



# The Fairview Town Crier

MAY 2019 VOL. 23, No. 5 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

**INSIDE**

**Latest from Fire Chief Jones P 9 >> Chimney Rock Park Update, Pt. 2 P 12 >> The Glad Hatter P 20**

## Unsung Heroes and Life-Saving Science

By Sandi Bryant

Last month, a man ran into Americare pharmacy and began screaming for help for a friend who had overdosed in the parking lot. Two pharmacists, Joe Lyle and Lana Drevilia, scrambled to get the naloxone (sold under the brand name Narcan), a medication used to block the effects of opioids, especially in an overdose.

The two pharmacists sprinted across the parking lot to the truck where the person had overdosed. EMS was called but had not made it to the scene yet. The man had stopped breathing and had a bluish-gray appearance. Joe and Lana quickly administered the medication. They supported the man's airway and began to rub his sternum and wait for the medication to take effect. All of this occurred while others were standing around screaming for help and offering suggestions to revive the victim. Two minutes passed and the man roused and began breathing.

Joe and Lana have six years of school and are trained on how medications work and their side effect profiles, as well as drug interactions and drug monitoring. They have been trained to perform CPR but are not officially trained to handle emergency

situations. Their rapid response when faced with a medical emergency and their calmness when surrounded by chaos makes me proud to know them.

If it had not been for their quick action, the man who overdosed may not have survived. They saved a life, but they also brought attention to an important fact:

We are truly facing a growing problem in our community and need to educate others about the opioid epidemic.

### Raise Awareness

We can help our community by raising awareness and training others who may be faced with an overdose situation,

whether it is a coworker, a loved one, a friend, or a community member.

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, morphine, and many others. Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor, but because they produce euphoria in addition to pain relief, they can be misused (taken in a different way or in a larger quantity than prescribed or without a doctor's prescription). Regular use—even as prescribed by a doctor—can

*Continued on page 28*



## Looking for Some Things to Do? Do-si-do & Eat Some 'Cue!

Smokey & the Pig has partnered again with the Support Group of the **Fairview Volunteer Fire Department** to raise needed funds for our local firefighters.



Stop by on Friday, May 3 (11 am–6 pm) or Saturday, May 4 (10 am–5 pm) to eat some tasty barbecue and support a great cause. In addition to delicious food, including desserts, there will be t-shirts for sale, a silent auction, a 50/50 auction, and raffles. \$8 per plate, with all proceeds going to the firefighters. At the main fire station, 1586 Charlotte Highway, Fairview.

**The Lord's Acre** is holding its annual Square Dance on May 25 from 5:30 pm–10 pm. It's their biggest fundraising event of the year, so come out and support this great mission. Bring a dish to add to the huge potluck and put on your dancing shoes. The Lord's Acre staff and board members will guide visitors on tours through the garden. Go to [thelordsacre.org](http://thelordsacre.org) for more info and to buy tickets and raffles. See ad on page 26 for more information.



## SMCC Cleans Up on Old Fort Road



Old Fort Road is a bit cleaner now, and four community volunteers are a bit happier. Spring Mountain Community Center's annual Roadside Litter Cleanup was held on March 30. Nine volunteers removed 31 bags of litter from the roadside while three Buncombe County Sheriff's Department officers provided protection by slowing vehicles and alerting drivers.

Specially marked "prize" trash was placed in secret spots along the road and found by lucky helpers. Winners were Paul Hardtke and his grandson Paul (above right), Chris Horn and Shirley Michl (above left, with Sgt. Larry Pierson), and Michael Trufant. Each piece of prize trash was traded in for a \$10 Ingles gift card, courtesy of Daylight Asheville, a Fairview business.



## Can You Find the Crier Guy?

In 2017, we hid the *Crier* logo in a cat's ear, and 127 people wrote in to tell us they found it.

Let's do it again! If you find him, email [contest@fairviewtowncrier.com](mailto:contest@fairviewtowncrier.com) with your name, phone number, and location of our guy. All who find him will be entered into a drawing for a gift certificate to a local business. The location and winner will be posted on our Facebook page and in our next issue. Note: He may be small and turned any which way (and we're not counting the one in the ad on page 29 or on this page).



### CRIER OFFICES CLOSED MAY 20 – 28



Anyone wishing to drop off payments, submissions, etc., can do so in the blue dropbox outside the *Crier* offices at 1185F Charlotte Highway. If you need to get in touch for any immediate needs, contact Sandie Rhodes at 280-8270.

The Fairview Town Crier  
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## COMMUNITY EVENTS

### 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

MAY 1, 6, 8 & 13

### Fairview Preschool Open House

10 am. The preschool will hold an open house on these Wednesdays this month. Call for information, 330-2073. 596 US Hwy 74, Fairview.

MAY 2 (THURSDAY)

### Hendo Story Club

7 pm. The Center for Art & Inspiration's monthly Story Club. \$10 at door. Participants are chosen randomly to tell five-minute stories (no notes). Judges are selected from the audience and prizes are awarded. For more information, visit the Center's website at thecenterai.com or call 828-697-8547. 125 S. Main St., Hendersonville.

### Embroiderers' Guild Meeting

9:30 am–12 pm. Registration starts at 9:30 and is followed by a short business meeting and the program until noon. 3 Banner Farm Rd., Etowah/Horse Shoe. If interested, contact Roberta Smith at 243-6537 or Janet Stewart at 575-9195.

### 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. Fairview Chiropractic Center. Free and dinner will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

MAY 3–4

### Fairview Fire Department BBQ

11 am–6 pm on Friday. 10 am–5 pm on Saturday. See front page for more information.

### Garren Creek FD Plant Sale

3–7 pm, Friday; 8–5 pm, Saturday. The Garren Creek Fire Department Auxiliary is having a spring plant sale at the station. Locally grown plants, including hanging baskets, annual flats, perennial pots and garden veggie starters. Proceeds go to support two local nonprofits, Garren Creek

Fire Department and First Step Farm. 10 Flat Creek Rd., Fairview.

MAY 4 (SATURDAY)

### Community Flea Market

8 am–3 pm. A flea market fundraiser to benefit the Destination Imagination teams from Fairview Elementary. Spaces are available for \$10; reserve by emailing fairviewelementary.di@gmail.com. See page 17 for more information on the teams. In the parking lot of FES, 1355 Charlotte Hwy., Fairview.

### Plant Exchange and Pollinators

9:30 am, plant exchange. Bring your extra plants to share with fellow gardeners and pick up some new plants for yourself. 10:15 am, Brannen Basham, co-founder of Spriggly's Beescaping, will give a presentation on plants for pollinators. Black Mountain Library, 105 N. Dougherty Street, Black Mountain. blackmountainblooms@gmail.com.

### Sunrise Movement Town Hall

5–7 pm. Town hall event for anyone curious about the Green New Deal. Hear personal stories about how climate change has affected the lives of local young people. For more information, email samtaylor@sunrisemovement.org or call 864-918-3471. Rainbow Community Auditorium, 60 State St., Asheville.

MAY 6 (MONDAY)

### SMCC Jams and Jellies Class

6–8 pm. NC Cooperative Extension Agent Cathy Hohenstein will conduct a hands-on class. Participants will go through the steps necessary to transform fruit into treasures for family and gifts. \$10, with all ingredients and jars provided. For information and reservations/registration, call Maria Horton 778-0279. 807 Old Fort Rd., Fairview.

MAY 7 (TUESDAY)

### Prostate Cancer Support Group

7 pm. 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.

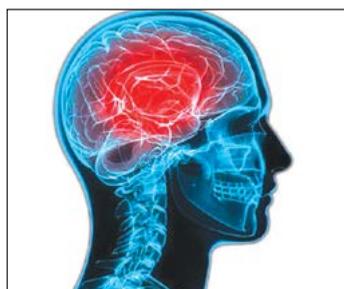
7 pm. The Cane Creek Rifles meet at Fletcher Fire Dept., 49 East Fanning Bridge Rd., Fletcher. 230-6523.

MAY 8 (WEDNESDAY)

### FBA Member Meeting

6 pm. The meeting will take place at Sunrise Sawmill and Sunset Hollow Vacation Rentals. See page 35 for more information.

# IN PAIN ?



**CONCUSSION**



**NEUROPATHY**



**KNEE PAIN**



**SCIATICA**

## GET RELIEF THE NATURAL WAY!

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

### BRAIN

THURS, MAY 2  
12:30–1:30 PM

### SCIATICA

THURS, MAY 9  
12:30–1:30 PM

### FOOT PAIN\*

WEDS, MAY 15  
5:15–6 PM

### NEUROPATHY

THURS, MAY 16  
12:30–1:30 PM

### KNEE PAIN

THURS, MAY 23  
12:30–1:30 PM

### SCIATICA

THURS, MAY 30  
12:30–1:30 PM

**RSVP REQUIRED: 828-490-4207**

Seminars held at Ryan's, 1000 Brevard Rd., Asheville, NC \*Held at Fairview Chiropractic Center, 2 Fairview Hills Drive, Fairview



# COMMUNITY EVENTS

MAY 9 (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.

### Garren Creek FD Meeting

7 pm. The regular quarterly board meeting of the Garren Creek Volunteer Fire Department. Residents are invited to attend. 10 Flat 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. Fairview Chiropractic Center. Free and dinner will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

MAY 9 & 21

### University-Model School Info Sessions

6:30 pm. Trinity of Fairview Academy, a Christian, college prep school, will open

in August. It will be associated with Trinity of Fairview as one of its ministries. It will have a five-day-a-week academic program in which two to three days of the week (depending on the grade level) are taught at a central campus by professional teachers with other students from like-minded families. Students are taught at home the other days of the week by parents. RSVP by email at tofacademyinfo@gmail.com or call 919-413-2465. ToFAcademy.org. 646 Concord Rd., Fletcher.

MAY 12 (SUNDAY)

### Mother's Day

Happy Mother's Day to the moms still with us, and peace and good memories to the families of those whose mothers are no longer here.

MAY 13 (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

### Stitches of Love Meeting

7–9 pm. Group donates handmade articles to local charities. New Hope Presbyterian Church, 3070 Sweeten Creek Rd., Asheville. Call 575-9195 or email Janet at imjstewart@att.net.

## FES Daddy-Daughter & Mother-Son Dance Fundraiser

Friday, May 10, 5:30–8:30 pm

Moms and sons will two-step first, from 5:30–6:30 pm. Then dads and daughters will have a hoedown from 7–8:30 pm. That's right—it's a Western theme this year for the dance fundraiser at Fairview Elementary School.

Funds raised last year went toward a stage addition to the school's playground upgrade and also for "Buddy Benches" placed on the playground path. There will be concessions, a photographer, flowers, raffles, and more (bring cash, please). For more information, email fesdadsclub@gmail.com or call 222-0497.

At the FES gym, 1355 Charlotte Hwy., Fairview.

MAY 14 (TUESDAY)

### Library Talk with Dr. Dave Ellum

7 pm. Fairview resident Dr. Dave Ellum, Dean of Land Resources and Professor of Ecological Forestry at Warren Wilson College, will give a talk on "The Ecology and Management of Medicinal Forest Plants of the Southern Appalachians." See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

MAY 15 (WEDNESDAY)

### Foot Pain Seminar

5:15–6 pm. Learn about the causes of foot problems, DIY treatments, and professional help. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr., Fairview.

*continued on page 4*



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SOUTH-FACING 21-ACRE ESTATE PROPERTY, spring fed creeks, multiple building sites, trails through-out, Hooper's Creek area of Fletcher, close to airport, shopping, I-26, etc. \$299,000 MLS# 3472332.



**PRICE REDUCED \$125,000!!**  
31 ACRES, COZY CABIN, WELL & PUMP W GENERATOR, LONG LEVEL RIDGETOP VIEWS, valley creek, trails thru-out, no close neighbors, no restrictions, no road noise. \$300,000, will divide MLS# 3155768

# COMMUNITY EVENTS

MAY 16 (THURSDAY)

## Neuropathy Treatment Seminar

12:30–1:30 pm. Learn about the causes, diagnosis, and treatment of peripheral neuropathy. Fairview Chiropractic Center. Free and dinner will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

MAY 17 & 19

## Free Meditation Program

7 pm, Friday, May 17, at Unity of The Blue Ridge, 2041 Old Fanning Bridge Rd, Mills River. 6 pm, Sunday, May 19, at Om Sanctuary, 87 Richmond Hill Dr., Asheville. Sri Sri Sri Shivabalayogi, from India, is offering free meditation programs. RSVP is required for the Sunday program. For more information, or to RSVP, email shivabalayogiasheville@gmail.com.

MAY 18 (SATURDAY)

## Cane Creek Heritage Day

9 am–4 pm. The Cane Creek Rifles, Sons of Confederate Veterans camp, is holding an event to honor Governor Zebulon Vance's birthday. Hot dogs, hamburgers, covered dish meals, kettle corn, and lemonade will be available. Cane Creek Community Center, 1370 Cane Creek Road, Fletcher.

MAY 19 (SUNDAY)

## Ethical Humanist Meeting

2-3:30 pm. "How Can A Capitalistic Democracy Offer a Strong Social Safety Net? Sweden: Myths and Realities." 227 Edgewood Rd., Asheville. Call 687-7759 or go to EHSAsheville.org.

MAY 21 (TUESDAY)

## Library Book Club

7 pm. The group will discuss this month's selection, *White Houses* by Amy Bloom. See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

MAY 23 (THURSDAY)

## 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 dinner will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

MAY 24 (FRIDAY)

## 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.

MAY 25 (SATURDAY)

## TLA Square Dance Fundraiser

5:30 pm–10 pm. The Lord's Acre biggest fundraising event of the year. See front page for more information.

## FBS Day in May

10 am–2 pm. Fairview Baptist Church will be holding its annual "Fairview Day in May" in the Food Lion parking lot as a thank you to our wonderful community. The church will be offering a free car wash, hot dog dinner, face painting, and blood pressure checks. For more information, call 628-2908 or 31-5035 or go to fbc1806.org.

MAY 28 (TUESDAY)

## Documentary Film Series

6 pm. "The King of Kong," a look at the world of vintage gaming as told through a classic good vs. evil struggle for glory. Fairview Public Library. See page 7 for more information.

MAY 30 (WEDNESDAY)

## 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. Fairview Chiropractic Center. Free and dinner will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

MAY 31 (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: pattiparr@yahoo.com or call 628-2211.

JUNE 1

## Golden Garden Party XII

Charity event for The Prem Rawat Foundation's Food for People Program, with all proceeds going to the children of Ghana, India and Nepal in impoverished areas. \$30 suggested donation (kids under 12 free), which provides dinner from Mela Indian Restaurant and one drink voucher. Hot dogs for kids provided by Hickory Nut Gap Farm. Live entertainment, cash bar, and raffle. For more information, visit theashevillecommunity.com. 32 Pine Hill Rd., Fairview.

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## COMMUNITY EVENTS

### Defiant Requiem: Verdi at Terezín

A concert providing a collective moment to help preserve the memory of the Holocaust, showing how Jewish prisoners confronted the worst of mankind with the best of mankind. Performers will include the Asheville Symphony and members of the Asheville Symphony Chorus and Asheville Choral Society. To purchase tickets or for more information, go to [usccllularcenterasheville.com](http://usccllularcenterasheville.com).

#### SAVE THE DATE

JUNE 29-30

### Reynolds Baptist 50th Anniversary

Fun and games, special music, worship, and a meal. See ad on page 7 for

more information and look for article with historic photos in our June issue.

JUNE AND JULY

### Hickory Nut Gap Farm Camp

Day camp for kids 6-13. The camp is 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 25 for dates and more information.

JULY 8-12

### Trinity of Fairview VBS

"In the Wild: Amazing Encounters with Jesus" at Vacation Bible School. See ad on page 28 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](http://fairviewtowncrier.com) for details or to order online.

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com). For staff directory, contacts and additional information, please see page 38.

## COMPUTER BYTES BILL SCOBIE

### How to Help Older Computer Users

Providing computer help for older friends or someone in your family can be a challenge. The biggest issue is that older people may not have the knowledge base you have or may not want to learn all of the tricks you think they would benefit from. I find it best to have them give me a basic and common task they want to do frequently and then simplify the steps. Sometimes, teaching them the power of the right button on the mouse to bring up that little contextual menu often lets them find the command for what they want to do. And let them repeat what you are showing them. I find that I often have to say, "I won't say a thing unless you directly ask me what to do." If they want to write down all the steps, let them, and then ask them to go through them so they can clarify and amplify those parts that seem to trip them up.

Might it be time to clean up your bookmarks? Delete the old and dead ones with AM-DeadLink ([aignes.com/deadlink.htm](http://aignes.com/deadlink.htm)). Then consider putting the more frequently used one in your browser's bookmark bar. When this option is turned on, your most used bookmarks will be located just below the URL field. You can organize your bookmarks, and even tag them if your browser offers that option, so you can more easily find them in the future. Or embrace Google and search for all that you want when you want it, never

worry about bookmarking again.

A sudden change to the free Dropbox account has limited the number of devices you can sync to three. To avoid paying for the commercial accounts, you should know that you can't add any new devices. (Dropbox is not yet penalizing you if you already have more than three linked devices). If you add a new device, you will have to delink other devices (if you have three). It is not difficult. For help, visit [help.dropbox.com/mobile/unlink-relink-computer-mobile](http://help.dropbox.com/mobile/unlink-relink-computer-mobile).

Ethical.net can provide you with alternatives to many online services and apps that you might feel are too large or too costly. By no means is it exhaustive but you can get an idea of some of the alternatives available.

Just as you might put tape over your laptop's camera, think of covering the PIN pad at your bank or when using your debit card at any checkout place. I am amazed at how many places don't have something to help me hide what I am keying in, so I have learned to use my other hand to hide when I type in my PIN.



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NEW LISTING



1.5 story, 3/3.5, 4,412 SqFt custom Lindal Cedar Home w/ full unfinished daylight basement on 2.33 acres in beautiful Smith Knolls. Tons of extras and the valley to mountain views are breathtaking. **\$900,000**

REDUCED TO SELL!



Great Investment properties! 2.2 acres with a house, singlewide and double wide homes. Two are rented and owner lives in one. Pole barn offers lots of storage. Great location! **\$325,000** Call Susan Lytle 828.301.1410

NEW HOME BUILD



Unrestricted 1.6 acres in Fairview, 15 min to AVL. Forest views, multiple decks, cathedral ceiling, open floor plan & creative design. Looking for high quality w/out homeowners asrn/fees? **\$435,000** Call Karen TODAY! 216.3998

LAND FOR SALE

**NEW! 7+ ACRES OF SPECTACULAR MOUNTAIN TOP VIEWS.** Road cut in, several spots to build. Build one house or three, great VRBO possibilities \$50,000

**NEW! 0.63 OF AN ACRE IN BEAUTIFUL GATED COMMUNITY** Lots of amenities in this private secure community. Green space, playground, paved roads and running creek. Mountain views from this property, potential to be a beautiful build spot. \$59,000

**NEW! BEAUTIFUL 4.75 ACRES** with driveway cut in and house site ready to build. 15/20 minutes to DT Asheville and the Blue Ridge Parkway. Call Susan Lytle for more info on this property 828.301.1410 \$69,000

**NEW! AWESOME PRIVATE HILLTOP** 1+ Acre Lot with huge view potential. VRBO Builds OK!! Lot is very accessible. ONLY \$41,000 Call Karen, 828-216-3998

**NEW! 3.58 PRIVATE ACRES** with breathtaking long-range views. They are not making anymore lots like this! Level access from paved road, sloping lot in beautiful gated community. Pool, tennis and golf membership option. Call Karen 828.216.3998. \$100,000

**NEW! 4 PRIVATE, WOODED, LOTS** in Mountain Shadows .5-4.5 acres from \$30,000-65,000, most with potential for spectacular views. great neighborhood just 15 min. from downtown Waynesville. Call Karen 828.216.3998

**NEW! REYNOLDS COMMUNITY LOT.** City Water, Sewer & Natural Gas Available. Gentle Slope with lots of trees. No city taxes. \$79K. Call Jenny Brunet 828.779.4473 for more information.

**NEW! SPECTACULAR VIEWS FROM VERY PRIVATE 5 ACRES** of improved property. 3 bedroom (per owner) septic tank. Driveway extends beyond the present home site, to an area cleared to build. Great potential for vacation rentals as well as owner occupied home. \$55K Call Karen Cemek for more information (828) 216-3998

**NEW! 6.98 ACRES OF UNRESTRICTED WOODED SOUTH FACING PROPERTY** in a wonderful Fairview location only 15 minutes from DT Asheville and the Blue Ridge Parkway. This property lays well and is very buildable. The property has a creek and large mature trees. Build your dream home or family compound here. \$175K Call the office for more info.

**NEW! ECHO LAKE, GORGEOUS PRIVATE WOODED LOT** with pristine mountain brook. Build on upper portion of lot for mountain views. Lake rights may be purchased. \$80,000 Call Karen 828.216.3998

**NEW! JUST UNDER 1/2 ACRE UNRESTRICTED** lot, lightly wooded, very nice laying land. Paved, state maintained road, 2 BR septic permit, no HOA. Newer homes in area, only 15 min. to Asheville. \$42,000 Call Karen 828.216.3998

**2 ADJACENT LEVEL-TO-ROLLING-RIDGE TOP LOTS** with end-of-road privacy. Paved access to gravel driveway, great view potential, newer homes nearby. Will sell lots separately or combined for reduced price. Call Karen Cemek 828.216.3998

**LAKE ADGER, NEARLY 5 PRIVATE LAKEFRONT ACRES** with deep water access & boat slip at dock area. Plenty of room for a guest house. Gated community with walking trails. \$150,000 Call Karen Cemek 828.216.3998

**FLAT TOP 2.5 UNRESTRICTED ACRES** on paved state-maintained road. Southern exposure, potential for views, private and lightly wooded. Just 15 min to Asheville. \$65,000 Call Karen Cemek 828.216.3998

NEW LISTING



Echo Lake beautiful gently sloping homesite level access to lot. Private and wooded with enough elevation to keep you cool in the summer and afford nice views with some clearing. Nearly 2 Acres for only \$80,000. Call Karen Cemek 828-216-3998

NEWLY REDUCED!



One level home on private 1 acre. Full remodel in 2006, open floor plan, huge master suite. Patio overlooks level, fenced backyard with garden space. Paved access and driveway, 1 mi from Hwy 74A. Additional land may be available. Call Karen Cemek 828.216.3998 **\$425,000**

REDUCED TO SELL!



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

NEW LISTING



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 Cemek 828.216.3998

NEW LISTING



Fairview Pointe! 0.88 acre lot w/ year-round views, paved access. Located in a cul de sac w/privacy. Stream nearby & natural waterfall. Build your dream home! Priced under tax value. Call Sophia Underwood 828.691.0311 **\$26,500**

NEW LISTING



Mtn views & Lake Adger access! 4.84 acre lot, boat slip on paved road below Laurel Crest, rights to shared well, 200' lake frontage. Gated community ideal for full time or vacation Call Karen Cemek 828.216-3998. **\$150,000**

NEW LISTING



Rare opportunity for a restricted building site w/4 lots of level to rolling land, creek & frontage on a small lake. This rural property has end of the road privacy and excellent paved access. **\$100,000** Call Karen 828.216.3998

NEW LISTING



Ideal for vacation getaway. 2 road access. Mobile home close to rear boundary. 2nd home site accessed off driveway. New circuit box & electric furnace. Owner financing Available. **\$82,000** Call Karen Cemek 828.216.3998

NEW LISTING



Perfect for cabin, tiny home or VRBO, no restrictionsHOA fees, 2 BR septic permit on file. Private level to rolling site in pastoral Fairview Community, just 15 min. to AVL. Paved access. Rare opportunity! **\$42,000** Call Karen 828.216.3998

PROPOSED BUILD



Brand new Arts & Crafts! Open floor plan, 3/2, one-level. Covered back porch. Wood floors throughout. New subdivision in the heart of Fairview, agrihood community with a 1/2 acre lots. **\$395,000**

PROPOSED BUILD



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**

MAJESTIC OAKS! LOTS GOING FAST — DON'T WAIT!



LOT 1	0.5	SOLD	LOT 6	0.51	\$59,000
LOT 2	0.5	\$59,000	LOT 7	0.64	\$64,000
LOT 3	0.5	SOLD	LOT 8	0.526	\$59,000
LOT 4	0.521	SOLD	LOT 9	0.521	\$59,000
LOT 5	0.482	SOLD			

+ ALMOST 1/2 ACRE OF GREEN SPACE!

EVENTS

**Documentary Film Series**

May 28 at 6 pm

**The King of Kong (2007)**

1 hour 19 minutes. Rated PG-13

The last in a four-part film series dedicated to the art of documentary filmmaking.

The world of competitive arcade video gaming heats up when two men vie for the high score in Donkey Kong. "King of Kong" is a delightful look at the world of vintage gaming as told through a classic good vs. evil struggle for glory.

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.

**Book Club**

May 21 at 7 pm

Fairview Evening Book Club will be reading and discussing *White Houses* by Amy Bloom. No sign up or registration is required to join the book club, and new members are always welcome.

This will be the last book club of the season before we break for summer. All the books read in next season's book club will be chosen at this month's meeting, so be sure to bring your suggestions. We welcome all recommendations, but anything you suggest must be something you have already read.

**Are You BearWise?**

May 25 at 2 pm

Want to learn how to co-exist safely with bears? Want to know more about black bears in North Carolina?

The staff from the NC Wildlife Resources Commission will discuss the natural history of black bears in WNC and how you can use that information to safely co-exist with them. The program will be followed by a Q&A.

FOR KIDS

**Art Adventures for Kids**

May 31, 3:30 pm

Join us for this monthly club for kids age 8-12 that celebrates famous artists. Learn about Pablo Picasso, and then create an original masterpiece inspired by his techniques.

**Go Figure Dolls**

Storybook Character dolls created by Go Figure, a group of local artists who make original, mixed-media art dolls, will be on display for the month of May in the picture book section of the library. Members of Go Figure created their storybook characters display to share their love of figurative art and children's literature.

**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

**The Ecology and Management of Medicinal Forest Plants of the Southern Appalachians**

Tuesday, May 14 at 7 pm

Join us for a program with Fairview resident Dr. Dave Ellum, Dean of Land Resources and Professor of Ecological Forestry at Warren Wilson College.

Forestry is not just about trees. Dr. Ellum has spent his career studying forest groundstory plants and their important role in maintaining healthy forest ecosystems. His current research focuses on non-timber forest products, especially the propagation and management of native forest plants of medicinal value.

In this presentation Dr. Ellum will explain the ecology of these plants and discuss how their sustainable management can contribute to forest land conservation by bringing economic value to land owners in the Southern Appalachian region. The program will include live plants for demonstration purposes.



Presented by the Friends of Fairview Library. Refreshments will be served.

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.

**HOLIDAY CLOSING**

The library will be closed Monday, May 27 for Memorial Day.

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**50TH ANNIVERSARY**

*Celebration!*

**JUNE 29-30, 2019**

<p><b>Saturday, June 29</b> <b>3 pm Picnic</b> Fun and games for the entire family!</p>	<p><b>Sunday, June 30</b> <b>11 am Worship</b> Special music, church history, and post-worship meal provided!</p>
-------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------

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## The Story of Magda, Part 2

(For Part 1 of Magda's story, see our April issue, which can also be found on our website.)

I took Magda, my mother's adopted cat, home to Fairview from the Mayflower Rest Home where mother had been living. She started exploring her new home as soon as I put her down. The first thing she did was to make sure there were no other animals in her new house. She thought there was no need for any other animals in the world besides her. Magda was glad to see she was the only living thing in the house besides me. I was there to do as she said and to provide for her every need. She liked the upstairs best because she was able to look down and survey her domain.

In that first night at my house, she started a rule: She would lie on my lap for at least 15 minutes when I went to bed. I had almost stopped watching TV at that time except for the news. I was either spending my time looking up things or playing games on the computer and spent the rest of my time reading.

### Computer Discovery

Magda didn't go for that. She liked to watch TV, and this is how she got her way. She started jumping on my desk and lying down on my keyboard or walking across it. She then discovered my computer had a touch screen and she started rubbing her body up against the screen. I started closing the office door, but she would stand outside the door and cry for me. If I didn't open the door, she would stand up and try to turn the doorknob. Eventually, she learned to turn a low-hanging door knob.

Magda would stare at the TV but I didn't know if she really knew what was going on. One night she was lying on my lap when "Hawaii Five-0" was on. In the episode, a van took a corner too fast and rolled a few times. Magda jumped out of my lap and ran under the couch. I guess she really was watching TV.

Whitakers are night owls. Magda would decide it was time for me to go to bed. She would stare at me and make the loudest sound she could make. That

meant that she was tired of my staying up and it was time I went to bed. If I ignored her, she would hit my knee with her paw. She would also decide I had slept long enough sometimes. She may have run out of water or food, or just wanted me to turn on the TV. Magda would rub my eyebrow until I woke up.

I didn't have Magda declawed because of her age and the cost. I heard about plastic claws. I bought a pack of them and took her to the vet to have them put on. They would cut her nails and then glue them on. She didn't go for that at

**Magda would decide it was time for me to go to bed. She would stare at me and make the loudest sound she could make. That meant that she was tired of my staying up and it was time I went to bed. If I ignored her, she would hit my knee with her paw.**

all. It would take two or three people to hold her down. She fought like a tiger. She would hiss at the woman at the desk while I paid the bill. Magda would never get mad at me for taking her there, though. She liked me and no one else, except my cousin Keith, who looks a lot like me.

I like to travel a lot, and when I was gone Magda would cry for me until she almost lost her voice. She forced me to take her with me. She would raise cane until we had traveled long enough for her to know we weren't going to the vet. She would only look out the front window for a while, but after a few trips she started looking out the side window as well. Magda was one of the few cats

that traveled to 20 states.

Magda soon learned to work with me to make sure she could stay with me. I would check in to a motel and she would hide out of sight in the car. I would then put her in a blue plastic tub with the lid on. Magda would not make a sound as I slipped her in the room. When I let her out, she would have a ball checking out the new place. She would inspect everything in the room. If I stayed at a place with a loft, she could not understand why on earth I would ever leave a place like this and go home.

### Big City Kitty

Magda would often sleep when I was driving on the freeway. She would wake up when I slowed down. She would know I was going through a town and sit in my lap to look the towns over. When I went through a big city like Memphis, Cincinnati, or Baltimore, I would get off the freeway and drive through downtown. Magda loved to look up at the tall buildings and at the crowds of people. She would try to look in every direction at once. I always wanted to take her to the top of the John Hancock Center in Chicago and let her look down on the apartment buildings with the swimming pools on top, but I didn't think I would be allowed to do it.

I stayed a week at a condo in the mountains of Pennsylvania. The condo had a fireplace with glass doors. Magda would go over and smell and look over this strange contraption every night. One evening I came home from a day at the flea market and the glass doors were

open and the metal screen was open. She had figured out how to get into it and had gone inside to look it over and see if it met her approval.

This past January, I took Magda, who was 16 years old at that point, to Myrtle Beach. We stayed at a place that overlooked the marina. She liked to look out the window and supervise the boats. One night she screamed loudly twice, so I got up and held her a while. After that she did not seem to feel well or have much energy anymore. I think she may have had a stroke. When we got home, she made me put a chair for her next to my computer and my TV. She would just stay next to me but did not seem to want to do anything.

At the end of February I took her with me to Lake Fontana. She seemed to enjoy the ride out there, and looked at everything out the window. When we got there, she would only lie on the floor. Every few minutes she would move a little, as if she could not find a comfortable spot. One morning she woke me up with a loud scream, and I rushed her to the vet in Robbinsville, but she died on the way. No one ever had a better companion.

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



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## Meeting the Needs of Our Community

Fairview is growing, and with that growth comes changes, both good and bad. The Fire Department has been responding to an overwhelming call volume, as well as training for any and all emergencies here in the community. The Fire Department and its budget is governed by a Board of Directors, which sets the direction of the department.

### A Brief History

The Fairview Fire Department Board is very proud of the progress that the department has made over the years. From 1990 until 2013, Fairview Fire Department had the lowest fire tax rate in Buncombe County (.075 cents per \$100 property value).

In 2004 we were inspected by the NC Department of Insurance (NCDOI) and improved the Insurance Classification in our district from a Class 9S rating to a Class 6. This meant a tremendous savings to many households' insurance premiums: an average savings of \$250 or more on a \$200,000 home in Fairview. The department was given recommendations on what we needed to add to maintain our new rating, including a substation in the Northwest area of the Fairview Fire District, an additional engine and tanker, and additional personnel.

In 2007, we purchased property in the northwest area of our district and constructed a substation. We also purchased an engine and a tanker for this substation based upon NCDOI recommendations and shifted personnel in order to place the station in service. In 2008, we applied for a Staffing for Adequate Fire and Emergency Response (SAFER) grant from the Federal Emergency Management Agency (FEMA) to be able to add nine additional personnel. In 2009, we were successfully awarded this grant.

In 2008, we met with a representative from the NCDOI to ask for guidance on how to maintain and improve our services to the Fairview Fire District.

Due to the tremendous growth in Fairview, NCDOI recommended we begin looking toward purchasing property for a substation in the southern area of our district, and, in 2009, we purchased this property.

At that point, our department had grown from one station and two paid personnel, eight hours a day to two stations and 18 paid personnel, 24 hours a day. We had improved our ISO rating to a Class 6. The Fairview Fire Department had made all of the improvements to our community without any increases to the tax rate.

In 2009 our Board of Directors realized that we would be unable to fund the much needed substation in the southern area of our district without an increase in our fire tax rate. From 2009 until 2013, we met with county management and some of the County Commissioners. The department was denied additional funding each year except 2013.

In 2013, the county fire departments were asked to go to a Revenue Neutral Rate. It was determined that the Fairview Fire Department could not adequately provide



services to our community at the rate of .075 cents and we were given an increase to our current rate of .105 cents. This rate increase cost an average Fairview property owner \$54 (and remember the department had already saved that average owner \$250).

We began the financial planning of the substation in the southern area of the Fairview Fire District. We had estimates of \$1.4 million to construct the station on the original property purchased on Cane Creek Road. We purchased this property and renovated it to fit our needs and requirements. In July 2013 we located a property in a better location that had a steel building already constructed on the site. We purchased and renovated the new location for \$600,000. After placing the station in service, we listed the Cane Creek Road property and it sold quickly.

In April 2017 we were inspected by the NCDOI and improved our ISO rating to a Class 3. This gave minimal savings for homeowners (depending on the insurance company) but resulted in a tremendous amount of savings to commercial property owners.

### Looking to the Future

We need to increase the fire tax rate in the Fairview Fire District.

Due to the size of the district, the NCDOI requires us to respond with three fire engines and one ladder truck to every structure fire. The NCDOI requires a fire department to have a ladder truck if a district has 1) five or more structures that are three stories or 35 feet to the eaves (commercial or residential), or 2) a Needed Fire Flow of 3,500 gallons per minute to extinguish a fire. This is why our district must have a ladder truck. Without it, we wouldn't have been able to improve our rating.

In order to comply with the National Fire Protection Association (NFPA) 1710 Standard, Organization and deployment of Fire Suppression Operations, we need an additional nine personnel. The NFPA Standard requires that we assemble a minimum of four firefighters before an interior fire attack can occur. Current staffing levels only allow us to assemble two firefighters.

In 2018 we wanted to adjust our personnel pay to at least meet the NC state average for a firefighter. The requested pay adjustments were based upon a 2018 study provided by the NC Association

of Fire Chiefs. We wanted to recruit and retain professional firefighters, EMTs and paramedics. Unfortunately, we lost good employees to better pay rates in other counties. It costs approximately \$8,000-\$10,000 to re-equip a firefighter. Experience is lost as well, and it costs to train firefighters, too.

We also want to rebuild our Capital Improvement Fund, as well as our Reserve Fund. The Capital Improvement Fund will be used to replace the outdated apparatus in our fleet, as well as updating/renovating our main station. Other than minor repairs and regular maintenance, our main station has not received any major updates of the living areas, which are desperate need of updating. We also have a couple sections of roof that are in need of replacing.

After a workshop with the Commissioners, it was suggested that all fire departments needed to rebuild their reserve funds. It is recommended that we build and maintain a three- to six-month reserve fund. We have

made all of these improvements and saved our community hundreds of thousands of dollars since 2004.

Our goals are to continue providing the best service possible to our community, pay our personnel no less than the state average, begin building reserve funds to prevent shortfalls in the future, begin replacing outdated apparatus, and maintain our current Class 3 ISO Rating.

In order to maintain and improve our current services, the department requested a .04 cent increase of our current tax rate, bringing the total rate to .155 cents per \$100 valuation. The department feels that this would allow us to comply with the commissioners' requests to build Capital Improvement and Reserve funds; to bring our personnel pay up to at least the state average, and begin funding the replacement of some of our outdated apparatus.

Maintaining proper staffing levels and fire apparatus that is in compliance with national

**We respond to a multitude of emergency and non-emergency incidents, including medical emergencies, brush fires, flooding incidents (for which we have a swift water rescue team), motor vehicle accidents, searches for lost people, gas/fuel leaks, incidents involving hazardous materials, severe weather incidents, and fallen trees and power lines.**

implemented a plan that would allow us to build and maintain three to six months in reserves in five to seven years.

The NFPA sets the National Standards that we must follow. The Standards recommend that a fire apparatus be removed from front line service after 15 years. Currently we have five apparatus that are overdue for replacement/removal from front-line service: one is 30 years old, three are 22 years old, and one is 16 years old. I believe that this shows that this fire department does an excellent job in the maintenance and care of our equipment. However, by keeping apparatus beyond the recommendations of the NFPA, we are allowing our personnel to operate equipment that is not up to date with current standards. When apparatus reach this age, and are expected to perform as they did 30 years ago, we are endangering the safety of our personnel and the citizens that depend on these trucks to be in top condition when arriving at their emergency.

In June 2018 Buncombe County Commissioners increased our Fire Tax Rate by one cent. The majority of the funds that were raised by this increase went to improve our personnel salaries and get them at least to the NC state average. On average, our firefighters' annual salaries were \$6,200 per person below the state average. The one-cent increase allowed us to improve the salaries of only 80 percent of our staff to the state average. The remaining 20 percent received no raise at all last year.

We strive to be fiscally responsible and good stewards to our community. We have

and state standards directly relates to property owners' insurance premiums. We need this additional funding to meet the many unfunded mandates that we are required to follow in order to keep property owners' insurance premiums as low as possible.

We deal with more than just fires. We respond to a multitude of emergency and non-emergency incidents, including medical emergencies, brush fires, flooding incidents (for which we have a swift water rescue team), motor vehicle accidents, searches for lost people, gas/fuel leaks, incidents involving hazardous materials, severe weather incidents, and fallen trees and power lines. The list goes on and on.

If you have any questions regarding this proposal or any other fire department business, including how fire departments must, we encourage you to attend our monthly board meetings, which are open to the public. Our board meets at 7 pm on the third Monday of every month at our main station located at 1586 Charlotte Highway. Our next regular meeting is May 20.

The presentation from the county fire departments to the county commissioners, along with all of the studies referenced, can be found under the commissioner's link at [buncombecounty.org](http://buncombecounty.org). The date of the presentation was January 9, 2018.

The Fairview Volunteer Fire Department, including the firefighters, board of directors and the Support Group, strive to provide the best fire and medical protection possible. Thank you for your consideration of our proposal, and we welcome any questions or concerns that you may have.

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**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.  
\$274,500 *MLS3481755*



**Arden:** Updated end unit townhome in the desirable Village at Bradley Branch. 3BR/2.5BA  
\$209,900 *MLS3467087*



**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. \$369,900 *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, \$86,000 *MLS 3449765*  
.27 acre, \$76,000 *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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## May Is a Tricky Time in the Mountains

Our spring turned out quite unusual again: a very wet winter was followed by a record wet April. Heavy rains hit WNC and flooded areas of Fairview, especially along Cane and Brush Creeks, with generally 4–6 inches in a 24-hour period. The monthly total for April was around 9–10 inches and the Asheville Airport set a new record for the month.



In terms of temperatures, we missed our usual mid-month cold snaps that threaten tender vegetation.

We had more of a W to SW flow during the month, which brought frequent rainy periods but not bitter cold. May is when we finally can turn our attention to planting tender annuals and perennials. Typically, in the mountains the rule of thumb is to plant tomatoes outside after Mother's Day. You can gamble and plant earlier but typically we are safe from seeing widespread cold or frosts after that point.

Expect normal temperatures in May, with highs generally in the mid-70s and lows in the low 50s. We usually get about five inches of rain for the month and an average of 12 rainy days. The long range forecast from NOAA's Climate Prediction Center (cpc.ncep.noaa.gov) for the May–July period

In any given May we get between seven and 10 thunderstorms.

predicts slightly above normal temperatures and precipitation. However, precipitation is a tricky forecast here in the mountains during the summer due to the spotty nature of thunderstorms, which drench some areas while other spots remain dry.



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

### QUESTION of the MONTH

What are "sun dogs"?

## WEATHER WONDER

Why does the US get so many tornadoes?



Tornadoes have been recorded on all continents except Antarctica and are most common in the middle latitudes where conditions are often favorable for convective storm development. The US has the most tornadoes of any country, as well as the strongest and most violent storms. A large portion form in an area of the central US popularly known as Tornado Alley.

The land in the central US is the best breeding ground for the storms that produce tornadoes. The land in the Great Plains is relatively flat, which allows cold dry polar air from Canada to meet warm moist tropical air from the Gulf of Mexico. It's along the front between the two air masses that most tornadoes form.

Tornadoes are most common in spring and least common in winter. The seasonal transition during autumn and spring promotes the development of extratropical cyclones and frontal systems that support strong convective storms. Tornadoes are also common in tropical cyclones that make landfall.



National Severe Storms Laboratory, National Weather Center

The US averaged 1,274 tornadoes per year in the last decade, while Canada reports nearly 100 (largely in the southern regions).

The severity of tornadoes is commonly measured by the Enhanced Fujita Scale, which scales tornado intensity from EF0 to EF5 according to wind speed and the amount of damage they do to human environments. These judgments are made after the tornado has dissipated and the damage trail is carefully studied by weather professionals.

Tornado occurrence is highly dependent on the time of day. Because of solar heating most tornadoes occur in the late afternoon, from 3–7 pm local time, with a peak near 5 pm.

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# What's New at Chimney Rock State Park, Part 2

## *Expanded parking and a new trail await you*

(See April's issue for Part 1)

By Ryan Lubbers

**A**cross from Chimney Rock Access on the opposite side of the Hickory Nut Gorge is Rumbling Bald Access. This area is free to visit and has a 1.5-mile loop trail that weaves through enormous boulders in a mixed hardwood forest. It has excellent views of Lake Lure and of the massive cliffs that tower over the gorge.

A favorite of rock climbers since long before this area was part of the Chimney Rock State Park, it's a wintertime favorite because it is south facing with moderate winter temperatures.

As the area has become more popular with climbers and hikers, the parking lot clearly could not accommodate the number of visitors it was receiving. In late 2018, the state began construction on a new parking area that will essentially bring the total number of parking spots up to more than 110. During construction, the original parking area should remain open and visitors are still welcome to come and explore Rumbling Bald. This lot will probably be finished this spring.

### Exciting Changes

One of the most exciting changes in Chimney Rock State Park has been the creation of the Weed Patch Mountain Trail, which is an 8.5-mile hiking and mountain biking trail that leads from Shumont Mountain down to Lake Lure. Only a portion of the trail is on state property. The rest is on Buffalo Creek Park, which is owned and managed by the Town of Lake Lure.



A view of Eagle Rock Access (above), and a view from that spot (below right). This is the new access point for the Weed Patch Mountain Trail. MARY WILLIAMS

Until recently, there was only one way to access this trail: from the Buffalo Creek Park on the other side of Lake Lure. Fortunately, the state has created a new access point called Eagle Rock Access that is free to visit. Unfortunately, the parking area is very, very small (maybe 10 cars at the most). However, there is an on-line reservation system on

the park website ([ncparks.gov/chimney-rock-state-park](http://ncparks.gov/chimney-rock-state-park)) to help keep the demand from exceeding the capacity and to make sure you don't drive all the way up Shumont Mountain to find out there is no place to park.

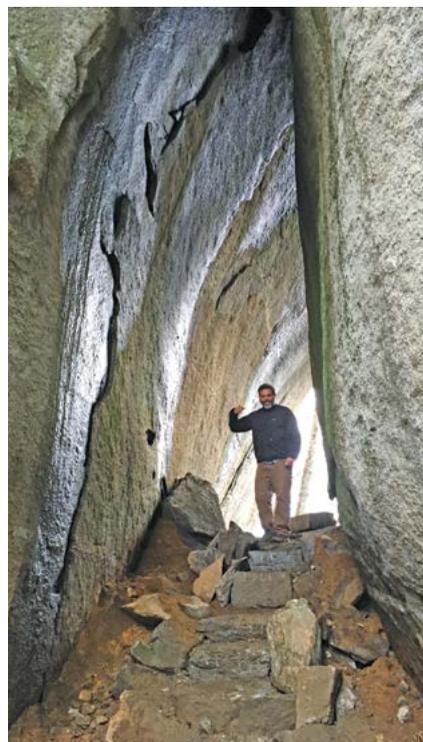
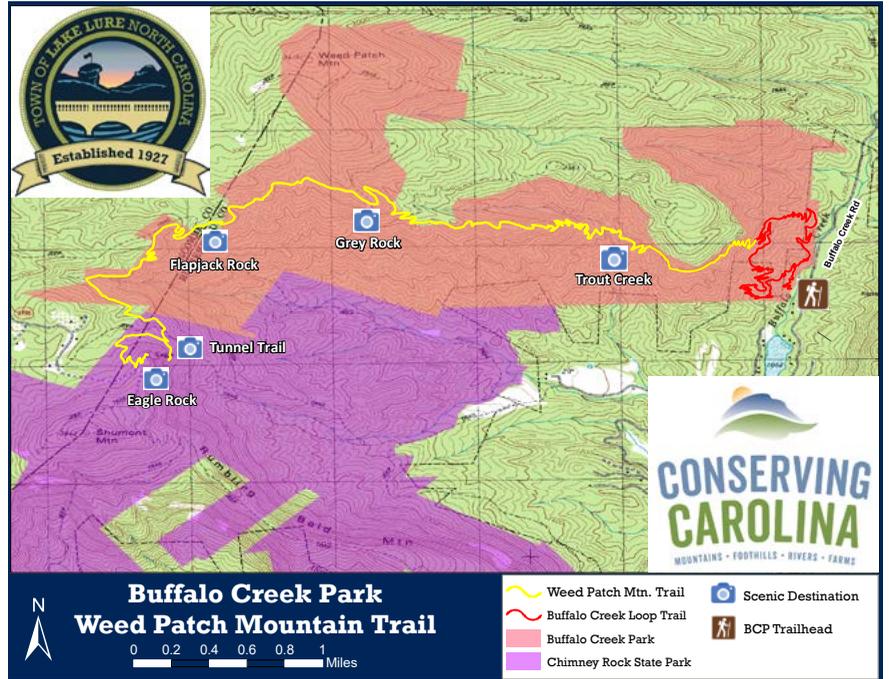
The Weed Patch Mountain Trail is a rugged, expertly crafted trail that carves its way down from the top of Shumont

Mountain to Lake Lure. It will be a challenge from whichever direction you start. To do an out-and-back—hike/bike all the way to one end of the trail and then back to your car—would exceed 20 miles and consist of some of the most difficult terrain on the Blue Ridge Escarpment. Some people have done it, which is impressive.



Construction should finish soon on the expanded Rumbling Bald Access lot. MARY WILLIAMS





For those of you who aren't Olympians, like me, I recommend shuttling a car down to Buffalo Creek Park and then driving another car back up to the Eagle Rock Access. This way you shorten the hiking/ biking part of the trip to 10 miles and most of it is downhill.

**Enliven Your Senses**

This is a wilderness experience. There are no bathroom facilities and it is doubtful you will see another human being on this epic hike/bike. But if you are up for a challenge, I promise this will be one of the most memorable trails of your life. It has it all: big views, old growth forests, wildlife, rock outcroppings, and a backcountry feel that enlivens the senses.

Conserving Carolina played an

enormous role in conserving a large portion of this land and creating the world-class trail. To find out more information about the trail, download a map, reserve a parking spot at the Eagle Rock Access, or learn more about Buffalo Creek Park, go to [conservingcarolina.org/weedpatch](http://conservingcarolina.org/weedpatch).

If it's been a while since you visited Chimney Rock State Park, it may be time to plan another visit. With more than a hundred years of history there is a lot that has remained the same over time. And there is also an abundance of new opportunities to explore. And whether you are an extreme athlete or taking the kids out for the afternoon or anywhere in-between, there is something for everyone at this park.



Ryan Lubbers is a trail guide and co-author of *A Hiker's Guide to the Hickory Nut Gorge*. You can purchase his "Adventure Map of the Hickory Nut Gorge" at the *Town Crier's* office (1185 Charlotte Highway). You'll be donating to the *Crier* as well, since a portion of sales go to the paper.

You can also purchase online at [hickorynutgorgetrailguide.com](http://hickorynutgorgetrailguide.com).



All the photos on this page show the new Weed Patch Mountain Trail. It is a rugged, expertly crafted trail (top left) with beautiful views, such as the ones from Grey Rock (above). It is doubtful you will see another human being on this trail, and it has a backcountry feel that enlivens the senses, including the Tunnel Trail (left).

You can view a PDF version of the map at top by going to [conservingcarolina.org/weedpatch](http://conservingcarolina.org/weedpatch).

UNLESS NOTED, PHOTOS BY CONSERVING CAROLINA

## Choosing a Good Physical Therapist

**A** sharp, debilitating pain in your lower back suddenly arises as you bend over to lift a bag from the floor. Or you notice a pain in a muscle or joint a couple days after you've been working in the yard. Pain or other conditions like dizziness or frequent falls that alter your daily function can be treated by physical therapy.

Although it is not required, most people see their doctors for a physical therapy referral to help them return to full function or recovery from injury. To effectively treat musculoskeletal pain or injury, a thorough assessment and evaluation must be completed by a skilled physical therapist.

Not all therapists are created equal, though. The following are recommendations of what to look for in a good provider and clinic. It is perfectly fine to call and ask questions before your first visit. If you ask a healthcare provider about his or her credentials and the provider is offended, that's probably sign that you may want to find a different physical therapist.

### Formal Education

How much medical education does your provider have? PT is a standard nomenclature for a physical therapist. Generally, a therapist's name followed by PT means

the provider is a physical therapist who, at a minimum, graduated from college with a bachelor's (four-year) degree. MPT means a physical therapist has a master's (six-year) degree. DPT means the PT graduated with a doctorate (eight-year) degree.

### Licensing

Ask if you will be seeing a PT or a PTA for your treatments. As noted above, a PT is a physical therapist, while a PTA is a physical therapy assistant (which is a two-year degree). To practice physical therapy in NC, PTs and PTAs are required to hold a license from the state Board of Physical Therapy Examiners. To verify the license of a PT or PTA, go to [ncptboard.org](http://ncptboard.org) and click on the link for "Services" then "Verify a NC PT or PTA."

PTAs are not trained to perform evaluations or re-evaluations and must treat patients under the guidance of a licensed PT. Hospitals and facility-owned clinics favor PTAs because they are paid less than PTs and are a means of creating higher revenues because insurance companies reimburse the same regardless of who renders treatment. PT aides or techs have no license, no required medical education, and are not authorized to perform physical therapy. Their primary job is to prepare tables,



Nothing beats staying with the same PT who evaluated you.

ready equipment, and provide general set up support for PTs and PTAs.

### One-On-One Care

Ask if you will be seeing the same therapist throughout your care. Some practices toggle your treatment between the PT who evaluated you, a different PT, and a PTA. Nothing beats staying with the same PT who evaluated you. That PT has established a relationship with you, understands how the treatments are working, and can change interventions at each treatment

session depending on how your body is responding.

### Wait Time

Ask how long you will typically need to wait for your scheduled appointments. A vague response like "not too long" or "pretty quickly" is a sign that you may be waiting longer than expected. There is nothing worse than being on time for an appointment and having to wait 30-45 minutes or even an hour to be seen. Outstanding physical therapy clinics respect you and your time and will usually see you within five minutes of your scheduled appointment time.

### Office Appearance

When you walk into a business that looks, smells, and feels like a quality establishment, it probably is. A quality physical therapy clinic should be equipped with modern equipment and the latest technology for diagnostics and treatment. It should be clean, comfortable, and above all have a friendly and helpful staff. The physical appearance reflects the people who work there. Take your time, shop around, and ask questions. You deserve it.

*Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. [Avorahealth.com](http://Avorahealth.com)*

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## Urinary Incontinence in Women

Leaking urine or having “accidents” is not a normal or inevitable part of aging for women. I have many patients who reveal this problem after years of accidents. For some, the symptoms are mild and easily dealt with. They become so bothersome for others that the women withdraw from normal daily activities or begin to stay home more often. They tell me they were too embarrassed to bring it up, or they thought it was normal and nothing could be done about it. Not true.

Bladder control in women is complicated and there are many different causes of dysfunction. For some women the pelvic floor muscles become weak over time, allowing internal organs such as the bladder and uterus to shift down and protrude into the vagina, leading to incontinence. A hysterectomy can also lead to this type of shifting.

Sometimes the bladder can develop involuntary contractions that can lead to incontinence, or the bladder muscle can weaken, decreasing its ability to store urine. Some neurological disorders such as Parkinson’s disease or stroke can lead to these problems, as will many different types of medications.

Incontinence looks different in each patient. Some lose urine only when they cough or sneeze. Some slowly leak urine throughout the day without really feeling it. Others have a sudden uncontrollable urge

to urinate and are not able to make it to the restroom in time.

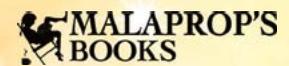
Whatever the cause or type, it is important to discuss this with your healthcare provider. There are a variety of different treatments available. For most patients, behavioral modifications and physical therapy can go a long way. There are PTs who specialize in this type of treatment. They can direct pelvic floor muscle therapy, provide biofeedback, discuss behavioral modifications, and much more. This is always considered a first-line treatment and many women can stop there.

Medications can sometimes improve urinary incontinence, depending on the cause. Usually your doctor can prescribe these medications if indicated. When the problem arises because your internal organs have shifted or are “bulging out” or “falling,” the treatment may include surgery. For women who do not want or cannot have surgery, there are also devices that can be used to hold the organs in place. These are called pessaries and can provide simple relief.

So please do not hesitate to talk to your provider about incontinence. While it is certainly common, it is not a necessary part of aging and there are a variety of treatments that can significantly improve one’s quality of life.

*Amy Santin, MD, is a family practice physician at MAHEC Family Health Center at Cane Creek.*

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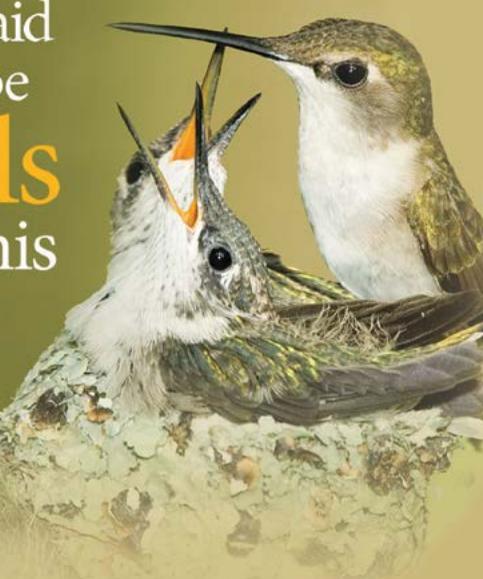


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## GREG'S MAGIC TRICK

### The Vanishing Salt Shaker

This is a trick that I have done since I was just a boy. I do it probably more than any other trick I perform. You can do it anywhere you have a coin, salt shaker, a napkin and a table.

#### THE PREP

You tell the audience you are going to make a coin disappear. You place the coin on the table, cover it with a salt shaker and then cover the salt shaker with a napkin. After a magical gesture, you slam your hand down, causing the salt shaker to vanish.

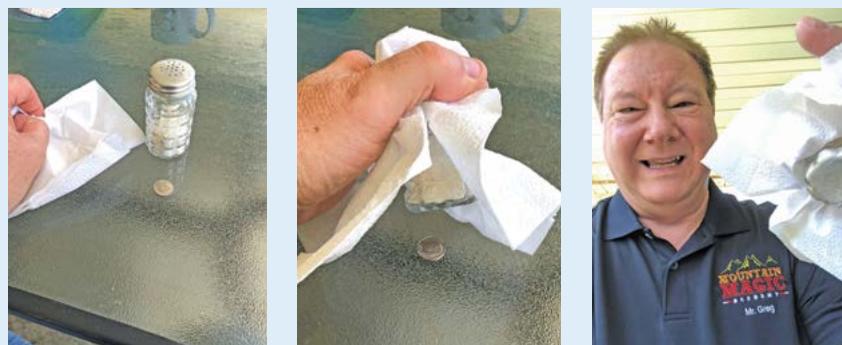
#### THE TRICK

Place a coin on the table in front of you. Place a salt shaker on top of it. Tell everyone you're going to make something very strange happen.

Now take a napkin and shape it around the salt shaker so that the

napkin takes on the shape of the salt shaker. Pick up the shaker with the napkin around it and tell everyone to watch the coin. Cover the coin again with the paper-covered salt shaker, tapping the shaker against the coin so that it makes noise.

Lift the shaker once again, calling attention to the coin, and bring the shaker to the edge of the table, and let the salt shaker fall into your lap. Place the paper (which still looks as if it still holds the shaker) over the coin again. Raise your hand above it and bring your hand down on the paper, crushing it flat. Pick up the paper and apologize—because the coin is still there. Tell your audience



that you made a mistake and made the salt shaker go through the table. Reach into your lap and bring the shaker up and place it on the table **Magic!**

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

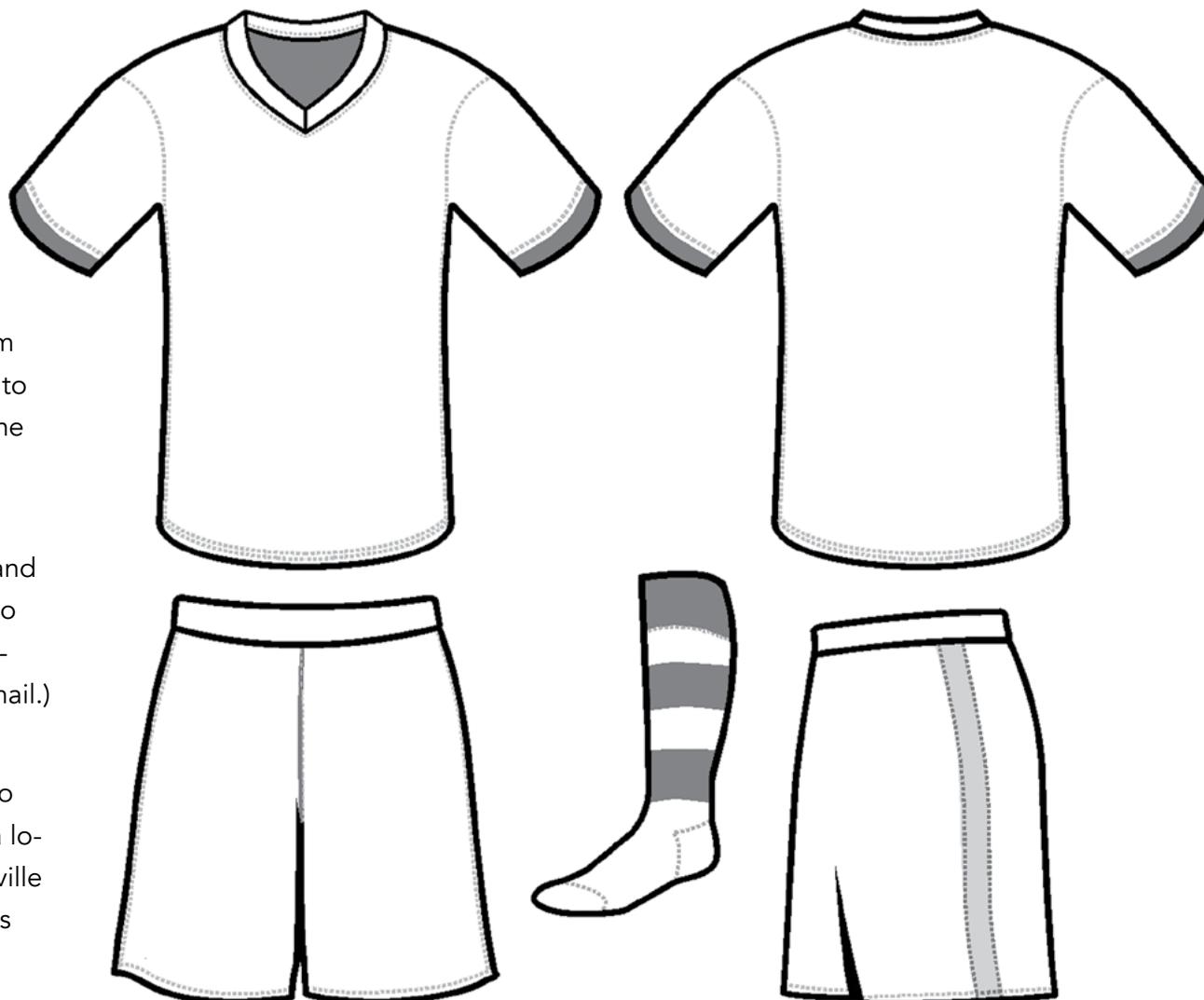
## ACTIVITY CORNER

### Create a Team!

Let's pretend a pro soccer team is coming to Fairview. You get to come up with the colors and the uniform design. Have fun!

Scan and send your design to [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com), and we'll post our favorite entries to our Facebook page. (Please include your first name in the email.)

The creator of our favorite design will have a chance to go on the Steve Sax Syndrome, a local sports radio show on Asheville FM ([ashevillefm.org](http://ashevillefm.org)), to discuss their kit!



## Five Local Teams Win State Competition

The state-level competition for Destination Imagination teams was held at Cane Creek Middle School last month. Five teams from local schools received top marks and earned the right to compete at the Global finals in Kansas City later this month.

The winning teams are raising money to pay for the trip, and below are ways you can support them. You can also check for updates online at Facebook (@FairviewDI).

- There will be a Thursday night fundraiser at Nachos and Beer to support all of the teams (date to be determined).
- On Saturday, May 4, the Fairview Elementary teams will hold a flea market fundraiser to benefit their teams, from 8 am–3 pm. Spaces are available for \$10, and can be reserved by emailing fairviewelementary.di@gmail.com. It will be held in the school's parking lot, 1355 Charlotte Highway, Fairview.
- The CCMS and FES teams are holding a Flocking Fundraiser. Yes, you can “flock” the school or someone’s yard with flamingos. To find out more about getting a lawn creatively decorated, contact Mallisa Howard at 779-1120 or email fairviewelementary.di@gmail.com.
- Send a check, made out to “FES DI,” to FES DI, 1355 Charlotte Highway, Fairview, NC 28730.

### KIDS LIKE THESE 4 VETS



This team from Cane Creek Middle took 1st place in the Project Outreach challenge. They also earned a “Spirit of DI” award for their volunteerism and passion in promoting PTSD writing therapy programs for veterans through the Asheville VA. Team members are Savanna Reimels, Graham Carter, Sara Barlowe and Caleb Cole. Team manager is Melissa Spruill.

### SUGAR SUGAR



This community team, made up of students from CCMS, FES, and ACRHS, took 1st place in the Technical challenge. This team built an aircraft which was scored for taking off, flying, landing and dropping payloads during the performance. This team was awarded a special award, The DaVinci award, for their creative use of trash throughout the costumes, paying special attention to detail in the costumes of Kate (5th grade) and Sara Dickman (8th). The other members of this team are Colton Roberts (11th), Cole Frelick (5th), Ethan Durkovic (9th), Chayse Howard (11th) and Kaitlyn Howard (8th). Team managers are Mallisa Howard and Teresa Dickman.

### ROCKET SCIENCE



This team from A.C. Reynolds High took 1st place in the Fine Arts challenge for the secondary (high school) level. Team members are Chayse Howard, Colton Roberts, Ciara Mitchell, Ethan Durkovic, Aliyah Morrow and Margeaux Catlin. The team was required to choose a game, integrate the history of the game into the skit, and build a container that goes through a change and included a technical element. Team manager is Mallisa Howard.

### PANTHER ATTACK



This team from Fairview Elementary took 1st place in the Scientific Challenge for elementary level. Team members are London Jackson, Amanda Talmadge, Haley Hooks, Ansley Fuchs, Will Ammons, Wesley Talmadge, and Sharon Ammons.

### BUTTERFLY EFFECT



This team from Cane Creek Middle took 1st place in the Middle Level Fine Arts challenge, with Sara Dickman being awarded a Renaissance Award for creativity on her Barbie costume. The other team members are Clyde Lovelace, Kaitlyn Howard, Kate Dickman, and Cole Frelick (not pictured).

## Ready, Set, Run!

by Kenya Hoffart

Students at Fairview Elementary recently participated in a fun and exciting fundraising event that promoted exercise, teamwork, and community throughout the school. A motivated and excited group of Boosterthon team members kicked off the fundraiser with two energizing pep rallies on March 20. During the five school days that followed, students participated in class huddles where members of the team provided valuable lessons on integrity, zest, growth mindset, citizenship, and teamwork.

On March 29, students participated in a fun run either on the school's ball field or in the school's gym. Students were challenged to run 35 laps and parents were encouraged to cheer on their favorite runners. Parents, family members, and local businesses pledged money (either per lap or a flat donation) to student runners to help purchase new reading materials and literacy resources for every classroom. They passed their fundraising goal, raising

more than \$40,000. This means more than 700 students will be exposed to valuable reading materials and curricula.

Local business sponsors, including AeroFlow Healthcare, Asheville Sun Soo Martial Arts, Blue Ridge Orthodontics, Martin Monuments, TP Howard's Plumbing, Biltmore OB-GYN, Piazza Wood Fired Oven, Saran Pilates Studio, Peaberry Press Coffee & Smoothie Bar, and Worley Motorsports, worked with the PTA to ensure that every student received a free t-shirt. Molly Sherrill assisted with the design of the shirt, and Cristy Brunner served as the contact person and coordinator for the event.

### More Local Support

Staff and students at Fairview Elementary maintain a focus on reading and literacy throughout the year. The Fairview Business Association recently made a generous donation to the school's media center to help provide students with exposure to meaningful literature.



FES students raised more than \$40,000 to purchase new reading materials and literacy resources

### STUDENT OF THE MONTH: DEVON TRIPLETT

The A.C. Reynolds Student of the Month is Devon Triplett.

Devon has been a member of the DECA club chapter for the past three years and has served as a vice president of fundraising over the past year. He is a very talented individual who has a passion for business and marketing, which is evidenced by his excellent leadership and communication skills. Devon recently was the leader of the Youth Opioid Leadership Team, which initiated the ACRHS Keeping It Real Opioid Summit on the ACRHS campus.

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



### Fairview Preschool Bellringers



Fairview Preschoolers put on an Easter handbell performance for residents at Bella Vista Retirement Living Home. After performing, the preschoolers taught some of the residents how to play the bells. The preschoolers play the handbells a few times during the year, including Christmas and Preschool Graduation.

### EVERY LOVE, TEEN REPORTER

## Looking for a Good Book?

This month I felt like I'd pay homage to the very things that shaped my childhood and made me into the writing fiend I am today: books! So sit back, dig out your library card, and get ready for a list of "To-Reads" recommended by yours truly.

In order to really understand why books are so important to me, you need a little bit of background. I learned to read in preschool. Yes, you read that right. I don't remember this, but my parents tell me that I used to read to the other kids in my class. I've always been a big speed-reader. I can finish multiple books in a

day if I'm really into it. And according to my teachers, I'm a sneak-reader too. Anytime I finish a project early or I'm just not interested in what's going on in class—whoop!—out comes my book or my notebook, so I can write.

I am going to give you a list of authors and their respective genres so that you can pick a book that fits you. My favorite horror authors are Stephen King and Mary Downing Hahn. Stephen King is, as his last name suggests, a king in the horror industry. Hahn is definitely lesser known but no less amazing. King is more hardcore scary, while Hahn's MO is usually more creepy.

My favorite science fiction and/or dystopian authors are Veronica Roth and Ray Bradbury. Roth is the bestselling author of the *Divergent* series but also has written other awesome books such as *Carve the Mark*. Roth is a recent author, but Bradbury is a classic. Either way, you can't go wrong.

If you're more into LGBT+ Young Adult fiction, you might want to go for Adam Silvera or Becky Abertalli. Abertalli wrote *Simon vs. the Homo sapien's Agenda*, which is more commonly known from its movie adaptation, "Love, Simon." Then there's Adam Silvera, author of *They Both Die at*

*the End* and *History Is All You Left Me*. He's the master of heart-wrenching LGBT fiction. Even better, Silvera and Abertalli cooperated on a book called *What If It's Us* and—spoiler alert!—it's amazing.

I hope that you will like one of these authors. Send an email to [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com) if you have a book or author to recommend to me.



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

## Creating a Love for Learning: Rebecca Reeves

Picture yourself in a classroom full of wiggly kindergartners. They're from different families, with unique stories, smiles, and challenges, but they all have one thing in common: They worship their teacher and hang on her every word. With an animated look, a quiet suggestion, or a gentle touch she can get each student to pay attention, be kind, sing songs, and sound out words. That's the magical classroom of Fairview teacher Rebecca Reeves, the Reynolds District Teacher of the Year.

Reeves was chosen for this honor by other teachers from across the county and was recognized, along with other district winners, at the April meeting of the Buncombe County Board of Education. She will compete for the county-wide award, which will be announced in the fall.

Originally from Wisconsin, Reeves moved to Greensboro in the seventh grade. She said, "I knew for sure that I wanted to be a teacher when I was in fourth grade. My teacher, Mr. Robertson, made learning come to life. He told the most wonderful stories and he made every child feel like they were his favorite. I wanted to be just like him. I wanted to make learning fun, and I wanted to make kids feel important."

Reeves graduated from Western Carolina and is now in her eighth year of teaching.

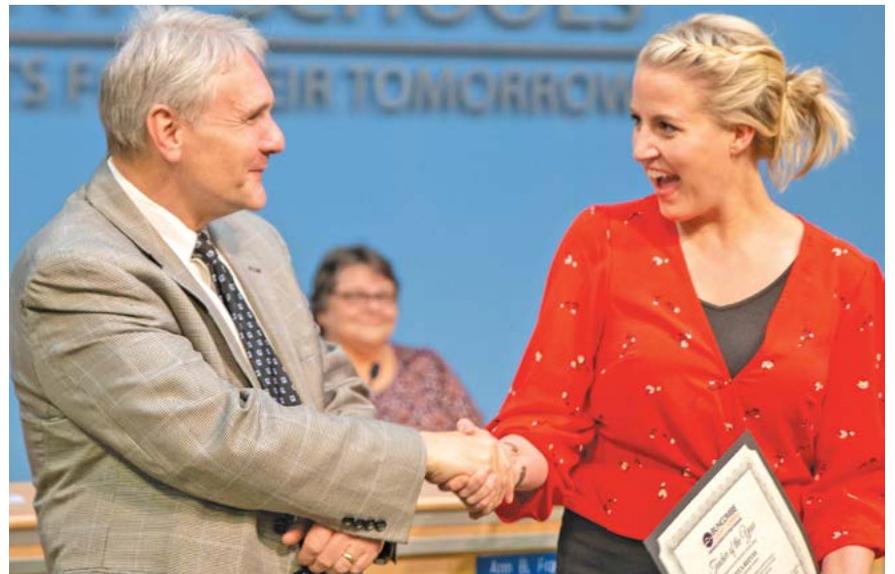
She recognizes that kindergarten offers a unique opportunity. "It is often a child's first experience in a school setting," she said, "and it is my responsibility to make that experience an amazing one. My goal is to create a love for learning in each child that will last a lifetime."

Fairview Principal Angie Jackson describes Reeves as a dynamic teacher, and never knows exactly what she'll find when she walks through Reeves' classroom door. "You may see her dressed as a hibernating bear, you may see her singing during transitions, or dancing to a math jig," said Jackson. "This lady never sits down, as she is fully engaged in hands-on learning activities with her 5- and 6-year-olds."

Reeves has had to overcome her own challenges, which makes it easier for her to empathize with her students when they struggle. "I have a learning disability, ADHD, and this has helped me to make sure I am meeting the various learning needs of all my students. I know first-hand that we all learn differently and at different paces, and that's okay."



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



### MAY CALENDAR FOR REYNOLDS SCHOOLS

- THU, MAY 2** Reynolds High Graduation Project Board Night, 5:30 pm (volunteers needed)
- FRI, MAY 3** Reynolds Middle Harry Potter Night, 4 pm, Media Center
- SAT, MAY 4** BCS STEM Day, "May the 4th be with you," 9 am-3 pm, Nesbitt Discovery Academy
- MAY 6-10** Teacher Appreciation Week, all schools
- THU, MAY 9** Fairview Elementary Spring Arts Night, 6 pm
- FRI, MAY 10** Fairview Mother/Son Dance, 5:30 pm, and Daddy/Daughter Dance, 7 pm (Western theme)
- THU, MAY 16** Reynolds Middle School Band Concert, 7 pm
- FRI, MAY 17** Cane Creek Spring Musical, *Short Tales of Yore*, 7 pm
- THU, MAY 23** Reynolds High Memorial Day Band & Choral Concert, 6 pm, Arden Presbyterian Church  
Reynolds Middle Chorus Concert, 7 pm
- MON, MAY 27** Memorial Day Holiday
- MAY 29-30** Proctors needed for Fairview End of Grade Testing (call 628-2732)

### Proctors Needed at CCMS

Cane Creek Middle School is in need of proctors to volunteer for End of Grade testing. The dates are June 3-6 from 7:30 am to about 11:30 am. You can sign up for any date that works for you. Please email larry.weigel@bcsemail.org if you are able to help out.



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# The Glad Hatter

## Sandra Suber's lifelong love of finery

By Sandie Rhodes

PHOTOS BY DANA IRWIN

*Note: For years, the Crier was printed at Iwanna on Hendersonville Road. One of the not-so-glamorous parts of my job (with my husband's help) was to pick up the 4,500 newspapers and bring them to the volunteers waiting to label them for mailing to our readership. When Iwanna closed down their commercial printing division, our newspaper's production was moved to our current printing facility in Bristol, Tennessee—and the papers would be delivered to Fairview. As the paper grew in size and quantity, the Crier hired a young man to pick up and deliver papers going to the Fletcher, Reynolds, and Gerton post offices. When he and his family relocated, he suggested his pastor would be pleased to assist by taking over his duties. I walked Odell Suber, often with his wife Sandra assisting. It has been my personal pleasure (and the Crier's benefit) to know both of these kind-hearted and reliable people. Over the years I discovered that Odell enjoyed woodworking and creating functional yard art and planters. I learned that Sandra had also been a musician, singer, and a purveyor of fine hats and clothing. Her business, Ianodell's Hat Shop, named for her two sons (Ian and Odell, Jr.), is in Mills River and—wow—does she have some hats!*

Church and music have always been an integral part of Sandra's life, marked by her marriage to Odell, the raising of her two kids, and a 34-year career with General Electric as a Customer Service Specialist.

Sandra has loved hats (and the dressing up that goes along with them) for as long as she has memory. As a child, and still



Sandra hand-picks every fine outfit and accessories.

today, Sundays were all about church, and Elnora "Snookie" Lynch made sure she and her girls (Mae Etta, Katherine, and Sandra) were always decked out in the latest fashions. Whether Sandra was listening to her mother sing or playing piano and singing herself, she always appreciated the finery and outfits worn by the African-American women in her congregation.

If family and faith have been the foundation of Sandra's life, finery was the embellishment. For 40 years, she was the Minister of Music in two churches, including Pleasant Hill Baptist where Odell was pastor. Her position as "first lady" of the church carried an added responsibility: She would definitely have to dress the part.

For years, she made biannual trips to Greenville and Spartanburg, SC, and



Whether it's Easter, a Kentucky Derby party or Mother's Day, Ianodell's has a hat for every occasion.

Burlington, NC, to purchase hats and other finery for the upcoming season. After each trip, she would gush with excitement about how she loved the shops and how amazing it would be to own her own shop. After continually supporting (and likely enduring) Sandra's obsession, Odell finally said, "Either do it or be quiet about it." And so Ianodell's Hat Shop was born in April 1995.

Knowing her market, Sandra sent flyers announcing the opening of Ianodell's Hat Shop to churches in Hendersonville, Arden, and Asheville. On opening day she almost ran out of inventory, selling over 80 hats. To this day, the most effective method of promoting her shop is word of mouth. And by all accounts, the most powerful tool in her marketing bag of tricks is Sandra herself.

She has stayed true to her belief that her success would be tied to her own love of finery. She knew first hand what would set her shop apart and be important to her customers. Ianodell's sells only one-of-a-kind hats, which really does mean that there will only be one of each style in her shop—ever. Since she has such a large, local customer base, the odds of someone bumping into another woman wearing the same ensemble are very slim. Sandra stays on top of trends. She knows what's going to be hot before it reaches our mountains and ensures every one of her customers will be stepping out in fashion. She has always loved "bling," which is that special something to make a hat or accessory stand out from the crowd. This is the "eye" she



### Fascinators

Fascinators, made popular in England, are lightweight, decorative headpieces attached to a hair clip or comb. They are generally made with flowers, feathers, beads, etc. and are always outrageous. The word fascinator dates back to 17th century in Europe, when it referred to the lacy scarf women wrapped (or fastened) around their heads. These scarves were not used for protection but rather to allow women to create an air of allure or mystery. In more recent times, fascinators were seen as a mild form of defiance, as women often wore them when convention required extremely conservative attire.



Sandra Suber flanked by her friends, customers, and photo shoot models Vickie Featherstone (left) and Trevia Murray (right).

uses when perusing designers' shops on her buying trips. And most important of all, Sandra understands women. She would never put a hat on someone who doesn't wear hats, but instead would focus on other elements of fine dress. She recognizes that the right tilt, the perfect angle, the right orientation can make a woman smile or gasp with delight. It's the bling, girls!

Sandra has held an annual fashion show every year since opening her shop. This year is the 25th anniversary of owning her store, and her fashion show will be held on Saturday, May 18 at noon at The Chariot, 715 North Church Street in Hendersonville. An advance ticket is \$23 and includes a luncheon. For ticket information, call 776-4676. This will be a delightful experience you'll likely not forget. I'll be there for sure and hope you will as well.

### Hat History

Hats have a long history. They were fairly common in ancient Egypt, as long ago as 3200 BC. This is evidenced by an unearthed painting on the wall of a tomb in Thebes, Egypt, depicting a man wearing a cone-shaped straw hat.

Over the years both women and men have worn hats for a variety of reasons, including protection, fashion, and ceremonies. Additionally, hats were used to indicate class or stature, to distinguish nationalities, and to designate different ranks and branches

of the military. It is believed women began wearing fashionable structured hats as early as the late 16th century, and Milan, Italy was the center of this new industry. Merchants (or haberdashers) from the fashion-forward city of Milan traveled throughout northern Europe bringing silks, ribbons, and other finery to upper-class households. The term "millinery" is derived from "Milliners," named after these traveling salesmen.

By the end of the 1800s, big cities were famous for their milliners as well. Millinery provided a huge employment opportunity for women. In fact, in New York at the turn of the century, there were over 83,000 women employed in the industry.



Among the well-known hat and church suit designers represented by lanodell's are Terramina, Lisa Rene, Ben Marc, Whittal & Shon, and Donna Vinci.



In the northern US, African-American communities like Detroit, Philadelphia, and Chicago have long had a tradition of women wearing flamboyant hats to church and related events. But the tradition of African-American women wearing ornate hats in the southern states started after the Civil War. After emancipation, women who had previously little or no personal freedom began wearing hats to church, embellished with whatever they could find to fancy them up. It was a glorious way to express their newly found independence.

*lanodell's is located in Mills River and is open by appointment only. Call Sandra at 776-4676 to schedule.*

### Giving Back

Sandra's mother, Elnora "Snookie" Lynch, passed away on November 18 last year. She lived all of her 97 years dressed to the nines and knew the art of accessorizing an elegant outfit with equally elegant adornments. Her collection of gently worn church suits, dresses, and hats are for sale at lanodell's at a fraction of their original cost. Sandra likes the comfort of knowing another woman will enjoy her mother's fashions while supporting the group that helped her and her mother. She'll donate 100 percent of proceeds from sales of these items to the Council on Aging.



l'Briahn Newborn will be the youngest model at the 25th Annual lanodell's Fashion Show and Luncheon on May 18.



A sideroom features gently worn fine suits and dresses, as well as a selection of African-inspired garments.

## Common Traps in New Dog Ownership

often get asked how to train a new dog that has become disruptive or, even worse, destructive. It's a common situation, but it doesn't have to be that way.

We humans often put our hearts ahead of our brains. We have all grown up with a Hollywood view of what dog ownership looks like. We go to a shelter or see a social media post about a dog in need with a cute face or unfair background story. It tugs on our heartstrings and we open our home, and often our wallet, for that dog with the intention of providing it a loving, safe place to grow old. We are excited for our new dog's future, and feel good about ourselves in the process. It's a common way to bring a dog home.

In that scenario, new owners often haven't done adequate "research" and haven't thought through the decision to make sure they really are able to provide a better life for the dog. So what can a potential new dog owner do to be prepared?

First, determine that you have the time in your family's schedule for a new dog. It takes a dog a while to adjust to its new environment and schedule. During the initial honeymoon period, owners often tell me how good their dog started off but then it seemed to develop bad habits, or have an attitude toward the family or other dogs in the home, or even become destructive. Most dogs could benefit from



Help your dog to understand what is acceptable in your family environment

training with either a professional or an educated owner. All dogs need sufficient exercise, both mental and physical stimulation, to keep them from getting wild and crazy. Make sure you have the time and finances to support bringing a dog into your life.

Second, make sure the adult, full-grown size and breed of the dog will match your lifestyle. Unfortunately, many rescues and shelters are so happy to get a dog adopted and out of their facility that they fail to talk to owners about the breed characteristics

(if they even know the breed) and what those mean for the dog's needs. (This goes for breeders, too.) For example, an elderly, frail couple should really think twice before adopting a German Shepherd, typically a large, high-energy breed. Likewise a family with young children and a hectic schedule probably shouldn't bring a nervous, high-energy herding breed dog into their home. It probably won't be a good companion dog to those young children. Children can be very unpredictable around dogs and are often a trigger for them.

### Pup Pals

Another common situation is introducing a new dog to one that already lives in your house. You want them to be buddies. We all need a good buddy in life, right? Dogs need to be able to calmly co-exist around other dogs rather than being reactive to them. Sometimes, this takes some work to make happen. Set your dogs up for success rather than turning them loose and seeing how it goes.

If either dog is nervous or unsure about the situation, fun playtime can easily turn reactive or into a fight, and that's hard to recover from once the damage has been done. Take it slow and easy, and don't rush the relationship — and trust-building. Let the dogs see each other, be around each other, and adjust to each other without

meeting face-to-face on leash. Be prepared to defuse any naughty intentions that begin to arise between the dogs.

Lastly, set your dog up for success. Apply critical thinking and common sense to being a dog owner. (I could write a book on some of the outlandish ideas owners tell me they have heard). Be a good, confident leader for your dog. Educate yourself in dog body language and how to keep your pet healthy. Don't fall prey to media sensationalism. Establish boundaries and structure for your dog to live within and get the whole family on board with helping with the rules. (Owners often report this one tip helps bring their whole household to a better, more manageable place). Help your dog to understand what is acceptable in your family environment and what is not.

We all want our dogs to make good decisions. This starts with making a good decision about bringing the right dog, at the right time, into your home to be a part of your family.



Tracy Peabody is the owner and head trainer of *Woof in the Woods* and *Specialized K9* training services. For info on lessons, classes, and products, call 222-2222. 1451 Charlotte Highway, Fairview. [woofinthewoods.com](http://woofinthewoods.com)

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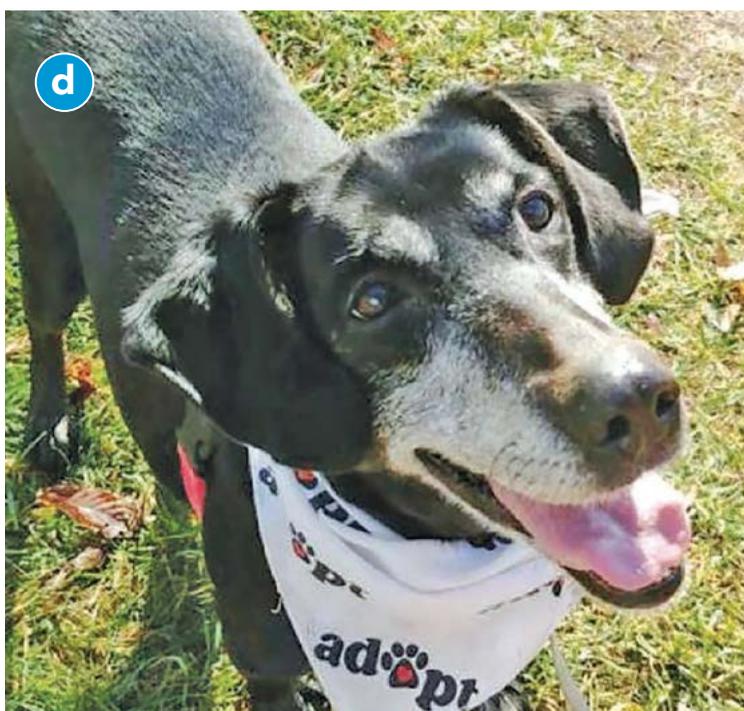
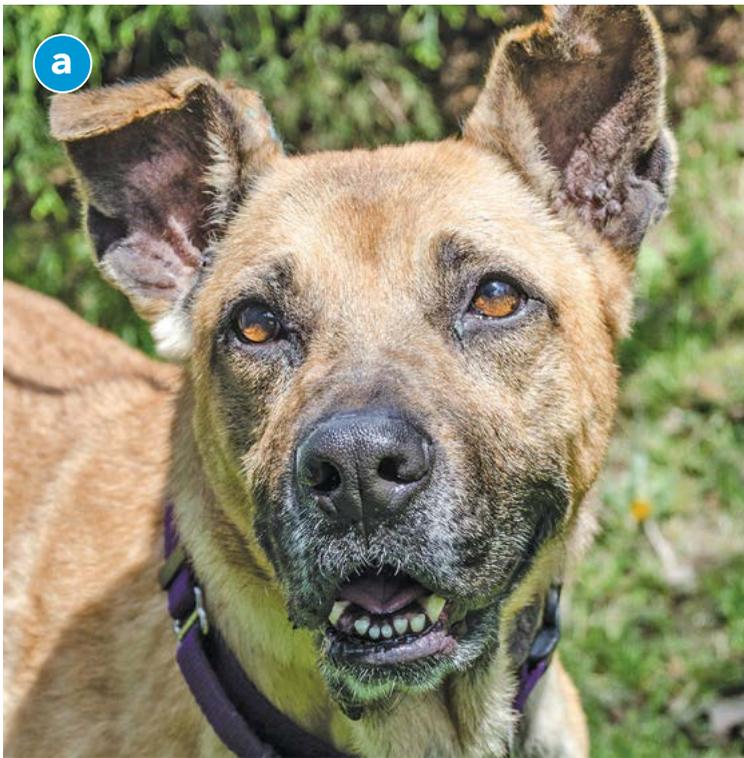
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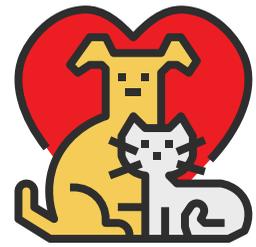
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# ADOPT A PET!



**a. Sam** is a seven-year-old female shepherd mix who is quiet as a mouse, and loves to lay by your side with her collection of plush squeaky toys. Sam is a great companion on walks, as she calmly walks by your side on a loose leash. She will never turn down an opportunity to play tug, and she is also happy entertaining herself with squeaky toys. Sam sleeps calmly in a crate or on a bed. You will not hear a peep from her unless she needs to be let outside. She has hypothyroidism, but it is pretty affordable to treat, with twice daily pills for the rest of her of her life. Sam also needs special food for her allergies, which she happily gobbles down. Sam is interested in other mellow dogs. *Asheville Humane Society*

**b. Matty** is a fluffy ball of white and black cotton fur. He's an Australian Cattle Dog mix, full of puppy energy. He is a super sweet boy who loves people and playing with his toys. This is a breed you need to know how to train and work with. Also, Matty has hip dysplasia in both hips and will need to have his ongoing medical issues checked regularly by a veterinarian. *Charlie's Angels*

**c. Cookie** is a gorgeous black and white Tuxedo Domestic Short-haired girl who is just as sweet as she can be. She was born approximately in January 2017. She is a gentle, quiet and loving kitty whose favorite thing is to be petted, especially around her head and ears. She'll even take her paw and try to show you where it feels good. Cookie prefers to be an only cat. *Charlie's Angels*

**d. Teigen** is a seven-year-old retriever mix who has been waiting for a home since May. Don't let her age fool you. She loves to go on hike, and has a lot of energy for a mature dog, but she knows how to chill out on the couch, too. Teigen would prefer a home without children or other animals. *Humane Society. Asheville Humane Society*

**e. Luna** is a three-year-old, 65-pound beauty who is well trained in basic commands, friendly with people, not noisy, not an escape artist, and has done well with other dogs. She does pull on her leash when walking if she sees something of interest, such as a squirrel. She should not be placed with cats. Luna is healthy, spayed, and vaccinated. *Animal Haven*

## 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

## Science Proves Bird Feeding Makes a Difference

As we move into spring and summer, there is sometimes confusion regarding the supplemental feeding of birds from bird feeders. It is fun and therapeutic to observe birds at feeders regardless of the time of year. But let's clarify the specific health benefits for the birds from supplemental food from our backyard bird.

### Science

I'll be summarizing from a first of its kind study: "Effects of Bird-feeding Activities on the Health of Wild Birds" from Millikin University ([conphys.oxfordjournals.org/content/3/1/cov058.full.pdf](http://conphys.oxfordjournals.org/content/3/1/cov058.full.pdf)). If you want to read some impressive experimentation and science, go take a look.

The study examined the impact of bird feeding on wild birds by evaluating the health of individual birds based on their body condition, physiological stress, antioxidant levels, nutritional conditions, reproductive physiology, immune function, and disease. Measurements to re-evaluate the health of individual birds were retaken 10 months after all feeders were removed to verify that the study results were attributable to the supplemental feeding.

The study showed a consistent pattern of greater overall health for the birds at the sites where supplemental feeders



were present. Importantly, the study re-confirmed that feeders provide only supplemental food and do not create a dependency among free-living wild birds. Bird feeding significantly influenced the health of birds over the course of this three-year study.

### Bird Benefits

**Nesting** – Birds have babies well into the summer. Feeders allow breeding birds to spend less time searching for food and more time selecting better nesting sites and constructing higher-quality nests. Adults will also have more time available for protecting their nest, eggs, and young



from predators. Access to bird feeders promotes earlier fledging of the nestlings and higher survival rates of the brood.

**Molting** – Molting occurs throughout the year (goldfinches molt twice a year) and requires tremendous energy and nutrient resources from birds. The lack of an abundant and healthy food supply may result in the impaired ability to obtain the proper pigmentation for molting feathers and can lead to defects in feather formation such as being weak, frayed, or curved.

**Preening** – Less time spent foraging, especially during harsh weather conditions, provides more time to keep

Access to bird feeders promotes earlier fledging of the nestlings and higher survival rates of the brood. A predictable, dependable source of quality bird food in your yard helps all birds.

feathers in top-flight condition to avoid predators and to insulate themselves from the elements.

When times are slow at feeders, birds eat natural foods. But a predictable, dependable source of quality bird food in your yard helps the birds. They will continue to supplement their foraging, even if it is just a little. Yours will be the first yard they come to when the weather changes and they seek out a reliable source of food.

Steve Muma is co-owner of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. [asheville.wbu.com](http://asheville.wbu.com)

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## Get Started by Starting Small

If you are one of those people who shudder at the thought of trying to get your home, office, or garage organized, starting simple is the key.

Start with a small project. Do not empty your entire closet on the bed or, even worse, take everything out of your garage. Start small. Tackle a project you can complete within a couple of hours. When you finish reviewing, purging, and organizing one of these projects you will feel successful and be ready to move on to the next project.

Make sure you have a trash container nearby and one or two empty boxes available in the event you need to house some items elsewhere.

Here's an idea for your first small project: organize your medicine cabinet. This is a good project because it's small, can be accomplished within a few hours, and will make you smile often when you look at the organized space you use almost every day. Here's how to get started.

### Discard Expired Items

Review every item and make sure it hasn't expired. Toss expired eyedrops, makeup, etc. or other ointments you no longer plan or need to use.

### Discard Items of Unknown Origin

Some items don't have expiration dates but likely need to be changed, such as



worn out toothbrushes, dried-out lipstick, used razors, old cotton balls, etc.

### Donate Unopened Items

Many of us collect hotel samples when traveling, such as soaps, shampoos, lotions, and shower caps. If you haven't used them, place them in an empty box and donate them to a local shelter or donation site that will distribute them to people who could really use them.

Unopened bottles of shampoo or other liquid products that appear puckered (the bottle is sucked in) are usually old and should be tossed. Don't donate open items, barely used items, or expired items. Most donation organizations (like Goodwill, etc.)

will not accept used makeup. You might find a women's shelter that's interested, but I hesitate to encourage donating used personal and health-related products.

### Toss Expired Medication

Most importantly, toss expired cold remedies, flu medicines, aspirins, etc. Some pharmacies have disposal kiosks for prescription medication.

### New Homes for Surplus

Remove new and surplus medications and supplies and store them elsewhere. For example, if you have several deodorants in the cabinet and you only use one at a time, remove the others and store in a closet.

Remove seasonal items such as bug spray or tanning lotion and store until needed so you have more room in your cabinet. Place them in a linen closet, under the sink, a storage cabinet, or other location.

### Organize

After you have reviewed everything in the medicine cabinet, wipe down the shelves and then sort and place like items together. For example, place the toothbrushes, floss, and toothpaste on one shelf, makeup on another, shaving supplies on another, etc. You might want to purchase small containers to place on the shelves for small items (like lipsticks, sample perfume bottles, etc.) so they don't fall or roll out. Label them for easy access.

The best part of this whole process is when you close your cabinet and open it again. You will be able to see everything you have at a glance and have easy access to all of your toiletries. Every morning when you open that door, you'll smile because you'll know where everything is.

*Diana Soll is a Certified Professional Organizer living in Fairview. She is a past president of the New York chapter of the National Association of Productivity and Organizing Professionals. For more information, you can email her at Diana@grandsolutions.net.*

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## Picking Blueberries with a Hermit

**M**y husband's grandfather, C.B. Harrill, opened one of the first u-pick blueberry operations in WNC. I met him around 1990 after Walter and I had been dating about a year. Walter brought me up to Asheville to spend the weekend with his family. It was July so one of the things he planned for us to do was to visit his granddad, see the blueberry orchard, and pick some blueberries.

I had been blueberry picking as a young child around Lake Lure. My grandparents had a small piece of property where we would camp for a few days each summer. We would pick wild blueberries while camping and Grandmaw would bake a pie when we got back home. I had never seen domesticated blueberries before, and I wasn't all that keen on the idea of spending hours in the hot sun picking tiny little berries. Most folks now aren't all that familiar with wild blueberries, but they are totally different from a domesticated blueberry you see in the grocery store. Wild blueberries are small—really small—and it seems like it takes hours just to pick a cupful of them, much less the several cups it takes to even bake a pie.

When I got to Walter's house on Friday, his mother started telling me about the blueberry orchard and pulling out the Avon Skin So Soft (a time-honored

Southern way to repel insects). See, the blueberry orchard was (and sometimes still is) a haven for chiggers and poison ivy. I had heard of and seen cases of chiggers, but I had never experienced them myself. If you haven't had that experience, count your blessings and pray to whatever deity you worship that you never get a case of chiggers. They are microscopic bugs that burrow under your skin and cause a welt that itches like nothing you've ever experienced before. It's worse than poison ivy or mosquito bites. It's worse than a case of hives. So, I slathered up and put on long pants with socks over the cuffs, as well as long sleeves to avoid the poison ivy. Keep in mind, this is July, and it's hot and humid. Then we jumped in the car for the 40-minute drive into, what was to me, the middle of nowhere.

I was told, as we drove up the final road, that the last part of the road was a little rough. I was thinking a few potholes but in fact there rocks the size of the car that we had to drive around and over, potholes the size of kiddie pools, and a steep section that required a running start and Flintstone-style propulsion to reach the top. Never had I experienced such a ride. It took years after we moved here until I would attempt to drive the road myself. In fact, it wasn't until after the road had been



rerouted and made less steep that I tackled it on my own.

When we got to the top, there sat a tiny little red cabin and a few hundred blueberry bushes in knee-deep grass. C.B. was sitting in a lawn chair under an ancient white pine looking out over the orchard. He had lived on this property for more than 25 years in a 10' x 10' cabin with wood heat and no running water. This was an upgrade from a 12' camper he'd parked there in the 1950s. In the winter and wet springs, the only way up required a four-wheel-drive vehicle and nerves of steel.

Sometimes he would be snowed in for weeks with only a TV for company. (We always thought it was a black-and-white TV until he passed away. It got cleaned and showed us a beautiful color picture.)

He enjoyed the hermit life for 10 months out of the year, taking care of his blueberry bushes and working on woodcrafts to sell during the picking season. Then, in the first week of July, the people came, and he was happy to see them in his orchard, enjoying his berries, and sharing their picnics with him. For the six or eight weeks of blueberry season, he was busy manning his u-pick scales and cash box, mowing, and picking berries to sell in town to the local Ingles. Then, by the middle of August, it was over for another year and he could go back to enjoying his mountain alone. Somehow, he was never bothered by the poison ivy and chiggers that so tormented some of his pickers. And he never admitted to the bears and snakes that frequented the orchard even during picking season. What the pickers didn't know couldn't hurt them!

*Wendy Harrill is co-owner of Imladris Farm, a sustainable supplier of jams, jellies, and preserves made from locally sourced fruit. [Imladrisfarm.com](http://Imladrisfarm.com)*

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## LIFE-SAVING SCIENCE

Continued from front page

lead to dependence, and when misused, opioid pain relievers can lead to addiction, overdose incidents, and deaths.

Addicts who begin with prescription pills sometimes move on to illegal opioids, often injected with needles. Among the most popular and potent of these illegal drugs is heroin, which can be especially deadly if laced with fentanyl.

Naloxone can quickly restore normal breathing and save the life of a person who is overdosing on opioids. Friends, family, and other bystanders can save lives. Naloxone distribution programs give kits to opioid users, their friends and families, and others.

Naloxone, which can be purchased in many pharmacies without a prescription, binds to opioid receptors and reverses or blocks the effects of other opioids and restores normal respirations. It can be administered by injection or nasal spray.

### Helping Without Fear

There are 40 states, including North Carolina, that provide legal immunity from arrest for friends, family, and other bystanders ("Good Samaritans") who seek medical aid for someone experiencing an opioid overdose.

If you or someone you care about has an opioid use disorder, ask your healthcare provider or pharmacist about naloxone.

There are tools to support people at risk of overdose and affected by health risks associated with opioid use. The NC Harm

Reduction Coalition is one program that distributes free naloxone kits to people at risk of overdose.

### What Can You Do?

Each of us has a role to play to help end the opioid epidemic.

Disposing of unneeded medications is an easy and crucial step in preventing drug misuse. Drug disposal kiosks can be found in some community pharmacies, police stations, or other law enforcement facilities. If patients are unable to dispose of medications in a kiosk, they can mix the medications inside of a plastic bag along with an unpalatable substance like dirt, kitty litter, or unused coffee grounds.

Prevent your child, friend, or loved one from misusing your medications by securing them so they cannot be accessed. They can be secured in a medication lock box, locked cabinet, or placed out of reach.

We can address the opioid epidemic by encouraging community members who need help to find treatment and recovery resources, and to provide support for those helping a loved one with addiction.

Further resources can be found at [morepowerfulnc.org](http://morepowerfulnc.org), [naloxonesaves.org](http://naloxonesaves.org), and [nchrc.org](http://nchrc.org).

*Sandi Bryant, Pharm. D, is the CEO and owner of Americare Pharmacy.*

*Americare will be an approved site for National Drug Take Back day, which should take place in October.*

## PET TIPS JEAN ROBBINS

### Make Pet Sitting Less Stressful

Vacation season is starting, and if you're a pet owner, planning one becomes especially complex as you decide how best to provide the care your beloved animal companion needs during your time away.

Although many families opt to take their pets along on vacation, this is often not practical or even possible. There are many options available for care, including a professional or non-professional pet sitter (such as a family friend or neighbor), as well as a boarding facility. Most animal care experts agree that the best option for pet care is usually to have the animal remain in its familiar home environment.

Here are some tips for making your fur baby's time away from you as stress-free as possible.

- Have the person who will be staying with your pet come to your home to meet your furry friend. This should be more than a "meet and greet." Have the sitter spend a bit of time engaging with your pet in their usual feeding, exercise, and play routines with you present as well. This gives your pet a chance to experience this new person being involved in their regular routine prior to your departure.
- Acclimate your pet to your absence. For example, if you usually work during the

day but are home every night, go out for increasingly longer times at night. You should begin this routine two weeks prior to leaving on vacation.

- Don't make changes to the interior setup of the home.
- Leave something of yourself behind. An item of clothing with your scent can be comforting.
- Leave the television or radio on to provide human voices for companionship.
- Provide stimulating toys for your pet to play with while you're gone.
- Prior to leaving, it's important to make sure your pet's ID is up to date. You should leave a copy of your pet's medical records, as well as complete contact information for both yourself and your vet. Leave a written list of instructions, including feeding times, medications, and exercise routines. With a little planning and preparation, vacation time can be enjoyable for both you and your beloved animal companion.

*Jean Robbins, a member of the National Association of Professional Pet Sitters, is the owner of Barn & Home Pet Sitting. [barnhomepets.com](http://barnhomepets.com)*

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## What to Know about Spam Phone Calls



**A**nnoying phone calls left and right, day after day. I get them, too. Here are some answers to common questions about spam phone calls.

### What Are the Most Frequent Kinds of Calls?

Vehicle warranties, low-interest credit card offers, knee and back braces, fundraising, IRS taxes due, posing as law enforcement (federal, state or local) for jury duty fines or citations that do not exist, computer tech support, vacation giveaways, and many more. Some callers are straight-up scammers while others may be from a legitimate company trying to get you to buy into a really bad deal.

### How Did They Get My Number?

In most cases they didn't—it was just the next one dialed by their computer. In other cases, you are on some kind of list to which you may have provided information. On occasion there are true security breaches that reveal personal information, which are certainly criminal enterprises. By whatever means it is gathered, it is not that hard any more to find a name, address, phone, age, and other information online.

### It's a Local Number. Is the Scammer from Here?

It's possible but it's more likely that you are getting calls through a process called "neighbor spoofing." Criminals or unethical individuals disguise their real number (from out of state or another country) and make it display as an 828 area code (or whatever area code your number is from). It's supposed to make you think, "I don't know this number but it's from here so it might be OK."

You may even get a phone call from a local citizen who claims you just called their phone. It's likely that a scammer used your number as a disguise. This happened to me. I had trouble convincing the person that I had not called and was, in fact, a scam and fraud education specialist with the Buncombe County Sheriff's Office. "Yeah, right," he said.

### How Do I Know It's a Scam?

Be very skeptical. Money and/or services for nothing? Unsolicited call? Caller gets irate when you start asking questions? If it sounds wrong, it's probably a scam.

### What Can I Do?

Here are some steps you can take if you're getting spam phone calls.

- Just don't answer. If you don't recognize the number, don't pick up.
- Register on the "Do Not Call Registry" on the FCC's website or call 888-382-1222 or 66-290-4236 (TTY). Legitimate and ethical companies will comply with the law and not call. Scammers or unethical businesses are not going to follow the rules, but this does reduce unwanted solicitations.
- You can block a number, but there are issues. You could end up blocking a local number used for disguise instead of the actual caller's number. And blocking a number each time can be time-consuming.
- There are also apps for your phone that can help. You should research on your own to make your decision. I have had some success with the Nomorobo and Robokiller apps.
- Some carriers offer additional robo- or scam-defending options for a fee. (In my opinion, those costs should be included in your phone plan.)

### Group Talk

Being connected in a community is a huge advantage because we talk to one another and share crime information and education. When I attended the pancake fundraiser at the Fairview Fire Department last month, I thought: What a great attendance! This could be a great time to chat about these kinds of issues. (What a great breakfast, too).

Do you have a group or community that would like to talk about these and other topics? Call our Outreach office at 250-4427.



Sergeant Larry Pierson works for the Buncombe County Sheriff's Office. Contact the Crime Prevention office at 250-4427.



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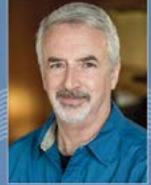
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### Mother's Day Messages

Mother's Day is Sunday, May 12. One of our faithful readers reminds us that this day can be hard for mothers who have lost their daughters (or granddaughters) and for daughters who have lost their mothers. Hearing "Happy Mother's Day!" can be a painful reminder for them. This reader suggests the following to say to someone who has lost a child or mom recently: "I hope Mother's Day is peaceful and full of good memories."

### Vacation Bible School at Trinity of Fairview

This summer Trinity of Fairview invites your kids to throw on their camera straps and buckle their seatbelts for Vacation Bible School. "In The Wild: Amazing Encounters with Jesus" will encourage kids to seek out exotic animals and also find snapshots of real-life encounters with Jesus in Scripture. Activities will include Bible stories, games, songs, snacks, and group worship.

VBS will run July 8 to 12. Children from 3 years old to 5th grade are encouraged to attend. Register online at [trinityoffairview.com](http://trinityoffairview.com). For more information, call Jesse Looney at 628-1188, extension 202. Trinity of Fairview, 646 Concord Road, Fletcher.

### Foster Grandparents Needed in Fairview Area

Foster grandparents are trusted mentors, confidants and friends to children in need. They must be 55 years of age or older and volunteer 20 hours a week. Their goal is to help children with special needs improve their reading, motor skills, temperament, and behavior. Their efforts enhance a child's physical development and improve the children's self esteem.

While providing this assistance to children, the volunteers receive a stipend of \$2.65 per hour. This stipend does not count as income and does not affect other benefits such as food stamps, Medicaid, rent subsidy, or supplemental security income. Volunteers also receive mileage reimbursement and paid vacation and sick leave.

Foster Grandparents give of themselves each and every day. They are busy but never too busy to provide their time and energies to children with special needs who greatly appreciate the love and attention they receive. Their service and kindness fosters hope in the hearts of the children.

For more information, contact Stacy Friesland, Foster Grandparent Program Manager at the Land of Sky Regional Council, at 251-6622.

### Adina Reilly

IN MEMORIAM

Adina Reilly, 58, of Asheville passed away after a long, courageous battle with cancer, on April 7, 2019. Born in Newark, NJ, on September 6, 1960 to Felice and Sheldon Weiniger, Adina was raised in White House Station, NJ, and attended Ithaca University and later, Life University, where she received her doctorate in chiropractic in 1998. She opened a chiropractic practice with her husband Ed in Fairview in 1998, but her true and deepest calling came with the birth of her two children, Connor and Leia. She utterly devoted herself to every aspect of their education, care and growth, from coaching soccer and volunteering to serving on the board of directors for their marching band.



In 2013 Adina was voted adjunct professor Teacher of the Year at A-B Tech, where she taught anatomy and physiology, and she was recognized that same year at the national level for her innovative teaching. Things that brought her great joy included biking 50 or 60 miles on the Blue Ridge Parkway and hiking the mountains of WNC with her dog, Shane. She was a loyal friend to Bill W. for 32 years.

Adina is survived by her loving husband Ed, her children Connor and Leia, mother Felice Ofsie, brother Wayne Weiniger, and sister Lori Weiniger. She is preceded in death by her father Sheldon Weiniger.

Special thanks to those who cared for Adina, including Dr. Tim Vanderquak and the staff at Hope Women's Cancer Center, with additional thanks to Care Partners Solace Center.

Condolences to the family can be made at [ashevillearealalternative.com](http://ashevillearealalternative.com).

### GreyBeard Realty Celebrates 20 Years

Chip Craig was working as a banker in Charlotte when he began vacationing in WNC in the mid-90s. His vacations grew in length with each visit, until he eventually decided to call the mountains home. He moved to the area to work as the marketing director at North Carolina Outward Bound. After five years, he began looking for a career that would anchor him to the area.



In January 1999 he started a property management business out of his basement. He named the company GreyBeard Realty after Greybeard Mountain in Montreat. It was small venture at first, with six properties in his first year. He quickly transitioned to include home sales, which make up 60 percent of the company's business today. GreyBeard Realty's property management division eventually became known as Greybeard Rentals, which now has 24 brokers who represented more than 250 buyer and seller real estate transactions in 2018. Greybeard Rentals manages approximately 500 vacation and long-term rental homes. Chip's objective since GreyBeard's beginnings has been to simply help people by providing great customer service.

GreyBeard opened its second office in 2013, on the border of Asheville and Fairview at 4 Olde Eastwood Village Blvd, Unit 201 (across Charlotte Highway from Ingles). "After 14-plus years in Black Mountain and Montreat, our client base had grown well beyond the Swannanoa Valley area," said Chip, "and Fairview's tranquil setting, along with it being in a neighboring zip code to Asheville, made the choice to open our second office in this area a natural next step. We really like being involved in the Fairview community, supporting local schools and organizations, and having easy access to I-40 and Fairview and Asheville communities."

GreyBeard opened its third office location in Old Fort in early 2018.

GreyBeard opened its third office location in Old Fort in early 2018.

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## Who Can You Trust to Reduce Stress of Estate Planning?

**W**hen it's time to do your estate planning – and it's actually never too soon to begin – you may find the process, at first, to be somewhat bewildering. You'll have many questions: What sort of arrangements should I make? Who should get what? And when? How can you address these and other issues?

You'll need to get some help. In drawing up your estate plan, you will need to work with an attorney. And for guidance on the investments that can help fund your estate planning arrangements, such as a living trust, you can draw on the help of a financial advisor. You also may want to connect with a trust company, which can help facilitate your estate plans and coordinate the activities of your legal and financial professionals.

Of course, you might think that only the very wealthy need a trust company. But that's not really the case – people of many income levels have long used these companies. As long as you have a reasonable amount of financial assets, you likely can benefit from the various services provided by a trust organization.

And these services can range from administration of a variety of trusts (such as living trusts and charitable trusts) to asset-management services (bill-paying,

check-writing, etc.) to safekeeping services (such as providing secure vaults for jewelry and collectibles).

In short, using a trust company can make things a lot easier when it's time to plan and execute your estate. A trust company can help you in the following ways:

- **Avoiding family squabbles** – It's unfortunate, but true: Dividing the assets of an estate can cause ill will and turmoil among family members. But a trust company can act as a neutral third party, thus minimizing any feelings of unfairness.
- **Providing greater control** – When you establish an arrangement such as a living trust, administered by the trust company, you can give yourself great control over how you want your assets distributed. For example, you can specify that a certain child receive portions of your estate spaced out over several years – a move that may appeal to you if you think this child might not be ready to handle large sums all at once.
- **Saving time and effort** – As mentioned above, when you work with a trust company, you can let it do all the "legwork" of coordinating your plans with your financial professional, tax advisor and attorney. And these professionals are used to dealing with trust companies.

- **Gaining protection** – Trust companies assume fiduciary responsibility for your financial well-being – which means that your best interests will always be considered in each service and transaction performed.

You can choose from among a variety of trust companies, large and small. Before choosing one, you may want to check out the services and fees of a few different firms. In any case, as you move toward that time of your life

when estate planning becomes more essential, talk to your attorney, tax advisor and financial professional about whether using the services of a trust company might be right for you.



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.

### MARCH FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	22	993,000	139,900	439,042
Homes Sold	16	850,000	40,000	432,775
Land Listed	15	1,680,000	26,500	262,907
Land Sold	7	245,000	15,000	112,432

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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## News and Updates from Your New District 2 Commissioner

**M**y name is Amanda Edwards, and it is my honor to serve as your Buncombe County Commissioner. I am also the executive director of the A-B Tech Foundation, where we raise funds to support scholarships and other needs of the college, including faculty training, student emergencies, and new programs. I have been married to husband, Derek, for almost 20 years and we have a 13-year-old son, Wade. Derek is an elementary school principal and former high school math teacher. Wade is a seventh grader who wrestles and swims and loves to fish.

I was sworn in on December 3, 2018, and the next day I began a two-month whirlwind of departmental tours so I could meet county staff and learn about their departments. I then attended the UNC School of Government Essentials of County Government training so I can be a more effective commissioner, who governs ethically and with integrity. I have met with residents all across District 2 to hear about their priorities, as well as the concerns they have regarding transportation, affordable housing, and public education, just to name a few. Additionally, I have spent time with the Fairview Fire Department learning about the needs of the department so they can best serve you.

The first major task this new Board of Commissioners tackled was hiring a new

county manager. We unanimously voted for Avril Pinder on February 5 and she began her tenure on March 4. She is tasked with serving as a nonpartisan professional who charts the course for a more sustainable county—economically, socially, and environmentally. She will be the one professional who leads our hundreds of dedicated county employees while honestly reporting to the commissioners and our entire community on our progress and challenges. In order to successfully meet or exceed expectations for this role, she needs support from the commissioners and staff, as well as our entire community.

### Public Meetings

One of the first changes she recommended and that the Board of Commissioners adopted is a pre-meeting schedule that will be open to the public every first and third Tuesday at noon. These are designed for us to have an opportunity to ask questions before the regular commissioner meetings at 5 pm, as well as hear from staff on upcoming agenda items. We now have a county manager who expects us to ask questions. I encourage everyone to attend our pre-meetings and regular meetings.

Affordable housing continues to be a top priority for the commissioners. Did you know that Buncombe County is currently investing \$5.6 million each year in

affordable housing and is on track to invest that amount again in Fiscal Year 2020? An affordable housing committee has been formed and will tackle the development of a process to determine project funding and define performance outcomes, all while working toward ensuring people of all ages have permanently affordable housing options as well as paths to affordable home ownership. In the coming months, we will be considering funding for Habitat for Humanity's Old Haywood Neighborhood and Homeward Bound's Asheville-Buncombe House that will be a home for the chronically homeless. I serve on this committee alongside Chairman Brownie Newman and Commissioner Joe Belcher.

In February, the Board of Commissioners voted to support the Mountain Housing Opportunities East Haven project in Swannanoa. It is a 95-unit project that will house veterans, single parents, and many others. The board also voted to support an amendment to allow manufactured housing in R1- and R2-zoned areas. This is consistent with the county's comprehensive land-use plan. These homes must be multi-sectional and placed on a permanent foundation with proper skirting, which will make them look more like the homes around them. This amendment does not allow for the expansion of the placement of mobile home parks into R1 and R2.

At our last meeting, Sara Nichols with Land of Sky Regional Council briefed us on broadband and an initiative to address the lack of quality Internet service. Please take a few minutes to complete a survey that will help determine where better service is needed. The survey can be found at [buncombecounty.org/internet](http://buncombecounty.org/internet).

### Effective, Efficient Services

The next few weeks will be very busy for the commissioners as we consider the franchise agreement for solid waste services and begin budget work sessions, during which we will hear requests from our school systems, A-B Tech, and the fire departments. I anticipate long, challenging conversations as we work toward making the most of your tax dollars while ensuring we provide effective, efficient services for everyone.

Please contact me with your concerns and questions. While we may not always agree on the solutions, I will always tell you how I came to my decision to vote a particular way. I look forward to working with and for you.



Amanda Edwards is one of the District 2 representatives, along with Mike Fryar, on the Buncombe County Board of Commissioners. She can be reached at [amanda.edwards@buncombecounty.org](mailto:amanda.edwards@buncombecounty.org) or 484-6385.



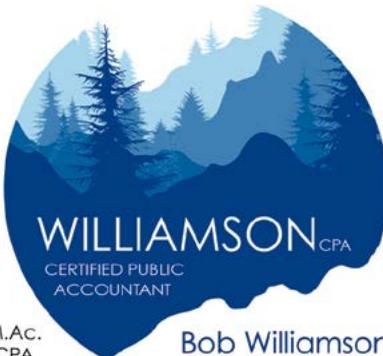
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**Hilltop Is Back**

Spring has sprung, so Barb Bergerson is whipping up some homemade ice cream to keep the freezers at **Hilltop Ice Cream** full. When you read this, the shop will be officially open for the season. Store hours are Sunday to Thursday, 1–8 pm and Friday, 1–6 pm. Barb is toying with the idea of closing on Mondays this year, so check ahead of time on that day. Hilltop Ice Cream is located at 520 Old US Highway 74 between Angelo's Restaurant and Whistle Hop in Fairview, 489-2506.

Speaking of Ice Cream, Alisha Nesbitt of **Cane Creek Mercantile** just told me they have two new seasonal flavors for 2019: Dreamsicle and Fresh Strawberry. In addition, they have added even more new items, including boutique clothing, garden and house flags, and Swan Creek Candles (at customer requests). The shop is open Monday–Wednesday, 10 am–5 pm and Thursday–Saturday, 10 am–9 pm, 222-2454. They are located at 8 Cheese House Road in Fletcher, just before Concord Road and the Dollar General store.



And speaking of **Dollar General**, everyone's jumping on the rumor bandwagon with this one. Here's what we know. A Dollar General store is under construction at Cane Creek Road and Charlotte Highway. Rumors are that the older store (#6092) at 994 Charlotte will be closing. Local DG staff knew nothing about this so we emailed DG Corporate and received the following information: "Dollar General has no plans to close or relocate store #6092. At this time, a grand opening for our new Charlotte Highway store is slated for summer 2019... We know convenience is a major factor in our customers' shopping decisions as we generally serve customers within a three- to five-mile radius, or 10-minute drive. We also take demographic trends, competitive factors, traffic patterns and community concerns into consideration. The store will employ approximately 6–10 employees. Anyone interested in joining one of America's fastest-growing retailers may apply for available positions online at [www.dollargeneral.com/careers](http://www.dollargeneral.com/careers)." So our community now has the convenience of three DG General stores: the fairly new one at 1397 Cane Creek Road, the "soon to be finished" location, and the original one at 994 Charlotte Highway. We love the folks at our old DG and are glad they will be staying.



From a **Flying Cloud Farm** post on Instagram (left): "Goodbye Goldie! Thank you for taking us around the farm and to market with such grace and style. We're so happy that you found a new human to restore and care for you. We'll miss you!"

And finally, **The Hub of Fairview** is no more. The sign remains (it's for sale; if you need an LED sign, let me know), but the business has been replaced by Molly Hamilton's **Folkwear** company. To learn more, visit [folkwear.com](http://folkwear.com).

**MESSAGE TO FAIRVIEW**

Letter from Nate Ashe of Silas' Produce:



Thanks Fairview!!, for six great summers of Silas's Produce. Unfortunately we will not be setting up at 841 Charlotte Highway this spring because the property is being sold. I am sad to not be selling produce in Fairview this spring. The past six years have been a tremendous blessing to me. Getting to know so many great people that have supported me has made me understand what a special community we live in. I very much want to sell produce in Fairview in the future. In the short term however, I am looking forward to working a Monday through Friday schedule in the construction industry. This will allow me to spend more time with my family, which is very important to me now that my kids are getting older. Again, thank you Fairview and please remember to visit Flying Cloud Farm for seasonal local produce and the WNC farmers market for SC peaches, etc.



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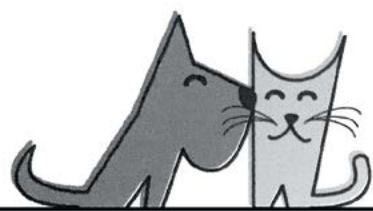
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by Candice Yount

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!

- Alisha Nesbitt of *Cane Creek Mercantile*, featuring local, unique gift items
- Sarah Julia Seldin of *Yesod Farm+Kitchen*, a non-profit teaching farm dedicated to regenerative agriculture, earth-based Jewish living, and building relationships across difference

### April's Meeting Recap

Members were treated to a wonderful BBQ feast co-hosted by Andrea Bryson and Dave Huebner of Clothes Mentor and Brandy Lampert of Frame It Asheville. It was great to see the large upscale clothing selection and unique and beautiful framing.

President Justin Purnell echoed the group's sentiments of sadness as we recognize the passing of two of our members: Glenn Gottfried of Cool Mountain Realty was also a former FBA member through his woodworking business, and Adina Reilly, a Fairview community friend to many and wife of Ed Reilly of Fairview

Chiropractic. Our sincere condolences go to their families and friends.

It was announced that our second quarter charity will be the A.C. Reynolds High School Athletic Program.

### May Member Meeting

It's another doubleheader! Our next member meeting will be held Wednesday, May 8 at Sunrise Sawmill and Sunset Hollow Vacation Rentals in Oakley.

Sunrise Sawmill creates quality milled products with consistent specs and offers affordable retail lumber and custom milling to the public. Sunset Hollow Vacation Rental is a family homestead that has been lovingly restored utilizing many of the products from the sawmill. They like to think this has created a full circle—a circle saw!

Park at Sunset Hollow at 69 West Chapel Road. Bring a chair and a dish to share and plenty of business cards. We plan to provide pizza & s'mores! We will tour the mill earlier in the meeting.

### 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](http://fairviewbusiness.com) to learn more about the FBA, how to become a member, and pay your dues.



FBA members enjoyed visiting with Clothes Mentor owners David and Andrea Bryson (above) and Frame It Asheville's Brandy Lampert (below).



## KEEP IT LOCAL with FBA Members

### Accounting | Bookkeeping

Bob Williamson CPA.....338-0314

### Architecture

Rueger Riley.....407-0437

### Artists | Artisans

Mountain Glass Werks .....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

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

Flesher's Fairview Health

Care .....628-2800

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

Clothes Mentor .....274-4901

VISIT [WWW.FAIRVIEWBUSINESS.COM](http://WWW.FAIRVIEWBUSINESS.COM)

## A Party for Susan — and a Party for You and Yours

Ten years ago, a small group of people in Fairview decided to start a garden.

The thinking went something like this: We can't solve all the world's problems, but, by golly, we can do something. Let's put our hands in the dirt, grow some food, and give it to people who need it.

Word spread quickly, and folks by the score jumped in and got involved. People gave time, labor, a porta-john (along with the ongoing cleaning of it)—even a tractor trailer load of turkey manure.

Only one thing was missing: a garden manager—someone who had a heart both for people and for gardening. A skilled grower who could run a one-acre, multi-crop, three-season organic vegetable garden and could also help people of all kinds and ages serve and grow together.

The steering committee (which later became the board) of the newly formed Lord's Acre interviewed a series of fine, knowledgeable, caring candidates. They all impressed us. But when decision time came, the vote was unanimous. Susan Sides, former head gardener at *Mother Earth News* magazine, was not only the best qualified—a true gardener's gardener—she also had the most dedication and compassion for people and service. As one of our committee members put it when we were making our final decision, "You don't invite Julia Child to your house and not ask her to cook."

### 10 Years Later

That was a decade ago. Since then, The Lord's Acre has grown over 2,000,000 (yes, two million) servings of food and given all it away—every tomato, every pepper, every potato, cucumber, carrot, berry, watermelon, squash, head of broccoli, and leaf of kale. Hundreds of people in need have eaten more, and more healthily. Hundreds of people—individuals, school groups, church groups, etc.—have worked together in the garden. Interns have worked full seasons and learned immensely. Individuals have discovered how to grow their own gardens at home. Groups near and far have gained the know-how to start "giving gardens" in their own communities.



And at the heart of every one of these good works has been Susan Sides, organizing the creation of a beautiful, productive garden—and community. Everyone, every day, for 10 years. (And right there, too, has been Franklin, her not-to-be-overlooked, equally upstanding husband).

Now Susan's taking a break to help care for her new grandson. (She even—bless her heart—gets once again to have a garden of her own.) As a gesture of appreciation, the Lord's Acre board and staff threw a party for her on April 18, a time with fun foods, thoughtful gifts, and grateful words. If you made it, we're glad you came. If you missed it, don't despair because in a few weeks we're throwing...

### A Party for All

We cordially invite all of you to join us for The Lord's Acre 10th annual square dance, potluck, raffle, and games fundraiser. It's a glorious, joyful gathering at the garden at the end of a May—a growing Fairview reunion and tradition. Come, ye of every age! Bring food, visit, tour, party, and dance, dance, dance. (Full instruction provided, so even if you don't know a do-si-do from your right elbow, you can



The TLA board and staff threw a party in Susan Sides's honor last month (above). Adam Bigelow, from Cullowhee Community Garden, gave Susan starts of sochan, a prized Cherokee green (above, left). Now it's your turn to celebrate, too, at the annual Square Dance fundraiser (top).

step right in and promenade with the best of them.) Buy raffle tickets for enticing baskets of booty. Enjoy quality beer, wine, iced tea, and lemonade. See old friends you haven't run into in years and make new ones for the years to come. Most of all, celebrate the beginning of summer and another great growing season in the garden. And remember: every admission ticket you buy, every beer you purchase, every raffle ticket you spring for—every cent of these financial contributions—will help keep the garden growing and people

fed with good, wholesome food.

So not only will we all get to enjoy a great time together, we'll all get to do something to help make the world just a little bit better place.

Just like those folks who started the garden 10 years ago.

For details on our end-of-May square dance, raffle, potluck, fundraising party, please see our announcement ad on p.00.

Fairview resident Pat Stone is the editor of *Greenprints* magazine.



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## The Wonders of Bamboo

**B**amboo is a perennial, wild grass that can live and thrive in sweltering heat, survive 30-below-zero temperatures with ice and snow, and grows all over the US and much of the world. Bamboo, prized in Asia for thousands of years, might be considered a global citizen, as there are more than 1,500 species of this versatile grass. And more than 100 varieties have been identified as edible. A friend who is an ethnobotanist said that all the species might be edible but only a hundred have been researched.

Over the last 40 years I have eaten black, yellow, and giant timber bamboo shoots (and a few unknown species), all of which varied in respect to bitterness when nibbled. However, all of the shoots turned out great after peeling and boiling in at least one change of water. Bamboo is, without question, one of the most versatile plants in the world, and a large part of the population could not survive without it. In addition to being a food source, it is widely used for structures, homes, flooring, furniture, tools/utensils, weapons, and paper.

Bamboo is a grass from the genus Bambusa, which is also the Malayan name for the plant. Bamboo species fall into two different growth habits: those that form clumps, which are more common in the

tropics, and those that develop underground runners, which thrive in more temperate areas like our own mountain climates.

I have always been entranced by the beauty and grace of bamboo but I have learned to respect its invasive habits and tenacity. Many moons ago, after my first visit to the Pacific Northwest, I became enamored with black bamboo. I saw my friend yanking it out of his gravel driveway, so I brought a few trimmed clumps home and planted them on my land in the Shenandoah Valley.

### Hidden Runners

My friend warned me about its tenacious, spreading nature, but after six years, the four clumps I planted just sat there unchanged. I thought to myself: No problem here, it's only a problem in the rainy Pacific Northwest climate. The joke was on me three years later when I was found dozens of new clumps sprouted up as far as 30 feet from the original plantings. All the original transplants looked innocent, but unknown to me, they had been busy underground, spreading runners and developing their energy and hidden plans to take over my 10-acre forest sanctuary.

It was a humbling lesson that required my



Harvest bamboo shoots, once boiled, are delicious in salads and stir-fried rice with vegetables.

machete, a high-powered torch, and intense vinegar/salt treatments and cardboard. Only then did I learn about the art of bamboo barriers for containment and clumping varieties. And for what it's worth, even containment beds using concrete, plastic pond liners, and synthetic/concrete edging still require maintenance and vigilance to avoid being bamboozled by bamboo.

The first time I experienced timber bamboo, I was astonished at its beauty and size, with five-inch poles towering 30 feet high. I have many fond memories of listening to various handmade wind chimes, fashioned out of bamboo poles, as well as the wind rustling through a bamboo forest.

My Japanese friend Noriko used to scout the neighborhoods where I lived in DC and Maryland, pleading with homeowners to let her harvest the spring shoots every year. She taught me to do the same, as we found that most people were more than happy to allow a bit of urban harvesting as a strategy to control the plants.

When I first tried bamboo shoots, I loved them and never bothered to pay attention to the varieties. However, many species are reportedly quite bitter and nearly

all varieties of bamboo should never be eaten raw, as the young shoots have a compound called cyanic glycoside, also named taxiphylin, which accounts for the bitterness. Once ingested, these compounds change and create hydrogen cyanide, which is poisonous.

The good news is that boiling bamboo shoots causes the toxic compounds to break down quickly, making the remaining cooked shoots delicious and fully edible. I particularly love them added to salads and stir-fried rice with veggies. There are a few varieties of the huge bamboo family that can be eaten raw but use boiling water to be on the safe side.

Nandina, a common shrub used in landscaping and famed for its gorgeous red berries and graceful leaves, is often referred to as "heavenly clumping bamboo." But it is not a species of bamboo nor is it edible, unless you are desperate and starving.



Bamboo is a grass from the genus Bambusa, the plant's Malayan name. Bamboo falls into two growth habits: those that form clumps, common in the tropics, and those that develop underground runners, which thrive in more temperate areas like our own mountain climates.



Contact Roger at [rogerklinger@charter.net](mailto:rogerklinger@charter.net).

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Eblen Short Stop.....628-9888	Garren Creek Fire Department.....669-0024
Edward Jones Investments, Stephen Herbert.....628-1546	Gerton Fire & Rescue.....625-2779
Elena the Groomer.....628-4375	<b>SCHOOLS</b>
Expressions Cabinetry.....278-7999	Cane Creek Middle.....628-0824
Fairview Animal Hospital.....628-3557	Fairview Elementary.....628-2732
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GreyBeard Realty.....298-1540	Spring Mountain.....233-5601
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Jan's Art Academy.....301-6116	Fairview Town Crier.....628-2211
Keller Williams, Jim Buff Team.....771-2310	Fairview Business Association (FBA).....585-7414
Brian Kintner.....628-6000	Fairview Farmer's Market.....550-3867
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MAHEC Family Health.....628-8250	Food for Fairview.....628-4322
McCrary Stone.....649-2008	The Lord's Acre.....628-3688
Mitch Contracting.....252-0694	Meals on Wheels.....253-5286
Moose Ridge Construction.....777-6466	
Nationwide, Chad McKinney.....684-5020	
New Moon Marketplace.....222-2289	

## LOCAL BUSINESS TOM SCHUNK

### Maximize Your Social Security Income

Two-thirds of the Baby Boom generation have yet to turn 62. Many are looking to retirement with fear and anxiety because they have not saved enough to provide the lifestyle they want. In fact, that's the number one fear of retirees: outliving their money. Planning for retirement requires knowing how long to work, how long retirement funds will last, and when to start Social Security.

#### HECM

The monthly disbursement from Social Security increases the later you start taking it. It might be to your advantage to wait as long as possible but that could require spending down your retirement funds or working longer. There's an option that can help you postpone starting Social Security for years. It's called a Home Equity Conversion Mortgage (HECM), which is a type of reverse mortgage.

A HECM (heck-um) is a safe and versatile way to delay starting Social Security. It's an FHA-insured loan that can provide a fund of tax-free money to use in the early years of retirement instead of starting Social Security or using your retirement accounts.

To be eligible for a HECM, you must be 62 or older and have 50-60% equity. A

HECM pays off your current mortgage, if you have one, and requires no repayment until you leave the home. So there are no monthly payments. The money can be taken as a guaranteed monthly draw, a growing line of credit, a lump sum, or a combination.

#### Reverse Mortgages

Reverse mortgages used to have a bad reputation because they were misused years ago. However, the programs have been revamped over the last several years. But don't take the word of television pitchmen either, who claim the policies are right for everyone.

Be sure to do your homework. There is a lot of research by top retirement planners and academics that explains the reverse mortgage program in easy-to-understand language. A good place to get started is [toolsforretirementplanning.com](http://toolsforretirementplanning.com). Another option is to contact a local non-profit housing counseling agency.



Tom Schunk is a loan officer with Retirement Funding Solutions and a former housing counselor with OnTrack Financial Education & Counseling. For more information, contact him at 707-3493.

## OF INTEREST TO SENIORS MIKE RICHARD

### MACRA Revisited

A major earthquake of sorts is on the horizon for Medicare supplements. I'm revisiting the Medicare Access and CHIP Reauthorization Act of 2015, also known as the MACRA, which will go into effect next January. It affects many things, including the already-implemented change in the Medicare card identification number. I'll address a few frequent questions for those with, or who are contemplating, a Medicare supplement policy.

#### "Quality of Care"

MACRA has many components, one of which is a limit on first-dollar coverage in certain Medicare supplement insurance plans for individuals considered "newly eligible." MACRA also includes a change to the way Medicare pays healthcare professionals. Currently, healthcare professionals are paid based on the number of services they perform. MACRA allows for healthcare professionals to be compensated on quality of care instead of the number of services they perform.

The term "Newly eligible" is defined as anyone who is turning 65 or who is eligible for Medicare benefits due to age or Medicare-defined disability on or after

January 1, 2020.

As of January 1, 2020, Medicare Supplement Plans F, High Deductible F, and C can no longer be sold to "newly eligible" individuals. Plans D, G, and a new High Deductible Plan G are the new guaranteed issue plans.

#### Plans F and C: No Change

There is no change for current Plan F and C enrollees. Beneficiaries may keep their Plans C, F, and HD F, or can opt to purchase them after January 1, 2020 — but only if they were age 65 or first became eligible for Medicare prior to January 1, 2020, regardless of what plan they had previously.

Plans C & F are not going away. Current policyholders can continue with their Plans C, F, and HD F and may continue to buy those plans beyond January 1, 2020. So, for instance, a customer who bought Plan F (or any other plan) in 2018 can purchase any plan from now on, including C and F.



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

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

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