle 828.301.1410 **\$69,000**

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| LOT 3 | 0.5 | SOLD |
| LOT 4 | 0.521 | SOLD |
| LOT 5 | 0.482 | SOLD |
| LOT 6 | 0.51 | \$59,000 |
| LOT 7 | 0.64 | \$64,000 |
| LOT 8 | 0.526 | \$59,000 |
| LOT 9 | 0.521 | \$59,000 |

Thunderstorms Are Natural Part of Weather—But Can Also Be Scary

Last month we discussed thunderstorm frequency in Fairview and across North Carolina. There are usually 40–50 thunderstorm days per year. In Fairview, we generally get about 8–10 thunderstorms during the month of June.

Thunderstorms are a great way for the atmosphere to release energy. A large amount of that energy comes from the condensation process that forms the clouds. As the thunderstorm progresses, the rain cools the entire process down and the energy is gone. Thunderstorms also help keep the earth in electrical balance. The earth's surface (charged negatively) and the atmosphere (charged positively) conduct electricity easily. There is always a steady current of electrons flowing up from the entire surface of the earth. Thunderstorms help transfer the negative charges back to earth (lightning is generally negatively charged). On earth, the lightning strikes approximately 40–50 times a second, or nearly 1.4 billion times per year.

Lightning that accompanies thunderstorms can act to add nitrogen to the soil. Nitrogen is transformed to a plant-usable form (nitrogen fixation) by the electrical discharges that can occur within thunderstorms. The usable nitrogen is added to the soil as a component of precipitation. While this process is beneficial to plants, the vast majority of nitrogen fixation is accomplished by micro-organisms in the soil.

Thunderstorm Safety Tips

Since we are entering a more active thunderstorm season in Fairview, it is a good idea to review some of the safety rules.

All thunderstorms produce lightning and are dangerous. If you hear thunder, then you are in danger from lightning, especially if you are outdoors. Lightning can strike 5–10 miles in front of or behind the thunderstorm, where skies are clear. (This is where the phrase “bolt from the blue” comes from.) Lightning kills 75–100 people each year. Always listen to the radio and television for the latest information and instructions for your area. The National Weather Service office in Greenville-Spartanburg, SC, is responsible for the various watches and warnings for our area.

A thunderstorm watch means a thunderstorm is possible for your area. A thunderstorm warning means a thunderstorm is taking place in your area.

If you are outdoors, look for threatening skies, flashes of lightning, or increasing winds. Lightning often precedes rain, so don't wait for the rain to begin. If you hear thunder, go

to a safe place immediately. The best place to go is a sturdy building or a car. Avoid sheds, picnic areas, baseball dugouts, and bleachers.

If there is no shelter around you, stay away from trees. Crouch down in the open area, keeping twice as far away from a tree as it is tall. Put your feet together and place your hands over your ears to minimize hearing damage from thunder. If you're with a group of people, stay about 15 feet apart from each other. Stay out of water, as it's a great conductor of electricity. Swimming, wading, snorkeling, and scuba diving are not safe. Also, don't stand in puddles. Avoid metal. Stay away from clotheslines and fences. Take off a backpack, as they often have metal on them. If you're doing an outdoor

activity, wait at least 30 minutes after the last observed lightning strike or thunder.

If you're indoors, avoid water, as it's a great conductor of electricity. So do not take a shower, wash your hands, wash dishes, or do laundry. Do not use a corded telephone, as lightning may strike exterior phone lines. Power down and do not use electric equipment such as computers and appliances during a storm. Stay away from windows and doors, and stay off porches.



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

WEATHER WONDER

What are sun dogs?

A sun dog or mock sun is an atmospheric optical phenomenon that consists of a bright spot to one or both sides of the sun at the same altitude above the horizon as the sun. They are caused by the refraction of sunlight by ice crystals in the atmosphere and appear as a pair of subtly colored patches of light, around 22 degrees to the left and right of the sun. They can be seen anywhere in the world during any season, but are not always obvious or bright. Sun dogs are best seen and most conspicuous when the sun is near the horizon.



QUESTION of the MONTH

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Thawing a Frozen Shoulder

Frozen shoulder is a common medical problem experienced by more than 200,000 people each year. It's not clear why people develop it, but some groups are more at risk than others. Women are affected more often than men, as are people ages 40-60. Individuals who have suffered a stroke, had a mastectomy, or who have experienced other health issues that leave the arm immobile for long periods are more vulnerable to this condition. Certain health conditions, such as diabetes, Parkinson's, and thyroid disease, are also linked to increased incidence of frozen shoulder.

The shoulder is made up of three bones that form a ball-and-socket joint. They are your upper arm, shoulder blade, and collarbone. The tissue surrounding the shoulder joint holds everything together. This is called the shoulder capsule. With frozen shoulder, the capsule becomes so thick and tight that it's hard to move. Bands of scar tissue form and there's less synovial fluid to keep the joint lubricated, limiting motion even more. Frozen shoulder's pain and stiffness develops gradually, gets worse, and then finally goes away. This can take anywhere from a year to three years.

Symptoms

The main symptoms of a frozen shoulder are pain and stiffness that make it difficult



Advanced Graston Techniques are used to break up shoulder adhesions.

or impossible to move it. If you have frozen shoulder, you'll likely feel a dull or achy pain in one shoulder. You might also feel the pain in the shoulder muscles that wrap around the top of your arm. You will likely have trouble putting your hand behind your back, getting your wallet, or putting on a bra. You may feel the same sensation in your upper arm. Your pain could get worse at night, which can make it hard to sleep.

Other general symptoms can include:

- You develop pain (sometimes severe) in your shoulder any time you move it.
- It slowly gets worse over time and may hurt more at night.
- You're limited in how far you can move your shoulder.

This initial stage can last anywhere from six to nine months.

At the frozen stage, symptoms include:

- Pain might get better but your stiffness gets worse
- Moving the shoulder becomes more difficult and it becomes harder to do daily activities.

This stage can last four to 12 months.

At the thawing stage, symptoms include:

- Range of motion starts back to normal. This can take anywhere from six months to 2 years.

Causes

It's not clear why some people develop it, but some groups are more at risk.

Frozen shoulder happens more often in women, and you're more likely to get it if you're between 40 and 60. Your risk might also go up if you're in the process of recovering from a medical condition like a stroke, surgery like a mastectomy, or shoulder surgery that keeps you from moving your arm.

Certain medical conditions can increase your risk, too. You may also be more likely to get frozen shoulder if you have diabetes. About 10 percent to 20 percent of people with diabetes get frozen shoulder. Other medical problems like heart disease, thyroid disease, or Parkinson's disease are linked to frozen shoulder, too.

Treatments

Typical treatments include medications for pain, long duration of physical therapy—often with limited benefit—shoulder injections, and manipulation under anesthesia (a medical procedure under anesthesia where the surgeon manually manipulates your shoulder).

Recent advances that may dramatically decrease pain and increase range of motion include:

- **Trigenics Technique:** A neurological treatment that can immediately increase range of motion and decrease pain. Learn more at trigenics.com.
- **Class 4 laser:** Class 4 photo-biomodulation in the higher-power ranges (25 watts and above). This can help to “unfreeze” a shoulder. Learn more at litecure.com.
- **Radial shock wave therapy:** Sound wave therapy that can break up adhesions in the “capsule.” Learn more at miraculawave.com.
- **Graston Techniques:** The most advanced form of myofascial technique (breaks up shoulder adhesions) used in many pro sports locker rooms. Learn more at grastontechniques.com.

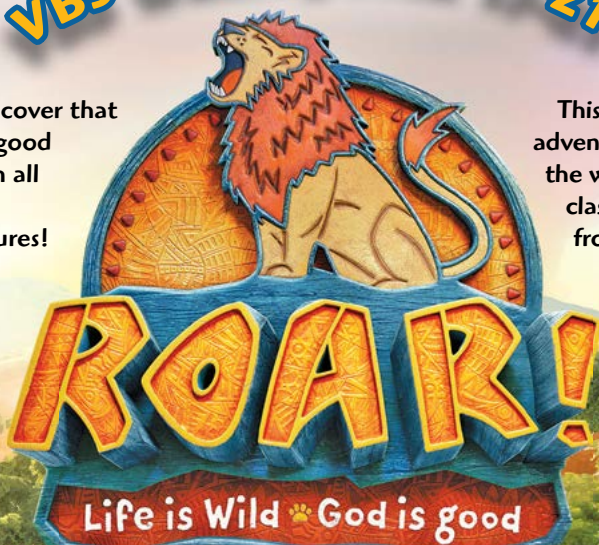


Dr. Reilly is past president of the NC Chiropractic Association and team chiropractor for ACRHS since 1999. Call 628-7800 for your always-free consultation. fairviewdc.com

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Dangers of Untreated Concussions

No one is immune to concussions. Athletes, children, seniors, and those with high-risk careers are more likely to suffer head injuries. A blow to the head or whiplash injury should never be taken lightly. The devastation caused by brain injuries can show up in many areas of life, including some areas you might not expect.

Student-athletes who suffer concussions may be sidelined for long periods of time—not only from sporting activities but also from the classroom. It is not uncommon for students to miss weeks or even months of school while dealing with concussion symptoms. Eye and head pain, blurred vision, memory loss, attention deficits, reading comprehension problems, and fatigue can make it nearly impossible for students to focus and concentrate on schoolwork.

It can be difficult to cultivate or nurture meaningful relationships when you are dealing with the long-term effects of brain injury. Symptoms such as “brain fog,” chronic pain, and emotional dysregulation (the inability of a person to control or regulate their emotional responses) can damage personal and work relationships.

Focus, attention, coordination, and mental timing are significantly impaired with most head injuries. These problems can have a profound negative effect on job performance. Left untreated, the effects of these injuries can be long-lasting and often lead to

decreased hours on the job, extended leaves of absence, demotions, further injury, and even termination of employment.

Mental health and behavioral disorders, including anxiety, depression, PTSD, and even dementia, are often the result for many with untreated head injuries. The stress and emotional turmoil caused by dealing with the symptoms of concussion, as well as the inflammatory responses, altered neurotransmitter function, and injury to brain pathways, can all lead to long-term mental unrest.

The bottom line is you should always seek a thorough neurological evaluation after any head injury. There is great hope for those suffering from the after-effects of concussions. Proper assessments and specific intervention strategies are critical. For instance, vestibular (balance), eye movement, motor timing, cognitive training, and metabolic rehabilitation are just some of the strategies that can help you reduce, and even avoid, some of the dangers listed above.



Michael Trayford, DC, DACNB is a functional neurologist, published journal author, international speaker, and advisor for the Dementia Society of America. He can be reached at ApexBrainCenters.com or 708-5274.

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GREG'S MAGIC TRICK

The Shoe Vanish

This is a magical way to make a coin disappear!



1 "Accidentally" drop a coin. Bend over and pretend to pick it up, but don't really pick it up. Instead, use your right fingertips to flick the coin under your right shoe.



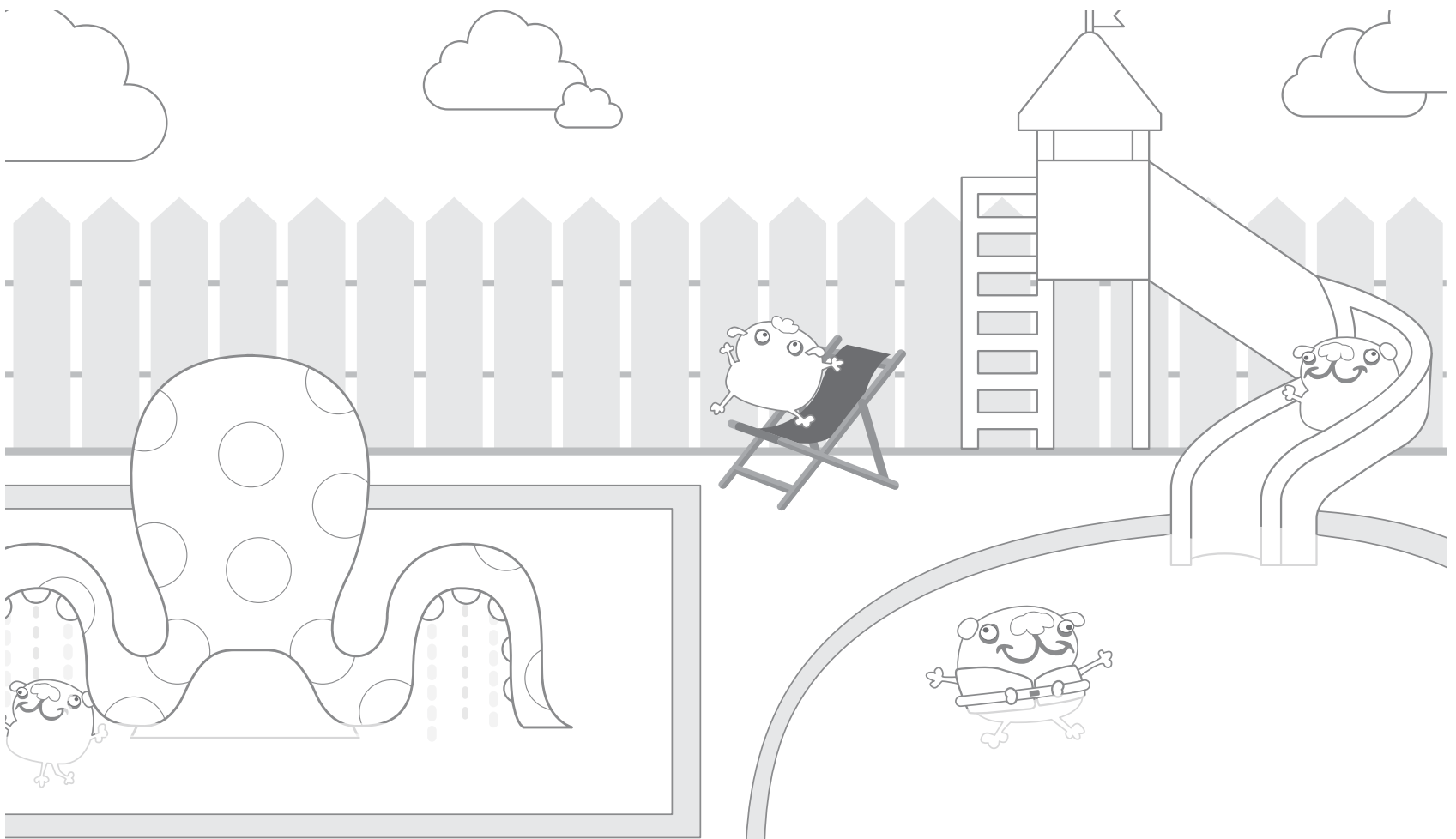
2 Stand up and say, "I think this coin would rather have disappeared." Look at the imaginary coin as you say this. If you believe it is pinched between your thumb and fingers, your audience will believe it is there as well.



3 Pretend to put the imaginary coin into your left hand. Then close your fingers over it. It should look as if you've really put the coin in your hand. Wave your open and clearly empty right hand over the closed left hand, snap your fingers, then show both hands empty. **Magic!** (Wait a little bit before you pick the coin up so no one notices).

ACTIVITY CORNER

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1 Learn to swim

2 Don't climb the fence or gate

3 Stay away from drains

4 Ask an adult before going near the water

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LEADERSHIP

Campers build skills to take with them. Team building activities and more.....



ARTS

Who loves pottery, painting, and woodcraft? Help make our next camp video?

Critters in the Classroom at Fairview Elementary

by Kenya Hoffart

Kindergarten and first-grade students at Fairview Elementary have been observing living organisms in their classrooms over the last several weeks. These hands-on, real-life experiences have helped these young scientists develop skills of observation, gathering data, and

extending their senses as they investigate and communicate their findings.

Students in kindergarten classrooms studied the butterfly life cycle. They watched caterpillars transform into chrysalises and then into beautiful butterflies. Students kept a journal in which they recorded changes each day, drew pictures, and wrote sentences using words from their word banks about what they saw. Once the butterflies were ready, students released them in the school garden so they could be free to pollinate.

First grade students studied pill bugs, millipedes, snails, and guppies. They wrote about what they observed and drew pictures of what they saw in their



Hands-on, real-life experiences help young scientists develop skills of observation, gathering data, and extending their senses.

science journals. They learned about each organism's living environment and set up classroom habitats for each, which gave students an opportunity to study these interesting and unique organisms up close as they learned about behaviors and environmental adaptations.

Each of these experiences is part of the



science curriculum standards students must meet in these grade levels. Exposing students to these types of experiments helps young minds grow and develop in a way that will benefit them for a lifetime.

Kenya Hoffart is the VP of fundraising and communications chair for the FES PTA.

Barn Dance Fundraiser

On June 7, admission to the Hickory Nut Gap Farm Barn Dance will benefit Parent-Teacher Associations at Fairview Elementary and Cane Creek Middle Schools. This fun and exciting event will feature local string band, The Cane Creek Hellbenders, square dancing, and more. Admission is \$7, with children 4 and under admitted free. Grab dinner, dance, enjoy live performances, and make great family memories, while supporting local schools and local businesses.

STUDENT OF THE MONTH: GRACE MINCHER

Our June ACRHS Student of the Month is Grace Mincher.

Grace is not only a great student but she is active in the Girl Up club and participated in Mock Trial. She is supportive of her fellow students and is always willing to help them in and outside the classroom. She is a great student leader and is very talented. She is always willing to try new things and show others what to do. Grace exemplifies Rocket Pride and excellence.

All winners receive a special mug from the *Town Crier*.



Fairview Preschool Graduates Largest-Ever Class



Fairview Preschool held its graduation for the Class of 2019 on May 17. This year's graduation had the largest number of graduates in school history. (Four graduates were not available for this photo.) In addition to the graduation ceremony, students from all age classes (2-4) participated in the end-of-year program of singing, playing the handbells, performing the pledge in sign language, and singing Spanish songs.

Winning Looks

Last month, we asked kids to design the uniforms for an imaginary pro soccer team in the area. Check out these two great submissions! We would definitely play for either of these teams.

Right, Lily M., 12, from Fairview.

Far right, Isabela V., 9, from Fletcher

Thanks to all the kids who submitted designs.



Math Matters in Buncombe County Schools

have math-related updates for you this month, so let's all count to three.

One

First, huge congratulations are due to Jennifer Tatum, fifth grade teacher at Fairview Elementary. She was honored in the "Curriculum Feature" of the May Board of Education meeting. On April 27, she was recognized by the NC Science, Mathematics, and Technology Education Center as the 2019 K-8 Outstanding Educator in Science, Mathematics, and Technology Education.

I had the honor of visiting her classroom during a math lesson on May 6. She told me, "Teaching math today is so exciting to me because each lesson gives the students a chance at success. We spend time reasoning about numbers and how to use math to further our knowledge of the world. My goal is that, at the end of the year, each student, regardless of ability, feels like a mathematician."

I saw her goal in action: fifth grade mathematicians were collaborating with each other, on their feet solving problems, and 100 percent focused on shapes, angles, and graphing.

Two

Pizza or Pi? From May 1-3, A.C. Reynolds Middle School took a total of 158 students to Cicis Pizza to celebrate them for meeting or exceeding their goals in the "Imagine Math" program. This is the first year for this online supplemental math program at Reynolds

Middle. Between bites of pizza, eighth grade math teacher Heather Rejzer said, "This program has really gotten kids more focused on math outside of math class." We are eager to see how this new focus translates into math growth and performance for the school.

Three

And finally, "math for adults," also known as the 2019-20 budget. April and May brought multiple school board meetings and work sessions regarding the budget for the upcoming school year. Unfortunately, state law requires that all school systems present a budget request to their county commissioners by May 15, long before the state legislature (who provides nearly two-thirds of our funds) has approved their own budget. State funds for our system have dipped in recent years due to declining enrollment, but expenses continue to rise due to the state-mandated K-3 class-size changes, utility increases, school security, mental health needs of our students, and other factors. As it becomes increasingly difficult to balance the budget, you can be sure that we are all keeping a close eye on strategies to maximize dollars for the benefit of our students and teachers. Please reach out to local and state policymakers to be sure they set education as a top priority in their own budgets.



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



Jennifer Tatum, a fifth grade teacher at Fairview Elementary School (left), was named the 2019 K-8 Outstanding Educator in Science, Mathematics, and Technology Education.

A.C. Reynolds Middle School took 158 students to Cicis Pizza (below) to celebrate them for meeting or exceeding their goals in the "Imagine Math" program.



JUNE CALENDAR FOR REYNOLDS SCHOOLS

| | |
|---------------------|--|
| SAT, JUNE 1 | Reynolds High Band Car Wash, Kounty Line, 10 am |
| | Reynolds High FCCLA Yard Sale Fundraiser, 8 am-2 pm |
| TUE, JUNE 4 | Oakley Elementary K-2nd Field Day, 10 am-2 pm |
| THU, JUNE 6 | Oakley Elementary 3-5th Field Day, 10 am-2 pm |
| TUE, JUNE 11 | Early Release and Last Day of School |
| SAT, JUNE 15 | Reynolds High Graduation, Cellular Center, 11 am (tickets required) |
| JUNE 17-21 | Cane Creek Band Camp |

EVERY LOVE, TEEN REPORTER

Learn from My Experiences

Not all lessons happen in a classroom. Maybe that's obvious, but some of us have to learn the hard way. I'd bet that many of you found out these things the same way and will sympathize with the sense of accomplishment I've had in my own school of hard knocks.

When I was in elementary school I was bullied by a few people. I taught myself not to cry because I didn't want to give the bullies the satisfaction they wanted. Even now I still have some issues about crying in front of people, but I took a lesson from that: It's not weak to cry. It's a good way to make yourself feel better, and everyone

does it, even if they won't admit to it. It's not healthy to hold that stuff in.

Some pain comes from inside. I can be short-tempered and get angry easily. In middle school, I didn't know how to deal with all the anger I was feeling because I couldn't take it out on the people who made me angry. I just shoved it all down inside and pretended everything was okay. For me, writing helps to get my feelings out in a positive way. I feel like I'm talking to an understanding friend.

I know for many—maybe most—teenagers, school is stressful. Getting some space between you and stress can really help. I just

tell myself, if it doesn't matter after 24 hours, it never did. This works for things like a bad grade, embarrassing yourself in front of people, messing up a drawing, or squeaking during a solo. It's not the end of the world. It's not going to kill you, it's not going to hurt. As long as you're doing your best, it doesn't matter if the outcome isn't perfect.

A final order I give myself is: Don't get involved in the drama. Just don't! Because if you're in a fight, then you're going to say things you don't mean or will regret saying. Once you make up, if you do, even though you might be friends again, the things you said will still hang over you,

and your friendship won't be the same again. The best way to avoid that is just don't get involved.

So that's how this teenager tries to think her way through things. If you're curious about how post-millennials think, you can email a question to copy@fairviewtowncrier.com and I might be able to answer it in a future column.



Avery Love is a ninth-grader at A.C. Reynolds High School. She lives in Fairview with her mom, dad, and sister Zoe.

Internet Myths, Old Wives' Tales, and General Misconceptions

For this month's article, I asked a group of veterinarians to give me the worst and weirdest ideas they have heard from pet owners. I was going to pick one to write about, but I got too many suggestions to limit this to just one.

Fleas and ticks can be prevented by garlic, brewer's yeast, essential oils, living in a gated community, and/or cedar chips. Just ask anyone who was around before the advent of modern flea and tick preventions, and they'll tell you these home remedies simply don't work. There are so many fantastic flea and tick medications to protect your pet; ask your vet for a safe recommendation to use all year. By the way, fleas don't know they live in a gated community so I'm pretty sure that's not helpful.

Nail polish will get rid of the eyelid masses. I'm not even going to explain why painting nail polish on an eyelid is dangerous. Just don't do it.

Ear infections can be cured with a variety of oils, Vaseline, and/or vinegar. Ear infections are caused by bacteria and/or yeast, which need targeted medications to kill them. A caveat to this claim is that vinegar can be part of a safe homemade ear cleaner, but it should only be used with a veterinarian's advice.

A warm (or cold), dry (or wet) nose means your dog is sick. Nope. Dog's noses

can range in temperature and moisture and it doesn't mean they are sick. My border collie's warm, dry nose is trying to help me type right now and she is a healthy, happy girl.

Vaccines cause autism in pets. This has been disproven in humans, and autism



This is Maple, owner of the warm, dry border collie nose.

isn't even diagnosed in cats and dogs. Vaccines are safe, effective ways of keeping your pet healthy.

Heartworms can be prevented by any one of the following things: giving your pet Guinness Stout to drink, giving your dog whiskey to drink, having thick fur, or using essential oils. Heartworms can be prevented by several safe, effective treatments available from your vet. Alcohol is not safe for dogs. I have treated heartworms in dogs with coats so thick, even I wondered how the mosquito got to the skin to bite. Essential oils may smell good, but they don't keep mosquitoes from biting your dog.

Mange can be cured by burned motor oil. Motor oil (burned or otherwise) is toxic to dogs. By the time you cover your dog in it, he or she may likely die before the mites that cause mange. Mange can be safely and effectively treated by using one of the

new monthly oral flea and tick preventions.

Fearful dogs who are not confident must have been abused as puppies. It's more likely that your nervous dog missed socialization at the proper time in puppyhood than he or she was abused as a puppy. The good news is that this is a situation that can be remedied most of the time. Vets can help you with this.

Snake venom can be cleared from a pet's body by hooking the pet up to a car battery, using a Taser, or using a cattle prod. This is animal abuse. Just don't do it. If your pet gets bitten by a snake, seek veterinary care.

Parvo can be cured by making your pet drink bleach. Once again, don't do this. Bleach is toxic and will not—I repeat—will not cure parvo. More importantly, your pet can die from this, so if your sweet little dog is already fighting parvo, don't make it worse.

These are about half of the internet myths, old wives' tales, and general misconceptions that my vet group reported, and I have heard a good many of these too. However, I am happy to report that no one has ever suggested to me that I Taser their dog to fix a snakebite.

Margaret Moncure is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital.

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a. Freckles is around four years old and weigh 50 pounds. He loves belly rubs and going on walks. He is good with most other dogs, but has not been cat tested. He would be great in an active home. Neutered, microchip, rabies, heartworm tested. DHPP and Bordetella. *Charlie's Angels*

b. Jasmine is a petite girl who loves to play and cuddle. She loves petting and kisses and to sit on your lap and have her back rubbed. She will sleep cuddled up with you in your bed if you invite her. She loves to roll her balls around and throw her mouse toys in the air. (She loves to play with her humans, as well). *Charlie's Angels*

c. *Animal Haven* has many male ducks seeking a safe home. Call 299-1635 for more info.

Local Animal Shelters and Rescue Organizations

Animal Haven of Asheville

299-1635
animalhaven.org

Asheville Humane Society

761-2001
ashevillehumane.org

Brother Wolf Animal Rescue

885-3647
bwar.org

Charlie's Angels Animal Rescue

885-3647
wncanimalrescue.org



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Invisible, Odorless, and Tasteless

Everything you always wanted to know about radon

By Mary Spivey

Spring is a busy time here in Fairview. With warm, sunny days, yard and garden become priorities and homeowner to-do lists grow longer by the minute. This year, consider adding a home radon test to that list.

Radon is an invisible, odorless, tasteless gas that is a natural product of the decomposition of uranium. This gas is in the air around us, in the soil under our feet, and can accumulate in our homes. Indoor radon exposure is also the leading cause of lung cancer in non-smokers, resulting in 21,000 deaths each year. The good news is radon is easily detected, measured, and mitigated at a relatively low cost to the homeowner.

Why is this extra important in and around Fairview? The Environmental Protection Agency (EPA) tracks radon levels nationwide, setting a “safe” level in a building at 2 pCi (picocuries per Liter of air) or less. Anything reading above that number is in the “consider action” range, and mitigation is recommended above 4 pCi/L. Buncombe County buildings are predicted to have an indoor radon level of greater than 4 pCi/L. In Fairview, the highest level detected is 67.7 pCi/L, as tracked by the North Carolina Radon Program.

Radon gas is one step in a chemical process that happens deep in the granite and metamorphosed sandstone bedrock of our region. This bedrock also contains uranium, a radioactive mineral that takes billions of years to decay. Among other things, that process releases radon gas, which decomposes over about four days. The radioactive by-product of that decay causes the damage to lung tissue that can lead to cancer. Smoking increases this risk.

Once produced, radon gas works its way from the bedrock into the soil, water, and air through pores and channels in soil and



How does radon get into your home?

- 1) cracks in solid floors
- 2) construction joints
- 3) cracks in walls
- 4) gaps in suspended floors
- 5) gaps around service pipes
- 6) cavities inside walls
- 7) the water supply

rock. Radon gas moves fastest through coarse, dry soils and slower in moist clay and sand soils. As it moves upward, radon can accumulate in groundwater and basements. “The uranium is a solid and remains in the bedrock but radon gas moves freely upward through the soil and this is why it is a problem for humans who live in houses with basements,” said Brittani McNamee, Associate Professor in the department of Environmental Sciences at University of North Carolina at Asheville. “If we all lived in log cabins or yurts it would not be a problem because of all the natural ventilation.”

Radon enters a home from the soil through the openings in the foundation.

Cracks in the basement walls, poorly sealed pipes, sump pumps, and gravel sub-floors under basement slabs all provide avenues for the gas to enter. Homes with ventilated crawl spaces often have lower radon levels. Encapsulating crawl spaces, a growing trend when renovating older homes, removes the airflow and could increase radon levels in the home. Once the gas is in the basement it makes its way to the upper floors, raising the concentration of radon in the entire home.

The only way to know if your home has high levels of radon is to test the air inside the home. Brett Strimple, owner-operator of Integrity Radon Solutions, a radon mitigation company in Fairview, said, “A homeowner can test their home using a self-testing kit or hire a professional inspector.” Testing kits come in two forms, passive or continuous-monitoring. The passive kits simply collect air from a home over a period of time, and the amount of radon is determined by the difference in the weight of the kit. Continuous-monitoring kits electronically collect radiation amounts over a period of time and provide an average radon amount. Both types of kits are available for sale online and provide quality results. A professional inspector uses passive and continuous-monitors in addition to providing installation, pick-up, and analysis.

Should your home test above 4 pCi/L for radon, mitigation is the next consideration.

UNCA’s McNamee said ventilating the area below the basement floor is the primary strategy for lowering radon

“People who understand how the sun’s invisible ultraviolet rays cause skin cancer push back when told a gas they can’t see, smell, or taste could cause them to develop lung cancer.”

Brett Strimple

levels in a home. If a homeowner is lucky, a passive radon mitigation system was installed when the home was built and all that is required is a fan to blow air from the sub-basement to the outside. Otherwise, a pipe and fan will need to be placed through the basement floor and extended up through the roof to vent the air. A radon mitigation specialist can easily install a fan or complete passive system usually in one day. Cost ranges from \$250 for a fan to \$1,500 for the entire system. Installing a passive mitigation system generally reduces a home’s radon levels to less than 4 pCi/L.

Some homeowners think they can simply leave windows open instead of installing a system. While the idea makes sense on one level, Strimple said radon levels will return to elevated levels when the windows are closed at night or during winter. And are you willing to leave windows open when you’re not at home?



Examples of radon home test kits



Newer homes may have built-in radon pipes, to which exhaust fans can be attached.
(IMAGE WWW.MBRADON.COM/SERVICES)

While slightly elevated radon in your home is not a reason to run to the doctor for a chest X-ray, it is a good reason to explore mitigation. As Strimple said, “People who understand how the sun’s invisible ultraviolet rays cause skin cancer push back when told a gas they can’t see, smell, or taste could cause them to develop lung cancer. I tell them ‘radon is real.’”

For many reasons, radon does not yet have the visibility of other environmental concerns, and people are skeptical. McNamee said there is concern wherever people live. “The important thing is to understand the danger and then understand what to do about it,” she said.

Resources

The North Carolina Radon Program website is a one-stop resource for radon information and testing. You can find a map showing radon levels by zip code, lists

of trained inspectors and mitigators, and order a \$5 self-test kit. Go to ncradon.org

A *Citizen’s Guide to Radon*. This is the EPA’s guide to protecting yourself and your family from radon. Find a link to this PDF at fairviewtowncrier.com/links.

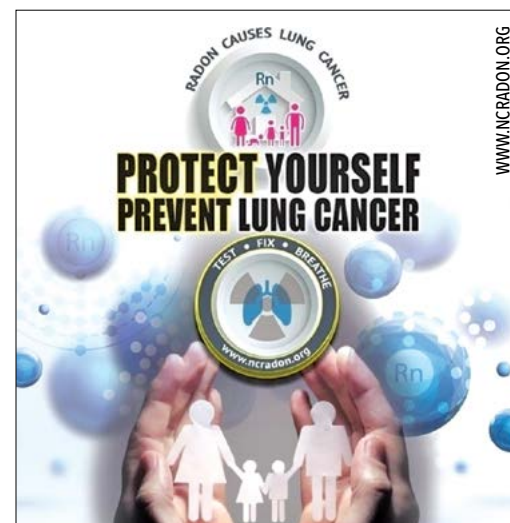
Cancer Survivors Against Radon (CanSAR) is a non-profit advocacy group. You can find them at cansar.org

The American Association of Radon Scientists and Technologists (AARST) & The National Radon Proficiency Program (NRPP). The AARST is a nonprofit, trade organization dedicated to the highest standards of excellence and the ethical performance of radon measurement, radon mitigation and knowledge transfer. The NRPP is the leading certification program for radon professionals. You can learn more about them at aarst-nrpp.com.

Mary Spivey lives in Fairview and writes about science and the community. She can be reached at maryspivey03@gmail.com.

Radon in My House

When our home was under construction in 2018, our builder showed us a PVC tube extending up through the mechanical room roof labeled “radon.” He explained that the pipe was installed in case we needed it in the future. And then I forgot all about it until I began this article.



Researching radon led me to the North Carolina Radon Program website and a link to order a passive-style home test kit for \$5. It was so simple that I clicked the button, placed my order, and paid. The kit, from Air Chek in Mills River, showed up in our mailbox the next day. The instructions were easy to follow and soon my test kit was hanging from the thermostat in the basement and left to do its thing for the suggested four days. When the four days were up, I sealed the postage-paid packet and headed to the Fairview post office.

In two days I received an email from Air Chek that told me that radon levels in our home were 7.9 pCi/L, well above the recommended maximum of 4 pCi/L. After the initial shock, I had Brett Strimple of Integrity Radon Solutions come to our house to discuss the options. He took a look at our basement and because of that tube already in place, all we needed was a \$250 fan to vent the area beneath the basement. Even if we had had to install a complete system, the cost for us would be worth the peace of mind and far less expensive than the potential health costs associated with lung cancer.

Here’s a tip. The quicker the packet is returned and analyzed, the more accurate the results. To get the packet to Air Chek as fast as possible, ask the postal clerk to send it “directly” to Mills River. The postage on the packet is marked as bulk rate, which means the packet has to go through bulk processing in Greensboro before heading back up to Mills River. Asking for the “direct” option means the packet is dropped into the bin going straight to Mills River.

To receive the \$5 test kit (\$5.34 with tax), you’ll need to answer six questions and provide your email, phone number, and mailing address. Go to fairviewtowncrier.com/links to find the link to the survey.

—Mary Spivey

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Our Little Chickadee

As I looked out my kitchen window the other day, I spotted the feed-me-mama wing shake of a baby chickadee. The chick is very cute, but, as with all babies, also very demanding. It's a pleasure watching the bird babies fledge and seeing mama teach them the ways of eating.

There are seven species of chickadee found in North America: Mountain, Chestnut-backed, Gray-headed, Boreal, Mexican, Black-capped, and Carolina. Different chickadees share similar physical traits, such as dark caps and bibs with white cheeks, and females and males are similar in physical appearance. Most chickadees live in the same area throughout the year.

Chickadees have to be tough. After all, they only weigh 10–12 grams (that's less than half an ounce). We notice at our feeders that many birds, even the larger woodpeckers, shy away from our feeders if we sit close by. But chickadees are not bothered.

They're small but fast-moving and agile. Chickadees can hover for a bit with wings that beat about 27 times per second. (Compare that to a hummingbird, whose wings beat at 80 times per second). They prefer to hop rather than walk and they frequently hang upside down to pry under

bark on the bottom sides of branches.

Most chickadee species live in pairs (they are monogamous for life) or small groups and are territorial while breeding. They are cavity nesters. Chickadees took our bluebird box this spring. They will usually lay six to eight eggs that will hatch in about 12 days, and the babies will fledge in about 21 days.

Foraging Guilds

Outside of the breeding season, they will typically join mixed-species flocks. During the winter, chickadees commonly forage with tufted titmice, nuthatches, woodpeckers and brown creepers. When we see the titmice at our feeders, we know the chickadee is soon to follow. These foraging guilds have multiple benefits for all the birds. There are more eyes to see food. Other species reveal new food locations. After learning the alarm calls of other species, birds can spend less time standing guard and more time finding food.

Chickadees are one of the few perching birds that can use their feet to hold seeds while they break them open. During breeding season, they dine mostly on insects, as well as some seeds and fruits. At other times, chickadees split their diet equally between animal and vegetable

matter. In the fall, they can cache up to 1,000 seeds per day.

Chickadees feed more heavily before a storm, so easy access to food is important. Their Vitali organ (middle ear) detects barometric pressure shifts, allowing the birds to fatten up a bit before bad weather hits. In one study, winter feeder access resulted in a higher winter survival rate (69 percent) for chickadee populations vs. those without access (37 percent). I'm a big fan of keeping a feeder out all year for all birds.

During winter, chickadees can control and fluff every individual feather, creating an insulation that makes a 70-degree difference between their skin and the surrounding air.

Generally, chickadees have a poor song development, but most species have a variety of calls that are loud and frequent.



During breeding season, chickadees dine mostly on insects, as well as some seeds and fruits.

Steve Muma is co-owner of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. asheville.wbu.com

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Getting Back to a Garden for Us

It's spring and, once again, "playing in the dirt" has been moved to the top of my to-do list. Most years it's just a simple weeding and sprinkling of seeds in the bed of greens. It's a quick and easy gardening project that I can be over and done with in just a few weeks. This is what works for us since for so many years we've picked berries from June to October. We usually don't have the time or energy to devote to a traditional garden of tomatoes and peppers. In addition, after some epic fails in the early years of living on the farm, it's hard to muster the interest in something that can require so much effort and still not produce the promised gold (as in, the perfect summer tomato sandwich).

When we first started living on the farm, we planted everything—tomatoes, peppers, cabbage, potatoes, etc. You name it, we probably tried it. One year we wanted to experiment with tomatoes to see what worked best in our soil and conditions. We went shopping and came home with 72 tomato plants in about 10 different varieties. We spent days tilling the garden plot, laying out a watering system, and planting all those tomatoes. Everything was going along great until about the middle of July when the experimental water system clogged up and the rains never came. It



was one of the only years when we've lived here that a drought occurred. The tomato experiment was a bust.

Not to be defeated, the next year we planted a more modest but more diverse garden. We put in tomatoes but also several kinds of peppers and potatoes. Everything looked gorgeous and the rains had returned, so we didn't even need to worry about a watering system. I thought for sure we had a winner this time. Then one evening I returned home to find several of the neighbor's cows munching their way

through my peppers. The tomatoes had just been trampled and there were a couple of nice cow patties in the potatoes.

After running the cows out of the garden, I called the elderly neighbor to let him know where they were. He very sweetly told me that in his day, they fenced the gardens in and not the cows. (And to make it an even more Fairview story, he informed my husband as they were trekking up the mountain to herd the cows home that he'd just come home from the hospital the week before from open heart surgery!)

I was frustrated but figured at least we would have potatoes. We continued to cover the potato vines all summer long, adding layers of straw to protect them from sunlight. They looked awesome and we thanked our stars that the cows hadn't had much interest in them. Fall arrived and it was time to dig our potatoes. As we pulled the straw and dug up the first few potatoes, my heart started to sink. And it got worse the lower we dug. We'd had a mole in the potato patch and nearly every potato had a hole straight through it. I vowed never to plant a garden again.

This year looks a little different. Since we stopped growing raspberries and the blackberries are adjusting to being moved into the locust orchard, we decided we

might just be able to handle a traditional garden around blueberry season. Walter pruned blueberries for a very nice lady this winter, and she grew us a bunch of vegetable starts in trade. I have cleared away the last of the winter cover crop and weeded out some spots. We have 20 tomato starts of various varieties, a few squash (the boys boycott anything related to squash), a few cucumbers, a half-dozen peppers of different kinds, and a couple of eggplants. (If anyone knows anything about growing—or eating—eggplants, please let me know. I've never tried to grow them, and I had never eaten one until we started doing tailgate markets. Send any suggestions to copy@fairviewtowncrier.com and they will be forwarded to me.)

So far, I have managed to plant about half the tomatoes and keep the other starts reasonably watered. I'm hoping for a little rain to make the weeding and digging a little easier, but if it doesn't happen soon, I'm going to have to bite the bullet and actually do some manual labor. It's not so easy now that I'm 20 years older than last time. Wish me luck—and a lack of cows and moles.

Wendy Harrill is co-owner of Imladris Farm, a sustainable supplier of jams, jellies, and preserves made from locally sourced fruit. Imladrisfarm.com

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Stumbling on Surprises in the Dark

Last year, Southern Appalachian Highlands Conservancy (SAHC) Roan Seasonal Ecologist Travis Bordley hiked out to enjoy a day at Catawba Falls, snapping photos of the scenic forest, foliage, and water features along the way. An award-winning young photographer with aspirations of going professional, Travis set out with a friend to view the raging falls, as the cascades swelled with water from a series of recent torrential rains.

"I had never seen Catawba Falls running so fast," said Travis. "We got particularly soaked by the rain on this hike."

Despite staying damp throughout the day, Travis and his friend savored the beautiful environs and natural treasures of the area, setting back on a return trip as dusk neared.

Then things got strange.

Bioluminescence

Hiking a part of the way back in the dark, Travis spotted something unexpected. The trail looked quite a bit different than it had earlier in the day, as glowing clusters of bioluminescent mushrooms lit the area. Bioluminescence, the emission of visible light by living organisms, is a phenomenon perhaps more commonly associated with fireflies in Western North Carolina. The faint green glow of phosphorescent fungi gave the forest an eerie, ethereal atmosphere.

Travis wondered whether he had plopped into the Twilight Zone or the Upside Down. He snapped a few more pictures and later set about investigating the strange phenomena.

"I couldn't believe my eyes," he said. "I had heard of bioluminescence before but never thought I would see mushrooms lighting my path in the dark here in WNC. I never would have seen them if I had been using my headlamp. When I looked at them with the headlamp, I was surprised by how ordinary the

mushrooms appeared. I must have walked past this species numerous times before, never knowing what surprises it held at night."

Foxfire

Worldwide, over 100,000 species of fungi have been described by scientists; and bioluminescent fungi make up less than 100 of these. The term "foxfire" has been used to describe the greenish glow of bioluminescent fungi found in decaying wood.

Here are a few species you may encounter in our region:

Armillaria mellea

"Honey mushroom" is very common in moist environments. Growing on dead wood or living plants, its black, root-like strands, called rhizomorphs, produce the "foxfire" glow. It is mildly toxic when raw but edible if thoroughly cooked.

Panellus stipticus

"Bitter oyster" may be one of the easiest bioluminescent species to spot. These small, flat, fan-like mushrooms can be found along branches, in clusters or spread out, and tend to be one of the brightest-glowing fungi.

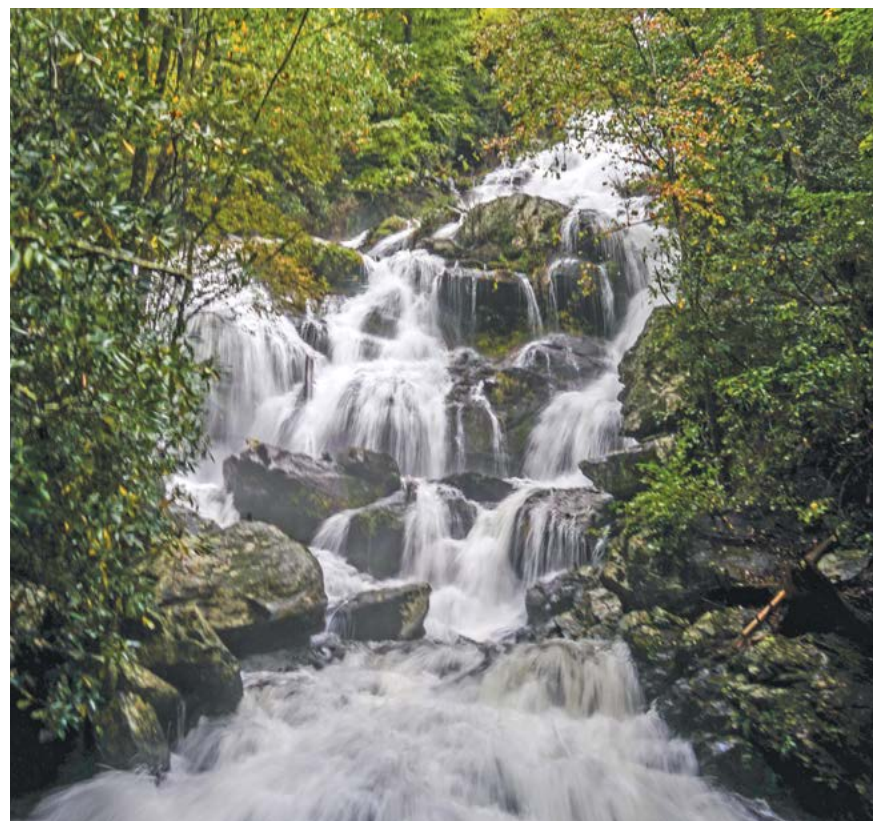
Omphalotus illudens

The "Jack O'Lantern" is a bright-orange mushroom commonly found in the Eastern US from late June through fall, growing in clusters at the base of hardwood trees, on decaying stumps, or from decaying underground roots. Not all specimens glow in the dark. It is poisonous (although not usually fatal), and sometimes unfortunately misidentified as edible chanterelles.

Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253.0095 ext. 200, sahc@appalachian.org. Visit Appalachian.org



Above, the bioluminescent mushrooms in the light. A picture of the same spot in the dark won't reproduce well in our paper. You can see the image online, though, at fairviewtowncrier.com/links. Below, a view of Catawba Falls.



The location of Catawba Falls in relation to Fairview.

SAHC June Jamboree, Saturday, June 15

Join SAHC for a free, educational and recreational group hike in the Highlands of Roan on June 15. This series of eight hikes is coordinated to give folks from all walks of life a taste of the splendor of the Roan, followed by an afternoon social at the Big Rock Creek Preserve. Friends and families are welcome. Below is a list of the hikes available on the 15th.

- 1 **Highlands of OM:** Yoga on the Roan
- 2 **Roll and Stroll** at the Rhododendron Garden
- 3 **Roan and Groan:** Hump Mountain to Carvers Gap
- 4 **Botanical Exploration of the Roan**
- 5 **Sustainable Homestead Farm Tour**
- 6 **Explore Big Rock Creek Preserve**
- 7 & 8 **Carvers Gap to Grassy Ridge** (two hikes)

Hike departure times vary.

For detailed hike descriptions and registration info (free for all, but pre-registration is required), visit Appalachian.org.

Exercise and Weight Loss: A Misunderstood Relationship

We are often told that weight loss is simple, that we simply need to eat less and move more, that calories in equal calories out. There is, however, a major problem with this concept; our bodies are much more complicated than a simple equation.

The benefits of increased activity aren't as clear cut as what we have come to believe. In actuality, exercise should be viewed as a wellness tool rather than a weight loss tool for many reasons.

First, exercise is primarily an appetite stimulator. We, most often, overeat what we expend during exercise due to our increased hunger and overzealous estimation of how many calories we have actually burned. It takes 350 miles of running or 1,000 miles of cycling to burn off 10 pounds of body fat. And these calculations assume your appetite doesn't increase as a result.

Second, not all people are exercise responders. Here, genetics come into play; for some, exercise and weight loss — or at least weight maintenance — is a favorable and exciting outcome, while others experience no such thing and quite the opposite, with increases in body fat and ravenous hunger. Did you know that training can increase aerobic power by at most 10 to 20 percent, whereas your genetics influence your fitness abilities by 50 percent?



Third, when heavy people exercise regularly their resting metabolism actually slows down. Four tightly controlled human studies examined what happened when individuals participated in "heavier exercise." Instead of losing the expected 10 pounds, they lost seven on average, and some people lost as little as two to three pounds. This unexpectedly low weight-loss outcome was attributed to the associated decrease in metabolism.

If you happen to be overweight or obese, you most likely lack the energy and desire to exercise per our current physical

activity guidelines. For most of us, the recommendations are overwhelming and/or the increased exercise is not providing us with the health benefits we expect. Instead, we experience injuries such as overuse foot, ankle, knee, and back pain. If we depend upon exercise for weight loss or weight loss maintenance and an injury rears its ugly head, we are completely out of luck and the fat piles on.

If you find yourself engaging in chore-like exercise (particularly cardio-based) with no weight loss results, take a step back. Focus on losing excess fat first by

When heavy people exercise regularly their resting metabolism actually slows down, often resulting in minimal weight loss.

overhauling your nutrition and shifting your metabolism. When you gain the energy and desire to become more fit, do it for the fun and enjoyment. Remember, we should move because it makes us feel good; exercise is meant to relieve stress, not provoke it.

Ashley Lucas, who lives in Fletcher, has a PH.D. in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville Road, Suite 170, Asheville. 552-3333 or myphdweightloss.com

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Locals Win Mission Scholarships



Mission Health awarded 21 scholarship totaling \$50,000 to minority high school seniors and college students from WNC who are pursuing careers in healthcare. The scholarship is named in honor of Kesha Young, a 22-year-old, bi-racial woman who was born with mental and physical disabilities and underwent multiple surgeries at Mission. She died just months before she was scheduled to earn her high school diploma. Despite being in constant pain and confined to a wheelchair, Kesha was described by her adoptive parents as embodying the characteristics

that are vital to how healthcare team members engage with patients, families and visitors, with a strong spirit, warm smile, and positive encouragement. The scholarships help with tuition, books and expenses. In addition, members of the Mission Health team serve as mentors to the students as they embark on their careers. Among the winners were Michelle Lanza (first on left) and Jayda Hart (sixth from left), who both attended A.C. Reynolds High School, and Megan Farlow (fourth from left) from Fletcher.

Free Medicare Info Classes


The Council on Aging of Buncombe County in conjunction with the N.C. Department of Insurance's Seniors' Health Insurance Information Program (SHIIP) will offer free, informational classes about Medicare in June and July. The class, "Introduction to Medicare—Understanding the Puzzle," will explain how Medicare works, the enrollment process, how to avoid penalties, and ways to save money. Residents who are new to Medicare, caregivers, and others who help senior citizens with their Medicare insurance should consider attending this informative class. The information presented is unbiased and accurate. No products are sold, recommended, or endorsed.

To register, visit the Council on Aging of Buncombe County's website (www.coabc.org) or call the Council on Aging at 828-277-8288. The classes listed below are free and open to the public.


June 10, 2–4 pm, Black Mountain Library, 105 Dougherty Street, Black Mountain
June 21, 2–4 pm, Goodwill Training Center, 1616 Patton Avenue, Asheville
June 25, 6–8 pm, South Buncombe/Skyland Library, 260 Overlook Road, Asheville
July 19, 2–4 pm, Goodwill Training Center, 1616 Patton Avenue, Asheville
July 23, 2–4 pm, Weaverville Public Library, 41 North Main Street, Weaverville



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Spring Mountain CC Offerings



Low-Cost Rabies Vaccines

June 22, 1-4 pm.

Keeping your pets current on vaccinations is essential for their health and helps prevent deadly disease and high veterinary bills. An annual wellness visit with your veterinarian is still recommended even if you attend a clinic for vaccines.

You will be given documentation for the rabies vaccine, and you are responsible for keeping this documentation for your future use.

All payments are cash only.

Clinic will be run by Appalachian Animal Hospital. If you have questions, call 658-8989.

Vaccinations available and costs as follow:

- Rabies, one year (dogs or cats over months), \$10
- Rabies, three years (dogs or cats with rabies paper certificate), \$10. Rabies tags are not accepted as proof of rabies vaccination

- Bordetella, kennel cough (dogs over 2 months, \$15
- DA2PPV (dogs 6 to 12 weeks or under 25 pounds), \$15
- DA2PPV + Lepto (dogs 12 weeks or older and over 25 pounds), \$15
- FVRCP/FELV, Rhinotracheitis, Calici, Panleukopenia and Leukemia, (cats over 2 months), \$20
- FVRCP (cats over 2 months), \$15
- FELV (cats over 2 months), \$15
- Microchip (dogs or cats over 2 months), \$15

Learn How to Make Salsa

June 24, 6-8 pm

The NC Cooperative Extension will conduct a hands-on class about making your own quality salsa.

Participants will learn the art of making salsa, which will be preserved using a water bath canning method. This class offers a hands-on experience using food preservation techniques. The class will discuss general preservation procedures, safety guidelines, and regulations for making salsa. Be sure to bring a box to carry your hot jars home.

Cost is \$10, cash only. Ingredients and jars provided. For information and reservations, call Maria Horton at 778-0279.

Spring Mountain Community Center is located at 807 Old Fort Road, Fairview

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June 17-21 Monday to Friday, 6:00 pm (dinner), then 6:30-8:30 pm

Classes available from preschool to adult. See ad on page 12.

Fairview Baptist Church 32 Church Road, Fairview

fbc1806.org

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June 28-29 Friday, 6-8 pm; Saturday, 9 am-2:30 pm

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July 8-12 Monday to Friday, 9 am-12:15 pm

Children 3 years to 5th grade. See ad on page 18.

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July 28-August 2, Sunday to Friday, 6-8:30 pm

The church welcomes pre-K to 5th grade. See ad on page 11.

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FES First Graders Donate the Most

The annual food drive competition at Fairview Elementary School was held from April 22 to 26. Food for Fairview is grateful all who participated, students, parents, teachers, school staff, Dr. Angie Jackson, and our own volunteers of Food for Fairview. Every donation will help to feed your neighbors who might have fallen on hard times.

The numbers by day per class are displayed below, along with the total donated throughout the week.

TOTALS DONATED BY GRADE

| | |
|--------------|------------|
| Kindergarten | 125 |
| 1st | 199 |
| 2nd | 162 |
| 3rd | 125 |
| 4th | 106 |
| 5th | 53 |
| Total | 770 |

The winning class, the first graders, received a pizza party from Sky Mountain Pizza at the school. This class also won last year as kindergarteners.

The FES food drive is our biggest food drive of the year. Next school year the drive will be held earlier in the school year, September 30 to October 4, when it

is usually more successful. You will hear more about the event as it gets closer.

The pantry is currently looking for an assistant manager. The job description calls for 10 to 15 hours per week, and we're looking for someone who wants to be active in the pantry and has some computer skills. If you are interested, contact the pantry Monday afternoons (when it's open) to speak to the pantry manager. You can also contact the pantry by email at food4fairview@gmail.com or leave a message by phone at 628-4322.

Jeff Cole is the Executive Director of Food For Fairview, which is a tax-exempt 501(c)(3) Corporation. For more information, please call 628-4322 or go to foodforfairview.org.

How You Can Help

Donation of food is always appreciated. The food should be non-perishable canned goods and food staples in good condition within the expiration date. Produce from local gardens, diapers, paper products, and hygiene items are welcome. You can drop off items at Americare Pharmacy, 1185 Charlotte Highway, from 8 am–6 pm Monday to Friday.

How to Survive the End of Windows 7

On January 14, 2020, security updates will end for Windows 7. If you are still using this system, there are many questions to consider. How much will it cost to update to Windows 10? How old is your computer? Do you still need Windows, or are you thinking of switching to tablets, phones, Chromebooks or Macs?

Your computer will not suddenly die in January. You could hope that your antivirus and security software will continue to update, likely for another year, and that your web browser also stays up to date (which is more likely if you are using Chrome or Firefox.) The retail version of Windows 10 Home costs \$140. If your computer is over five years old, you might do better to buy a new one. Or, alternatively, you could decide a tablet would meet your basic web and email needs and choose to switch to something simpler.

Private web browser mode, such as "Incognito" and "Private Windows," seems to keep your surfing private from advertisers and marketers. But all it really does is reduce the amount of information stored on your computer about where you have visited online. If you use two or more different browsers, like Chrome, Firefox and Edge, you can dedicate one to random information searching, another to financial sites, and a third for Facebook or Gmail.

Fear is the best tool a phone support scammer can use to get your money. The best defense is to hang up, even if you think they are speaking the truth. Scammers will insist that others don't know anything or that you can't call the police if you value your computer or privacy. If you can break away from that call, you may find your common sense kicking back.

Use Facebook Friends Lists to limit who sees you online, as well as to let you filter the content you share, create custom news feeds, and easily invite groups of relevant people to events. First, make different lists of some or all of your friends. Make sure you think of the different groups you want to share different information with and those you don't want to see your activity. After logging in to Facebook, look on the left column for Friends Lists and make a custom list; then you can use that to change Facebook Chat. Open the chat window in the right-hand column of Facebook, click the settings icon (a gear) where you can turn off active status, and pick "Turn off active status for only some contacts..." Then pick the list of those you don't want to see you.



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New Team Member Certification, Unmet Needs, and a Successful Fundraiser

The department has many shining stars, but one in particular needs some special attention this month. It is a young woman who was featured on the front cover of the most recent A-B Tech course catalog. Congratulations to Riley Zavos, who is our newest Advanced EMT (AEMT). She successfully completed the NCAEMT classes and received her AEMT Certification in late January 2019. In order for her to function as a NC AEMT, she was required to appear in front of a panel of medical professionals and demonstrate her proficiency and knowledge in different scenarios. We are fortunate to have her on our dedicated staff.

If Chief Jones's article last month seemed familiar, it's because it was. The *Crier* published it last year, and Chief Jones resubmitted it, with some alterations, because the department's needs have not changed. The department received a one-cent increase for the past year. With that money some staff received pay increases. The department is still not fully staffed, equipment isn't getting any younger, the building is still in need of repairs, and there are staff that do not receive state-average wages. The department will go back and ask for a three-cent increase, with all of the money being designated to the salaries of the staff and the replacement of equipment. You may have heard rumors



that a new sub-station is being built, but this is not the case. In a perfect world there would be one closer to South Cliff, but taking care of the three stations across this vast landscape of Fairview is the department's top priority.

The barbeque fundraiser held with Smokey and The Pig BBQ last month was a great success. Those who came enjoyed great food, great fellowship, and a dunking booth. Sponsors for the event were Steam Master Carpet Cleaning, Alpha Storage,



Riley Zavos is the department's newest Advanced EMT, and she was also featured on the cover of the most recent A-B Tech catalog.

Wood Tech Enterprises, Blue Ridge Energy Systems, The Garden Spot, First Citizen Bank, A & B Pools and More, Fairview Door Sales, Spivey Carp Lake, Blacksmith Landscaping, Jeff Sales Trucking, and Fairview Service Center. Tim and Becky Brewer also took time away from their own business to support the event.

On the third Monday of each month, the Board of Directors holds their meeting at the main station (1586 Charlotte Highway, Fairview) at 7 pm. Anyone

that is a tax-paying citizen of Fairview is welcome to attend. The board is made up of community members who are voted in by the citizens of the community. Further information about the fire department can be found at fairviewfire.com. You can also follow the department on Facebook. Search for "Fairview VFD (Buncombe County)."

Robin Ramsey is the Treasurer of the Support Unit Group of the Fairview Volunteer Fire Department.



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SERVICE SCHEDULE

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

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Sunday Worship 11 am
Evening Life Groups & SPK Kids 6 pm

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A.M.P. Ministry 6:15 pm
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Wednesday Night Worship 7 pm

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Wednesday Evening – 7:00 PM

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Rev. Stacey Harris, Senior Pastor

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FAAL Seeks Art Show Vendors, New Members

The Fairview Area Art League (FAAL) is accepting applications for the second annual "FAAL" for Art Show on September 21. Applications can be found on the Fairview Area Art League Facebook or you can email FAArtleague@gmail.com.



Looking to Join?

FAAL also is seeking new members who are interested in the arts in Fairview and beyond. The mission of the league is to create opportunities to nurture, support, and showcase the talents of local artists, provide educational opportunities for new artists and to contribute to community education about the arts. Annual membership fees are \$25. Meetings are held monthly at the Fairview Library at 10 am the second Monday of the month. The next meeting will be June 10. For more information contact us at FAArtleague@gmail.com or see our Facebook page for member applications at facebook.com/fairviewart.



That Voodoo That You Do

Gary Swinea was on the Gardens of Fairview Tour two years running with his incredible garden. He has a rare Voodoo Lily that only blooms once a year with one massive, stinky bloom. He announced the bloom's "birth" recently and invited friends to tour the garden and see his "baby." Those who took his suggestion to smell it were greeted with a putrid, half-manure/half-decomposed roadkill stink. The voodoo was working!

ON THE ROAD

Nancy Rhodes took time out from touring the beautiful Keukenhof bulb garden in the Netherlands to read the *Town Crier*. Open only two months of the year, the garden is famous for its huge display of tulips and daffodils.



BJ Winchester (left) and the *Crier's* labeling coordinator Patti Parr

Project Linus Appreciation Tea

The WNC chapter of Project Linus held their annual appreciation tea on April 24 at the Lutheran Church of the Nativity. This event honors all who have created and donated blankets to help traumatized children in the past 12 months. The chapter has now donated a total of 71,591 blankets in 12 counties of WNC.

The 128 attendees enjoyed a program that included speeches by Lynn Vory, the founder of Books for Good in Fletcher, and Elizabeth Moss, the executive director of Interfaith Ministries in Hendersonville. Handmade items and quilt kits were for sale, and there was a drawing to win handmade quilts. Free fabric and batting was available, as well as many goodies and party favors.

For more information, contact Ellen Knoefel 645-8800 or Pat Crawford 883-8746 (Transylvania County).

GRADUATION



Aliyah Madison Morrow, Class of 2019

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|-------------------|-------|
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| Worship | 10:45 |
| Evening Worship | 6:00 |
| Wednesday Evening | 7:00 |

Is Your "Digital Estate" in Order?

If you spend a lot of time on the internet, you're not just shopping or being entertained, or following the news or participating in an online community. You're probably also dealing with accounts and information that eventually can become part of your digital "estate." And if this estate isn't properly looked after, it can lead to confusion and conflict among your survivors, as well as an opportunity for hackers to try to get at whatever resources they can touch.

If you haven't stopped to think about it, you might be surprised at the number of assets that could become part of your digital estate. You may have financial accounts (banking, brokerage and bill-paying); virtual property accounts (air miles, "points" for hotel bookings); business accounts (eBay, Amazon, Etsy); e-mail accounts (Gmail, Outlook, Yahoo); social networking accounts (Facebook, Twitter, Instagram); online storage accounts (Google Drive, iCloud, Dropbox); and application accounts (Netflix, Kindle, Apple).

Given all these areas, how can you protect and preserve your digital estate? Here are a few suggestions:

- Create a detailed inventory of digital assets. Following the categories listed above, draw up a list of all your digital assets.
- Document your wishes for how you want

your digital assets managed. If you don't specify how you want your digital assets managed upon your death or incapacitation, you might be opening the door to lengthy legal battles over access to these assets. In a worst-case scenario, your heirs and beneficiaries might never get the assets you had intended for them.

- Name a digital executor in your last will and testament. A digital executor can accomplish a variety of tasks related to your digital estate, such as transferring online assets to your heirs; closing accounts you don't want transferred; managing personal materials by archiving or deleting files, photographs, videos and other content you have created; and, finally, informing online communities of your passing. When choosing a digital executor, you'll want someone you can trust, of course, but you'll also want to make sure that person is skilled enough in technology to search your computer properly and navigate the internet and multiple websites. Not all states recognize a digital executor, so you may want to consult with a legal professional to learn about the laws governing digital estate planning in your state. Also, even if you have a digital executor, online platforms enforce their own rules about who can or can't access a deceased person's accounts. If you are

concerned about this, you may want to contact the customer service areas from these types of providers—Google, PayPal, Facebook, etc.—to learn their policies.

- Review your plans. Review your digital estate plans on a regular basis, just as you do with your physical/tangible estate plans. The digital world is a fast-moving one, so you'll need to stay current with changes.

In some ways, managing a digital estate can be more challenging than dealing

with a physical estate. But by following the above suggestions, you can help reduce any "cyber-angst" your loved ones may feel when it's time to deal with the digital presence you've left behind.



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.

APRIL FAIRVIEW REAL ESTATE STATISTICS

| | | Max \$ | Lowest \$ | Average \$ |
|--------------|----|------------|-----------|------------|
| Homes Listed | 33 | 2,995,000 | 115,000 | 758,067 |
| Homes Sold | 28 | 695,000 | 85,000 | 417,397 |
| Land Listed | 15 | 650,000 | 39,900 | 162,440 |
| Land Sold | 6 | 15,286,000 | 25,000 | 2,604,667 |

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.

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Budget Battles Loom in Raleigh

How would you spend North Carolina's \$25 billion in revenue? Back in March, Governor Cooper released his budget to answer that question. On May 1, the North Carolina House passed out its budget (HB 966), which then went to the Senate. When that body puts forth its priorities, the fun will begin. In epic battles in the past, it has been the Senate vs. the House. This year, the governor has clout because he can veto HB 966 and there are enough Democrats to sustain that veto. So it will be a three-way smackdown that ideally would be resolved by July 1 (the start of the next budget cycle) but it could be a long, hot summer.

First of all, you might be interested to know where that \$25 billion comes from. For fiscal year 2019–2020 (July 1 to June 30), the projected revenue stream is led by the personal income tax. (Thanks to all the cheerful taxpayers, and the grouchy ones, too.) You have kicked in over half of the revenue, coming in at \$12,891,800,000. Sales (and use) taxes are a close second at \$8,155,600,000. The remainder income streams are smaller, and include corporate income (\$687 million), franchise taxes on businesses (\$685.8 million), insurance (\$602.4 million), alcoholic beverage sales (\$400.6 million), tobacco sales (\$260.1 million) and other (\$130.4 million). There are also some non-tax revenues that include judicial fees (\$232.9 million), investment income (\$183 million), and

several other categories.

Moving to the payout categories, North Carolina spends over half of its money on public education. The House budget would appropriate almost \$1.2 billion for our community college system, \$3.2 billion for our universities and almost \$10 billion for our public schools. After education, health and human services is budgeted for over \$5.5 billion, with about \$4 billion for Medicaid. Justice and public safety comes in at \$2.9 billion and includes the court system, highway patrol, the prison system, and more.

I serve on the so-called AGNER appropriations committee, which is a hodgepodge of the following state agencies: Agriculture, \$128 million; Commerce, \$146 million; Environmental Quality, \$81 million; Labor (and elevators), \$18.4 million; Natural and Cultural Resources (parks, museums, etc.), \$195 million; and finally Wildlife (hunting and fishing), \$11.2 million.

Better Focus

After years of information technology fiascos, we have created a department to focus resources for better success (funded in the House budget at \$57 million). State government must manage complex information systems (think of the Department of Revenue) and worry increasingly about cybersecurity. Finally, it costs \$434.8 million to run your state government, including almost \$71 million to fund your

General Assembly, which includes my annual salary of \$13,000 plus mileage and a per diem for room and board.

But, wait a minute, you might ask—what about transportation, as in highways, airports, trains, ferries and buses? Curiously, the transportation budget is not part of the \$25 billion general fund, but it is supported by taxes and fees, nonetheless. In 2019, the state motor fuel tax on each gallon of gas you buy is 36.2 cents, and that generates 54 percent of the transportation budget. DMV fees (license tags) are about 25 percent, and the remainder (21 percent) comes from the “Highway use tax on title transfers.” This money is funneled into two state funds: the Highway Fund, which concentrates on existing infrastructure, and the Highway Trust Fund, which supports new projects. The Highway Fund also handles Powell Bill money that goes to municipalities for their road, bike, and pedestrian projects. Federal dollars (more gas taxes and truck fees) come to the state as well, generally covering about a quarter of the state transportation budget, which is usually about \$5 billion a year.

Finally, last year North Carolina passed a transportation bond, Build NC, that authorizes the state to borrow up to \$300 million a year for 10 years (\$1 billion total). North Carolina has the second most state highway miles in the US, after Texas. We do not have county roads like other states. There have been multiple efforts to build infrastructure

to spur our economy, and we like to be known as the “Good Roads state.” With increasingly fuel-efficient cars, hybrids, and electric cars, the gas tax is no longer able to keep up with the capital needs of our state, and a new, innovative model may need to be implemented in the near future.

I hope all of the numbers didn't run you off. It is \$30 billion of your money, so I thought you ought to know. The major bone of contention in the budget negotiations is likely to be Medicaid Expansion, which will bring in federal dollars to insure low-income citizens. The governor has staked out this policy as a primary goal, and it's unlikely he'll sign a budget without it. State workers, teachers, and retirees are also unhappy with the budget. Stay tuned as the battle in Raleigh gets underway.

On a final note, I serve with Rep. Ray Russell, of Ray's Weather (raysweather.com). When I drove him down to Raleigh, he mentioned his desire to have a weather station in Fairview, and plans are moving forward for a joint project between the *Town Crier* and Hickory Nut Gap Farm.

Thank you all for your interest and support, and do not hesitate to contact me.



Rep. John Ager, District 115
North Carolina House of
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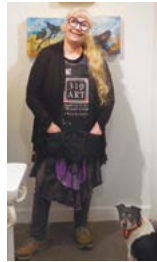
It's for sale but there is a catch... it's attached to the storage building on Charlotte Highway just down from Fairview Grocery. We didn't ask owner John Buck directly but we suspect it was his clever way of calling attention to an old Fairview landmark—the 1,600-square-foot storage building and loft was built in 1934 and was the original Fairview Feed store.

The newest **Dollar General** has opened on the corner of Cane Creek Road and Charlotte Highway. Store manager **Rhonda Reese** knows a lot of her customers already since she graduated from A.C. Reynolds High, studied business at A.B. Tech and also worked at Tractor Supply Co. She's enthusiastically welcoming old friends and new to enjoy the wide selection of items in the new store. Dollar General is open seven days a week.



Happy 10th Anniversary to **Fleta Monaghan's 310 ART** school and gallery located at 191 Lyman Street in River-

view Station. Fleta opened the original one-room school in 2006 and three years later, she expanded to include a fine art gallery exhibiting local artists. The celebration took place over Memorial Day weekend and included demos in watercolor monotypes, painting with beer, painting on wax, cold wax and encaustic. Workshops are held throughout the year. Find information at 310ART.com or go in person on the RAD's second Saturday, June 8, when there's a free trolley to take you studio to studio. Congratulations, Fleta!



Welcome **Piano Lab**, a music school offering instruction to all, from pre-schoolers to adults. Piano Lab has opened its fourth location at 3086 Cane Creek Road in Fairview, just down from Steam Masters Carpet Cleaners. The school is open Monday to Saturday

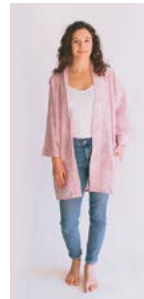


to accommodate all schedules. Concert pianist and former professor

Kimberly Cann founded Piano Lab Studios in 2010. It is her belief that "everyone has innate musical ability within them, waiting to be unlocked." For more information visit pianolabasheville.com or call 273-5420.



Folkwear, the 40-year-old sewing pattern company of historic and international folk clothing, opened at 1185 Charlotte Highway (the old Hub space) last month. Owner **Molly Hamilton** invites the community to an open house on Friday, June 7 from 4-6 pm to see the new space, view the hundreds of historic and international garment samples, and shop for patterns, fabric, and clothing. On June 8 at 11 am and 3 pm,



there will be short lectures on the historic garments. Molly said she is "very excited to be in a new space where we can welcome our customers, and continue to design, create, and ship our patterns and clothing. We are looking forward to this new step." The shop will be open from 9 am-3 pm weekdays, and from 10 am-1 pm on Saturdays. Do you recognize these models?



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by Candice Yount

The Fairview Business Association began years ago as a group of business owners who had a vision to support each other in common concerns, challenges, and opportunities facing the small business owner in our community. By focusing on networking and community integration, the FBA found its role as a dynamic local resource.

New Members!

- Ronnie and Candi Yount of *Rustic Mountain Getaways*
- Richard Brown of *Higher Ground Pediatrics*
- Dana Irwin of *Dana Irwin Design*

May Meeting Recap

We had a spectacular visit to Sunrise Sawmill in May. Don and Michelle Shuford gave us a tour of the sawmill, complete with an up-close demonstration of exactly how wood goes from a massive trunk to stacked lumber. We then crossed the road and sat in the lovely patio of their rental cottage, Sunset Hollow, a Shuford family homestead fully restored with wood from their mill. (See photos, below.)

June Member Meeting

Our next meeting, on Thursday, June 6 at

6 pm, will be hosted by Phil, Bonnie and son Philip Troyer of Troyer's Country Amish Blatz, at 14 Bonn E Lane in Fairview. A lot has happened at Troyer's since they opened their doors 13 years ago as a community store, offering bulk food, deli lunch meat, canned and specialty items, gifts and baked goods from their on-site bakery. Besides the high-quality, hand-built Amish furniture on display for purchase or special order, there are now three shabby-chic studio apartments available for weekend or week-long rental. And now there is a venue for parties, receptions, and events in their newly constructed pavilion, which can seat up to 100 guests. Bring your business cards and plan to be part of this enjoyable evening as we peruse the gardens and new buildings at Troyer's.

Meeting Reminders

Bring news about your business, and everyone will have a minute to share. Wear your name tag, please. Networking is of prime importance. There will be time for this after the business meeting.

FBA is committed to supporting our community. Visit fairviewbusiness.com to learn more about the FBA, how to become a member, and pay your dues.



FBA members enjoyed a tour of Sunset Hollow (left) and Sunrise Sawmill (below).



KEEP IT LOCAL with FBA Members

Accounting | Bookkeeping

Bob Williamson CPA.....338-0314

Architecture

Rueger Riley.....407-0437

Artists | Artisans

Dana Irwin Design.....712-0013

Mountain Glass Werk.....424-1077

Serengeti Studio.....280-8270

Auto/Truck Sales

High Country Truck & Van.....222-2308

Building & Maintenance Services

AA Diamond Tile.....450-3900

All Seasons Heating & AC.....651-9998

Cane Creek Concrete.....230-3022

Daylight Asheville.....778-0279

Wood Tech Enterprises (tooling).....628-4414

Business Services

The Rising Workplace (Ergonomics).....214-7827

Solo North Consulting.....619-0348

Cleaning Services

Rainbow International.....333-6996

Steam Master Carpet & Upholstery.....628-9495

Computer Services

MacWorks.....777-8639

Scobie.Net.....628-2354

Contractors | Builders

Bostic Builders.....606-6122

Cool Mountain Construction.....778-2742

Moose Ridge Design/Construction.....777-6466

Dance Lessons | Events

Dance For Life.....505-1678

Education | Instruction

Advanced Education

Tutoring.....628-2232

Fairview Preschool.....338-2073

Mighty Oaks Montessori.....338-0264

Emporium | Flea Market | Gift Shop

Cane Creek Mercantile.....222-2454

New Moon Marketplace.....222-2289

Vintage Variety.....290-0923

Equipment Rental & Repair Svcs

Carolina Equipment Rental.....628-3004

Ed's Small Engine Repair.....778-0496

Event Venues

Peaceful Hollow Venue.....777-7094

Financial Services

Edward Jones (Leslie Apple).....505-0490

Edward Jones (Stephen Herbert).....628-1546

Flooring, Retail and Commercial

CC Flooring.....712-1671

Framing Services

Frame It Asheville.....808-0923

House Rentals-Short Term/Vacation

Bearwallow Cottage.....712-2651

Cloud 9 Relaxation Home.....628-1758

Rustic Mountain Getaways.....450-2324

Sunset Hollow.....768-0120

The Cove at Fairview.....628-4967

Insurance

Financially Complete.....230-8168

Gloria Berlin Agency/ Allstate.....298-2483

Prime Time Solutions.....628-3889

Stovall Financial Group.....275-3608

Tammy Murphy Agency.....299-4522

Butch Greene Hemlock.....338-9125

Landscaping | Excavating | Nurseries

Asheville Stone.....628-ROCK

Fairview Landscaping.....628-4080

Markets | Farm Stores | CSAs

Cane Creek Asparagus.....628-1601

Flying Cloud Farm.....768-3348

Hickory Nut Gap Farm.....628-1027

Trout Lily Market.....628-0402

Medical Services

Apex Brain Center.....681-0350

AVORA Health.....505-2664

Carolina Mobile (Optician).....779-2891

Fairview Chiropractic Center.....628-7800

Fletcher's Fairview Health Care.....628-2800

Higher Ground Pediatric.....551-5602

Southeastern Physical Therapy.....338-0707

Mortgages

Brand Mortgage.....707-1898

Newspaper

Fairview Town Crier.....628-2211

Nonprofits

Food for Fairview.....628-4322

The Lord's Acre.....628-3688

Yesod Farm+Kitchen.....704-649-8080

Organizing

Grand Solutions.....516-238-6979

Pet Services & Supplies

Barn & Home Pet Sitting.....280-0056

Elena the Groomer.....628-4375

Fairview Kennels.....628-1997

Pharmacy

Americare Pharmacy.....628-3121

Photography

Crunch Media.....384-2330

Highlander Unmanned Drone.....777-0719

Love in Color.....301-5330

Real Estate Sales

Allen Helmick.....329-8400

Cool Mountain Realty.....628-3088

Lynelle Flowers (Exit Realty).....337-3077

Greybeard Realty.....778-2630

Justin Purnell (Nest Realty).....551-3542

Restaurants | Breweries | Distilleries

Brewskies.....628-9198

Whistle Hop Brewery.....231-5903

Saw Mills

Sunrise Sawmill.....277-0120

Solar Systems

Sugar Hollow Solar.....776-9161

Tree Services

B & B Tree Service.....778-1987

Tattoo Parlors

Touch of Grey.....778-2742

Veterinarians

Cane Creek Animal Clinic.....628-9908

Fairview Animal Hospital.....628-3557

Women's Resale Clothing Store

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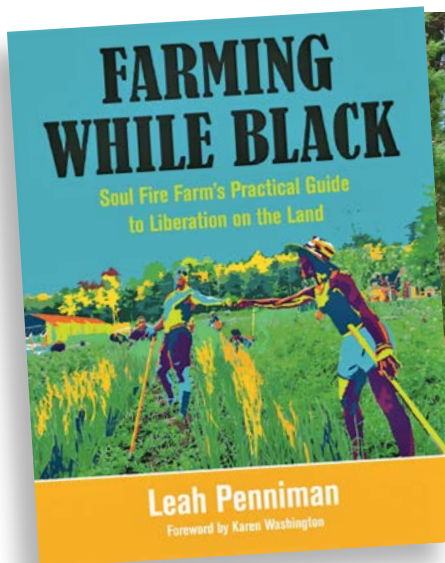
On April 28, Leah Penniman, of Soul Fire Farm, spoke at the Mother Earth News Fair at the WNC Ag Center. As Leah began her workshop, she said that when she first went to fairs like these, she was not seeing herself represented in the communities and the leadership. She set out to change that.

Leah described the troubled relationship Black folks have with the land because of their history of trauma and injustice. She said she heard her ancestors calling her and revealing to her that the land didn't do that, people did. Her ancestors were calling her to remembrance, pulling her to the soil through her feet, to "build upon the legacy of the remembrance."

"A people without a knowledge of their past history, origins, and culture is like a tree without roots," she said. So, on her path, she planted roots and, among many endeavors, started Soul Fire Farm in Grafton, NY.

Training the Next Generation

"Soul Fire Farm is a BIPOC-centered community farm committed to ending racism and injustice in the food system. [BIPOC stands for Black, Indigenous and People of Color.] We raise and distribute life-giving food as a means to end food apartheid. With deep reverence for the land and wisdom of our ancestors, we work to



Leah Penniman

reclaim our collective right to belong to the earth and to have agency in the food system. We bring diverse communities together on this healing land to share skills on sustainable agriculture, natural building, spiritual activism, health, and environmental justice. We are training the next generation of activist-farmers and strengthening the movements for food sovereignty and community self-determination."

Those Who Came Before

Throughout her talk, Leah mentioned pioneers, inventors, and trailblazers for

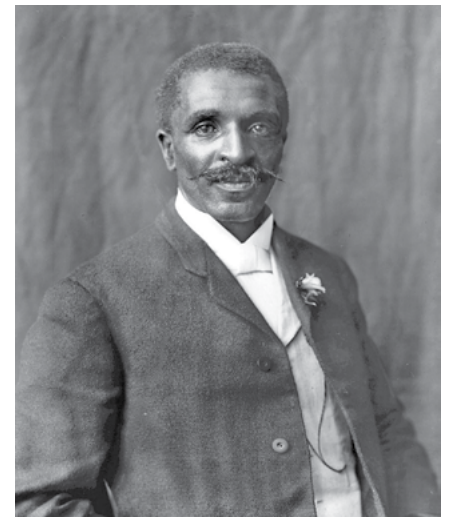
agriculture and how it is practiced by people today.

In 69–30 BCE, Cleopatra declared earthworms as sacred because of their castings, and even put it into law "that no one, not even farmers, was allowed to touch an earthworm for fear of offending the deity of fertility."

In the early 1900s, Dr. George Washington Carver, of Tuskegee University, revived the African-indigenous system of "organic farming." He was one of the first agriculture scientists to research and advocate for cover cropping and using legumes (especially cowpeas and peanuts) to improve depleted soils. "His system was known as regenerative agriculture," said Leah, "and helped move many Southern farmers away from monoculture and toward diverse horticulture systems."

Booker T. Whatley, also of Tuskegee University and a student of Dr. Carver, invented CSAs (community-supported agriculture), which he called a Clientele Membership Club.

"The Carolina rice industry was built on the skills of enslaved Africans," Penniman writes in her book, *Farming While Black*. "These Black American farmers created embankments, sluices, canals, floodgates, and dikes almost identical to



George Washington Carver

patterns of West African mangrove rice production." (Judith Carney writes more about this in her book, *Black Rice*.)

In 1969, Shirley and Charles Sherrod founded New Communities, "a farm collective owned in common by Black farmers and the first community land trusts in the United States," wrote Penniman. "At 5,700 acres, New Communities became the largest Black-owned property to this date in this country."

The Black Panther Party started a daily free breakfast program at the Oakland Community School in 1973, providing for 10,000 students. This program is now replicated throughout public schools.

One of the many ways to heal as individuals and as a country is to acknowledge this history. Soul Fire Farm has a map of Black-Indigenous farmers to support, along with many other Black-operated organizations (soulfirefarm.org).

This article and its quotations are sourced from Leah Penniman's workshop at Mother Earth News Fair 2019 and her book, Farming While Black.



Charles and Shirley Sherrod



Janice Brewer is the Garden Manager at The Lord's Acre. thelordsacre.org

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The Wild Carrot: Queen Anne's Lace

Spring has been glorious with all the rain. It has been a great season for wild edibles, and the wild carrots—also known as Queen Anne's Lace—seem especially lush and verdant.

Many historians link the plant's common name to Queen Anne of England but other botanical historians suggest that the name of the plant was inspired by Saint Anne, the mother of the Virgin Mary and the patron saint of lace makers.

Queen Anne's Lace (*Daucus carota*) is a common plant that grows in dry fields, ditches, along roadsides, and open fields. It is a stunning wildflower introduced in North America from Europe in the 1600s. The carrots we enjoy today originated from this common meadow plant. I adore its dainty white blossoms, as their flowers remind me of the intricate white lace doilies my Italian grandmother used to crochet day and night.

These plants can grow up to four feet high, and they are biennial: the first year, one sees rosettes of feather-shaped leaves, and the second-year flower stalks develop and the plants are filled with white lacy flowers that bloom from mid-summer through autumn.

The attractive two- to four-inch "flower" is actually a compound inflorescence called an "umbel" and is made up of many small flowers. Some of the flowers have a dark purple spot in the center, which is a mystery. Some scientists have shown that the spots may attract more insects, as it may appear as if they already have a bug on them. As the flowers dry, they look like tiny dried birds' nests. They can be a bit invasive in gardens, but they are welcome friends in our little nature preserve here in Fairview.

The name "carrot" is Celtic in origin and means "red of color." *Daucus* comes from the Greek "dais" (meaning "to burn"), referring to the roots' pungent and stimulating qualities. The root is whitish yellow in color, smells like a strong carrot, and can be cooked or nibbled on raw. It is a much stronger carrot flavor than our cultivars and often becomes too woody for my taste, but young ones can be sweet and fun to eat.

Only the roots and flower heads are edible and are best when harvested from the first-year cycle of the plants. Extreme caution must be used when collecting first-year wild carrots because they closely



The attractive two- to four-inch "flower" (above) is actually a compound inflorescence called an "umbel" and is made up of many small flowers. The root (below left) is whitish yellow in color, smells like a strong carrot, and can be cooked or nibbled on raw.

resemble poisonous water hemlock (*cicuta maculata*), poison hemlock (*conium maculatum*) and fool's parsley (*aethusa cynapium*), all of which can be deadly. Both poison hemlock and fool's parsley smell nasty; just roll some leaves between your thumb and forefinger, and smell. Wild carrot, especially the root, smells like carrots. Also, the stem of the wild carrot is hairy, and the stems of poison hemlock are smooth with purplish splotches on the stems. Please be careful because a mistake can be lethal.

The flower stalks are fibrous and can be used to make paper when shredded. The leaves cause an allergic dermatitis reaction for many people, especially when wet, and they are not edible. Roots are best harvested in the early spring when they are young and more tender.

Queen Anne's Lace has a rich medicinal history, as the seeds were used as a natural "morning after" contraceptive, an infusion of the flowers was used to treat diabetes, and the leaves were used to treat digestive disorders and kidney stones. The roots

are a diuretic and have been used to delay menstruation. It was used in ancient fertility rites and rituals for both men and women and the plants have been shown to possess chemical compounds that do in fact stimulate the pituitary gland and lead to increased levels of sex hormones.

Many years ago, a friend took the time to press hundreds of large Queen Anne's Lace blossoms in newspaper in July and saved the flattened dry flowers for Christmas. In December, he dusted the dried flowers with white paint, and his 10-foot blue spruce tree was decorated with tiny white lights and hundreds of white Queen Anne's Lace blossoms hanging from the branches. The effect was simple, stunning, and elegant, and it was one of the most exquisite holiday displays I have ever seen.



Contact Roger at rogerklinger@charter.net.





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Chronic Condition Special Needs Plans

If you are suffering from a chronic condition for which you will be receiving treatment during the rest of your life, there is good news. While most insurance plans will cover such conditions, the special needs that arise because of them are often not addressed. Care plans called C-SNPs have been developed by the government and offered through Medicare Advantage companies that help tailor care to those special needs.

C-SNPs are Medicare Advantage insurance plans that only enroll special needs individuals with specific severe or disabling chronic conditions. These plans can focus on monitoring health status, managing chronic diseases, avoiding inappropriate hospitalizations, and helping beneficiaries move from high risk to lower risk on the care continuum.

Medicare has approved 15 specific chronic conditions for enrollment eligibility. The general categories include alcohol or drug dependency, autoimmune disorders, cancer, cardiovascular disorders, chronic heart failure, dementia, diabetes mellitus, ESRD, ESRD requiring dialysis, severe blood disorders, HIV/AIDS, chronic lung disorders, chronic and disabling mental health conditions, neurologic disorders, and stroke. These general categories are limited to certain specific conditions as specified by Medicare.

C-SNPs feature coordinated care benefits and services that go beyond the provision of basic Medicare Parts A and B

services. They include supplemental health benefits and provider networks specific to the designated chronic conditions and appropriate cost-sharing structured around the designated chronic conditions.

Medicare Advantage companies can offer plans that target one, multiple, or customized groupings of chronic conditions selected from five Medicare-approved groupings: diabetes and chronic heart failure; chronic heart failure and cardiovascular disorders; diabetes and cardiovascular disorders; diabetes, chronic heart failure and cardiovascular disorders; or stroke and cardiovascular disorders. An enrollee need only have one of the qualifying conditions to be eligible for enrollment in a plan offering one of the approved groupings. Medicare mandates that all the qualifying conditions be present when companies offer customized plans.

At enrollment, the C-SNP must contact the enrollee's existing provider to verify that the qualifying conditions are met. Confirmation of continuing eligibility occurs annually following enrollment. A Special Election Period (SEP) available throughout the year is available for first-time C-SNP enrollees.



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

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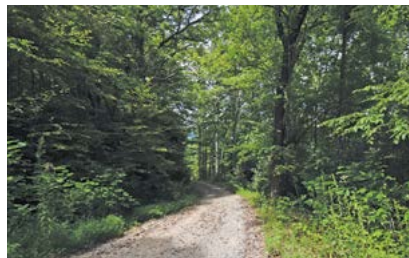
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