



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

APRIL 2020 VOL. 24, No. 4 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

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Stay Home and Read the Crier!

The *Crier* exists to publish local, positive news. With the coronavirus (COVID-19) affecting seemingly every part of life, you may think there is nothing positive going on. To be clear, we are not minimizing the current risks, suffering or loss any of our readers may be feeling. But as in any troubling time, good humans help other humans.

School bus drivers are taking food to students. Local distilleries are changing their production to make much-needed hand sanitizer. Local grocery chains are designating seniors-only shopping hours. Fairview Elementary and Angels of Fairview put together 50 bags of non-perishable food for needy families. Retired medical professionals are coming back to help their overworked colleagues.

Neighbors are helping neighbors. In



our beloved greater Fairview community, just like in the rest of the world, that's what it's all about.

There is important COVID-19 information in this issue, but most of the pages are filled with what you always read in the *Crier*: columns from and features about local people. Life goes on—business goes on—even if most of us are stuck indoors. We hope we can provide you with a break from all the concerning news out there.

Stay home, take care of yourself, and hopefully we can bring you even more positive news next month. — Clark Aycock

Easter Egg Hunt!

We hid Easter eggs throughout the paper. Turn to page 7 to get started on your search!



SMCC Cleans Up Old Fort Road



Spring Mountain Community Center held its annual Roadside Litter Cleanup last month. Fourteen volunteers cleaned along Old Fort Road from Flat Top Mountain Road to Flat Creek Road, removing 35 bags of litter from the Spring Mountain and Craigtown communities.

As an incentive to participate, specially marked pieces of trash were hidden along the route. Lucky finders won a prize. \$10 Ingles gift cards were awarded to Edward and Charles Brown, Paul Hardke and his grandson

Paul Hardke (pictured above), Mary Taneyhill and Shanna Belle.

Thanks to all the volunteers, as Old Fort Road is sparkling clean. **Please honor their efforts by keeping trash in your vehicle until disposing of it at home.**



Crier Announcements

The *Crier* has moved into a new office in the same shopping center. Look for us in unit H with the same hours: Monday, Wednesday and Friday, 12:30–4:30 pm. As always, our blue dropbox will be out front 24/7 for your needs.

You may receive your issue a little later than usual this month. We have a dedicated team of volunteers to help us label the papers and get them into the mail, but for safety reasons, one steadfast volunteer did all the labeling for us this month.

Important COVID-19 Information

The COVID-19 situation is changing rapidly. Information we present to you here may be out-of-date a day after we publish. So we will keep the details to a minimum and give you contact phone numbers and websites to check for up-to-date information. Stay informed and stay safe.

Symptoms

If you exhibit the main symptoms listed below, call 911.

Prevention

There is currently no vaccine. The best way to prevent illness is to avoid being exposed to this virus.

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, and after blowing your nose, coughing or sneezing. You can also use hand sanitizer that's at least 60% alcohol.
- Stay home as much as you can. If you go out, keep six feet away from other people.
- Clean and disinfect frequently touched surfaces daily. If you have household bleach, mix 5 tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons bleach per quart of water to disinfect.

County/State Decrees

Buncombe County has issued a "Stay Home, Stay Safe Declaration," which directs all county residents to limit movements outside of their homes that are not deemed essential.

COVID-19 Compared to Other Common Conditions

Symptom	COVID-19	Common Cold	Flu	Allergies
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*for children Source: Business Insider, via CDC, WHO, American College of Allergy, Asthma and Immunology

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COMMUNITY EVENTS

Pollinator Garden at SMCC

Volunteers are needed to help start a pollinating garden for honeybees.

Volunteers will work alone (or with a close family member) for one or two hours. Bring hand tools, such as a garden rake, shovel, spade, and hand trowel, and take them when you go.

Email licklogbranchapiaries@gmail.com with the day and time you would like to work. Your name and time will be put on the calendar, and you'll be emailed a plan of what needs to be done.

There is only a limited amount of work to be done. For more information, text or call Ricky Manning at 275-2486.

Spring Mountain Community Center, 807 Old Fort Rd., Fairview, in the field next to Whitaker Rd.

Please contact the following event organizers before attending to make sure the events are still taking place as noted.

APRIL 13 (MONDAY)

Fairview Area Art League Mtg.

10 am. Members, artists and others interested in the arts are welcome. The group is planning to meet at the Arboretum on the front verandah. Check the FAAL Facebook page for information about canceling due to the virus or call 704-975-0095.

APRIL 15 (WEDNESDAY)

Tax Day Rescheduled

The deadline to submit your tax returns has been moved to July 15.

APRIL 17 (FRIDAY)

Fairview Baptist Church BBQ and Silent Auction

6–8 pm. \$7 for adults, \$5 for children 12 and under. No family pays more than \$20. Antiques, gift baskets, restaurant dinners, spa visits and more. To place a BBQ takeout order, call 628-2908 or 231-5035. 32 Church Rd, Fairview. Check their website (fbc1806.org) and social media channels for updates. You can also call 628-2908.

APRIL 18 (SATURDAY)

Fairview Baptist Yard Sale

8 am–12 pm. Biscuits, coffee and juice served while you shop. 32 Church Rd., Fairview. Check their website (fbc1806.org) and social media channels for updates. You can also call 628-2908.

APRIL 25 (SATURDAY)

Trinity's Putting for Poverty Golf Tournament

8 am. Hosted by Trinity of Fairview at Broadmoor Golf Links, 101 French

Broad Ln., Fletcher. Register at trinityoffairview.com. Call 628-1188 for more information.

EASTER EVENTS

APRIL 12 (SUNDAY)

Sunrise Service at Fairview Baptist

6:30 am. Fairview Baptist will hold its annual service at the Cane Creek Cemetery (on Graveyard Rd. just off Charlotte Highway). Following the service, breakfast will be served in the church's fellowship building (32 Church Rd., Fairview) at 7:15 am.

Follow the church on Facebook or Twitter or call 628-2908 to see if Easter events change to "Drive-In Church" or "Facebook Live."

Easter Service at Fairview Baptist

11 am. The Fairview Baptist Resurrection Celebration will be in the church sanctuary. A nursery will be provided. 32 Church Rd., Fairview.

Sunrise Service at Trinity

7:00 am at Trinity of Fairview, 646 Concord Rd., Fletcher.

Easter Services at Trinity

9:15 am and 10:45 am at Trinity of

Fairview, 646 Concord Rd., Fletcher. trinityoffairview.com or call 628-1188.

Still Operating But With Changes

NC Arboretum

The arboretum will continue to remain open but with limited indoor services and amenities. They will be monitoring guest attendance and may restrict member and guest access when the reduced capacity limit has been met. Programming, in-person classes and events are suspended through May 15. For more information, visit ncarboretum.org or call 665-2492.

Food for Fairview

The pantry is still open, but it has changed its method of operation during this period. Clients are asked to stay in their cars and drive up to pick up a prepared box of food, which varies depending on the size of the household. If the client is able, they are asked to load the box into their car. Clients also are getting the Food Lion donation box and the government's TEFAP items. If you are feeling ill, please do not come to the pickup. Call 628-4322 every week to see if the pantry is still open and if any procedures have changed.



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2 COMMERCIAL BUILDINGS ON 2.87 LEVEL ACRES, open use zoning, behind KD's convenience store & Gulf station, health food market/deli bordering Hwy 74A in the heart of Fairview. Seller will consider some owner financing. One building is 7600+ SqFt with 3 loading docks, restroom & office, concrete floors, insulated walls & ceiling. Second building is 4600+ SqFt with loading dock, porch, restrooms, offices, warehouse, etc. Price negotiable. **Make offer! \$1,000,000, MLS# 3597595**



EQUESTRIAN ESTATE, 11.87 acres, Morton 4-stall barn, riding ring w/run-in barn, pasture & woods w riding trails, pond, bold creek w 12' waterfall, gardens, orchard, energy efficient home w gorgeous sunset views, **\$777,000, MLS# 3545871**



TOP OF THE WORLD, spectacular view, close to Asheville, private 3.26 acres, paved road, level home-site underground electric, trails, surrounded by restricted protected area above Reynolds High School, **\$150,000, MLS# 3562661**

April Events Canceled or Rescheduled

A.C. Reynolds High Theater

Production of "Willy Wonka and the Chocolate Factory."

Carolina Mountain Cheese Fest

The event will now take place on October 18. mountaincheesefest.com.

Embroiderers Guild

For more information, call Mary Ann Wyatt at 681-0572 or Janet Stewart at 575-9195.

Ethical Humanists

For more information, visit EHSAsheville.org or call 687-7759.

Fairview Volunteer Fire Department

Their annual BBQ fundraiser has been rescheduled for August.

Fairview Public Library

Library Book Club, Hitchcock film series and all regular kids events.

FBA Monthly Meeting

For more information, visit fairviewbusiness.com.

Florence Nature Preserve Cleanup

Call 697-5777 ext. 211 for more information.

Genealogy Society Meeting

Call 253-1894 or visit obcgs.com for more information.

Prostate Cancer Support Group

7 pm. Us TOO of WNC. "We will not meet in April and will reassess for the future. Teleconferences may be an option. We will keep you posted." wncprostategroup@gmail.com or 419-4565.

Sale on the Trail

The annual 19-mile yard and sidewalk sale that runs along Highway 74A. Associated events at New Moon Marketplace and Upper Hickory Nut Gorge Community Center are also canceled.

Spring Mountain Community Center

All regularly scheduled events are postponed indefinitely.

For any further changes and updates, please call the group leader.

The park area, track and playground will remain open but not disinfected. Please use your own sanitizer or exer-

cise/play at home. 807 Old Fort Rd. springmountaincc.com

Stitches of Love

For more information, call 575-9195 or email Janet at imjstewart@att.net.

Town Crier Labeling

For more information, contact Diana Soll at dbsr828@gmail.com or call the Crier's office at 628-2211.

EASTER EVENTS CANCELED

Fairview Baptist

Easter Egg Hunt and Cookout Seder

Hickory Nut Gap Farm

Easter Egg Hunt

Holy Trinity Greek Orthodox Church

Greek Palm Sunday Luncheon

Spring Mountain Community Center

Annual Kids Easter Event

Trinity of Fairview

Easter Egg Hunt

Upper Hickory Nut Gorge Community Center

Easter Egg Hunt

Other Local Closings

Fairview Public Library

No items are due while the library is closed and no overdue fines will be charged. Please don't return your items while the library is closed. Download books, audiobooks, movies and magazines from the digital library anytime.

Hickory Nut Gorge Hiking Trails

Conserving Carolina has temporarily closed four trails in the Hickory Nut Gorge: Bearwallow Mountain Trail, Trombatore Trail, the Florence Nature Preserve trail system, and Wildcat Rock Trail. The extremely high levels of visitors posed an increased risk of transmission of the coronavirus. Check their Facebook page (@conservingcarolina) for updates.

Warren Wilson College Trails

The college has closed its trail system, as well as its farm, garden and main campus, to all non-College users.

Blue Ridge Parkway

Fourteen miles of the Blue Ridge Parkway in southwestern NC are closed. All public restrooms on the parkway are also closed.



AT AMERICARE, OUR COMMUNITY'S HEALTH AND SAFETY ARE OUR NUMBER ONE PRIORITIES.

As the COVID-19 pandemic evolves, all of us at Americare Pharmacy are doing everything we can to protect the well being of our clients and our pharmacy team members. We have implemented additional measures in accordance with the CDC and NCDHHS recommendations:

- We have increased our cleaning and sanitation procedures
- Our staff has been educated on infection control practices.
- We are monitoring all employee temperatures daily and any employee that feels ill is required to stay at home.
- We have increased our inventory to ensure we have an adequate supply of medications on hand.

NOW OFFERING CURBSIDE AND HOME DELIVERY

We are asking customers to refrain from entering the store if you are running a fever or experiencing any symptoms of infection. Please call and we will prepare your order and deliver to your car. For those in need of home delivery, please call ahead for arrangements: (828) 628-3121.

If you have an immediate concern, please contact us.

(828) 628-3121



**Monday-Friday
8 am-6 pm**

Fairview's hometown, locally owned & operated pharmacy

FAIRVIEW BUSINESS PARK, 1185 CHARLOTTE HIGHWAY, FAIRVIEW | americarepharmacy.net | 828-628-3121

The COVID-19 situation is changing as fast for businesses as it is for everyone else. Below is information that has been sent to us or that we've seen online. You should call any business before you visit their location to ensure that they are open.

If you are a local business that is struggling, visit the Asheville Coronavirus Resource Guide for Businesses at ashevillechamber.org/chamber/coronavirus-resource-guide.

Cane Creek Mercantile

The storefront has closed but online shopping is available on their new website, canecreekmercantile.com. They will be implementing extra cleaning and sanitizing effects to help protect all customers. They are also working on a Facebook Live sale on their Facebook page (@canecreekmercantile) so you can shop without leaving home.

Fairview Farm Fresh Produce & BackYard Concrete Products

Now open from 10 am–5 pm, Monday–Saturday. They will carry a large variety of fruits and vegetables as the season progresses. They sell backyard concrete products and also rent yard sale tables for \$15

a spot on Saturdays (reserve by Friday for setup). Owned and operated by Corky and Janey Hollifield. Corky also installs and repairs garage doors (778-3662) and does tractor work for neighborhood gardens. Located at 2 Reeds Creek Road.

Flying Cloud Farm

The roadstand is open Thursday and Friday 12-4 and Saturday and Sunday 10-2. Their staff will work the stand, wearing facemasks and washing their hands between each customer. They accept credit card payments via PayPal and Venmo and take cash and checks but will not be handling the money or giving change. Market share customers can use their credit for purchases.

Hickory Nut Gap Farm

Offering pickup only of pre-packed boxes of various cuts. Pickup from 1-4 pm, Wednesday to Sunday. Orders placed after 7 am will be available for pickup the following day—orders placed on Sunday will be available for Wednesday pickup. The deli will be offering drive-through, prepaid lunch orders only, pickup from 1-4 pm, Wednesday to Sunday. Online orders only. They will not be taking orders over the phone. hickorynutgap.com.

Hilltop Ice Cream Shop

The seasonal ice cream and frozen yogurt business is closed indefinitely.

LOCAL RESTAURANTS

An executive order signed by Governor Roy Cooper has limited all businesses that prepare and serve food to carry-out, drive-through and delivery service only. (This does not include grocery stores, pharmacies, convenience stores, gas stations or charitable food distribution sites, but

sit-down food or beverage service within these facilities is prohibited.) There are many restaurants in our area that are still open, but their situation can change quickly.

As with other businesses, please first call or visit the website or social media sites of your favorite restaurants before visiting or ordering online to make sure you have the most up-to-date information about their hours or changes to how they will deliver your food.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (c) (3) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,900+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. *The Fairview Town Crier* is located at 1185G Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

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

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

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Working from Home, Ad Blockers and Making PDFs

Working from home, social distancing and adjusting to how we use the Internet all are topics of concern right now.

When using video conferencing software, turn off the video to improve your audio quality or at least reduce the video quality (aka bitrate—usually some number with bps or just p after it.) Schedule who needs the most Internet at particular times of the day, cut out streaming music to see if that helps, and check for the latest firmware for your Wi-Fi router.

Use a case and screen protector on your smartphone to make it safer to wipe down with alcohol wipes. Double-check if your internet service provider has lifted data caps and what their late payment policy is for the next few months. Finally, be careful of the scams that are already out there playing on all our fears.

It is annoying when you are told to stay current with updates and yet companies like Microsoft sometimes mess up their updates. Luckily, if you want to stay even just a week behind the curve in Windows 10 Home, you can now do that in the Settings area for Update and Security, Advanced Options; or search for “pause” using the Windows 10 search box down by the Start button/icon. You have to be running at least the Windows 10 May 2019

update, which you can check for in the Settings, titled “About.” Windows 10 Pro will let you pause updates for up to 35 days.

If you remember SETI@home, or even were a part of it, you may have heard they are shutting down volunteer participation at the end of March. Still, there are many other ways to contribute your computer's unused CPU time, running software that perform scientific calculations spread out over millions of PCs. If you would like to participate in this type of citizen research help, visit boinc.berkeley.edu. Another project is foldingathome.org, which focuses on disease research, specifically on protein folding. This now includes how key proteins on COVID-19 are structured. Hopefully, your computer can contribute to understanding the virus's vulnerabilities.

Ad blockers, like uBlock Origin, provide security benefits, as well as more privacy. Many people use ad blockers to speed up website loading, as those third-party ad suppliers increase page loading time when they assemble and provide the sites' ads. But ads can be placed that are fake security alerts, and ad blockers will help prevent those fakes from showing up. Many sites may detect your ad blocker, and you will have to decide whether you want to disable it or continue on the site

where some things may no longer work.

To see how these fake security alert operations work, search for “Jim Browning Tech Support Scams” on YouTube. It is wonderful to see the tables turned and to learn how these call centers work.

To make a PDF in Windows 10, there is a “printer” you can select named “Microsoft Print to PDF.” No matter what application you are in, if you are able to print something, you can “print” and save it as a PDF.

Take a peek into the brain teasers and logic puzzles that some of the top tech companies have used during HR interviews at gpuzzles.com. Look under the “Interview” menu to find them organized by company name.

As it is tax-filing time again, follow the IRS's advice to recertify your online account, if you have one with them, at sa.www4.irs.gov/ola.

Remember, we IT people are here to help. Talk with me to see how I can help without coming to your home or office. There is remote access software that lets me see your computer and work with you that way.



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

Libraries Are Closed

All Buncombe County Public Libraries will be closed until further notice due to COVID-19. No items will be due while the libraries are closed and no overdue fines will be charged. Please don't return your items while the library is closed. You can download books, audiobooks, movies and magazines from the digital library anytime.

Book Club

No sign up or registration is required to join the book club, and new members are always welcome.

Book Club meets the third Tuesday of the month at 7 pm from September to May. Mark your calendar for future dates and titles:

May 19–*Blue Highways* by William Least Heat-Moon

We will be choosing our titles for next season at May's meeting (if it takes place).

Hitchcock in 4 Films

All screenings are hosted by Librarian and North Carolina Film Critics Association member James Rosario, who will introduce each film and lead a discussion after.

If the library opens in time, upcoming films in this series will be:

May 26–“Strangers on a Train” (1951)

June 23–“Psycho” (1960)

Jaime McDowell is the head librarian at Fairview Public Library.

FIRST BANK

North Carolina Community Bank of the Year*

First Bank was established in 1935 in the heart of the Carolinas with one mission: to help our communities and customers achieve financial independence, to prosper, and to pursue the passions that drive their dreams.

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*By the NC Rural Center for 2018

All First Bank locations are currently open as drive thru only. This is to ensure we can continue to serve you to the fullest possible extent and to help maintain safety protocols the CDC has recommended.

Our Hometown Guarantee
a portion of our closings will go to
the local Fairview charity of your choice



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BUSINESS OPPORTUNITY



Amazing two-story commercial build is a unique investment opportunity in Fairview with endless possibilities. Call to set up a time to come in and speak with us more about this proposed commercial build. 828.628.3088

EQUINE DREAM



Equestrian estate! Riding ring, 4-stall barn. Mtn, sunset views. Radiant floor heat, fireplace, upgraded kitchen & main bath, open floor plan, deck, hot tub, patio, swimming hole, pond, trails. \$777,000 Call Allen Helmick 828.329.8400

NEW LISTING



Total remodel: heat, air, floor, tile, kitchen cabinets, porch rails, doors, carpet & paint. New county-approved septic. Conv to AVL on Hwy 74A or Cane Creek Rd to airport shopping & I-26. Call Allen Helmick 828.329.8400 \$180,000

LAND FOR SALE

To see all our land listings visit
coolmountainrealty.com

NEW! 7+ ACRES OF SPECTACULAR MOUNTAIN TOP VIEWS. Road cut in, several spots to build. Build one house or three, great VRBO possibilities \$45,000

NEW! OUTSTANDING, BEAUTIFUL, LARGE 1+ ACRE LOTS in Fairview. Running creek through the subdivision. Lots of amenities like underground power, city water and each lot has already been metered. Will be paved by seller. Call for more info 828.628.3088

NEWLY REDUCED! PRIVATE, WOODED CUL-DE-SAC LOT in Candler, the Cumbres subdivision is a peaceful neighborhood w/ plenty of buffer space between neighbors. Close to the Blue Ridge Pkwy & Mt. Pisgah., 25 min to DT AVL. Call Devon 828.747.2694. \$36.5K

BACK ON THE MARKET FABULOUS BUILDING LOT in a well-known Fairview gated community, nestled in the beautiful Cane Creek Valley with views of surrounding mountains. Gated security, gazebo next to a running creek, green space for 4-legged friends and a playground for kiddos. Call the office for more info \$59K

3.58 PRIVATE ACRES w/breathtaking long-range views. Level access from paved rd, sloping lot in beautiful gated comm. Pool, tennis, golf membership option. Call Karen 828.216.3998. \$75K-\$25K

REDUCED PRICE! 2 PRIVATE, WOODED, LOTS in Mountain Shadows .5-4.5 acres, \$25K-50K, most with potential for spectacular views. Great neighborhood just 15 min. from DT Waynesville. Call Karen 828.216.3998

NEW! SPECTACULAR 30 ACRES 2 MINUTES TO TUNNEL ROAD SHOPPING and 5 minutes to downtown. Total privacy, top of the hill, end of the road estate property. Call the Office for more info 828.628.3088

REDUCED! 6.98 ACRES UNRESTRICTED WOODED SOUTH-FACING PROPERTY in Fairview loc 15 mins from DT AVL & Blue Ridge Pkwy. Property is very buildable. Creek & lg mature trees. Build your dream home or family compound. \$100K Call for info.

2+ COMMERCIAL ACRES WITH CHARLOTTE HIGHWAY road frontage or Emmas Grove road access. The sky is the limit with this investment property. We have proposed commercial plan if needed. Call the office for more information. 828.628.3088 \$550,000.

3.72 ACRES PRIVATE VALLEY, MOUNTAIN VIEW of Cedar Cliff Mountain. Hiking trails, cliffs, streams, reflection pools. Nature at its best—mountain wildlife to Asheville in 5 mins. Site evaluation for a 4BR home. Call Allen Helmick 828.329.8400 \$90,000.

BACK ON THE MARKET 0.53 ACRES LOT WITH INCREDIBLE VIEWS from Graylyn States in the heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy and the I-40 \$75,000 Call the office for more info 828-628-3088.

NEW! 3 BEAUTIFUL LAYING ACRES; EASY TO BUILD HOMESITE in Gateway Mountain, Old Fort. Great for vacation, retirement homes or year-round residency. \$40,000 Call Karen 828.216.3998

14.19 ACRES IN OLD FORT! Private & wooded with many old logging roads & hiking trails. Access road. Potential for multi home sites or dream home on priv estate. Call Devon 828.747.2694 \$120,000

2 BEAUTIFUL LOTS 15 MINS TO DT ASHEVILLE All work is done for you! Driveway cut, water line run, septic installed. \$65K. 828.628.3088

2 ADJOINING LOTS W/ MATURE TREES + RHODODENDRONS. Easy access, SE sun exposure. Walk to clubhouse w/ access to hiking trail & waterfalls. Call 828.628.3088 \$99,500

VERY AFFORDABLE LOT IN PRIVATE SETTING. Paved access to your mtn home with all amenities available to High Vista. Call Karen 828.216.3998. \$25K

MAJESTIC OAKS



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

+ ALMOST 1/2 ACRE
OF GREEN SPACE!

VIRTUAL TOUR VIDEO: bit.ly/2TFNmy8

NEW LISTING



The sky is the limit with this commercial property! Charlotte Hwy frontage & Emmas Grove Road access. Lots of potential! Proposed commercial builds available or bring one to the table. Call for more info 828.628.3088

NEED MORE SPACE?



2 commercial bldgs on 2.87 level acres, open use zoning, in the heart of Fairview. Will consider owner financing. 1st bldg is 7600+ w/ 3 loading docks, restrooms & office. 2nd bldg is 4600+ SqFt w/ loading dock, porch, restrooms, offices, warehouse, etc. Price negotiable. Call our office for more info.

UNBELIEVABLY PRICED



Gentle laying lot at the top of the world. Beautiful Views and lush mature woods to help you beat the heat of summer. Shared Driveway in place. Community green space, walking trails, and club house to enjoy. Call our office for more info \$19,500

PROPOSED BUILDS AVAILABLE



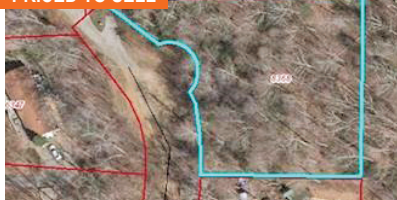
2 Beautiful lots left in this desirable New Subdivision in Fairview. Road access is dirt but will be paved. 2 acre private lots with mature trees. Proposed builds available. Call the office for more info - \$130K ea.

NEW LISTING



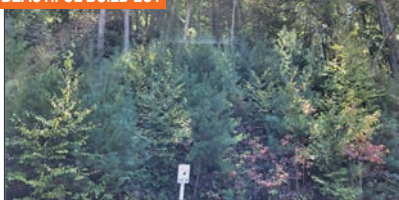
Rare 4 improved mtn acres, with trees & wildlife, private but not far off main road. Well & septic in place. 4WD a must to access at this time. Finding the property is a little tricky, call Karen Cernek 828.216.3998 \$65K

PRICED TO SELL



0.83 acre private lot, wooded cul-de-sac lot in the Cumbres subdivision. Peaceful, quiet with plenty of buffer space btw neighbors. Close to Pkwy, Mt. Pisgah and only 25 min to DT AVL. Call Devon Satchell 828.747.2694 \$36,500

BEAUTIFUL BUILD LOT



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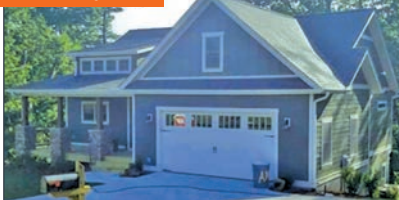
Rare opportunity for a restricted building site w/4 lots of level to rolling land, creek & frontage on a small lake. This rural property has end of the road privacy and excellent paved access. \$100,000 Call Karen 828.216.3998

OPT. LAKE RIGHTS



Echo Lake beautiful gently sloping homesite level access to lot. Private & wooded with elevation to keep you cool and afford nice views with some clearing. Nearly 2 Acres for only \$80,000. Call Karen Cernek 828.216.3998

BRAND NEW BUILD PLAN



Brand NEW! Arts & Crafts plan. Open concept w/ main-level living inc master suite. Daylight bsmnt - 2 bd/ ba. Wood floors, tile in the baths. New agridhood subdivision in the heart of Fairview. Many Plans available. \$450,000

PROPOSED BUILD



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

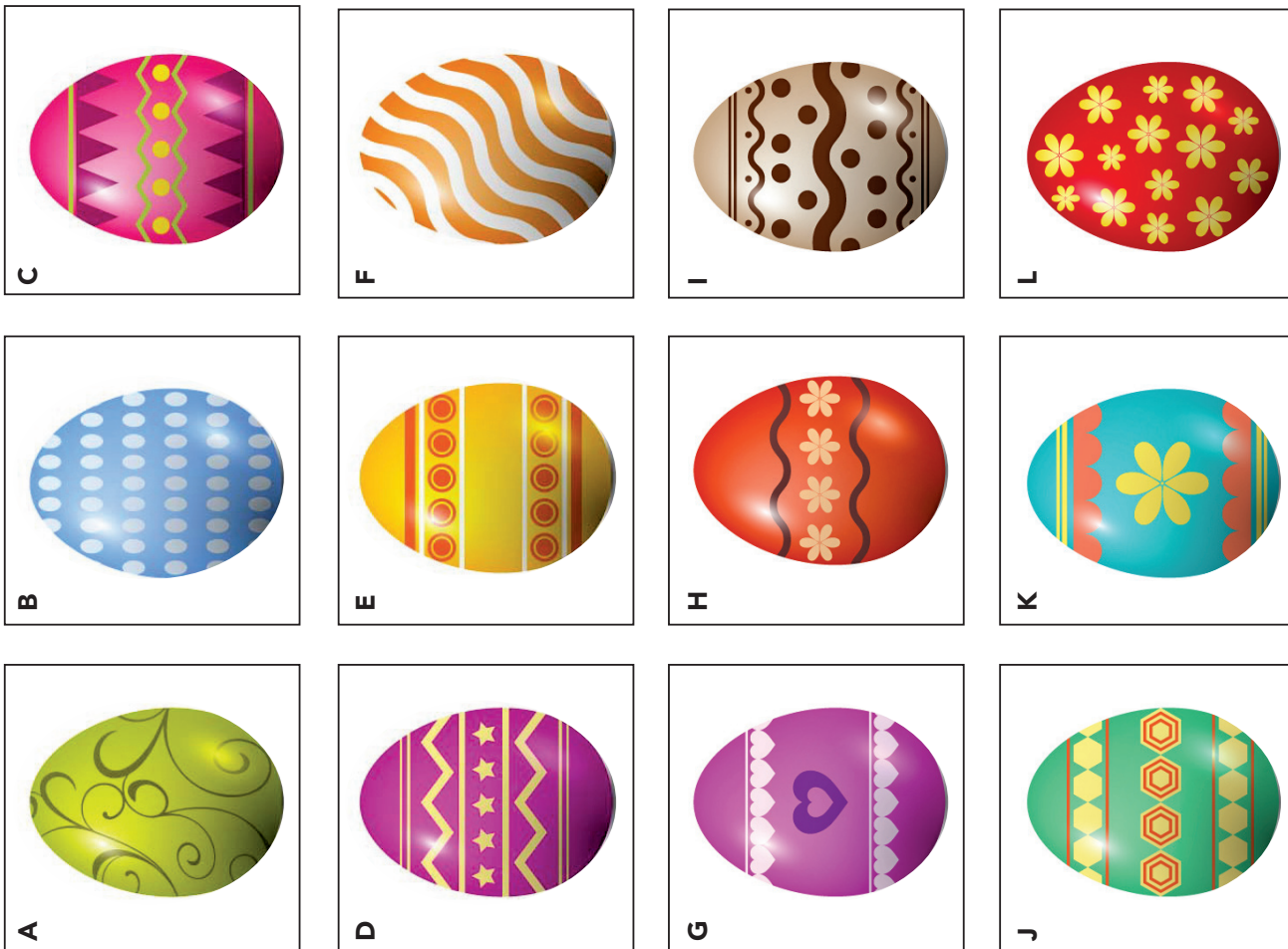
NEW PROPOSED BUILD



3 BR modern farmhouse plan. Incredible view from lot in heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy & interstate. Lot in cul-de-sac perfect for single-family home. City water, lots of extras. Call Jenny Brunet 828.628.3088 \$650,000

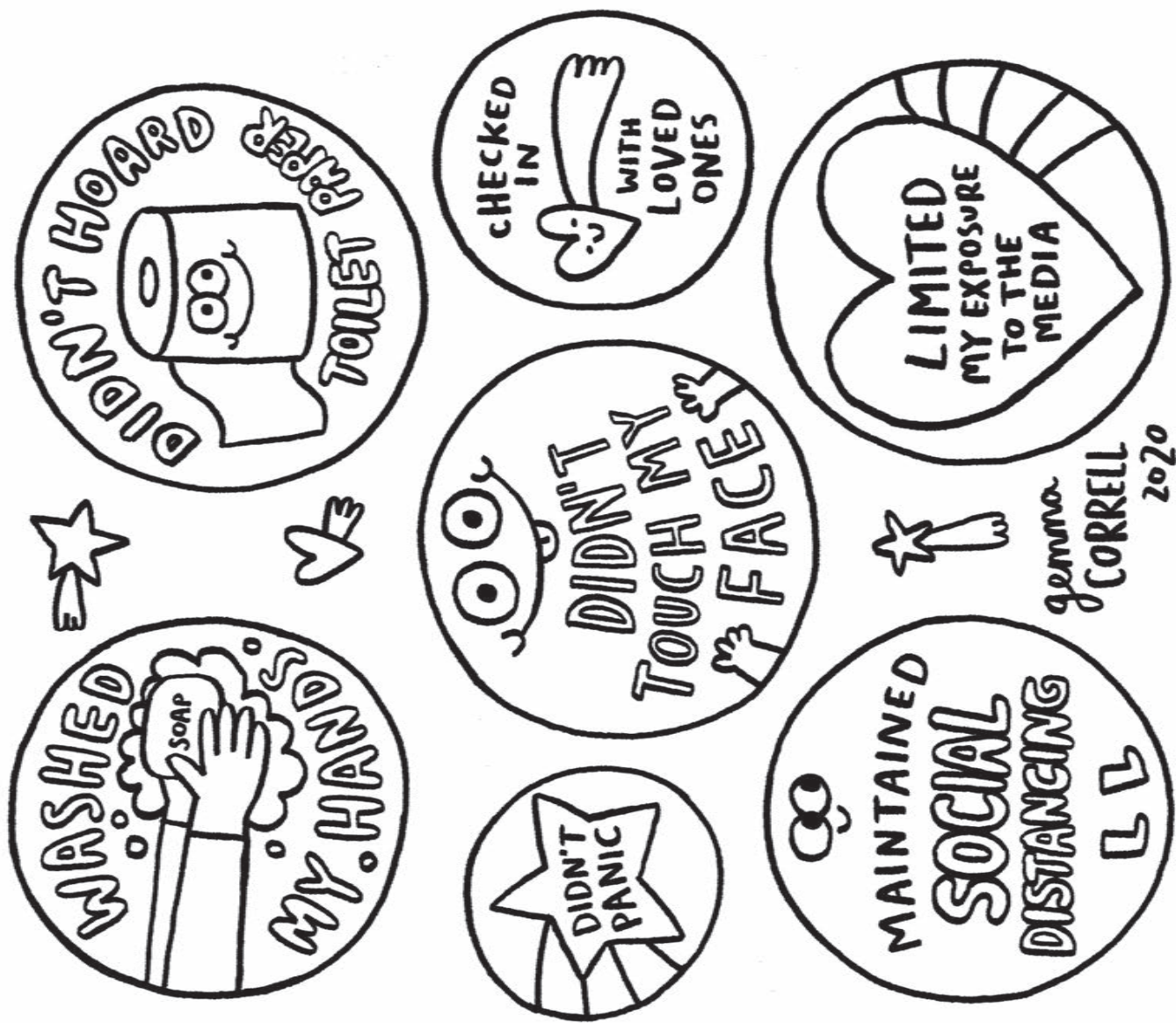
Easter Egg Hunt!

We hid these eggs throughout the paper. See if you can find them!



Easter egg locations (page numbers only): A, 15; B, 3; C, 20; D, 21; E, 27; F, 29; G, 30; H, 20; I, 10; J, 22; K, 18; L, 12. The eggs on the front page are for demonstration purposes only—they don't count!

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SWANNANOA: 3BR/4BA Lower level has separate living quarters. \$449,000 *MLS 3504094*



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\$13,990 *MLS 3521819*

.92 Acre in Briar Ridge Drive, Fairview
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MLS 3526021

Fletcher: .83 Acre Lot in Fox Ridge
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1.59 Acres Mars Hill, Red Wolf Run \$81,900
MLS 3599475

3.90 Acres Lake Lure
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James Mitchell Alexander, Part Two

The Buncombe Turnpike opened in 1827. It ran from the Tennessee line along the French Broad River to Asheville and then on to the South Carolina line. The road was the main highway from Kentucky and Tennessee to South Carolina and Georgia. It closely followed the French Broad River to Asheville to avoid driving livestock over a mountain, causing lost weight, and reducing their value at market in Augusta, Georgia. James Alexander was the contractor for a large section of the turnpike. He later bought a large section of land on both sides of the French Broad River.

Alexander built a hotel on the east side of the river at the place now called Alexander. The hotel was said to have been one of the best between Cincinnati to Charleston, SC. Alexander built a store, tan yard, shoe shop, harness shop, farm, blacksmith shop, wagon factory, grist mill, saw mill, ferry and bridge at the site of his hotel. He also built many holding lots for the drovers to keep their livestock at night.

Between 140,000 and 160,000 hogs passed through each year, mainly in the months of November and December. The hog herds would travel eight to 10 miles a day. It has been estimated that it took 25,000 bushels of corn a year to feed the hogs that passed through Alexander's inn every year. Sometimes 10 to 12 droves, each with 300 to 1,000 hogs each, would stop at Alexander's in one

night. The hogs would be put in separate lots. Alexander would employ 10 to 12 men to dump out bushels of corn for the hungry hogs to eat.

Hogs were by no means the only animals driven by the inn. Thousands of horses, cattle, mules, sheep and turkeys would also pass by Alexander's inn and need to be fed. Even ducks were driven from Kentucky and Tennessee to Augusta. One guest recalled seeing a herd of 4,000 ducks go by.

The need for corn at Alexander's was so great that, in the fall, wagons carrying corn would be lined up waiting to unload corn for over a mile from 7 in the morning to midnight. Farmers would buy goods and services of all kinds on credit at the store and other businesses that Alexander owned. In the fall they would return and pay for their debts with bushels of corn. The corn would be put in the large number of corncribs Alexander had built. They were paid 50 cents a bushel for the corn. Alexander would then sell the corn to the drovers for 75 cents a bushel.

The drovers who had more money would stay at the inn. The others spent the night in one large room with a large fireplace. They slept on the floor covered with blankets brought with them. They had to pay for their

meals. Once a day, a stagecoach carrying people and mail would pass by the inn, traveling between Asheville and Greeneville, TN.

Later in his life, Alexander turned over his businesses to his son,

Captain Alfred Mitchel Alexander, and his son-in-law, Reverend Jackson S. Burnett. He then built a "hand-some" home, called Montrealla, three miles nearer to Asheville. Alexander moved into his new

home in 1856. The house burned down in 1929. James Alexander died at Montrealla on June 11, 1858. He was buried at Alexander's Chapel Methodist Church. The church had been built by Alexander and named after him. His widow, Nancy Foster Alexander, died at the home on January 14, 1862. She was also buried at Alexander's Chapel.

James and Nancy (shown above) had six children.

Harriet Elizabeth Alexander was born in Asheville on December 28, 1816. She married Elisha Ray. He was born in Union, SC, on March 19, 1810 and died in Alexander on June 21, 1844. They had five children. Harriet then married Richard Sondley Jr. He was born in Newberry County, SC on September 5, 1800 and died on January 28, 1858 in Richland County, NC. They had one child, Foster Alexander Sondley (1857-1931).

Alfred Mitchel Alexander was born in Asheville on January 11, 1819. He married

Susan M. Coffin Farnsworth (1818-1870). Alfred died on October 24, 1889.

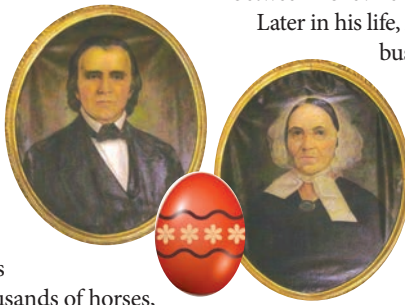
Mary Eliza Alexander was born in Asheville on October 4, 1821. She married Rev. Jackson S. Burnett. He was born in Knox County, TN on February 1, 1820 and died in Athens, Clarke County, GA on November 9, 1893. Mary Eliza died in Buncombe County on September 11, 1861.

Orra Anne Alexander was born in Asheville on November 22, 1824. She married Judge John Baxter, who was born in Rutherford County, NC on March 5, 1819 and died on April 2, 1886 in Hot Springs, AR. Orra died on December 25, 1859 in Knoxville, TN.

Sarah Matilda "Sallie" Alexander was born in Buncombe County on July 2, 1827. She married David Love, who was born on April 25, 1818 in Elizabethton, Carter County, TN and died on Sept 1, 1876 in Johnson City, Washington County, TN. Sallie died on October 13, 1871 in Johnson City, TN.

R. Catherine Alexander was born on Nov. 13, 1830 in Alexander. She married George Washington Baxter, who was born on July 21, 1824 in Rutherford County and died on October 1, 1854 in Rutherford County. She then married her brother-in law, Judge John Baxter (1819-1886). Catherine died on July 22, 1865 in Knoxville, TN.

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



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Entering a Month of Extremes

We are now enjoying later sunsets, and springtime temperatures are starting to rise due to the increase of solar radiation. The way things look when spring returns can vary depending on what you are looking at.

The daffodils were in full bloom in most places by mid-March, followed closely by Bradford pears, as well as some cherries and plums. The actual beginning of spring, the day when new plant growth rises and migrating birds return, varies from place to place. For many folks, spring begins when early lettuce can be planted, or perhaps the first mowing of the yard. For most of us, that time is at hand.

April's average highs start to take off, going from an average high temperature of 64 at the beginning of the month to 71 by month's end, with the lows moving from 39 to 47. Plants and trees usually wake up during this period, and local farmers markets typically have early season produce during this time as well.

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

QUESTION of the MONTH

Where did the phrase "The merry month of May" come from?

vegetation, especially if trees and plants "greened" up earlier than usual. Another thing to watch for is hail, as surface temperatures increase and the air aloft in April is still cool. These conditions can create a large vertical temperature gradient from the surface to 40,000 feet. Because of this gradient, which is most prevalent in April, we stand a greater risk of hail here in the mountains of WNC.

The critical factor is the "freezing level"—the altitude at which the temperature is 32 degrees—which determines the depth of the atmosphere that is above freezing. If the freezing level is high in the atmosphere, hailstones will have more time to melt as they fall. A high freezing level also decreases the vertical depth in which hailstone formation and growth is possible.

The freezing level depends on elevation, the season, and the temperature profile of the atmosphere. High-elevation areas will have relatively low freezing levels in

all seasons. For low-elevation areas in general, if the freezing level is 10,000 feet or lower, strong thunderstorms have a good probability of producing hail that will reach the surface.

In past Aprils, I have experienced the most destructive thunderstorms, producing hail that caused tree damage, as well as late frosts, which caused me to cover and move newly leafed Japanese maples into protective areas. I usually breathe a sigh of relief when mid-May arrives, when we are usually out of danger from killing frosts.

There's an old-timer's saying that I

follow each year: don't plant your tomatoes outside until Mother's Day. They really don't grow that much until the soil temperatures warm up close to 60 degrees, which doesn't happen until May. To find a great resource for checking the progress of the warming up of soil temperatures, go to fairviewtowncrier.com/links.



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

GET FAIRVIEW FORECASTS AND WEATHER!

Go to ashevilleweather.com and click on "Fairview."

WEATHER WONDER

What is the background and origin of the phrase "spring fever"?

According to *Scientific American*, spring fever remains a fuzzy medical category, but there has been a great deal of research on how seasonal changes affect our mood and behavior. Matthew Keller, postdoctoral fellow at the Virginia Institute for Psychiatric and Behavioral Genetics in Richmond, studied 500 people in the US and Canada and found that the more time people spent outside on a sunny spring day, the better their mood. Such good moods decreased during the hotter summer months. And there is an optimal temperature, Keller claims: 72 degrees, otherwise known as room temperature.



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\$545,000, MLS# 3338425



95 OWENBY COVE ROAD
FAIRVIEW

3 BR, 2 BA, 2,010 SF, 6.76 AC
\$430,000, MLS# 3552784



2009 PINE COVE ROAD
OLD FORT

3 BR, 2 BA, 1,750 SF, 8.00 AC
\$530,000, MLS# 3534557



1000 OLDE EASTWOOD VILLAGE BLVD #106
ASHEVILLE

1 BR, 1 BA, 764 SF
\$175,000, MLS# 3604248



LOT 66 NATHAN MCDANIEL DRIVE
NEBO

1.74 AC
\$30,200, MLS# 3458773



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Start Getting Organized for a Move—But Start Small

Whether you move across the country, within the same town or down the block, there's no such thing as an easy move.

Are you considering moving to a new home, downsizing to an apartment or merging families in the future? The sooner you start thinking about the moving process, the better off you'll be.

Don't wait until a month before you plan to leave. When you start thinking about moving, you should start thinking about shedding the items you will not take with you, whether it is three years in advance or six months away.

Start by defining "clutter." If an item in your home falls within the categories listed below, it's clutter.

- Anything that is useless or obsolete
- Anything you want to let go of but haven't yet
- Things nobody else wants
- Someone else's stuff
- Things you no longer use
- Things you've always disliked but couldn't give away because they were given to you as a gift
- Things that cost a lot of money
- Items you keep because you will find a use for it (though you've been trying to find a use for it for 10 years)

After you have done one mental pass through your items, take a step back and

consider the following suggestions. You may find you have more things to get rid of.

Have your interests changed?

- Do you need to keep all of those awards that are taking up space on the bookcase in the spare bedroom?
- When was the last time you went skiing (or other activities)?

Are there things in your house that aren't as meaningful as they used to be?

- Will you have room in your next home for your mother's dining room table?

Take a good look at your furniture and wall hangings.

- Have you always disliked that picture over the desk in the office?
- Is it time to say good-bye to that lamp with the chip in it?

What's actually yours, and what actually gets used?

- Are there items in the house that aren't yours?
- Return all of those books to your friends and the library.
- Are there items that you don't know what they are (tool pieces, keys, etc.)?

Getting Started

Take your time. If you start way in advance, you will have plenty of time to

review your belongings. And work on small areas (such as a drawer, a shelf in a medicine closet, etc.), not an entire closet or room.

Pick four areas of a room, or use four boxes or bags, and label them as "other room/other place," "trash," "donate," and "sell." Before you get started, make a list of charities that you believe in. Giving to a donation site that you have confidence in makes it easier to let go of belongings.

Now, review each item and place it in its designated area, box or bag. Anything you are keeping can be left where it is.

As you are going through your items, consider the following:

- Put things in "trash" that are broken or aren't worth repairing
- Return stuff that isn't yours (such as materials from the library, things you've borrowed from friends, etc.)
- Give your child or children their belongings
- Give things to relatives or friends that have meaning to them
- Mark possessions and assign inherited items in advance. Discuss with or ask family members what they would like to have

If you have difficulty deciding if you should keep an item, put it in a box with other like items and stow it away for a few months to see if you really miss it.

After You're Done

Preparing to move or downsize can be overwhelming and draining, as well as physically exhausting. If you tackle many of these steps early, the stressful part of the move will be over.

The items you choose to keep are the only items that should remain in your home. When the time comes to move, hire packers, pack it yourself or ask others for help. All the decisions to keep or toss will have been previously made, so packing can be done more easily.

As the moving date draws closer, there are many more steps that will need to be addressed, such as making decisions about your new home, finding movers, changing address notifications, disconnecting and reconnecting service, etc. You'll be glad you made all of the difficult decisions in advance so that you have the energy to unpack once you relocate.

Start early. Enlist family or friends or a professional to assist you. The more prepared you are, the less stress you will feel and the sooner you will be able to settle in and start enjoying your new home.

Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at Diana@grandsolutions.net.

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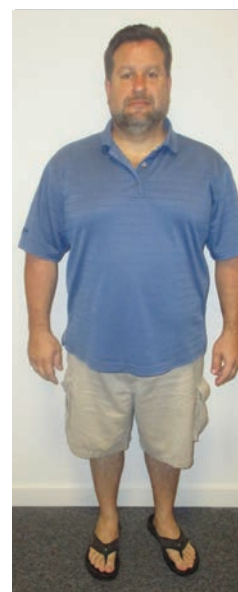
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Caregiver Self-Care

In our service to others, our own health can suffer. Before a plane takes off, you always hear, “put on your own oxygen mask first before helping others.” But do we ever do this in real life?

I have been helping Fairview caregivers for more than 20 years, and I can tell you the answer for them is a resounding “no.” In fact, the vast majority of caregivers we recently interviewed for a survey feel guilty for even thinking about it. They know those they care greatly for are going through far worse than they are. Questions such as, “Am I doing the best I can?” or, “What more can I be doing?” are all too common, reflecting desperation and negative emotions such as guilt and fear.

Common Questions

- How do I stay calm when [the person I am taking care of] is agitated?
- How do I deal with my own physical and emotional trauma?
- How do I find balance and establish a routine?
- How do I compartmentalize the caregiver role with all the other roles I fill?
- How do I find my own identity outside the caregiver role?
- What do I do if I feel like I’m losing hope?
- When do I ask for help?



Walk for five to 10 minutes, twice a day, while performing breathing and gratitude exercises.

- How can I begin to take care of myself (tips)?
- All these questions (with the exception of the last) are highly reactive questions. They are asked by those who are already in crisis mode. The brain does not work well in a crisis. In fact, our more-evolved thinking brain is shut down in the face of stress, no matter if it is immediate or long-term, sustained stress.
- Whether you are caring for someone with any form of traumatic brain injury, dementia, neurological condition (Parkinson’s, cerebral palsy, multiple sclerosis,

autism, addiction, etc.) or cancer, self-care, starting with the brain, is of the highest importance. And this goes for people who are raising children, too, as there’s nothing easy about that process—and I have two kids to prove it.

Here are some steps you can start to take care of yourself.

Breathe Right

4:4:4:4 tactical breathing

This can be a lifesaver when feeling stressed, anxious or fearful. Breathe in through nose for four seconds, hold for four seconds, and breathe out through nose for four seconds. Do this four times. More is not better; this is a “reset”. Repeat as needed.

1:2 breathing ratio for increased brain oxygenation

Breathe out twice as long as breathing in (for example, four seconds in through the nose, and eight seconds out through the mouth). Use your lips to slow your breath coming out, and breathe from your diaphragm (feel your stomach rise and fall). Perform 10 breaths every hour.

Think Right

Gratitude rewires your brain for success and happiness. To move past the dark places, you must be grateful for the bright ones. Reflect on one positive aspect of

your life each day and then write it down and say it to yourself very intently and purposefully every hour while doing your 1:2 breathing exercise. Visualize it, make it real, feel it, own it—all day.

Move Right

Today (and every day) we need to move, however you are able. When we move, we gain momentum, we grow; when we are static, we retract, we suffer (physically and mentally). Everyone will be starting at very different physical and motivational ability levels. Understand your level of fitness and ability and proceed accordingly.

Start with walking, if you can. Pick a safe place to walk, preferably outside. Walk for five to 10 minutes, twice a day (add more time and intensity as able). Perform breathing and gratitude exercises while walking.

While this is not an exhaustive list, it’s a great place to start. These are activities that anyone can fit into their schedule, even the busiest of caregivers.



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

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Boosting Immunity Naturally

A recent study by a global team of researchers found that Vitamin D supplements, already widely prescribed for a variety of ailments, can help protect against respiratory diseases. The study was published online in The BMJ (bmj.com).

"Most people understand that vitamin D is critical for bone and muscle health," said Dr. Carlos Camargo, the study's senior author. "Our analysis has also found that it helps the body fight acute respiratory infection, which is responsible for millions of deaths globally each year."

The investigators found that daily or weekly supplementation had the greatest benefit for individuals with the most significant vitamin D deficiency (blood levels below 10 mg/dl)—cutting their risk of respiratory infection in half—and that all participants experienced some beneficial effects from regular supplementation.

"Acute respiratory infections are responsible for millions of emergency department visits in the US," said Camargo, who is a professor of emergency medicine at Harvard Medical School. "These results could have a major impact on our health system and also support efforts to fortify foods with vitamin D, especially in populations with high levels of vitamin D deficiency."

In my practice, I like the vitamin D3 product from Life Extension, in liquid form with enhancing cofactors. The right dosage

seems to be in the 2000 IU per day therapeutic range. It's best taken with food that has some fat in it, such as milk, yogurt, etc.

The most powerful food supplement for boosting immunity in general is probably the medicinal mushroom. There are numerous types—shiitake, maitake and oyster, chaga, turkey tail (trametes versicolor), etc.—and many good products on the market, available at health food stores, co-ops and online.

Users of the Ten Mushroom Formula from ecoNugenics have reported good effects. Others use ImmPower from American Biosciences. Consumerlab.com gives a "top pick" designation to Swanson Reishi Mushroom, which is also among the most economical in that category. I also find Life Extension products in general to be of excellent quality.

In addition to sensible and necessary public health measures, individuals also bear some responsibility for their own health. Using the referenced natural products that bolster one's own immune system in the face COVID-19 coronavirus seems smart. Nothing is more important than your health now.



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

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COVID-19 INFORMATION FOR SENIORS

People aged 65 years and older are among those at higher risk for severe illness. More than others, they need to stay at home and avoid close contact with people.

Avoid Scams

Scammers may use COVID-19 as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send you a coronavirus test, masks or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information.

It's important to always guard your Medicare card like a credit card and check your Medicare claims summary forms for errors. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors, or people you trust to work with Medicare on your behalf. Medicare will never call you to ask for your Medicare number.

If you have a computer and use email, you can sign up for AARP's FraudWatch for free. You'll get regular alerts about the latest scams delivered right to your inbox. Sign up at cp.email.aarp.org/fraudwatchsignup.

Meals on Wheels

Meals on Wheels (MOW) is using a no-contact delivery protocol. Volunteers will place meals in bags to cut down on the passing of germs. Volunteers should place meals in a bag, knock on the door or ring the doorbell and hang the meals on a handle at the door. In addition, volunteers should call clients who have difficulty in getting to the door right away to let them know their meal is at the door. For seniors who cannot come to the door, MOW would like to leave meals hanging inside of the door, but this needs to be discussed on case-by-case basis.

Disposable gloves and plastic bags are available for volunteers upon request.

If you have any questions, call 253-5286.

To volunteer or donate, go to mowabc.org or call the number above. These emergency measures require extra funds beyond those currently available for food delivery, so extra support is welcome.

Council on Aging

The agency is in the process of expanding their homebound food delivery program to seniors already enrolled. New enrollments will be considered on a case-by-case basis.

Home visits are being prioritized and considered for those in need of immediate services.

Their four meal sites are closed, and all Medicare classes and Call-A-Ride are canceled until further notice.

Many of their services can be accessed over the phone, including Medicare assistance, those at risk of losing insurance, Seniors' Health Insurance Information Program, and Elder Justice. Call 277-8288 for help and information.

To volunteer or donate, go to coabc.org or call the number above. These emergency measures require extra funds beyond those currently available for food delivery, so extra support is welcome.

Senior Shopping

Local stores, including Ingles and Dollar General, are dedicating their first shopping hours to seniors (and those with compromised immune systems). At Ingles, only seniors are allowed to shop from 7 to 8 am. Call the local Dollar General locations to confirm their times: 994 Charlotte Highway, at Fairview Ridge Center, 222-7602; 1507 Charlotte Highway, at Cane Creek Road, 222-7602; and 1397 Cane Creek Road, 585-3664. Target, Walmart and Whole Foods also have dedicated hours.



Can't find hand sanitizer? Make your own!

If you can't find hand sanitizer in the store, you can make your own as long as you stick to the proportions and ingredients of the following recipe. Adding aloe vera will make it easier to apply. Stirring in a few drops of essential oil will give the mixture a pleasant scent.

What you'll need:

- 2/3 cup rubbing alcohol (91% or 70% isopropyl alcohol or Everclear)
- 1/3 cup aloe vera gel
- 5-10 drops essential oil (or lemon juice)

Plus mixing bowl, spoon, funnel, and 2 oz spray bottle or soap container

Directions

Pour alcohol and aloe vera into a bowl and stir until blended. Add essential oil and stir to help mask the smell of alcohol. Use the funnel to pour the eight ounce mixture into containers, then label to identify contents.

—Dr. David Agus, CBS News Contributor, cbsnews.com

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A Farmer Girl's Memories

Once upon a time, in a land not so far away, there was a little girl who loved all the critters of the world (except, I'm sorry to say, the praying mantis—they were just too creepy). In the spring, she would follow along behind the tiller as it broke the soil for the new garden, digging her bare toes into the dirt to unearth the little creepy crawlers that had been sleeping through the winter.

She found grubs of all kinds, centipedes and millipedes, earthworms, and beetles. These were examined, and if they were good for the garden, allowed to stay; if not good for the garden, they were collected and removed to the far side of the yard. Over the next few days, the planting would begin.

There had already been the trip to the rail yard, where the feed and seed was, to pick up little brown paper bags of pink-tinted corn kernels, gray dusted beans and the tiniest specks that would grow into collards, kale, beets, okra, peppers, cucumbers, squash and tomatoes.

From Indoors to Out

There would be larger bags with onion sets and potato starts to be lugged back to the truck. All of this was carefully stored until the magic rays of the sun warmed the ground enough for the seeds to grow. The potatoes were cut with an eye to a piece and left to cure in the warmth and dryness of the house so that mold wouldn't make them turn into mush. Tomato, cucumber, squash and pepper seeds were gently poked into soil layered into newspaper cups, placed in trays and set upon the refrigerator to sprout in the artificial warmth. Once multiple leaves had grown, they were moved outdoors to be hardened off in the chill, though you had to remember to bring them in and tuck them up on top of the fridge before bedtime or the cool nip of night would put an end to the year's crop.

Once the warm had come to stay, it was time to lay out the rows for the corn, beans, tomatoes and peppers. One needed to tread carefully so as not to disturb the already growing cool crops of beets and greens, which were scatter-planted weeks before, or the onion sets just beginning to peep out of the ground. A tiny hole for each seed all along the row, just up to the first joint of the first finger on the girl (who was small enough not to mind bending over so many times). The grownup working alongside her used a mark on the digging stick that had seen so many plantings. The drop of a seed into



each hole and a gentle cover of soil with the toe of a bare foot. Bigger holes are scooped out for the tomatoes and peppers, a pinch of bottom leaves, and a snug tucking-in of dirt. Mounds are heaped up for the potatoes, squash and cucumbers to trail down as they grow and spread over the summer.

Okra needs real heat, so planting them comes later. Seeds are carefully placed in damp paper towels by little fingers to soak overnight. This is a vegetable the girl loves but is not allowed to pick. The plants are prickly and scratchy, and a knife is used to cut the pods away from the stems. Even walking among the plants is dangerous, because brushing up against them leaves the girl itchy and irritated. A plant that teaches respect—not everyone respects and appreciates the okra.

"The girl Helps However She Can..."

Then the waiting begins. Actually, waiting is not the right term. And besides, little girls are not good at waiting. There is still lots of work to be done. Hoeing the weeds from around the corn. Crawling along the rows to pull weeds or thin the seedlings. Picking beetles and caterpillars off plants and watching for any damage. Dragging water hoses along endless rows if Mother Nature fails to cooperate. And the girl helps however she can until the reward comes and picking can begin.

Then there are days of picking beans in the morning and spending the day stringing and snapping. Picking cucumbers to be sliced into spears or rounds and added to pickling crocks. Tomatoes picked and canned. Corn shucked and frozen. All while in the company of the ladies of the family. Working as a team, moving from one kitchen to another as the harvest and need changes. These are the girl's memories.

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



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FAIRVIEW SAYS GOODBYE TO SOME LONGTIME FRIENDS



Above Susie with one of the hundreds of children that adored her.

Top right A gathering of song (left to right) Kari Sevier, Elizabeth Hamilton, Anna Sevier, Lance Whitaker, William Hamilton and Susie.

Bottom Right (L-R) Annie Ager with her son Kevin on her back and Susie carrying her son William.



Susie Skinner Clarke Hamilton

Susie Skinner Clarke Hamilton was born in the Biltmore Hospital on December 3, 1946 and died peacefully at home on March 8. Her parents were Jamie and Elspeth Clarke, and her grandparents were Jim and Elizabeth McClure and Dumont and Annie Clarke. She is survived by her husband Dr. Will Hamilton; her five children, Annie Louise (Isaiah) Perkinson, William (Molly) Hamilton, Elizabeth (Fred) Bahnson, Elspeth (Gabriel) Mann, and David Hamilton (Hayley Booterbaugh); 11 grandchildren; brothers Jim Clarke, Dumont Clarke, Billy Clarke, Doug Clarke and sister Annie Ager.

Susie grew up at Hickory Nut Gap Farm in Fairview. She graduated from Wellesley College in 1968 with a BA in Art History. After a year of graduate school in fine art she moved to the L'Abri Fellowship in Switzerland, where she managed the garden and met her husband. Susie and Will met again in England and were married on March

"Nearly every child in Fairview had their life touched by Susie."

11, 1972. They moved to her hometown of Fairview in 1976, where she spent the rest of her life caring for many children, foreign exchange students, and her family farm. Her love of art and people, especially children, motivated her entire life.

Last year, the *Crier* ran a feature written by family friend Mary Spivey on Susie Hamilton. The piece ran in conjunction with an art show celebrating her work and life. It seems fitting to excerpt a few paragraphs here:

"Kind, generous, talented, welcoming, gracious, an all-around blessing. These are a sampling of adjectives used to describe Fairview native Susie Clarke Hamilton, well known for her artistic talents and devotion to area kids through her after-school art programs



A young Susie is all smiles.

and summer camp she operated with her sister, Annie Ager. During the school year, the school bus would drop off 10-12 kids every ... to learn drawing, painting, pottery, and perhaps take a dip in the pool.

"Susie was a prolific sketcher. Her husband Will remembers she was never

without a sketchpad, and many of her drawings reflect a lens into ordinary daily life. A blue sketch book is filled with drawings of children, of a mother cat with kittens, a horse observing chickens on the other side of a fence and a child relaxing in a chair titled 'After a Long day.'

"Fairview native DJ Bostic shared that 'nearly every child in Fairview had their life touched by Susie.'"

Due to concerns about the coronavirus, the family has postponed Susie's memorial service. The family wishes memorial contributions to be made to the Fairview Elementary School PTA. Checks should be made out to "FES-PTA" with "Susie Hamilton" as the memo.

All funds will be held in a Susie Hamilton Memorial Fund to help meet school needs. Mail checks to Fairview Elementary School PTA, 1355 Charlotte Highway, Fairview, NC 28730 or make donate online at paypal.me/FairviewPTA.



Sandy had many vintage cars, but his favorite was this Model-T touring car.

Sandy Lynch

Ridgeway Trimble Lynch, Jr. (Sandy) died peacefully at home in Fairview on March 12. He was born in Cary, NC, on May 9, 1948 and raised in Asheville. He is survived by his wife, Paddy; his daughter, Sara Fritz; step-daughters Anna Lynch and Kari Wehe; nine grandchildren; brothers Bill Lynch and Tom Lynch; and one niece and nephew. He was preceded in death by his parents, Mary Plummer Lynch and Ridgeway Trimble Lynch, Sr., as well as his son, Benjamin Lynch.

Sandy was one of a kind. Born into a family with deep roots in the Fairview community, he grew up roaming the land known as Lynch's Bottom. He could build and fix anything, always willing to use those gifts in the service of others.

An extraordinary storyteller and well known for his clever turns of phrase, Sandy was an inventor, an adventurer, a car whisperer and a mentor to many who knew him. He was a friend to all, a man who embodied humor and integrity in equal measure.

Due to the current restrictions on group gatherings, plans for a memorial service have been postponed.



Sandy loved taking care of all things heavy, wet or broken.



Robert (Bob) C. Hoyle

On March 2, longtime Fairview resident Robert (Bob) C. Hoyle (also of Moose, WY) lost his battle with cancer at the age of 75. Bob worked for 47 seasons as a National Park Service (NPS) Park Ranger at Grand Teton National Park, WY, where he developed the park's astronomy interpretative program, and for 10 seasons on the Blue Ridge Parkway, where he performed interpretive outreach in the local public school system. He loved the NPS and all that it represented.

Bob received a BS in Physics from Lenoir Rhyne College, an MA in Astronomy from the University of Virginia, and a Morehead Fellow in Planetarium Administration from the University of North Carolina-Chapel Hill. He began his career as a college professor of physics and astronomy at Lenoir Rhyne College (now University), and later taught at Catawba College and the University of North Carolina-Chapel Hill. He also taught courses at Western Wyoming Community College, the Teton Science School, and Yellowstone Institute. His career continued with the NPS, sharing his knowledge and all that he loved with park visitors and students. His wife, Blair, is retired from the Blue Ridge Parkway.

Bob and Blair moved to Fairview because it was quiet and peaceful. At the time, it also had nice night sky views due to the lack of outdoor lighting, which was ideal for Bob's observations with his telescopes.

He was a passionate teacher, astronomer and telescope enthusiast, model train collector, photographer and environmentalist. He loved his family and grandkids, friends, holidays, winter, traveling, classical music and cats.

He was preceded in death by his parents, Wilford and Madeleine Hoyle, of Cherryville, NC.

He is survived by his wife, Blair, of 46 years; his two children, Katie Zimmerman (Jamey) and Ben Hoyle (Audrey) of Moose, WY; his sister Penny Buff of Cherryville, NC; sister-in-law Ann Alrich (John) of Winter Park, FL; sister-in-law Sally Johnston of Ft. Lauderdale, FL; two grandchildren, Dylan and Ashlyn Zimmerman; as well as numerous nieces and nephews.

Celebrations of life gatherings will be held in the Asheville, NC area and later this summer in Grand Teton National Park.

In lieu of flowers, donations can be made to Grand Teton National Park in support of the planetarium building project and astronomy interpretative education activities in the park. Checks can be made out to Grand Teton National Park, P.O. Drawer 170, Moose, WY, 83012, with "Robert C. Hoyle Astronomy Fund" as the memo.



Learning to Breathe Through the Changes

When you're in high school, there are a few big things that mark the time going by. As a kid, you always think about them through the lenses of what you see on TV, the teenage movies that are nothing like reality. You



AVERY LOVE

think about it so much that when you actually get there, it's so different from what you expected.

Right about now, I'm hitting a lot of these milestones. The two biggest things I've had to face have been learning how to drive and starting the overwhelming process of college prep.

Change can be difficult for anybody. But for high schoolers like me, it can be particularly hard because, even if these changes are ones I've been looking forward to for years, it's still a huge leap of faith.

Ever since I was a kid, I would beg my mom to tell me stories about her college experiences. On walks, as bedtime stories, during our Saturday morning snuggles. She'd tell me about her roommates, about the classes she took, and about anything and everything she could think of. I loved thinking about it: the freedom I would have, the classes I would get to take. It all

sounded so incredible. But now that I'm starting to have to look into colleges and actually think about where I might want to go, I realize there's a long way to go between now and then.

With the start of college preparations comes a lot of stress regarding exam scores, potential colleges and financing—and on top of all of this, I have to keep up with classwork. One of the biggest changes for me was when I started getting emails and letters from colleges. Before you start doing actual research into colleges, your options are limited to a) where your parents went, b) local options, or c) whatever sports teams you like. But ever since I took the PSAT, I've been getting letters from places I've never even heard of, which opened up a new pool of choices. It can get really overwhelming, but this is definitely a time when it pays to be attentive and do your homework.

Drive Time

When I was in elementary school, I would sleep over with my oldest cousin, KK. During those stays, we promised that the two of us would go on a road trip to Disney World when we were both old enough to drive. We'd take turns driving until we got there, just the two of us. But just like the college letters, reality hits a lot harder than you think it will.

When you get your permit, you gain a

little more independence and take on a huge responsibility that can be really scary for both new drivers and their parents. It's a long process, with weeks of driver's ed, in-car instruction, and visits to the DMV; but ultimately, it was worth it to me.

As a newbie, though, it can be really scary when some obnoxious guy in a big car rides your bumper and doesn't let you see anything or when someone honks at you for hesitating for just a second. I got my permit in November, and every time I get behind the wheel it's a learning experience. Curvy roads aren't a big deal but merging terrifies me. My dad knows this, and he's been trying to get me to practice more. This is an important lesson for learning anything new: no matter how big of a change it is, it's important to challenge yourself so you can get better.

Change can be terrifying, overwhelming and intimidating, but it's a huge part of life. For any of you going through changes, here's one thing that's helped me. Whenever you start feeling overwhelmed, take three deep breaths. Make sure your fists aren't clenched in a death grip on the metaphorical (or literal) steering wheel. Take a second to recenter your priorities and focus on your goals. Trust me, I know how scary this stuff can be. The best thing you can do is to just take a second to breathe.

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

STUDENT OF THE MONTH ALEXIS STROSNIDER



Alexis Strosnider was nominated by Annie Choi, an Exceptional Children's teacher at Reynolds. She said, "Alexis has shown so much growth. She has worked hard to be a part of the Reynolds community and is now doing an off-campus internship at the Rescue Mission. She goes outside of her comfort zone and tries so hard to do her best in all aspects of school."

Alexis has led her team to success in the county's Employability Seminar and participated in the Special Olympics. Congrats, Alexis!

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Follow the Money: Important School Finance Updates

Not everyone gets as excited about budgets and finance as I do. Remember the movie *All the President's Men*? The way to find the answers is to keep our eyes on the money. The school board has three primary responsibilities: supervise the superintendent, set policy, and oversee finance. As recent Buncombe County history has shown, when we don't take this role seriously, bad things can happen.

Though money continues to be tight in county schools, our financial management is excellent. We held two extra work sessions in March to learn about and discuss the Buncombe County Schools' financial situation.

Current Year's Budget

Nearly half of Buncombe County Schools' funding comes from the state, and our budget is therefore largely built on how much money we can expect from the state. But what happens when the legislators fail to pass a budget?

In this case, we end up with a continuing budget based on last year's numbers. The tricky part is that we also rely on Buncombe County to make up the difference in our budget, since many non-instructional expenses are not covered by state funds. But without a firm figure from the state,

it's impossible to know how much to request from the county.

Because of this up-in-the-air situation with the state, this year, the county made their education appropriation with a caveat: when you have specific numbers from the state, the door is open to come back and request more county funding if necessary. But here we are, two-thirds of the way through the budget year and still without firm numbers from the state.

This lack of full funding, as you might imagine, puts tremendous pressure on the school system's fund balance, which is the reserve fund that helps cover cash flow when expected funding is delayed. Think of it as a savings account, set aside in case of emergency. That fund balance is getting precariously low.

Next Year's Budget

While keeping a close eye on the current budget squeeze, it is also time for the school system to begin planning for the 2020-21 budget year. State law requires that all school systems present their next year's budget to their county by May 15, even though the state budget is never available by that time. In order to prepare for this process, our superintendent and finance department are already crunching numbers and considering strategies to balance next year's budget.

For the last several years, we have had to count on using a significant portion of our fund balance to balance the budget. Since the fund balance level has gotten so low, we will not be able to do that for next year. And since we are a people business and 90% of our budget is for personnel costs, it is likely we will have to consider cutting staff positions. Our school leadership is also diligently looking for possible efficiencies that may save funds. It is going to be tight, and we would all prefer to avoid staff cuts if possible.

Audit

At the March school board meeting, we also heard a presentation regarding the annual audit. The good news (thank goodness) is that our audit shows that we continue to have excellent financial management. This was a clean audit, with only one finding that needed to be addressed.

What do we see in Buncombe County Schools when we "follow the money?" We are doing great work to educate our future leaders, and it costs money. With a mental health crisis in our schools and increasing focus on school safety, the financial needs are increasing as enrollment and school funding decrease. But you can help. Please press our state legislators and commissioners to prioritize adequate funding for community

public schools. And as we move from primary season toward our fall elections, consider candidates' education platforms when you vote again. In the meantime, your school board will continue to keep a close eye on the bottom line.

Addendum

Since I wrote this column (my deadline preceded the COVID-19 crisis), our county, state, country and globe have been profoundly changed by the pandemic. We'll continue to keep a close eye on the finances, but we are hopeful that local, state and federal funds will help alleviate the additional unexpected financial pressures in these difficult times.

As you've no doubt heard, the rapid response from Buncombe County Schools in recent weeks has been outstanding. In fact, other school districts from across the state are looking to us as a leader. The situation is still changing daily at this point. I'll bring you a deeper look in my May column.

Stay well and please stay home!



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



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GREG'S MAGIC TRICK *Mind Reader*

Greg Phillips is a professional speaker, magician and comedian. Contact him at Greg@GregPhillipsMagic.com or MountainMagicAcademy.com.

WHAT THE AUDIENCE SEES

The magician shows a deck of cards and cuts the deck, placing the bottom “half” of the deck onto the table. He asks a spectator to remove a card from the “half” the magician is still holding and to memorize the card, showing it only to the audience while the magician’s head is turned. The magician has the spectator place the selected card on top of the pile on the table. The magician places his half on the tabled stack and then turns the cards face up. He deals all of the cards one at a time onto the table and then announces the name of the spectator’s card.



PREPARATION

Before you begin the trick and out of sight of your spectators, count out 25 cards. When you present your trick, place these 25 cards on the bottom of the pile and hold the cards slightly apart so you can feel where they are (this is called a break). Hold the cards as if they are all together but maintain the break.

Keep your 25 pre-counted cards separate from the rest of the deck by using a break (shown at left).

THE TRICK

Split the pack of cards into two piles at the point where the break is, placing the stack of 25 onto the table face down. After the spectator has chosen a card, shown it, memorized it and placed it on top of the stack on the table, you will place your pile on top of the table stack.

Turn the cards face up and deal them all as you silently count. When you get to 26, you will have the spectator’s card—but don’t identify it until all the cards have been dealt. **Magic!**



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Answering Your Pet Questions

As veterinarians, we answer questions every day that range from mundane to arcane. Here are a few of the common questions I get asked in clinics.

Do I need to give HW and flea/tick meds year-round? Yes. Yes. Yes. Year-round prevention for heartworms, fleas, ticks, and intestinal worms is one of the best ways to improve your dog's or cat's health and extend her lifespan. Mosquitoes are actively feeding when the temperature is over 50, and in any given winter month in Fairview we will see several days over that temperature. Also, fleas and ticks will happily live on your pet and in your warm home all winter long. Another bonus of giving an oral heartworm prevention year-round is that most of these also protect against intestinal parasites like hookworms, roundworms and whipworms.

What do I do if I miss a dose of my pet's medications? For most medications, you can give the missed dose right away. If this is a once-daily medication, you can generally give the next dose on time the next day. If this is a medication given two or more times a day, you can give the missed dose, and if you still have six to eight hours before the next dose is due, you can give it on time. If you have less time than that, you may need to skip the following dose. If you are unsure or the missed medication is an insulin injection or other time-sensitive medication, call your veterinarian. If you missed a monthly dose of prevention, give the missed dose and then stay on your normal schedule the next month.

Why does my dog scoot? Dogs (and cats too) scoot their bums on the ground when their rectums feel uncomfortable or itchy. Most of the time, this is because their anal glands are full or impacted. Occasionally, this is for some other reason, such as

intestinal worms or rectal skin irritation. Whatever the reason, a quick trip to the vet will typically solve this problem.

Does my pet need to get vaccinated more than once? Yes. Yes. Yes. Just like in humans, vaccines need to be given at the appropriate intervals to correctly teach a dog's or cat's immune system to fight off disease. How many boosters a pet needs in the initial series depends on how old the pet is at the time vaccines are started and the risk factors of the individual pet. As more research is done, we may find out that adult animals need to be vaccinated less frequently, but until then your pet should receive the recommended vaccines as frequently as recommended by your veterinarian. Vaccine frequencies are determined by scientific studies involving large numbers of animals and rigorous study, not by philosophical belief.

What food should I feed my dog or cat?

The best food for your dog or cat is determined by his age, breed, state of health and reproductive status. Your vet is the best person to help you decide what type of food your pet needs, but here are a few guidelines to help you decide. Most cats and dogs should be on complete and balanced commercially-made cooked diets. These come in dry and canned forms, and each has its own benefits. You should feed a high-quality food from a manufacturer who meets Association of American Feed Control Officials (AAFCO) requirements, employs a veterinarian or animal nutritionist to monitor the food, and has done adequate testing to make sure the food is of high quality and is nutritionally complete. Avoid catch phrases like "human grade, all natural, or no by-products," as these typically have little scientific meaning and are used as an advertising trick. Grain-free



is another popular type of dog food that is potentially linked to heart disease in dogs, so avoiding grain-free diets may be prudent as well.

Why does it matter if my pet has dental calculus? When dogs, cats or humans don't brush their teeth daily, food particles and bacteria build up on their teeth into plaque that quickly hardens into calculus. Calculus is the hard, brownish stuff that you can see on many pets' teeth. This tends to accumulate along the gum line and over areas of unhealthy teeth. The calculus that you can see can cause discomfort, bad breath and ugly teeth, but it is the calculus you cannot see—it grows under the gums—that causes tooth loss, tooth abscesses and periodontal disease. Just like your mouth would hurt if you had calculus separating your tooth from its bone, so does your pet's mouth, and just like an infection anywhere else in the body, infections in the mouth can weaken your pet's overall health.

Why does it matter if my pet is fat? Just like in people, being overweight is associated with many other health problems. Overweight pets are at higher risk for arthritis, diabetes, heart disease, joint injuries, etc. Being overweight can remove years from your pet's life and decrease the

quality of her life significantly. The great news is that a weight loss of just 10% can drastically improve the situation. Most of the time, this can be done by decreasing the amount of and increasing the quality of the pet's food.

How often should I trim my pet's nails?

Answer: Trimming nails should be done monthly for most pets. This frequency will help keep the quicks—the soft cuticle in the center of the nail—nice and short and keep the overall nails from becoming too long. Long nails are at risk of curving around and growing into the foot and of being caught on things and torn. You can learn to trim your pet's nails, or you can have this done at any groomer or veterinary office.

How often should I wash my pet? Most cats only need to be washed if they have gotten into a dangerous or messy substance, have a skin health problem or are unable to groom themselves well. If a cat cannot groom himself, it is time to seek veterinary help to find the reason and get treatment. Dogs are less fastidious about cleaning themselves, so bathing them monthly is a reasonable option. Just like cats, dogs with a skin problem may need to be bathed more frequently or with a special shampoo. If bathing your pet is too difficult, a good groomer can help.

Why does my dog eat poop? Nobody knows this answer for sure, and most dogs probably just eat it because they like the flavor. Often, people are led to believe this is an indicator that their dog is missing an essential nutrient, but this is not true. In addition to just being gross, this can increase the chances of your dog catching a fecal-borne parasite, so poop eating should be discouraged. Monthly, routine parasite prevention will help decrease this risk even if you can't stop the behavior completely.

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

Keeping You and Your Dogs Healthy in the Time of COVID-19

COVID-19 is affecting us all, and that includes our furry friends too. We asked Tracy Peabody from Woof in the Woods to give us some good practices to follow with your dog during this time.

THE UNFORTUNATE REALITY is that each of us will feel an impact from COVID-19, whether you are a small business owner, work in a grocery store or restaurant, have school-age children or are stuck at home for weeks with an unruly, misbehaving dog.

I am closely monitoring guidance from the Centers for Disease Control and Prevention (CDC), the World Health Organization and the veterinary community for the role our dogs play in preparations and virus transfer concerns. Our business wants to remain as helpful as we can, for as long as we can, to our clients and their dogs, as well as do our part to "flatten the curve."

First and foremost, washing your hands before and after handling your dog is the best protection for you both.

If you get sick, per CDC guidance, do not cuddle or love on your dog. In fact,

the CDC recommends that everyone with a pet should have a plan in place so that a family member, neighbor or friend knows your pet's routines, needs, feeding and walking plans and schedule in case they need to take care of your pet.

While the current evidence seems to indicate that you won't make your dog sick, it could be a "reservoir." This means that if you cough and/or sneeze with your dog in the vicinity, the virus could attach to and live on its fur or hair. If another person then pets or touches your dog, the virus could transfer to that person. Official guidance is split on whether this would actually happen, but there is evidence that bacteria are transferred this way. Maybe a virus could too.

Health and Routines

Walk your dog around your yard or your neighborhood. This is good for you and your dog. The healthier your body is, the less run down and susceptible you are to being a host for a virus. If you have a 6-foot leash, let that be a good guide for how far away to stay from others.

Keep your dog healthy too. Ensure you have them on a healthy, high-quality diet, with raw or fresh foods. Get them exercise. Keep them hydrated.

Try to maintain your current boundaries and routines with your dog best as you can. Your dog will get accustomed to you being home more and may have a hard time when you suddenly go back to a normal work schedule when this crisis ends. They could experience separation anxiety once life gets back to normal.

If you have elderly, frail or immunocompromised neighbors or family members, offer to help them with their pets.

If you have questions about your dog's health, contact your local veterinarian.

At Woof in the Woods

If you or a family member gets sick, do not come into our store or training facility. Stay home. Call us before your session and we will postpone your training or discuss alternative training.

We are getting supplies of waterless shampoo and wipes and will wipe down

your dogs when dropped off to "wash away" any dirt and grime that the viruses could be holding onto.

We are wiping down leashes and ask that you allow us to leash-up your dog and have you remove your personal leashes to help stop or slow any surface transfer of the virus.

We are flexible and will do what we can to support our clients for as long as we can, from carside parking lot food drop-offs and home deliveries to online training and enrichment support. We're working with new technology and processes to be able to best help and support you and your dog.

We appreciate the support we get from our community and appreciate you continuing to support small businesses.



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.

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Thompson Kids Excel



Bo, above, with teammates, and Robert, below.



It's been a big year for Blake and Jennifer Thompson of Fairview. Their son Robert, a 2019 graduate of ACRHS, made the Dean's List at The University of Advancing Technology in Tempe, Arizona. According to Blake, the school is "one of the top schools

in the U.S. for game design, robotics, cybersecurity and video technology." He is studying digital video, game design, and gaming art and animation. When the Crier asked how Robert became interested in this subject, Blake said, "A teacher of influence at A.C. Reynolds was Apollos Kimbrough. Robert had Mr. Kimbrough for computer science and technology courses, and he found his passion."

Their other son, Benjamin "Bo" Thompson, recently committed to play football at Guilford College in Greensboro next year.

Congratulations to the whole Thompson family!

Swarm Season Is Here

by Janet Peterson

If you see a cluster of honeybees hanging on a tree branch, in a shrub or even on a fence, call one of the following Fairview Beekeepers to come and collect them. We would love to give them a new home in one of our bee boxes. And don't be afraid: they are just resting while scouting out a new place to live. This is how honeybees reproduce and this happens several times a year, but mostly in April and May in Fairview. Just be sure you have sealed any outside gaps in your home's siding so the swarm doesn't come to live with you.

Janet Peterson 628-1758
Scott Davis 628-3537
Ricky Manning 275-2486
Marshall Mullins 231-8284

Student Marches to Selma

Azzie Cunningham, a senior at A.C. Reynolds High School, joined members of Congress, famous authors and renowned civil rights activists at the Congressional Civil Rights Pilgrimage last month in Alabama. She traveled to Montgomery, Birmingham and Selma to take part in the annual event sponsored by The Faith and Politics Institute.

She was a guest of her uncle, Joe Cunningham, a state representative in the U.S. House from South Carolina, and flew from Washington D.C., with over 40 other members of Congress, including Rep. John Lewis, who marched with Dr. Martin Luther King Jr. to Selma in 1965.

Among many other events, she and other attendees recreated the march over the bridge to Selma. "It was an experience I will remember until the day I die," she said. "It was raw and emotional, something every young African American—actually everyone—should experience."



Azzie Cunningham (middle) on the Edmund Pettus bridge with her uncle, Joe Cunningham, and Minnijean Brown-Trickey, a member of the "Little Rock Nine," whose integration of a public school in Arkansas led to the *Brown vs. Board of Education* decision.

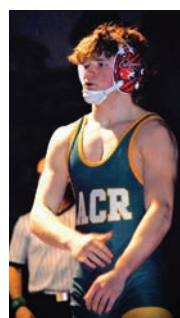
ON THE ROAD



Julie Bagamary (above) and her husband Randy visited their daughter and her family for a couple of weeks in Berlin in early December. Navigating the U Bahn (underground train) was a fun adventure for them, as was visiting the many playgrounds, walking along the Spree to school, and tasting the Mandelhorchen (almond horns) from bakeries. *Das ist gut.*

Earley Places Third in State

Caden Earley, a sophomore at Reynolds High, placed third for the 160-pound weight class at the state wrestling competition in Greensboro in February. He was the first to place from Reynolds in over a decade. He received first place at the Western Regional tournament, also in February. His overall record was 54-4. Congrats, Caden!



Local Poet Releases New Poetry Collection

Fairview poet Donna Lisle Burton recently released her third collection of poetry, *From Roots ... to Wings*, published in November by Pisgah Press of Asheville in celebration of her 90th birthday.



The volume describes in poetry Burton's evolution from a childhood of curiosity, confusion, inspiration, and enthusiasm to a young woman who begins to find her own way in the world.

Burton grew up in eastern Ohio but has lived most of her life in the South, where she worked as a special education teacher. She moved to Fairview in 2001, where she lives with her daughter and grandson.

Her poems have appeared in *Atlanta Review*, *Illuminations*, *Potpourri*, *Main Street Rag*, *Kalliope*, *The Licking River Review*, and other publications.

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Don't Let Coronavirus Infect Your Investment Strategy

As you know, the coronavirus has become a major health concern, not just in China, but in other parts of the world, too – and it's also shaken up the financial markets. As an individual investor, how concerned should you be?

The impact of the coronavirus on the markets isn't surprising. China is the world's second-largest economy, and when it experiences factory closures, supply chain disruptions and city lockdowns, the ripple effect on the world's other economies is considerable. Plus, the financial markets simply don't like uncertainty – and there's a lot of that associated with this outbreak and the efforts to contain it.

Nonetheless, instead of worrying over events you can't control, try to focus on what you can do in this investment climate. Here are a few suggestions:

Don't Panic

The coronavirus may well cause continued market volatility over the next several weeks, or even months. But it's important for investors to take a long-term view. Market corrections – typically defined as a drop in investment prices of 10% or more – are a fairly common occurrence, and we may have been overdue for one even before the coronavirus scare. In any case, it's generally a good idea not to radically revamp your investment strategy unless you experience a major change in your personal life – a

significant career move, medical condition, change in family situation, etc.

Be Aware of History

The coronavirus is certainly serious, but it's not the only viral outbreak we've seen in recent decades. During these earlier pandemics, the financial markets also took a hit, but they bounced back. For example, from late April 2003, in the midst of SARS (severe acute respiratory syndrome) until late April 2004, the S&P 500 rose about 21 percent.* And other large gains were recorded following the outbreak and decline of the Ebola and Zika viruses. Of course, the past performance of the markets in pandemic situations can't necessarily predict future market developments; every situation is different, and over the next year, returns might be modest, as prices have already soared in the 11 years since they bottomed out during the financial crisis of 2008-09.

Don't Try to Time the Market

We may well see coronavirus-based volatility in the near future – but volatility implies “ups” as well as “downs.” If you try to time the market by guessing at highs and lows, and then “buying high and selling low,” you might get lucky once in a while, but you could just as easily miss the mark.

Keep a Diversified Portfolio

In addition to avoiding efforts to time the market, you should also stay away from

trying to pick “winners” and “losers” among individual investments in the marketplace of viruses. Instead, try to build and maintain a diversified portfolio, consisting of an array of different asset classes, with the allocation of these assets based on your risk tolerance and time horizon. Diversification doesn't prevent losses or guarantee profits in a declining market, but it may help reduce the impact of volatility on your portfolio.

You may not be able to totally quarantine

your portfolio from this serious virus in the short term, but by following a consistent, long-term investment strategy that's appropriate for your individual needs, you'll be doing what you can to help yourself move toward your financial goals.



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

FEBRUARY FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	14	2,200,000	289,000	687,993
Homes Sold	19	945,000	125,000	455,658
Land Listed	9	2,350,000	64,000	365,611
Land Sold	6	520,000	48,063	200,927

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The Virus Among Us

Everything happened so fast. Stock prices crashed. There was a run on toilet paper. Sports games and tournaments were canceled. The children were sent home from school. Borders were closed. Flights were canceled. Businesses were closed. Churches canceled services. Employees were laid off. And then we waited for COVID-19 to find its way into our community.

You may be reading this article on April 1st, but it is no joke. It isn't a movie or a TV series; it is real life. For an older guy like me, and a diabetic to boot, the coronavirus is a death threat, lurking unseen in neighbors who may not even know they are infected.

For such a time as this, we need good government from top to bottom. We must have leadership that is based on carefully understood truth. And we need citizens willing to heed the warnings and join together to fight the danger. We need to forget all of the things that divide us and become Americans fighting a common enemy.

The North Carolina General Assembly is not in session, and we are not scheduled to return to Raleigh until April 28. Will we be called into Special Session sooner? Will a raging virus delay our return? Like so much else right now, there are no answers.

In the design of our government, leadership in a time of crisis moves to the executive branch. In our case, it is Governor Roy Cooper and his bi-partisan Council

of State: elected leaders of the treasury, public education, agriculture, insurance, labor, and auditing, as well as the attorney general, the lieutenant governor and the secretary of state. The governor also has a cabinet, made up of his appointees who manage environmental protection, commerce, health and human services (DHHS), public safety, revenue, transportation and four other departments. Mike Sprayberry, the director of emergency management within the Department of Public Safety, is also a key figure.

Leadership in responding to the pandemic involves all the members of this team but especially the DHHS director, Mandy Cohen. She has put together frequent conference calls for legislators to keep us up-to-date on developments in the state and is joined by other leaders from this team. We are allowed time to email questions for her and the others to answer on the call. It is an honest give and take, and you come away with a good sense of the challenges the state is facing, such as the projected shortage of personal protective equipment, hospital beds and ventilators. Issues like US Small Business Administration loans and applying for unemployment have been part of these discussions.

Our Buncombe delegation has also been meeting with the leadership of Mission/Hospital Corporation of America (HCA). At first, we were focused on the wide-ranging

complaints about the management problems over the first year of operation by HCA. In our last meeting (by conference call), we wanted to find out how the hospital was preparing for the expected spike in hospitalizations as the virus spreads to our region. On a positive note, since HCA is a large network of hospitals, they have already been dealing with outbreaks in other areas and have tested coping strategies. They also have the capacity to move supplies and equipment quickly between hospitals.

Ongoing Efforts

Mission/HCA has been able to fill custodial jobs, as hotels and motels have laid off staff. There is an ongoing effort to try to sign new contracts for the traveling nurses who have been engaged, as well as to re-hire local nurses who have left. The hospital was continuing to schedule elective surgeries, but following state directives, we urged Mission to suspend these for now, which they have done. They assured us that they were doing all they could to maintain their supply chain, and mentioned a shipment (from China) of N95 masks (the best model) arriving in California.

In Asheville, there are 85 ventilators and 200 related machines that can be used to keep severely affected patients breathing. They are trying to enlist retired medical staff (our state has waived licensure requirements) to manage all aspects of care in the hospital. They are coordinating with other hospital systems for emergency situations. They have three empty floors in the old St. Joseph's building that can be put

into service for patients and/or storage. Our region has an oversized population of elderly citizens who are more likely to end up in the hospital.

Our job as citizens is to try to flatten the curve so that our hospital is not overwhelmed as the COVID-19 virus takes hold here. We know the drill: hand-washing and six feet of separation from others. There is also a dire need for blood donations. I am hoping to take family members to the Red Cross next week. There have also been warnings of a stress load on the internet. Count me guilty for watching the Ken Burns series on baseball.

Reliable Information Sources

It is important for all of us to seek the best information we can, information that changes quickly as the pandemic continues. Our state website is reliable: ncdhhs.gov. The Centers for Disease Control and Prevention website (cdc.gov) is also a go-to place for up-to-date information. In our social media-saturated environment, you can expect conspiracy theories and all manner of misinformation, so beware. Politics needs to take a break. We are all Americans, and we are all facing the same enemy. Take care of yourself, your families and your neighbors, and this too shall pass.



Rep. John Ager, District 115
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Uncertainty and Your Health

We are all different: various backgrounds, genetic makeup, political and religious beliefs. In my practice, I see different metabolisms with hundreds of varying dietary needs, sensitivities and preferences every day. But in the last three weeks we've all, on a global level, experienced one similar feeling simultaneously, and that is the feeling of uncertainty.

A little bit of uncertainty is a good thing; we need a dose or two to spice up our lives. But the level we've had recently takes us out of our comfort zone and creates havoc. For a lot of us, it pushes us deep into fear, worry, anxiety and stress responses. Our world has shifted, and our normal routines have been disrupted almost overnight. How do we overcome? I've definitely had my challenges, but what I've found helpful is to shift my mindset into one that supports flexibility. When I am radically open-minded, I've noticed that I am better equipped to navigate big, rapid swings.

I know it's challenging. But what if we choose to change our mindset and believe that we can come out of this stronger than before? What if we let this situation guide us into new territory that will allow us to be better because of it? We can relate this to all aspects of our life, but for the purpose of this column, let's focus here on our health.

During periods of stress and uncertainty, supporting a healthy immune system is one of the best things you can do for your body. An article published in the *New England Journal of Medicine* ([nejm.org/doi/full/10.1056/NEJMoa2002032](https://doi.org/10.1056/NEJMoa2002032)) with details

What if we choose to change our mindset and believe that we can come out of this stronger than before? What if we let this situation guide us into new territory that will allow us to be better because of it?

about the virus indicated that those who have worse symptoms are twice as likely to have preexisting lung or heart problems and three times as likely to be diabetic.

We also know that obesity in general makes us vulnerable to viruses. An in-depth animal and human study ([ncbi.nlm.nih.gov/pmc/articles/PMC6523028/pdf/fimmu-10-01071.pdf](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC6523028/pdf/fimmu-10-01071.pdf)) demonstrated that the systemic inflammatory condition created by deep belly fat results in a "blunted and delayed" immune response to virus attacks.

Recovery is also significantly longer. And those with breathing challenges, such as sleep apnea as a result of the weight on their chest, are more at risk. These are the facts. The good news is that small steps can lead to big improvements in our health. Consider these steps.

Step One

Revamp your nutrition. It's tough when you're stuck at home. Pretty much all of our appetites are affected by oscillating emotions, hence the trending "Quarantine 15" (weight gain fears during lockdown). Eating clean, minimizing sugar intake, maintaining your active lifestyle and practicing stress management are key to supporting a healthy, strong body. We all now recognize that making our health a top priority has never been so important.

Step Two

Focus on sleep. Sleep quantity and quality are critical to your immune system. Even a single night of short sleep can reduce your virus-fighting cells by 50%. Give yourself a dedicated eight hours of sleep every night and practice good sleep hygiene.

Step Three

Create a new routine. Establish a new routine that focuses on you as the priority so you can better help those in your family and your community who are in

need. This is a perfect time to establish new habits and behaviors that will better serve you when life "ramps" back up into full fear. In these next few weeks, look to establish a strong foundation to support the rush of recovery that is to come.

Step Four

Let's join together. Even though we are living in a world that is temporarily socially distant, we can commit to one another that we won't let fear and uncertainty drive us backward. Instead, let's continue to move forward in a way that helps ourselves, our family and our community. Let's continue to support one another and focus on the good. Let's look at a slowed world as a time to refocus ourselves, a time to give to others in kindness and compassion, and a time to gain strength and prepare for the world's recovery that is right around the corner.

I think this quote is fitting: "You can't control the wind, but you can adjust the sails." Let's all stock up on Dramamine, hit the seas, and hold on tight as we steer the helm.



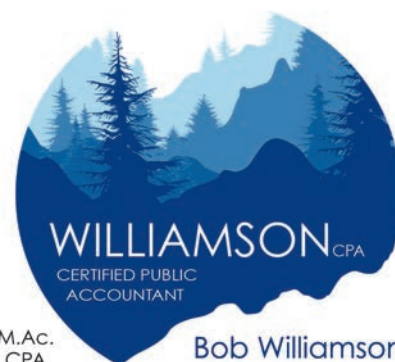
Ashley Lucas, who lives in Fletcher, has a Ph.D. in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville Road, Suite 170, Asheville. 552-3333 or myphdweightloss.com.

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FBA membership continues to increase, as there are now 102 members. All members receive membership certificates to be displayed at member-owned businesses. We want residents to know that the association is a part of the community that will continue to provide support to Fairview.

March Meeting

The March meeting was held at Unified Therapies, 145 Charlotte Highway. Unified Therapies offers comprehensive care for individuals, as well as their caregivers. Combining physical therapy, occupational therapy, speech therapy and mental health services, their team provides person-centered care plans to address the obstacles that clients are working to overcome. Additionally, they provide a wellness program that supports individuals who are looking to improve their strength, flexibility and overall wellbeing.

Reiki, a Japanese technique for stress reduction and relaxation that may also promote healing, will be offered by new member Stacy Martin, a Reiki master. She is offering a free, 20-minute Reiki treatment to FBA members.

FBA Membership

Join and enjoy member benefits for \$60 a year.

WELCOME, NEW MEMBERS!

Stacy Martin Stacy Martin Reiki

Tom Schunk Mutual of Omaha

Katie Curtis The Rocket Grill
(in Kounty Line)

- Your company name and phone number will be listed in the "Keep It Local" section of *The Fairview Crier* for 12 months.
- Your company name and contact information (website, email, photos, etc.) will be listed on fairviewbusiness.com.
- Free attendance at monthly meetings, as well as invitations to a summer picnic and holiday party.
- Display your business cards or flyer on the bulletin board in the kiosk outside the Fairview Post Office.
- Access to the Fairview Facebook group.
- Discounts/special offers to fellow members.
- Most importantly, meet and network with your Fairview business partners.

April Meeting

The April meeting has been canceled. Visit the group's Facebook page for updates.



Above: Diana Soll, FBA president, addressed a good turnout at the FBA's March meeting at Unified Therapies.

Left: Representing Unified Therapies at the meeting were, from left to right, Allison Fender, Kimberly Sassdelli and Marisha Macmorran.

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Season Opening: How to Get Involved

Happy spring, y'all. We have heard from so many of you asking how to get involved this season. We too have been feeling the itch to get back in the soil.

There's something magical that happens when our hands touch the dark, living humus that causes us to really see and hear one another working across the same garden bed or pathway, or when we come together, in relationship, and learn how to more deeply care for our community. Together, we help people meet the gaps in their food needs by growing and giving away organic produce. We use the process of growing food together to more deeply understand and address the root causes and the many types of hunger.

We believe there are many types of hunger—everyone is hungry for something, and everyone has something to give. We also know that the giver-receiver arrangement may not fully address the root causes of hunger.

No matter your gardening experience, age or background, come as you are, because we believe that everyone is a giver and a receiver. Your presence in the garden matters—you belong—whether you are a seasoned gardener or a newly excited grower of things. We all need each other to accomplish the amount of growing and care that happens on this

land. That is what is so special about a community farming model: folks from all backgrounds come together and work toward a common goal. It is people like you who make this work possible.

Below are a couple different ways to get involved. **Volunteer opportunities are delayed until at least mid-April.**

Wednesday Volunteer Night

Join us in the garden on Wednesdays from April to October from 6–8 pm for our community volunteer night. The first Wednesday of every month is potluck night. Potlucks usually begin around 7:30 pm. These evenings are special times of connection, learning and growing. We are growing more than just plants here.

Friends Of

Support a specific area of the farm or the distribution of produce. Help us deliver produce to Green Opportunities on Thursday afternoons or join us at the Food for Fairview pantry by sitting at the table with us or cooking a recipe with our produce for folks to try. We also have an herb garden and a demonstration garden that could use some friends. These opportunities are based on your availability, skills and desired engagement. Contact our programs manager, Ali, at programs@rootcausefarm.org to get involved.

Groups

Future volunteer groups wanting to visit the garden on a weekday morning should contact me at garden@rootcausefarm.org to schedule.

Sprouts

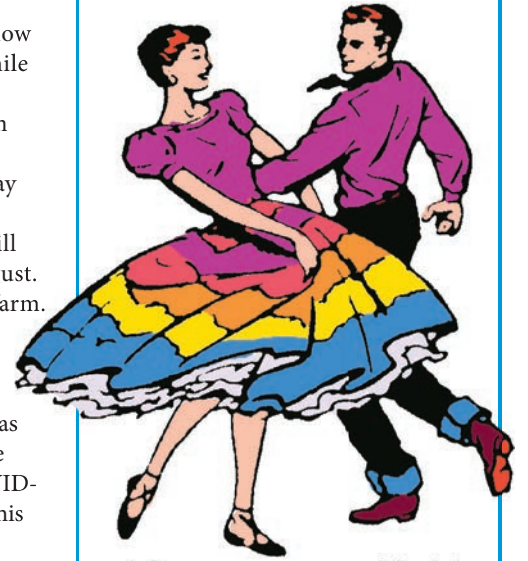
The Sprouts program was born to allow parents or guardians to volunteer while simultaneously giving children the opportunity to experience the garden first-hand. This is a time for young children, from 3 to 8 years old, to play and explore in the garden on Friday mornings during the summer. We still have spots available for July and August. Contact Ali at programs@rootcausefarm.org for more information.

While these are a few ways to get involved, we are delaying the start of these activities until at least mid-April, as right now social distancing is one of the best ways to prevent the spread of COVID-19. We humbly welcome donations at this time. To stay updated about volunteer opportunities and how we are responding to COVID-19, please join our volunteer or monthly newsletter by emailing us at programs@rootcausefarm.org.

Janice Brewer is the garden manager at Root Cause Farm. rootcausefarm.org.

SAVE THE DATE

Square Dance Community Gathering



Root Cause Farm is shifting its Square Dance Community Gathering to the fall, on October 10. Check future issues of the *Crier* for more information.

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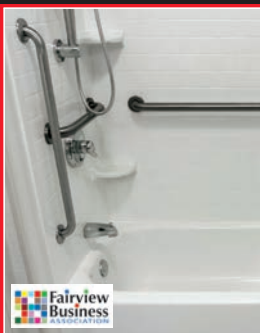
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Witches' Butter Mushrooms

Nature is amazing in its diversity and complexity, and the range of edible wild plants and mushrooms is simply astonishing to me. It is difficult to find any mushroom growing in the dead of winter, but witches' butter, *Dacrymyces palmatus*, is one of several "jelly funguses" that appears on dead logs and branches in the cold. Its striking brilliant orange color and slimy, jelly-like consistency make it an easy mushroom to identify. There are also yellow and black jelly mushrooms, but the orange is the most common in WNC.

Even though it is a small mushroom, witches' butter stands out from the rest of the winter landscape. On a misty, cold winter day, it is a beautiful sight for the eyes. A few weeks ago, after a surprise small snowfall and temperatures that dropped into the teens at night, I went for a hike up the mountain. It was so beautiful, as all the trees were etched in white. As I walked along the shore of my favorite lake, I saw brilliant orange color growing out of the snow on dead branches and smiled, as it was Witches Butter.

The small, fruiting bodies are shiny, lobed and rather convoluted in shape, usually about a half to one inch in diameter and often found growing in clusters on dead branches or tree trunks. They love moist and wet conditions, often appearing after periods of heavy rains.

In eastern European legends, if witches' butter appeared on your gate or doorstep, it was a bad omen, as a witch's spell had been put upon your house. The only recourse was to pierce it with something sharp to kill the spell.

My hunch is that this superstition developed because witches' butter and other jelly mushrooms are so different from other mushrooms. And like many mushrooms in that darker time period of human history, they were feared and linked to evil and the devil.

Distorted Beliefs

It amazes me how persistent some of these puritanical and distorted beliefs are and how engrained these beliefs are within our culture. Since most of the early colonists came from Europe, they brought with them their deeply rooted superstitions and beliefs. And hundreds of years later, mushrooms are still getting a bad rap and many people are terrified of eating them, even if they know they are safe and properly identified.

Jelly funguses are saprobic in nature, which means they live off decaying or dead plant material. Mushrooms are the compost champions of the world, and jelly funguses are part of that sacred cycle. Most jelly mushrooms are edible, but they are essentially flavorless. Like all wild mushrooms, except for beef tongue,



they need to be cooked or boiled. In Asia, they are used in soups, as their slimy consistency is a good mix, but they are not my favorite on their own and are usually found in small quantities.

I found one recipe for them in which they were breaded and fried like calamari, but I haven't tried it yet. Even though my grandmother was Sicilian and Italians love calamari, to me it seems essentially flavorless and rubbery. But I may try a breaded jelly fungus in the future, as I enjoy escargot but know that were the snails not submerged in garlic and fried in butter it would be essentially flavorless.

If I were in survival mode, I would certainly eat them all up. I think of my old dear friend Tom, who grew up in the

backwoods of South Carolina during the Great Depression. He said his family was always hungry, as they were dirt poor and would never have survived if they had not relied heavily on wild mushrooms and plants. He said witches' butter was his least favorite mushroom, but it was used by his family in soups and stews whenever it was found, as anything edible and free was essential to their survival.

Health Benefits

It is reported in China that jelly funguses are thought to improve circulation and breathing and have

been used historically to treat respiratory illnesses. In addition, chemicals found in certain species of jelly mushrooms are thought to have a blood-thinning effect.

Witches' butter mushrooms are an unusual and fun example of nature's remarkable and diverse canvas of life. I love that they are so completely different from the rest of their kin. And with mushrooms, like in the rest of the arenas of life, diversity is a wonderful gift to be celebrated and savored.



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Hummingbird Happiness

April may bring showers, but look on the bright side—the hummingbirds come back. And they are hungry. You would be too if you had just traveled all the way from Central America.

Size Isn't Everything

These little birds range from 2 to 8 inches tall and weigh the same as a nickel (1/10th of an ounce). They have brains about the size of a BB. Their legs are so weak they can't walk. Bull frogs, praying mantis and spiders can eat them. But they can be hard to catch. They can fly forward, backward, sideways, upside down, and hover. With flexible wing joints beating up to 80 times per second, they can perform these skills and can go from perched to full speed (30 mph—and up to 50 mph in a dive) instantly.

Hungry?

Hummingbirds eat once every 10 minutes, and they'll eat twice their body weight in nectar and insects every day. They're quick eaters, lapping up nectar at a rate of 12

times a second. Their bills can be easily damaged and are sensitive to touch. The bill can open widely, and the inside tip of both mandibles are toothed and serrated.

survive their first year.

Nests are made of plant material that is glued together with spider webs and tree sap. The nest is tiny and usually located



Nesting

Hummingbirds will return to the same nesting area each year, but pairs do not bond. Females raise the young alone. When they return each year, they are very busy initially, but you might not see them as much soon after because they are concentrating on babies. It takes about 45 days to fledge each brood of young. In general, they have two broods, and the young leave the nest 10 to 23 days after hatching. Unfortunately, only about 20% of fledgling hummingbirds

on pencil-sized limbs. Material such as lichen will be used as camouflage.

Travelers

In North Carolina, we have the ruby-throated hummingbird. They fly 500 miles nonstop across the Gulf of Mexico during both spring and fall migrations. Banding studies show that many hummingbirds pass through the same yards, on the same day, each year.

Hummingbirds use a process of leaf bathing in which they flutter against wet leaves. But you can also see them frolic and bathe in sprinklers and misters.

Put your hummingbird feeders out the first or second week of April, since the males return first. Hopefully, in this potentially rainy season, you'll celebrate the return of your hummingbirds.

Wild Birds Unlimited has closed their store temporarily due to the coronavirus situation. You can still order products and pick them up curbside. Call 687-9433 or email wbsouth.orders@gmail.com (and include your phone number). Pickup hours are 9:30 am-5 pm, Monday to Saturday.

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

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Are You Confused?

Is my doctor in, out, participating, non-participating or not accepting assignment? It is imperative to have a good understanding of these terms when you are determining what Medicare plan you have or are considering. It is my foremost responsibility as an agent to ascertain these details, especially when recommending an Advantage plan—not so much with supplements, however. Knowing that your healthcare providers will participate with your insurance plan is a necessary key to determining the best choice.

Medicare is government-sponsored healthcare insurance, and like most private health plans, it has an established network of providers that beneficiaries must use to receive benefits. Most providers accept Medicare, but I'm seeing a growing trend of Medicare opt-outs. Opt-out providers don't accept Medicare at all and have signed an agreement to be excluded from the program. They can charge whatever they want for services but must follow certain rules to do so. If yours is one, then your only option is to change providers or you will pay full out-of-pocket costs. Original Medicare, supplements, and Advantage plans will not pay or reimburse you.

Medicare "assigns" an amount it will pay for a service rendered using codes called diagnosis related groups (DRG). Medicare

must first approve the procedure; then the doctor must accept the assigned amount as payment-in-full, which can be much less than what would normally be charged. The excess is written off and generally is not billed to the beneficiary. There is a provision in the law that allows the doctor to charge an excess of up to 15% more than Medicare's payment. This is known as "not accepting assignment." Original Medicare, Advantage plans (except for emergencies) and some Medicare supplement plans don't cover this charge. Only Plans F and G do.

Most Advantage plans are managed care plans, which incorporate a network of providers selected from within Medicare's network who will agree to always accept assignment. Advantage plans contract with providers they select who will agree to always participate and provide the quality of managed care stipulated in the contract. Medicare sets the standards and the company implements them in compliance with Medicare. There are no company networks with supplements, so providers must only participate with Medicare. HMO and PPO Advantage Plans providers must participate with those plans and with Medicare.



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

From The PLACE Fellowship Church

HELLO FAIRVIEW COMMUNITY,

Let me start out by saying thank you for being the gracious people that you are as a community. Those words come to you from The PLACE Fellowship Church family at 2 Laura Jackson Road. We have been a part of your community since August 2019, and we feel very blessed to have been led here to do God's work.

The PLACE Church started in the home of the pastor and his wife in August 2008, when a group of about 12 people invited the pastor and his wife to breakfast at the Cracker Barrel, and from that breakfast a church came into being by our awesome God. After some quick growth, a lot of prayer, faith, and God bringing and supplying resources, about 30 people found a storefront property at the old Beacon Hill in Swannanoa and moved in July 2009.

We were blessed to have been given the opportunity to minister to the Swannanoa community for 11 years, seeing a lot of lives being changed by the word of God. As followers and believers in Jesus Christ, we try very hard to listen to and obey the Father's commands. For those who understand, we go where God tells us to go.

In May 2019, the building we now occupy, the old Sharon United Methodist Church, became available, and God and what we believe to be some of God's helpers made it possible for us to acquire the building. The PLACE Family has been blessed in more ways than we have time to write down, but we want the Fairview community to know that we believe that our God has put all of this into place for his benefit and we are just trying to follow his lead.

So here we are in Fairview, like many of God's churches. Are we more special than other churches? Are we the perfect church?

"No" is the answer to both of those questions.

We do have some special people who really put themselves out there for the Lord, but that doesn't make the church more special than any other church. We definitely are not the perfect church because we are imperfect people who struggle every day trying to become and live the example of Christ. The name of our church even speaks to the kind of people we are trying to grow into. The PLACE—people, loving, accepting, Christ's example. That's who we are and that is what we try to do: live as Christ lived and become the example for others to see and follow.

This is God's house we now occupy, and we are thankful to be doing God's will. God's doors are open to all who seek to find a place to worship, to be loved, to be accepted for who you are, to be taught and preached the truth of God's message, to serve God and others, and to fellowship and grow together in this journey we call life.

So Fairview, thank you for receiving us and making us feel so welcomed. Let us join together as we serve one another. May we serve the Fairview community and may we come together and do the work of our Lord. Let us seek to honor the God we serve. Philippians 2:1, 3:17

— Pastor Mike Anderson



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