



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

MAY 2020 VOL. 24, No. 5 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

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All Together Now

by Clark Aycock

Who else didn't know they needed a lesson in taking things for granted?

I could detail plenty of things in my personal life, but I'm talking about being the editor of this newspaper.

B.C. (Before COVID-19)

There were a lot of events held in Fairview. I looked back at our March issue—doesn't that feel like a year ago?—and there were hikes, support groups, meetings for people who love art or sewing, a food drive, road cleanups, school fundraisers, and more. We normally filled three or four pages just with local events. There was an entire page filled with library updates and events alone.

We are powered by volunteer writers. These people make time during their busy schedules to share their updates and experiences with us. Would they continue?

And, lastly, the *Crier* depends mainly on advertising from local businesses. We had no idea how many were going to stay open during this terrible situation.

So, What Happened?

Many events have been canceled, but people are finding ways to meet virtually. Zoom meetings, recorded presentations, FaceTime walkthroughs of businesses—you name it; people still want to meet in groups, and they are finding creative ways to do it.

Our wonderful writers did what they always do. You'll find all of your favorite columnists, with many addressing how COVID-19 has affected their lives. There's even a "Get Organized" column from Diana Soll—she usually writes every other month—about finding ways to organize (and gain control) during this time.

And, lastly, almost all of our advertisers continued to run their ads. We know that our local business community is one of the reasons people love to live here, and we're very grateful that our advertisers are still able to support our mission.

I hope this issue will provide a temporary diversion from life in lockdown. And I hope that our next issue will have even more good news and examples of our community coming together.

Support the Crier If You Can

This pandemic has thrown us all into uncharted territory. Many businesses have been forced to close or curtail their efforts, and unemployment claims are rising. But as always, we see people helping each other—shopping for more vulnerable neighbors, distributing free meals for students at our schools, donating to help small businesses with loans and grants, and more. The *Crier* is heartened to see resilience, courage and loyalty rising above the fray.

The *Crier* is a small business as well, both weathering this storm and trying to help our community advertisers with discounts, including the suspension of already-reduced ad fees for churches. As a non-profit, we rely not only on advertising revenue but also on donations. If you are in a position, now or in the future, to make a donation to help us fill in the gaps, it would be greatly appreciated. You have our pledge that we will do everything possible to continue publishing to support the community by bringing local news and events to your mailbox at no cost each month.

We are a 501(c)(3) nonprofit, and your donation is tax deductible.

Mail: Town Crier, PO Box 1862, Fairview, NC 28730. **Drop off:** At the Crier office, 1185 Charlotte Highway (M, W, F 12:30–4:30 pm), or in blue dropbox outside 24/7. **Online:** fairviewtowncrier.com.

We're Number 38?

When we checked the official Census website (2020census.gov), around 48% of the people of NC had filled out their census forms. According to Carolina Demography (ncdemography.org), that ranks us 38th among the 50 states.

If that's not enough to insult your local pride, Buncombe County ranks 38th among the 100 counties in the state.

Do it for state pride. Do it for county

pride. Or do it because it gives community leaders vital information to make decisions about community centers, opening businesses and planning for the future. Your responses are also used to redraw legislative districts and determine the number of seats that NC has in the US House of Representatives. We need as many local voices as possible in Washington, DC to help WNC recover.

Do it today! By phone at 844-330-2020, or online at my2020census.gov.

STAYING HOME IN FAIRVIEW



HOMEBOYS The Brown brothers, and their mom, are all at home all the time.

Locals Share Stories of Life Under Quarantine pgs 16-17

BY AMY BROWN

Three Kids Under 6

THIS PANDEMIC HAS AFFECTED US ALL, from our greater global community to our close-knit family units. However, the degree to which we feel it depends upon our particular circumstances.

I am lucky to say that my own circumstances are quite hopeful and positive. My husband and I live in Fairview with our three young boys who are 6, 4, and 2 years old. He runs his own business doing residential construction in and around the Asheville area. I was a schoolteacher for nine years before deciding to stay home with the boys when our first was born.

continued on page 16

COVID-19: Tracking and Testing

Information about the COVID-19 situation is changing all the time, so we are providing just the basics.

Call 250-3500 or go to buncombe-county.org/covid-19 for up-to-date information. You can also get texts directly from Buncombe County with breaking health and safety news. Text "BCALERT" on your phone to 888-777.

Tracking

As part of its effort to track COVID-19 trends, Buncombe County has created an online symptom checker for county residents. It's available in English, Spanish and Russian at buncombecounty.org/

covid-19. You can also call 419-0095 to be guided through the symptom checker by phone.

Testing and Supplies

Mission Hospital has the Cepheid testing system for COVID-19, which returns results in about 45 minutes. And they've added BD Max batch testing, which could increase the number of tests that can be performed in a day. At this time, the testing is only available to patients admitted to the hospital.

The hospital has been able to stock up on masks, gowns, gloves and other supplies needed for workers and patients.

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COMMUNITY EVENTS & COVID-19 UPDATES

MAY

Ethical Humanist Meeting

The group will hold their presentations via Zoom. For more information, visit EHSAsheville.org or call 687-7759.

Prostate Cancer Support Group

The group will not meet in person in May and can't predict if they will be able to meet in June. They will contact members through an Evite and email when they are able to meet again.

Spring Mountain Community Center

All regularly scheduled events are postponed indefinitely.

Pollinator Garden Update

After the publication of last month's issue, SMCC decided to completely close its property, including the garden. Volunteers are still encouraged to sign up, as slots will be assigned when stay-at-home orders are lifted. Email licklog-branchapiaries@gmail.com to sign up. For more information, text or call Ricky Manning at 275-2486.

MAY 11 (MONDAY)

Fairview Area Art League Mtg.

10 am. Members, artists and others interested in the arts are welcome.

The meeting will be held via Zoom. Members will receive an invitation by email. New members are welcome. Email paula.entin@gmail.com or call 712-8391 for more information.

SAVE THE DATE

JUNE 5

Fairview Baptist Church BBQ Dinner & Silent Auction

Dinners will be \$7 for adults and \$5 for children 12 & under. No family will pay more than \$20. Items for auction will include antiques, gift baskets, restaurant dinners, spa visits and more. For more information or to order takeout, call 628-2908 or 231-5035. 32 Church Rd., Fairview.

JUNE 6

Fairview Baptist Church Yard Sale

Biscuits, coffee and juice will be served while you shop. Proceeds will go to community outreach missions. For more information, call 628-2908 or 231-5035. 32 Church Rd., Fairview.

COVID-19 UPDATES

Fairview Preschool

After closing early to keep families and staff safe, the preschool is now

Need Extra Newspapers?

Do you need papers for art projects, cleaning your windows or bedding for critters? We frequently have extra copies of our monthly issue. Call our office first (628-2211) to coordinate a pickup on Monday, Wednesday and Friday from 12:30-4:30. We're located at 1185 Charlotte Highway, Fairview, in the same shopping center as Americare Pharmacy.

accepting applications for the fall for ages 2 to 5. They are staying in touch with continuing families and looking forward to new students. For more information, visit fairviewpreschool.org or call 338-2073.

Food for Fairview

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.

High Country Truck & Van

After changes to the county's stay-at-home regulations, High Country is open for business again. They are buying vehicles and have inventory coming in daily. Current hours are Monday to Friday from 10 am-4 pm. Please call or check their website before visiting to get updates on

hours and inventory. 222-2308 or highcountrytruckandvan.com

Hilltop Ice Cream Shop

The ice cream shop at 520 Old US Highway 74 is open for business. All business will be done at their new walkup window. As of April, their hours were Sunday 1-8 pm, Wednesday and Thursday 4-8 pm and Friday 1-6 pm. Call 489-2506 or check their Facebook for current hours and updates (facebook.com/HilltopIceCreamShop).

NC Arboretum

Adult education programs help you appreciate the beauty and diversity of the natural world from the safety of your own home. The Arboretum is opening a series of Zoom-based classes to introduce you to different apps and ways of observing and



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.

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documenting plants, animals, birds, constellations and other natural phenomena. For more information, visit ncarboretum.org or call 665-2492.

PostNet

PostNet is open and available to receive design and print orders via email. They will also deliver your jobs while adhering to local and state safety regulations. All outside packaging is sanitized before delivery. For more information, contact Ron at 298-1211 or ron.bradley@postnet.com.

Rise Above Bakehouse

Rise Above hoped to open in the first week of May for takeout and curbside pickup. To confirm, search for them on Facebook or call 222-2600.

Woof in the Woods

The retail store continues to offer curbside pickup and delivery. For training services, they are transitioning ongoing clients, behavioral consults, basic obedience and manners and puppy training to Zoom calls. They also provide drop-off training and socialization (with social distancing and cleaning precautions) to help clients manage their dogs' behaviors and provide an exercise outlet (and break for owners). Call 222-2222 for more information or visit their Facebook page at [facebook.com/WoofintheWoods](https://www.facebook.com/WoofintheWoods).

Changes for Real Estate Businesses

The county's revised "Stay Home" declaration on April 8 classified real estate services as essential. To learn how this is affecting the industry, we asked Jenny Brunet of Cool Mountain to explain how her company is adapting to the situation.

by Jenny Brunet

Our professional opinion is that we live in a desirable area and that our market will be back eventually. Until that time, our clients' health and safety is of the utmost importance, so we have implemented the following practices.

Remote Technology

We are continuing to use available technology to do as much of our business remotely as possible. We conduct virtual tours and walk-throughs of a property on a video call. If a property is being listed, a professional photographer and videographer will each capture all parts of the house. In the past, a walk-through on a website might have consisted of photos you could zoom in on. With these services, you now can feel like you really are in the house yourself.

In-Person Showings

If you feel an in-person showing is necessary, you should make sure to disinfect all commonly touched areas, such as countertops, doorknobs, light switches,

cabinet knobs and faucet handles prior to and after each showing. You should also open all interior doors and turn on all lights to minimize touching during a showing.

Our agents now:

- Take their own cars to meet clients (never share a car).
- Limit showings to the smallest group possible.
- Ask potential buyers not to touch anything in the house when showing a property.
- Only allow one buyer group to tour the home at a time.
- Wait outside if another showing is going on.
- Use gloves or a disinfectant when opening the lockbox and all doors.

- Practice social distancing by maintaining a six-foot distance when in the property.
- Wipe down any surface that may be touched with a disinfectant wipe.
- Before leaving a house, ensure all clients wash their hands or use hand sanitizer.

Inspections and Appraisals

Inspections and property appraisals that are necessary for the closing of transactions, such as purchasing, refinancing and other real estate needs, are allowed. If possible, inspections and appraisals will be conducted alone. If that is not possible, social distancing and the above guidelines for showings will be exercised. Results will be discussed over the phone.

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 1185H Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

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

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

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March 17 was a day unlike any we have had before. We locked our physical doors to the public and joined our community in staying home and staying safe. The library has locked its doors before, but that's usually at holiday time when we know exactly when we will be opening again. This time is different. This time is indeterminate. As an institution that prides itself on always being there for the public and open for its community, especially in the most stressful and challenging of times, putting our keys in the door that Tuesday evening was surreal.

That feeling of strangeness is something we have all been facing these last few months, as many of our lives have done a complete 180. We are all thinking about what this new normal looks like.

For the library staff, that has meant two things. First, it has meant coming together as county employees and helping in the county's response effort to the pandemic. Librarians across the county have been reassigned to various positions to help wherever we can: the 911 call center, Asheville Buncombe Community Christian Ministry or working on various assignments at the Emergency Operations Center.

Second, it has meant expanding our library outreach and putting library services online in ways that we have never done before.

Even though our physical doors may be locked, the library is always open. Below

is a list of services, programs and ways to connect with the library while our building is closed. Join us for a program or virtual storytime. And let us know how we can be of service to you during this crisis.

What we told the patrons we saw on March 17 is still true—we will see you soon!

Library Card

Did you know you can get a library card without having to go to a library building? Email library@buncombecounty.org to find out more.

Electronic Resources

Your library card gives you access to tons of electronic resources. Some of our favorites are listed below.

- Digital Library—The North Carolina Digital Library via the Libby app gives you access to thousands of e-books and audiobooks. We have been adding a lot of titles to this collection.
- TERC—The Testing and Education Reference Center. High schoolers can access SAT and ACT test prep materials and college and scholarship search help. People looking for career help and readiness can access training materials and vocational test prep materials, as well as job search and resume builders. Anyone can brush up on their basic skills, and people looking for graduate school options can access GMAT, LSAT, GRE and other test prep courses. There are also study materials for the TOEFL and US citizenship tests.

- Lynda.com—An online education site that includes over 3,000 resources in popular fields.
- Ferguson's Career Guidance Center—A comprehensive resource that enables users to explore industries and careers, plan their education and research best practices for résumés, cover letters, interviewing, networking, salaries and benefits. The database includes articles, career advice blogs and streaming video.

EVENTS

Evening Book Club

May 19 at 7 pm

The Fairview Evening Book Club is meeting via Zoom. We will be reading and discussing *Blue Highways* by William Least Heat-Moon. If you are interested in joining the discussion, please email me at jaimemcdowell@buncombecounty.org for an invite. Copies of the book are available for digital checkout on the North Carolina Digital Library. We'll also be picking our books for the next reading season.

FOR KIDS

Storytimes

Watch our Miss Jennifer and all the other incredible children's librarians perform virtual storytimes for our little ones. All storytimes can be found at the library's Facebook event page. Search for "Storytime Online With Buncombe Librarians."

Dungeons & Dragons

Our librarian and dungeon master has been taking his monthly D&D games online. Due to popular demand, they now are being held weekly. Email james.rosario@buncombecounty.org or check out the library events calendar for more information. Games are Tuesdays from 4–5:30 pm.




Art Adventures for Kids

Our monthly Art Adventures is online too. You can find this event on Facebook. Each month's art project will be posted to the Facebook event page the last Friday of the month at 3:30 pm.

New content for kids and adults is being created every day. The best way to keep up with it all is to check out the events calendar on the library's website or to follow us on our Facebook page. You can find direct links to those at fairviewtowncrier.com/links.

Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at Jaime.McDowell@buncombecounty.org.

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The Gudger Family of Western North Carolina, Part One

The Gudger family of WNC came from Scotland. The original family name of the Gudgers was MacGregor. The story has it that an enemy clan dared to trespass on the land of the MacGregors and stole some of their cattle during the raid. The MacGregors sounded the tocsin of war. The clan's crushing blow to their enemies went beyond what was allowed by Scottish law, and the British government became involved in the matter. The MacGregors began to scatter to other countries. Three brothers took a ship to America, landing in Lewes, Delaware. One of them, William, took the last name Gudger.

Owen Gudger, a postmaster in Asheville in the early 1900s, said he heard the story while hunting with his grandfather when he was a little boy. He said that William Gudger was born in Scotland March 1, 1752, and had fled Scotland under duress of a royal warrant for his arrest.

He was a carpenter and ended up in Georgetown, Maryland, where he got a job working for John Young and his wife Mary Stuart Young. Mary was supposedly descended from royalty. John and Mary owned a large estate in Georgetown and another large estate on the Rappahannock River in Virginia, where they would

spend time in the summer.

William fell in love with John Young's daughter, Martha "Patsy" Young, who was born in Maryland on September 5, 1750. They got married around 1776 but Martha's parents did not approve of the union. William and Martha moved near the Young's Virginia county estate.

One day, a woman ran into a young Native American woman she had helped raise. The girl was crying and told the woman that the natives were planning to attack the settlement, kill all the white people, loot the place, and then destroy it. Runners were sent out to warn settlers to come to the fort at the Young's compound for protection and to help plan for the assault.

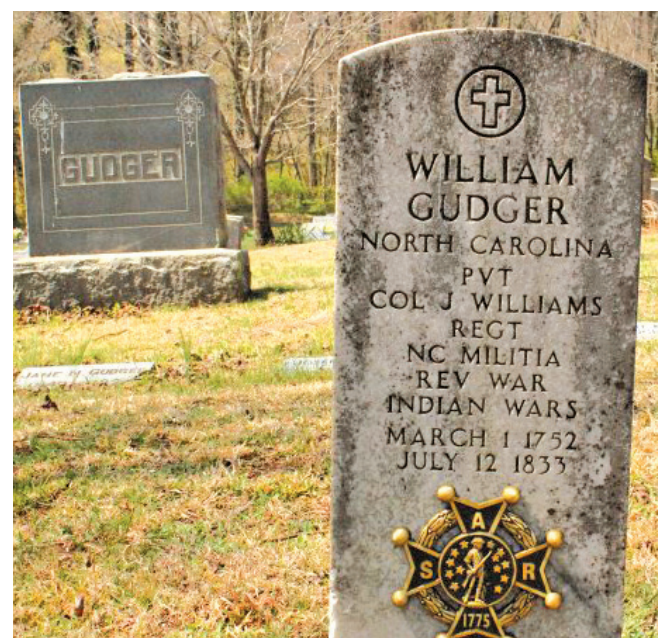
William suggested they try to fool the natives by making it appear they were having some kind of party or social event. The children and young people would pretend to be having a dance with loud music. The men would be standing by with their guns loaded and the older women with them to reload. William had his wife sit in an open doorway with her spinning wheel and pretend to be using it with the light of a burning torch, and he would sit near her mending a pair of shoes.

They let the natives climb the stockade

walls, and then the settlers opened fire on them.

The natives were taken by complete surprise and a large number were killed and wounded. According to the Gudgers, William was credited with saving the day.

John and Mary Young accepted William as their son-in-law after the battle. Martha Young Gudger's spinning wheel was kept in the family for many years. It was still in Buncombe County as late as 1954 in the home of a grandchild of Samuel Bell Gudger (1808-1888). William Gudger was given a citation signed by the prominent men of the community. When he was a child, Judge James Cassius Love Gudger of Waynesville saw the citation and asked his grandmother to read it to him many times.



William Gudger's gravesite in Piney Grove Cemetery in Swannanoa. PHOTO: TONY HARGROVE ON FINDAGRAVE.COM.

Part two of *The Gudger Family of Western North Carolina* will be in next month's issue.

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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FAIRVIEW 3BR/3BA Amazing mtn views! Spacious 3-level home on 3.8 private acres. Patio w/firepit, deck w/ hot tub, more. 2nd level w/fam rm, dbl FP into BR, kitch & bath. Turn-key vacation rental. \$499,500 *MLS 3578096*



FAIRVIEW 3BR/3BA Remodeled home on app 1 acre! New roof, carpet, paint, updates to kitch & bath. 1,000-SF bmnt could easily convert to short-term rental - no restrictions! Lg RV gar w/elec + lg shed. \$347,000 *MLS 3606492*



FAIRVIEW 1BR/1BA Mtn views! Cozy cottage, open floor plan near the peak of desirable Fairview Forest. New roof and heat and air system. Included adjacent 3-acre lot perfect for an addl home. \$212,000 *MLS 3595793*

LOTS AND LAND

1.97 Acre Lot in Lake Lure, Indian Head Acres
\$13,990 *MLS 3521819*

Byers Park Lot with .61 Acres
\$45,000 *MLS 3277895*

1.98 Acre Lot in Lake Lure, Laurel Mountain Estates \$49,900
MLS 3526021

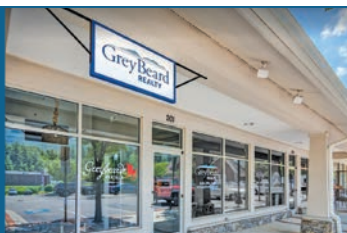
Fletcher: .83 Acre Lot in Fox Ridge
\$79,900 *MLS 3543428*

2.21 Acre Lot in Lake Lure, Indian Head Acres
\$14,999 *MLS 3521204*

1.59 Acres Mars Hill, Red Wolf Run \$81,900
MLS 3599475

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The Nature of Art

■ BY **SANDIE RHODES**

Sometime around 100 BC, the Roman statesman Cicero is attributed with stating, “Art is born of the observation and investigation of nature.” Many centuries later, it is still true. This became clear to me one recent morning while walking on Wilson Road in Fairview. The road winds its way through the Ramsey Dairy Farm and is my favorite spot for many reasons. It is close to my home. I get to mingle with cows and Canadian geese and hundreds of red-winged black birds, none of which are carrying the new virus. I’m reminded of the importance of supporting community, as I thank the lovely ladies for giving their lives to filling the containers of Laura Lynn milk at Ingles markets. It was the beauty of this farm, embraced by Flat Top and Little Pisgah Mountains, Tater Knob and Ferguson Ridge, that sent a jolt through my heart as my husband and I passed it en route to our future home 22 years ago. A stunning photo of these green pastures even made it into an annual UPS calendar that was distributed worldwide. This is the place where I get lost in my thoughts. This has become my church.

On this particular morning, I happened upon an artist with a large easel engrossed



in painting this beloved landscape. He said he was commissioned to capture this scene in oils by someone in the community. He was just laying down the base of the painting, so I had no idea of his skill level. I continued chatting—*how could I not?*—and learned that his name is Christopher Holt and he is an accomplished artist. *Oh, really?* I probed a bit more to discover this was the Christopher Holt who was the principal artist on the recently finished Haywood Street Congregation fresco project.

I remembered reading about this and learning of his worldly experiences and fascination with the almost lost art of fresco painting. It was his vision to create a fresco to honor everyday people and to embody the church’s ministry, which is to help members of the community who live in poverty and on the margins of society.



He wanted the fresco to illustrate the eight Beatitudes—the blessings recounted by Jesus in the Sermon on the Mount—but he wanted to use familiar faces from the church as models. He worked with Reverend Brian Combs to bring the 10’ x 40’ fresco, with its controversial approach, into being. It took almost two years, but it is finished.

An exhibition of Holt’s intimate portraits, large sketches and other reference drawings was scheduled to open



Fresco, “fresh” in Italian, describes an ancient technique of applying color to wet plaster. Murals have been discovered in prehistoric caves, but it was in Italy in the 16th century when the medium came into its own. The most famous existing fresco is Michelangelo’s painting on the ceiling of the Sistine Chapel. Christopher Holt’s Haywood Street fresco is shown at top.

in mid-March at the NC Museum of Art, but the museum is closed until restrictions are lifted. The museum’s website, ncartmuseum.org, has information on the upcoming exhibit. For more background on the entire project and Holt, visit haywoodstreetfresco.org.

Okay, I was impressed. I hope I get to see the finished piece. ■

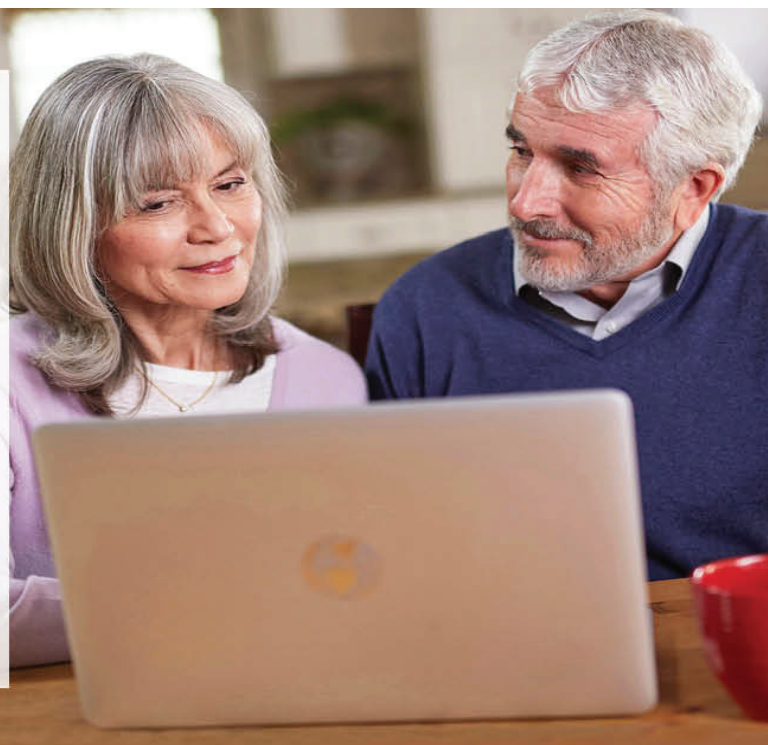
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BUSINESS OPPORTUNITY



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

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Equestrian estate! Riding ring, 4-stall barn.Mtn, sunset views. Radiant floor heat, fireplace, upgraded kitchn & main bath, open floor plan, deck, hot tub, patio, swimming hole, pond, trails. **\$719,000** Call Allen Helmick 828.329.8400

NEW LISTING



Total remodel: heat, air, floor, tile, kitch cabs, 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 W/ INCREDIBLE VIEWS from Graylyn States, heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy and I-40 **\$75K** Call the office for info 828-628-3088.

NEW! 3 BEAUTIFUL LAYING ACRES; EASY TO BUILD HOME-SITE 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 mult 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**

RARE OPPORTUNITY: RESTRICTED BUILDING SITE 4 lots level-rolling land, creek & frontage on small lake. Rural property, end of road privacy, excellent paved access. **\$100K** Call Karen 828.216.3998

ECHO LAKE gently sloping homesite level access to lot. Private & wooded with elevation to keep cool & nice views with some clearing. Nearly 2 acres, only **\$80,000**. Call Karen 828-216-3998

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!

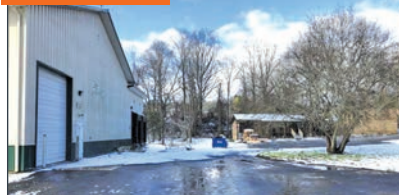
VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8

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 AVAIL.



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



11-acre mountain estate with long-range year-round views at 3500ft. Ideal for estate, solar home and/or family compound. Cleared site with graded driveway Call the office for more info **\$239K**

NEW LISTING



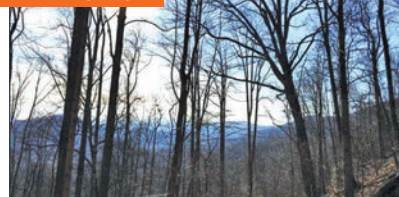
Top of the world views — 4+ acres along ridgeline at 4000'. Parcel straddles the mountain in Fairview Forest, adjoins 150-acre nature preserve. Great paved roads. 15 mins to AVL. Call the office for more info **\$249k**

NEW PROPOSED BUILD



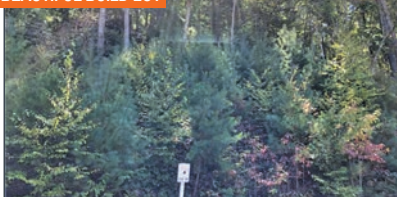
3 BR modern farmhouse plan. Incredible view from lot in heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy & interstate. Lot in cul-de-sac perfect for single-family home. City water, lots of extras. Call Jenny Brunet 828.628.3088 **\$650,000**

NEW LISTING



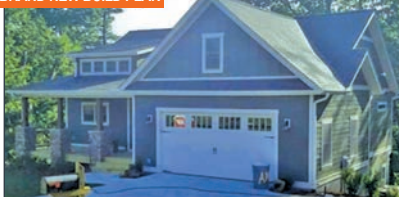
Rare 4 improved mtn acres, with trees & wildlife, private but not far off main road. Well & septic in place. 4WD a must to access at this time. Finding the property is a little tricky, call Karen Cernek 828.216-3998 **\$65K**

BEAUTIFUL BUILD LOT



0.67 acre lot off Cane Creek Rd. Gated community w/ new homes being built; picnic areas, playground & stocked trout stream, Cane Creek. Underground water, electric, cable, natural gas available. Call Allen Helmick 828.329-8400 **\$88K**

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 aghood 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 & kitch w/bfast bar. Master on main, walk-in closets. New aghood subdivision in heart of Fairview. Many plans available. **\$425,000**

BRAND NEW BUILD PLAN



If you're looking for a smaller footprint with big style this 1,398 sqft — 3 bedroom 2 bath, 1-level living home is just what you're looking for. Call our office today to see how we can get this build started for you!



Left: Auto rickshaws drive by Delhi's old architecture. Right: A water buffalo photobombs a selfie in a Haryana village.

A Snapshot of India

■ BY ELLIE MORAN

Watching the sunrise from a Hindu temple in the Himalayan foothills, I marveled that I was on the other side of the world. This realization hit me at random points throughout my study abroad: when I found a monkey in the hotel hallway, when I watched pundits twirl fire on the Ganges, when I lost my tenth haggling war in a bazaar. It would be hard to mistake India for the US, but when everything is so different, you sometimes forget to marvel at each nuance. And India has a lot of nuances.

The country has always held my interest, mostly because I felt I knew so little about it. Armed with one semester of Hindi, a self-assigned reading list and sunscreen, I set out to change that.

Western media often exoticizes or pities India. Pictures show happy yogis poised at the Taj Mahal or children begging on smoggy streets. The reality is more complicated. Because my program was led by a professor, I had the privilege of visiting areas you won't find on any tourist itinerary. We ventured deep into the warrens of Old Delhi, climbed rickety ladders to residents' rooftops and milked water buffalos in a remote village. We visited dozens of mosques, temples and gurudwaras that ranged from a shack on a highway median to a sprawling complex of polished marble and inlaid gold.

The country is incredibly diverse in its landscape, demography and customs. I spoke with locals about their unique India, and no two definitions matched. As a country with 1.3 billion perspectives, India is impossible to capture on one page, but I can share some of my favorite cultural quirks from my trip.

The Roads

The program was based in Delhi, but we traveled to Haryana, Haridwar, Rishikesh, Aligarh, Vrindavan, Mathura, Agra, Jaipur and Manesar, so we spent a large part of our trip on the road. Luckily, gazing out the bus

window provided endless entertainment.

India's roads are a dizzying dance. Loosely defined "vehicles" swerve in the streets in organized chaos. Lanes are suggestions, and the right of way goes to the largest motorist. Rickshaws, Ferraris, vegetable carts, semi-trucks, bicycles, cows and pedestrians all share the highway. Families of four or five pile onto a single motorcycle, and women ride sidesaddle. No space is too small to squeeze through. And if you get thrown from a moped, shake it off and hop back on.

It's hectic. No shopping or residential area is spared the blare of horns or shove of traffic. It's also loud. Honking is a courtesy, not a provocation, and most bumpers have a sticker that reads "horn please" to alert the driver to passing cars.

The Sidewalks and Bazaars

When we were not navigating the roads by bus, we were walking them on foot. Power lines shadow every alley. Underneath their canopy, vendors sell fried jalebis, businessmen hawk juttis, and the occasional

macaque tries to nab sunglasses from your head or sweets from your hand.

Every street, however small, houses a dozen businesses. Kebab carts, jewelry tables, saree stores, chai stations, produce stands, book outlets, kurta shops and trinkets crowd the sidewalk and spill into the road, leaving little room to walk. Street traffic powders the air with dust that sticks to sunscreen and stiffens your clothes.

Each purchase in these bazaars is a battle of wills. The idea of haggling intimidated me, but by week six I loved the dramatics of negotiation and struggled to mask the smiles that threatened to compromise my poker face. The shopkeepers cheerfully take up arms. They cajole, feign offense and laugh as they argue up your price, buttering you until you buckle.

The Weather

I visited in pre-monsoon summer. Temperatures typically average in the mid-100s, but a heatwave pushed the mercury above 118 during my stay. Instead of sweating, my skin accumulated a layer of salt in the dry heat. The sun baked the cities and intensified the

perfume of cow dung and marigold wreaths.

The People

Each person I met greeted me with a grin and a cup of sweet, buffalo milk chai. My homestay families were tirelessly attentive, and strangers eagerly involved me in their lives. They stuffed me with treats and encouraged my shaky attempts at Hindi, forgiving the many lingual bumbles.

While in Haridwar, a religious pilgrimage site located on the Ganges, I was trying to ask two children if they had seen the holy river yet in Hindi, but I mispronounced "ganga" (the Ganges) as "ganja" (marijuana). Thankfully, after a confused pause, we reached an understanding and shared a laugh.

Lessons and Future Plans

My study abroad trip was often difficult. I was taking three courses crammed into a six-week period. Six days a week, I spent long hours in a classroom and long nights reading and writing essays, but the content helped deepen my appreciation for India and reinforce my reason for going.

I am so thankful to The Phillips Ambassadors Program for making the trip possible and guiding my career path. As an Anthropology and Cultural Studies double major with an Asian Studies minor at UNC-Chapel Hill, people often ask, "What are you going to do with that?" It's a question I was only recently able to answer with India's help.

I want to enter the world of cultural diplomacy through the Department of State. This summer, I would have interned at the US embassy in Uzbekistan, which is no longer possible due to the pandemic, but I hope to find a similar opportunity in the future.

India taught me that the best adventures leave you with grubby feet, mussed hair and a story. In coming years, I am eager to explore cultural settings that challenge my comfort and increase my understanding of the world. ■



Left: Domestic tourists emerge from a room in Agra's Red Fort. Above: A colorful bazaar sells clothing and shoes in Delhi

Who's Zooming Who?

Using Zoom safely isn't that hard. Set a password for joining (don't make it too simple) and consider using a random meeting ID; make sure you enable the "waiting room"; learn how to turn off participants' webcam and screen sharing; and figure out how to lock the meeting once all participants are in. When you publicize a Zoom meeting link, limit how you share it. Before

As we are all now spending more time online, it is good to remember that you should never post your location, addresses and phone numbers, IDs, credit cards, banking information, work conflicts and trade secrets.

anyone shares their screen, remind them not to share other sensitive information during the meeting. If you use other group meeting software, make sure it lets you limit participation to those you want.

Reduce Clutter

One way to reduce inbox clutter is to

craft your messages with clear indications of what needs to be answered, what kind of information or help you are seeking (if you want to talk, then provide three available time slots), and maybe most importantly, let the recipient know if they don't have to reply. I still find it hard not to reply with a one-line thank you, which just fills up someone's inbox. And don't worry if you have thousands of emails in your inbox; if you don't lose emails or forget to reply, it's fine. Obsessive filing may actually waste more of your time.

Online Safety

As we are all now spending more time online, it is good to remind you what information should never be posted online. The short list is: location, addresses and phone numbers, IDs, credit cards, banking information, work conflicts and trade secrets. You should also understand that digital spaces such as Facebook and Twitter will often reach many more people than you may think.

Task Manager

Just as Ctrl-Alt-Delete, that old Windows standby, can help you launch Task Manager to identify and stop stuck programs, web browsers such as Chrome have their own task manager to let you stop pesky tabs from slowing down your experience.

Task Manager - Google Chrome

Task	Memory footprint	Memory	CPU	CPU Time
GPU Process	297,380K	223,724K	0.0	0h 2m 52s
Tab: Facebook	240,320K	218,776K	0.0	0h 0m 42s
Browser	173,392K	160,060K	15.3	0h 7m 35s
Tab: Twitter / Noti...	178,224K	154,916K	0.0	0h 1m 2s
Tab: Google+	111,008K	92,820K	0.0	0h 0m 12s
Tab: Fatima says...	91,380K	75,648K	0.0	0h 0m 4s
Tab: Moz Pro	86,716K	71,628K	0.0	0h 0m 4s
Tab: Martin Brink...	79,420K	64,184K	0.0	0h 0m 4s
Tab: Newbie tip A...	80,852K	63,044K	1.5	0h 0m 9s

A sample of what the Google Chrome Task Manager might look like (Source: ghacks.net)

On the desktop version of Chrome, click the three dots at the top right of the browser, then hover over "More Tools" and select "Task Manager." You will see a list of open tabs, extensions and processes, and you can quickly figure out which are using a lot of RAM or CPU. The general rule for keeping Chrome nimble is to close tabs you aren't using, uninstall extensions that you don't need, and figure out which sites really eat up RAM and CPU and remember to close them as soon as you are done with them. Firefox has a similar tool—click on the three horizontal lines at the top right browser corner, then click on "More," then click "Task Manager."

Editing on a Mac

On a Mac, if you have been using Grammarly in your web browser to improve your writing and grammar, you can now start using it in Word. Available as an add-in, and currently free, check it out at grammarly.com/office-addin. It's also available for the Windows version of Word.



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Wet and Warm Weather Is on the Way

We've had an up-and-down start to spring this year. We started out with some record heat in March, with several days in the mid- to upper 80s. It was natural to wonder, at the time, if it would ever cool down again. However, April brought some heavy flooding rains and variable temperatures with a couple mornings near or below freezing. Will this pattern continue into or through May?

The pattern looks like our march toward summer will continue, with May's average high temperatures generally in the mid-70s and average lows in the low 50s. While we can still have an unusual late-season frost, many years we don't. However, the old adage to "plant your warm season annuals around Mother's Day" is pretty good advice for our area. The combination of warmer, later-spring temperatures along with rising soil temperatures supports more vigorous growth of warm-season crops for the rest of this year's growing season. We average about five inches of rain for the month, with rain falling on an average of 12

days. In any given May, we get between seven and 10 thunderstorms. As we get into late spring and summer, we might find ourselves wishing for the cooler early-spring weather.

One indication of a hot year is the number of days that the daily high temperatures reach or exceed 90. The graph gives you an idea of the variable nature of the number of 90-degree days.

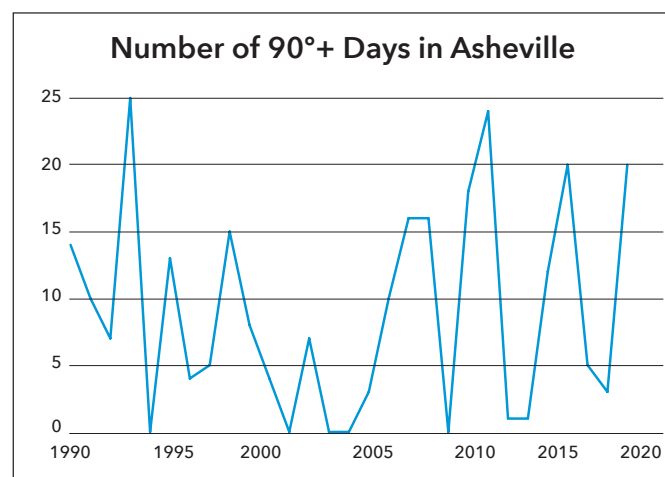
If you think it is hot in the US, Dallol in Ethiopia features an extreme version of a hot desert climate year-round and

currently holds the record high-average temperature for an inhabited location, with an average annual temperature of 94.3 and daily average high of 105.

Back at home, the 2020 Atlantic hurricane season is coming soon. The season will officially start on June 1 and end on November 30. However, the formation of tropical cyclones is possible at any time.

According to Wikipedia, officials have expressed concerns about the hurricane season potentially exacerbating the effects of the 2019-20 coronavirus pandemic, with Wilmington, NC, mayor Bill Saffo

describing it as a "nightmare scenario." Brian Koon, former director of the Florida Division of Emergency Management, said that "even FEMA could be overwhelmed." Evacuations would be significantly hindered due to fears of contracting the virus, and social distancing rules would break down when giving aid to hurricane-affected areas.



WEATHER WONDER

Where did the phrase "The Merry Month of May" come from?

Many believe that the phrase came from a poem by Thomas Dekker (c. 1572-1632), an English Elizabethan dramatist and pamphleteer. The phrase is found in Dekker's play, *The Shoemaker's Holiday*, first performed in 1599. In a more recent era, Stephen Foster and even Disney had songs about this famous month.

QUESTION of the MONTH

Where does the word "hurricane" come from?



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."



Any hit to the head should be taken seriously

If your child is experiencing any of the following symptoms, immediate action is necessary:

- Headache or pressure in the head
- Nausea or vomiting
- Dizziness
- Blurry vision or light sensitivity
- Brain fog or confusion

Call us today as concussions can lead to long-term symptoms and disability in many untreated cases



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828.708.5274

ApexBrainCenters.com/brain-injury-survey

Challenging Times Call for a Sensible Solution

In challenging times like these, you're probably focused on protecting your health. But what are you doing to protect your finances?

If you're age 62 or older and still have a mortgage, you may want to consider tapping into your home's equity to provide additional funds for retirement.

Join me to learn why a Home Equity Conversion Mortgage (HECM) may be a sensible solution.

I'm holding a free online discussion each Wednesday at 2 p.m.

Go to zoom.us/j/2930370351



Tom Schunk
NMLS# 1161683
Home Equity Retirement Specialist
HECM for Purchase Specialist
Living in & Serving WNC
Phone (828) 707-3493
tschunk@mutualmortgage.com



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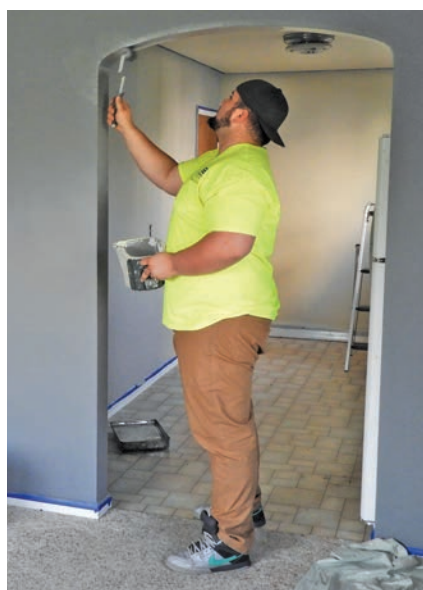
Addressing Injuries and Pain during a Pandemic

The COVID-19 virus has forced us to make many adjustments in our daily lives, but chronic or acute medical conditions, such as diabetes and high blood pressure, still need to be medically managed. Expecting mothers still give birth. Musculoskeletal pain from an accident, overuse or a chronic condition still arises.

Due to the "Stay Home, Stay Safe" mandate in NC, many people are increasing their physical activities at home. More time to complete home improvement and landscaping projects comes with an increased risk of sustaining a back, neck, or shoulder injury. During normal times, someone with an onset of pain might go to the emergency room or doctor's office for treatment. In these abnormal times, it is recommended we avoid the hospital for any non-life-threatening conditions. A safe and effective option to assess and treat pain and injuries is physical therapy (PT).

PT evaluations are currently being performed through face-to-face treatments and through a telehealth platform. North Carolina is a direct-access law state. This means that a person does not need to see a physician prior to receiving PT. This can limit exposure to any viruses and allow treatment to begin in a timely manner.

Outpatient PT clinics offer crucial treatments and services to address



More time for home improvement comes with an increased risk of back, neck or shoulder injury.

symptoms resulting from strains, sprains, acute injury, or discomfort associated with a change in lifestyle and activity level.

Follow-up telehealth or in-person visits are recommended to adjust and monitor a home exercise program. Performing simple home exercises to manage pain and symptoms until one chooses to attend an in-person appointment is invaluable.

Conditions appropriate for physical

therapy include the following:

New back, neck, knee, and shoulder pain from working outside or from an increase in recreational activities

- Occurs with poor body mechanics and overloading muscles that are not used to heavy or repetitive lifting activities
- Appropriate daily stretches, core and large-muscle strengthening, and learning proper lifting/pulling/pushing/carrying body mechanics can improve symptoms

New onset of dizziness or vertigo symptoms

- One maneuver does not fix all dizziness or vertigo problems
- Must be accurately diagnosed for successful treatment

Chronic joint pain that requires elective orthopedic surgery

- Surgeries have been canceled or postponed
- Exercises and treatments can help control pain until surgery can be scheduled

New onset of neck or wrist pain due to poor posture at home office

- Workstations in a makeshift home office usually entail sitting on a low couch with the computer on a coffee table or typing on the laptop while sitting in a recliner

How We're Handling It in Our Office

Our offices are still open to treat the needs of our community. We are continuing to work

face-to-face and one-on-one with people who have balance and dizziness problems or people with orthopedic injuries.

We have adjusted our schedule to limit the number of people in our clinics at a given time. The treatment spaces and equipment are thoroughly cleaned before and after each patient. The waiting room is closed. To decrease person-to-person interactions, patients are brought into the clinic by the treating therapist and taken straight to the sink to wash their hands.

Once the treatment session ends, the patient and therapist wash their hands again. These procedures are in place to mitigate the exposure to any viruses and keep the health and safety of our patients and staff as our top priority.

AVORA is offering telehealth visits using audio and visual technology to assess a patient's pain, mobility, and dysfunction. Observing and demonstrating exercises allows the therapist to individualize each treatment. The telehealth platform allows the therapist to demonstrate and teach appropriate and safe exercises to help reduce pain and symptoms and improve function and posture.

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

COVID-19 : PLEASE FOLLOW US ON FACEBOOK & TWITTER FOR UPDATES!

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FRIDAY,
JUNE 5th
6-8pm

FAIRVIEW
BAPTIST
CHURCH

32 Church Rd, Fairview

BBQ DINNER!

\$7 for adults, \$5 for children 12 & under: No family pays more than \$20!

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Items for the entire family plus donations from area businesses. Antiques, gift baskets, restaurant dinners, spa visits, and more!

GIANT YARD SALE!

Saturday, June 6th, 8 am-12 pm
Our biggest, most donated sale of the year! Biscuits, coffee and juice served while you shop!

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A View from the Front Lines

I write to you from Mission Hospital, where I worked for 14 days last month in our inpatient service. You have probably been asking yourself the same questions that we have been asking. By the time this article is printed, we hope we will find ourselves on the downward slope of the virus peak, but we will be battling this for many months ahead.

I had an interesting conversation with a friend of mine, Dr. Billy Fischer, who is a critical care lung doctor at UNC's Memorial Hospital but who also works for the World Health Organization (WHO) and recently traveled to China, Iran and South Korea—the initial hot zones—to help them prepare. He reminded me that the key to stopping this pandemic is what happens on the front line, in primary care and at home.

As many as 50 percent of infected patients may have no symptoms at all and can spread the virus silently. The measures we are taking now to self-isolate are the most important in slowing its spread. In North Carolina, we have been doing a good job with this.

Dr. Fischer reminded me that the symptoms associated with the coronavirus can be very subtle or deadly. You can have GI symptoms, headache, mild or no fever, cough, fatigue and shortness of breath. These are all the same symptoms that

I would advise that if you are out at a store or around people, you should be wearing a mask. The greatest benefit of wearing masks is that it decreases the spread from you to others. Remember, you can spread the virus even if you have never had any symptoms.

anyone can have with the flu or a simple cold. Typically, coronavirus symptoms worsen from days five to seven.

I tell you this because, over the next several months, if you have any symptoms that are cold-related, it is best to consider that you may have contracted the coronavirus. You should self-isolate for at least seven days—or three after your symptoms have resolved. You do not need to visit your doctor if you have cold-like symptoms unless they worsen considerably. Please call your healthcare provider if you are concerned.

We've learned from China and South Korea that the greatest number of

infectious transmissions happens at home and with those people who are close to you. Self-isolation is absolutely key if we are going to contain this virus.

Many people continue to ask, "When should we wear a mask?" I would advise that if you are out at a store or around people, you should be wearing a mask. The greatest benefit of wearing masks is that it decreases the spread from you to others. Remember, you can spread the virus even if you have never had any symptoms. Similarly, the most effective practice in the hospital is for all patients, as well as the healthcare providers, to wear masks.

These are trying times for all of us, both inside and out of the hospital. Stress is high. Depression is real. Money is tight. Being isolated from our family and friends is saddening. We will return to what we considered normal before the pandemic, but it may take many months. This virus is not going to disappear overnight. It may rear its ugly head many more times.

Finding Peace

I hope that everyone finds some peace in the midst of this chaos. Perhaps you will have more time with your family, your



children or even yourself. In every tragedy there is always an opportunity to learn something. Maybe we will be able to reimagine how we would like to structure our lives or what is truly important to us. Being so close to it in the hospital has certainly challenged me to consider how I want to live my life.

Like many other offices, at MAHEC we are offering telemedicine visits so that we can see you on a video screen or talk to you on the phone while you remain safe at home. Telemedicine allows your provider to take care of many of your complaints and symptoms, as well as your medications. It is the best we can do right now.

Please be safe, and for the short-term please take social distancing very seriously. It is the difference between hundreds of deaths vs. the thousands of deaths that have happened in New York City. We will make it to the other side.

Dr. Gilmer is a family practice physician at MAHEC Family Health Center at Cane Creek. 628-8250. 1542 Cane Creek Road, Fletcher.

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The Case of the Disappearing Chicks

Many years ago, we were attempting to raise a set of chicks when they began to mysteriously disappear. At that point, we were in the early years of our chicken experience, and we were raising the chicks in the bottom of the goat barn after we moved the goats out to pasture in the spring. We had a large cage that we hung from the rafters to keep the chicks safe from predators—or so we thought.

As we moved through the season and the chicks began to feather out, we realized that there weren't as many in the cage as we had at the beginning. We couldn't figure out what was happening. We weren't finding any escaped birds. We weren't finding any body parts. We weren't finding any signs of violence. The whole thing was a mystery.

We spent a solid two weeks trying to solve the problem. All the while, the little birds kept becoming fewer by one or two a night. We started to be super vigilant about securing all the doors and windows, thinking that the birds were getting out of the cage and escaping the barn. Then we began to look for holes around the perimeter where the birds might be slipping out. The next step was to repeatedly go over the cage to find any weak areas. Nothing. What could possibly be happening?

We finally had a breakthrough about the time we reached the halfway point in our number of chicks. We had been out in town



A raccoon (not this one) had found a hole in the barn.

late that evening and so had closed up the barn before we left, but had not refilled food or water. This is much easier to do when the chickens are in their semi-comatose state of sleep. As we approached the door to the barn, we heard a scrabbling noise of sharp nails climbing on wood. We came into the barn just in time to see the back end of a raccoon disappearing between the rafters and flooring up to the main barn floor. Walter ran upstairs just in time to see the raccoon popping out of a gap in the side

of the barn on the main floor and slipping away into the night.

We borrowed a game camera and solved the mystery. It turns out that this raccoon had found a hole in the side of the barn on the main floor and then another in the floorboards from which he could reach the rafters of the downstairs part of the floor. From the rafters, the raccoon could reach the top of the hanging cage, lean over the side of the cage, open the door, and remove one or two chicks. The raccoon ate them like chicken

nuggets and then thoughtfully latched the cage door shut (so the rest of the nuggets couldn't escape) and left by the same route. This happened almost nightly for several weeks. The jig was up at last.

So, how to end the decimation? We adjusted the way the cage hung from the rafters. This kept the raccoon from being able to reach the cage at any point without also touching a floor, rafter, or wall. Then, we connected a fence charger to the cage. This didn't harm the chicks

for the same reason that birds can sit on power lines. As long as the chicks didn't touch something grounded, the current couldn't travel. But since the raccoon had to touch a wall, rafter, or floor to reach the cage, it was quite the deterrent. It only took one night, and the raccoon was never seen again. The remaining little nuggets were well on the road to growing into egg-producing goddesses.

Farming is always about trying to stay ahead of problems, most of which you can never anticipate. Once you have one situation figured out, something else pops up. It's a true battle of wits against the wild creatures and mother nature. It keeps you sharp and on your toes but it can also be exhausting. And sometimes you just have to admit defeat.

That's why we eventually stopped keeping beehives, why we are taking an extended break from chickens, and why we are hesitant to grow vegetables. Working with the products that suit your site is a whole lot less frustrating than constantly working against the grain of nature. That's something that we all have to keep in mind, even if we aren't farming.

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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Get Outdoors On YouTube

In response to “Stay at Home” orders, Southern Appalachian Highlands Conservancy (SAHC) cranked up its creative juices and posted virtual hike and educational content on YouTube. It’s the next best thing to being outside.

AmeriCorps Project Conserve Conservation Education and Volunteer Outreach member Shay “Sarge” Sargent hiked through an SAHC-protected conservation property in the local area to talk about lichens and then posted it on YouTube.

“We are going to talk about something that is under our noses every time we step out into nature,” he says. “A lichen is a symbiotic organism, a combination of an algae and a fungi together. The fungi creates the structure of the lichen, while the algae is the green portion that has the photosynthetic bodies. They work together in order to form an organism that allows the algae to live in a place that is not wet.”

Further along, Sarge stops by a tree branch covered in lichen, including three different examples of lichen morphology types – foliose, crustose, and fruticose lichens.

“Along this branch we have three common morphology types that you are likely to see,” he says, and then points to a curling clump of silvery green. “This is...a kind of foliose lichen. The second morphology type is called crustose—and like the



crust of your bread it is stuck straight onto the substrate,” he explains, pointing out different lichen on the same branch.

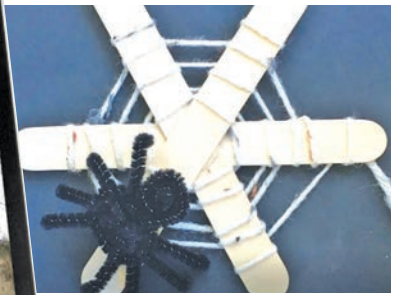
Along the same branch, he pulls at a little tuft of hair-like Usnea. “It’s an example of fruticose lichen...the Old Man’s Beard.”

Educational Videos

SAHC AmeriCorps Communications and Community Engagement member Hannah Latragna posted some of her in-person videos to YouTube. Hannah works directly with YMCA groups and community centers, sharing interactive environmental education lessons with after-school and summer camp youth



Sarge Sargent (far left) and Hannah Latragna (left) share their knowledge online.



programs. During one session earlier this year, she asked elementary and middle school students what might prevent them from enjoying time outdoors, and many said snakes or spiders.

In response, Hannah prepared fun lessons and crafts for youth education to help dispel myths and fears about snakes and spiders. The first five minutes of each video is a short lesson on snakes or spiders, with interesting facts about species native to WNC, followed by step-by-step instructions for a simple craft project. Did you know the spruce-fir moss spider,

the world’s smallest tarantula, is found only in the high-elevation mossy habitat of the southern Appalachian mountains? Although her videos were originally designed to be shared in group settings of up to 30 students, we hope you’ll enjoy them at home.

To get direct links to these videos, go to fairviewtowncrier.com/links.

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

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Not much seems to unite us these days. But except for front-line workers (thank you!), we are all at home now. The Crier asked several local residents—parents and teenagers—to share their experiences under quarantine. Perhaps you will find their stories similar to your own.



Three Kids Under 6

almost full-time. The biggest change has been that the boys are home all the time now; before, the oldest was in kindergarten each day, and the two younger boys attended a local preschool a couple mornings a week. I was already a stay-at-home parent and had been for six years with some combination of my boys.

While much of life is the same for us, make no mistake, this is hard. Some days are really hard. The boys miss spending time with their friends, and they miss their teachers too. They are processing this experience in their own ways, adjusting to different routines and coping with worry and stress—and their behaviors show it. Although I am an educator, I've never had the desire to homeschool my own children. They are definitely more reluctant to work with mom on school assignments than with their teachers, and it is challenging to find something for the younger guys to do while I help my kindergartner with his schoolwork. And then there is the togetherness—so much of it! They are young, they fight, they are loud, they are wild, they don't understand personal space, and they always need my help with something (often all three at the same time). I am exhausted! The mess in my house has been taken to a new level, and it feels like we are just stuck in it, like quicksand. We also miss getting out of the house and going to places like local parks, friend's houses to play and the trampoline park. We miss the change of scenery.

Some days I just get so overwhelmed with it all, and then something will bring me back.

Perhaps my husband will give me a break or my oldest will write me a sweet love note, and then my perspective changes. My spirit softens and my heart becomes full again. I am reminded of what's important. We have our health, our happiness (most of the time), we have our basic needs met, and we have each other.

This experience has cultivated so much gratitude in me, and I find myself counting my blessings daily. I am grateful for technology because it has really been my lifeline to close friends and family during this time of isolation. These people, on the other side of the screen or phone, are my constant support—for them I am ever grateful.

I am grateful that our family unit also includes my in-laws and our 13-year-old niece, who live right across the street. Their companionship and help with the boys has been invaluable. I am grateful for my husband, and the fact that he can still work now. I am fully aware of how blessed we are to not have financial worries during this time, when so many people do.

I am so grateful for this precious time with my young boys. All too soon they will be in school and my days with them at home will be over. I am especially grateful for this time at home with my kindergartner, as I had already mourned when he started school.

I am grateful for this lovely weather and the wonderful outdoor space at our home. We are outside all the time! And I am grateful for my son's wonderful teachers, who are working so hard right now and doing an amazing job to not only teach concepts but to stay connected with each and every one of their students. I could go on and on. I have so much to give thanks for.

I consider my family to be one of the lucky ones during this pandemic. Our hearts go out to all those who are truly struggling, those who are ill or have a loved one who is ill, and those who have lost a job or find themselves in a difficult or dangerous situation in their home. We are thinking of you and of those who have passed on to the next place. May everyone find peace, courage, patience, strength and love. We are certainly sending our love your way.

Amy and her family live on Church Road in Fairview.

continued from page 1

Once it became evident that the pandemic would affect our lives and the stay-at-home orders took effect, life for us changed, but honestly not all that much. My husband's work has been deemed essential, so he is still working,



Working with Clementine, Dobby and Elphaba

BY KAREN WALLACE-MEIGS

A Child in High School & One Home from College

MY HUSBAND AND I HAD “the talk” with our daughters. Not that talk, but the COVID-19 version. “Happy Easter, girls,” we said. “We ordered something for Easter, and it hasn't been delivered. We hope you enjoy it when it arrives. Distribution centers are swamped. However, we need to discuss...toilet paper consumption.”

Our daughters, one completing freshman year of college and one wrapping up another year of high school, could live without an Easter basket. That worry was on me, wanting to keep the focus off of chocolate.

Toilet paper is a shared family and national obsession. It was a surreal conversation, reminding the girls that in the Great Depression people used pages from the Sears & Roebuck catalog after an outhouse trek. In my head, I heard Elaine Benes on Seinfeld declare, “I don't have a square to spare.”

In all seriousness, I had reservations about writing this article. Our family is blessed. Thus far, my husband and I have kept our jobs. We have food on the table and a roof over our heads. Everyone is healthy, although friends have gone through the pain this virus wreaks, one losing her mother and another, who is 33 years old, recovering.

Audrey was one of the last college students to return home. Late one March afternoon, she phoned to say that the school told students to start packing. That evening, we got a message that a student was being tested for COVID-19. “Get her,” I said to my husband. “Get up as early as you can and get her.” Audrey's frightening childhood asthma episodes flashed through my mind. Ted, a dedicated dad, was on his way before sunrise. They arrived home with items tossed in the backseat, no boxes or time to spare. Thankfully, the student from her college tested negative, but goodbyes were sudden.

Audrey had written an essay that won her a trip to study Shakespeare in Chicago. She loves Shakespeare, and her late paternal grandfather, a retired English professor, shared that love. She had written about how the trip would offer a connection to him. But the trip was canceled.

My dream trip to the Commission on the Status of Women at the United Nations was canceled the week before Audrey came home. It was an honor to be chosen as a delegate by the United Nations Association of the United States. The meeting would have had me in Manhattan last month.

Ted is a cell biology professor at UNC Asheville. He takes his lab students on an annual research conference trip. That, too, was out the window.

Clearly, there are not enough PPE, test kits, toilet paper or bandwidth in the country. Maybe our typical day resembles yours:

continued on page 31



BY **ANDREW DUNDAS**

First Year of College Cut Short

I DIDN'T TAKE IT SERIOUSLY when my teacher gave our class a warning.

"This may be the last time I see you in person," he said. His foresight, early in March, came to mind a few days ago when the same teacher told our class of a dozen pixelated journalism students that he believes there is a solid chance we will not be back for the fall semester.

I am in as much disbelief at that thought as I was before COVID-19 pushed me away from UNC-Chapel Hill and back into my family's home here in Fairview. This time, however, it

is not because I lack respect for the threat; I simply hope it is not true.

I am an introverted person. Before all this, I would have said that I could stay at home for weeks without any consequences. Now that I have done just that, I realize that I depend on a lot more of the outside world than I thought.

On top of my schoolwork, I used to feel that social obligations were a burden. I was notorious for not responding to texts and only kept a small circle of friends. Some of that is just my preference, but much of it was taking for granted how important people are to my life.

COVID-19 has made me realize just how much joy I take in interacting with my friends. I cannot wait to chat with them in a cafe again or invite them on an adventure—like the ones my family raised me to love. We often hiked around WNC, traveled to new towns and enjoyed new experiences. I carried that passion to university and made sure to take a few hikes a week, as well as making efforts to explore the area around Chapel Hill.

Those adventures are now lacking from life and everything feels a bit too repetitive. My family still tries to get out when we can, finding an open trail or just going for a drive. Yet with the recent Blue Ridge Parkway closure, it seems harder to make even those trips work.

As it is, my days are mostly spent studying (some things don't change), but instead of looking forward to a trip afterward, I just get to procrastinate more. I have found opportunities in this situation, perhaps not worth the trouble that brought them, but they are here nonetheless.

For instance, my family has put the extra time to good use, painting walls, redoing cabinets and fixing up the yard. Personally, I am using some of this spare time to learn to play the mandolin and ukulele. I am also reading more than I have since starting at university.

The most impactful positive addition to my life is that I have been stargazing. I recently watched the Lyrid meteor showers and trained my telescope on the moon. I hope to learn the constellations and find somewhere to see the Milky Way this summer. I have never seen it before.

In many ways, COVID-19 is the best excuse there has ever been. Work, school, life—it has all been interrupted. As it turns out, work, school and life are what have been keeping me from looking at the stars.

Andrew and his family live in Fairview Downs in Fairview.

Facing A Crisis in High School

BY **EDDIE HEWER**

IN THE INCREDIBLY CONFUSING SITUATION the whole world is in right now, the naivete that comes with being a teenager has helped in my handling of the COVID-19 quarantine. But I also have no similar experience to draw upon for perspective. This is the first time anything so severe has happened to my daily life and my nation's wellbeing in my lifetime (in 2008, for the recession, I was 5 years old). Below, I move through all five stages of grief in my "Teenager's Guide to a First World Crisis."

Stage 1: Denial

Admit it—we all went through this phase. Even those most experienced in world crises were bound to deny the legitimacy of what was going on. Hearing the radio declare a stay-at-home order was surreal to me. And when school was abruptly canceled, my brain couldn't accept that it was reality. At first, it felt like a few snow days—but not a world-ending blizzard. I treated it like snow days, too. I sat in my room, slept, played video games and ate way too much food. But reality was winding up a punch aimed directly at my face.

Stage 2: Anger

A former Russian president once said, "We don't appreciate what we have until it's gone. Freedom is like that. It's like air. When you have it, you don't notice it." This quote is universally true, and applicable to most situations. My freedom was stripped away, and it wasn't a nice feeling. Once the bliss of not being at school wore off, the novelty went away quickly. I started to get upset. I started questioning things. Why did I have to stay home? Why can't I see my friends? Who let this virus get to be such a problem? You're telling me I still have schoolwork? My old reality was replaced by a new one that was unexpected and chaotic. The confusion made me angry.

Stage 3: Bargaining

I needed a way out from all the confusion and hysteria, something to get me back on my feet, back to being productive. Doing my schoolwork at home was not working out. I couldn't sit still for 30 minutes in my bedroom to do an effortless assignment. I needed a coffee shop to work in. I needed the sedentary routine of school. I needed social interaction to boost my mood. So I began a phase of looking for ways out. I tried setting aside daily times to work. I forced myself to read a certain number of pages in a book each day. And I obsessed over trying to justify getting to see my friends somehow. "Surely it wouldn't hurt if we saw each other just once. It's not like I had the virus," I said to myself. But I eventually realized my arguments were ridiculous and desperate (my parents are both in the healthcare field), and so I trudged on through my days.

Stage 4: Depression

With all options exhausted, as well as all hope of cheating my way out of reality, all that was left was the melancholy of each day. I started to abandon healthy habits of reading and putting effort into schoolwork and replaced them with lying in my bed on my phone. It felt like there was no hope, and that I might as well just sit and wait until it's all

over. I devoted little time to anything besides eating, sleeping and video games—the holy trinity of an unproductive lifestyle. While in this pit, I thought I had learned all I needed to know about dealing with a world crisis. There was, however, one vital piece missing.

Stage 5: Acceptance

From the void of my ponderous lifestyle came a surprise. I thought I was ready and prepared to spend the rest of my quarantine in a slump of depression. From out of nowhere, though, came a sudden acceptance of my situation. I realized that it wasn't my fault. I had realized my stoic place in this situation. Everyone around me was in the same spot as me, and it was wrong to ignore my responsibilities, because everyone else still had to deal with theirs, too. I got back on my feet in a single day. I was back to reading every day. I began using FaceTime to contact my friends. I also started doing my schoolwork again. I began to make the best of my situation instead of giving up because I wasn't in the best possible situation.

Eddie and his family live off Concord Road in Fairview.



School in the Time of COVID-19

Hello, fellow hunker-downers. This has been a nutty time, and my heart goes out to all those who have loved ones with the virus or are dealing with it themselves. I'm deeply grateful to our healthcare workers, grocery store employees and parents who are juggling jobs and kids at home.

While we follow the wise counsel to "stay home and stay safe," Buncombe County Schools (BCS) employees have worked hard and quickly since March 14 to develop resources for our community during the COVID-19 crisis—to meet educational needs and many more.

There have been three areas of focus for the school system during this time: 1) making sure our families living in poverty have the food and other items they need; 2) providing virtual, on-line instruction so that all students can keep learning; and 3) keeping all employees engaged and on the payroll.

Food and Other Support

From the very first day of the governor's decision to close schools, the Buncombe County Schools Nutrition Department began providing free curbside breakfasts and lunches at 15 school sites across the county for any families with children ages 2–18. The two school sites in the Reynolds District are Oakley and Haw Creek, with breakfast available from 7:30–8:30 am and lunch available from 11:30 am–1:30 pm.

In addition, for those families who don't have transportation to get to one of these schools, our Transportation Department has jumped in to help. Every day, bus drivers deliver breakfasts and lunches to 58 community sites around the county. In our district, those community locations are Ledgewood, Eastview, Spruce Hill and Shiloh.

And for the homeless and other most needy families, our Family Resources team has set up a "command central" in the cafeteria at the Nesbitt Academy, where they are collecting all kinds of resources these families may need. Teams of social workers, instructional assistants and others have 19 routes on which BCS vehicles deliver food and much-needed family or school supplies to 232 families daily, and



Left: Principals Doris Sellers and Stanley Wheless help deliver meals at a community site.

Above: Items ready for delivery to homeless and other needy families

that number is growing. BCS is accepting online financial contributions to help purchase items for the Family Resource Center and for nutrition services. You can find the link to donate at fairviewtown-crier.com/links.

Overall, our amazing BCS employees have provided 354,250 meals from the beginning of this school closure through April 15. On Fridays, they provide meals for the weekend, and they even continued the meal service during spring break, providing 94,529 meals during that week alone. Where would our community be without these superheroes?

Learning Continues

As you may know, our school system has worked hard over the last year or two to make sure that every student has a dedicated iPad (for K–2) or laptop computer (for all other grades) for their individual use. That has been a great benefit in this time of at-home, virtual learning.

Our practice before this crisis was to allow middle school and high school—but not elementary—students to take their devices home. Since we didn't have any notice that the school closure was coming, our first step was to distribute these devices to the K–5 kids. We had several pick-up days at the elementary schools, and buses even went out to deliver computers to students whose families didn't have transportation.

But what about students and teachers who don't have internet at home? BCS had a cache of internet hotspots that we could provide, but not enough to meet the need. Our Technology Department, another team of superheroes, jumped in to find funding to order more hotspots. And for the few students who can't use hotspots, teachers are providing printed work and staying connected with students and parents via telephone.

Students are continuing with their instruction, but we all understand that it's just not the same as in-school learning. With this quick switch to virtual instruction, teachers are continuing to learn and adapt themselves, seeking the right balance so that students can continue to learn the right things for their grade level without being overwhelmed.

Parents are wondering about attendance and grades—how does all that change in this new world? In accordance with guidance from the state's Department of Public Instruction, we are not tracking attendance during the COVID-19 closure. Grading differs for K–2, 3–11, and our seniors. The goal is that while students can improve their grades during this time, no one's GPA will be negatively affected. If seniors had a passing grade in all classes as of May 13 and will have completed the 22 necessary courses, they will be able to

graduate. Parents should keep an eye on the Parent Portal, where they will be able to see if their children are falling behind on assignments.

Keeping People Employed

BCS has worked hard to make sure that none of our employees have faced layoffs as a result of this virus. Since we are not allowed to pay employees such as assistants, bus drivers and janitors if they are not on the clock, our leadership has been creative in finding ways to keep all staff engaged. As mentioned above, bus drivers and instructional assistants are delivering meals. Assistants have also shifted over to help in meal preparation and are helping teachers with online instruction. Online professional development is available to all employees on the clock. And our teachers, of course, are finding creative ways to teach from home and stay connected with their students.

Any employee who wants to continue to work and is willing to be flexible in the work they do has been able to continue their employment with the school system. Not only does this help our individual employees, it also has a significant impact on the local economy, since BCS is one of the largest employers in the county.

I have never been prouder of Buncombe County Schools. The level of commitment, creativity, and determination I have seen in the last two months has blown me away. The fact that our 43-school system was able to turn on a dime is astounding. While we all have many fears in the time of COVID-19, the Buncombe County Schools team gives me hope for our future. Lisa Payne, BCS School Nutrition Director, put it best: "As a community, we are still working to nourish the minds, bodies, and souls of our most important asset, our children."

For more information about Buncombe County Schools' COVID-19 response, go to buncombeschools.org.



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

Updates from A.C. Reynolds High

By Kasey King

Education has morphed quickly over the past few months to accommodate social distancing. While face-to-face instruction is incredibly valuable and cannot be completely replicated virtually, Buncombe County Schools were exceptionally well prepared to face this challenge. Our 1:1 technology initiative allowed teachers throughout the school system to complete professional development to strengthen the quality of lessons taught through laptops and tablets.

We began this process several years ago in Buncombe County, so when COVID-19

appeared, the transition to a total virtual learning community was a smoother process. To assist in accessibility, around 1,250 hotspots have been given to families of students who did not have internet access.

Over the past few weeks, teachers have worked hard to ensure that students are fulfilling academic requirements. Although it has been emphasized that grace has to be shown considering each student's differing home responsibilities, inactive students have been reached via counselors and administrators to ensure that they have access to the material and to verify their safety and personal needs are met while

we are under a "Stay Home, Stay Safe" declaration.

Most high school teachers are utilizing Google Classroom or Canvas to post weekly assignments, recordings of lessons or readings, and formative assessments. Additionally, technologies such as Zoom and Google Meet have enabled students and teachers to experience virtual conversations and interaction while in the safety of their own homes.

Educators miss the students in the school building. It is challenging to teach and learn from afar, and nothing can totally replace the authenticity that comes

from face-to-face classroom instruction.

For our seniors, the class of 2020, although we don't know how long the restrictions will last, we want to make your scholastic achievements known in a very special and meaningful way. We know that there are many special moments that have been compromised due to COVID-19, and while it may seem as though there isn't much we can currently control, one thing we have the ability to do is make something special happen to recognize you.

Kasey King is the Assistant Principal at A.C. Reynolds High School.

FES Students Never Stop Learning

Fairview Elementary students have been hard at work navigating a new way of learning. When staff and administration found out that students would be learning from home, they pulled together

to make sure each of their students had a personal device and supplemental materials that would help them continue learning their curriculum without interruption. In a matter of hours, materials for over 700 students



music. Media specialist Karen Yutzy has encouraged students to share interesting facts with someone about the books they are reading and to write book reviews. Kindergarten teachers are even providing

instructions for purposeful play to help reduce screen-time for students and their families.

Encouragement and Support

Professional development for teachers has also continued. Each grade level meets virtually every week to discuss ideas and lesson plans. Administration and other key school personnel also participate in these meetings to see how they can help, encourage and support teachers and

students during this time. Teachers are very focused on helping students continue to learn so they will be ready for school next year, and they are so appreciative of the support students are receiving from parents and guardians at home.

Mary Wommack, a kindergarten teacher at FES, said, "Parents have stepped in with positive attitudes and taken on tasks they never thought possible."

Even though the hallways at Fairview Elementary are empty, the staff and teachers at FES have very full hearts as they work to make this unprecedented time as productive and easy as possible. The building is closed to the public right now but custodians, teacher assistants, administration and office staff continue to prepare for students to return to a fully sanitized building where every precaution has been taken.

No matter when students return to school, they will be welcomed with open arms. In the meantime, the Fairview Elementary School community will continue to rally and support each other and be thankful for all the steps the Buncombe County Schools district has taken to make sure children continue to grow and learn every day.

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



After the shutdown was announced, the staff assembled take-home materials for students.

were assembled and ready to be picked up. Those without the internet were provided hotspots that allowed them to participate in distance learning, and a dedicated help desk continues to be available to help with any technological needs.

Several platforms are being used to teach right now. Many teachers are sending videos to students as they go over new math strategies; others are sending videos of themselves reading aloud so the entire class can experience a great book together.

Classroom assignments and discussions are being given through applications students were already familiar with, including Google Classroom, Canvas, Seesaw and more. Many classrooms are also having weekly Zoom meetings, which allows friends to see each other and share news and encouragement. A few teachers have even become pen pals with their students. Jennifer James, a second grade teacher, said, "We miss our kids terribly and cherish all the ways we have to keep in touch with them so we can make sure they are safe and learning."

Teachers are also providing instruction beyond a device. Art teacher Chad Caldwell has encouraged students to go outside and create a sculpture using objects found in nature and to create color wheels with objects found around

their homes. Music teacher Cheryl Lewis has encouraged students to dance to their favorite music, sing their favorite songs, and talk to their families about their favorite kinds of



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MAGIC WITH GREG A Twisted Trick

A loop is cut in half lengthwise, but instead of two loops you get one long loop. You try again, but now, instead of two separate loops, you get two loops—linked together.

NEEDED

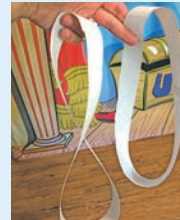
A strip of paper about 4 inches wide and 3 feet long. Cut it so the grain runs with the length of the strip. This will help when tearing later. You will also need some glue; rubber cement works the best.

HISTORY

A Moebius strip is a mathematical oddity used in magic to produce unbelievable results. It's a loop that has been cut at one point, given a half twist and reconnected. It now only has one edge (or side).

SET UP

1 Cut some newspaper, copy paper or construction paper into four-inch wide strips. Glue the strips at their ends to make one strip four inches wide and about 36 inches long. Make several for practicing and performing.



2 At one end of each long strip, cut a slit about three inches long. At the other end, cut a slit about an inch long.

3 Bring the ends together to make a loop—but before you connect the ends with the glue, give one of the three-inch slits a half twist and give the other three-inch slit a full twist.

4 Glue the ends together. Don't lose your twists before gluing.

TO PERFORM

Take your Moebius loop and carefully tear it down the middle into two loops. You will now have one loop with a half

twist and one loop with a full twist.

Now for the really weird part... When you take the loop with the full twist and tear it down the middle, everyone expects you to get two complete loops, and you do—only they are linked together.

And when you take the loop with the half twist and tear it down the middle, you get one big loop. **Magic!**

Note: It is important when tearing or cutting the bands to stay in the center all the way around. Start the tear at one end or place the scissors



in and carefully cut in a straight line, staying in the center of the band and working your way around the center of the entire band until you reach the point where you began.

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

ACTIVITY CORNER

Indoor Scavenger Hunt! How many of each item can you find in your house?



_____ keyholes



_____ clocks (analog & digital)



_____ plants



_____ glasses



_____ toothbrushes



_____ pets



_____ TVs/screens



_____ suitcases



_____ windows



_____ pairs of socks



_____ forks



_____ stuffed animals

Separation Anxiety in Dogs

We get a lot of comfort from our dogs when the going gets tough. They love us unconditionally, and many are great snuggle bunnies, which brings us comfort in these times of social distancing. Our dogs are playing an even larger role in our lives right now, in some cases, taking the place of friends and loved ones we can't spend time with. Therapy and service dogs are trained to bring relief and comfort to their owners because they can detect when we are stressed and have changes going on in our bodies. It only makes sense that our own mood swings and changes in lifestyle right now could adversely influence our dog's behaviors.

But what is going to happen when restrictions are loosened so that we can leave our houses more? How will our dogs react to being left alone again?

While it is more common in younger pups and dogs than in adults, separation anxiety (SA) in dogs manifests as extreme changes in your dog's behavior from the time you leave the house or their presence. The symptoms can include a dog that paces, is highly anxious, howls, whines, barks, is destructive or tries to escape. It can even manifest as defecation or urination in the house. Ultimately, it is more than just a little destruction here and there—it is a heartbreaking panic in your dog.

The root cause of SA is not always known, but it could be triggered by something traumatic happening while you are not home, a change in habits or routines, genetics, excessive clinginess with your

dog or even an important person no longer being in your pup's life. It is common in dogs that are very sensitive or clingy, as these dogs lack confidence. It can also be triggered by a lack of exercise in dogs.

The experts are split on whether crating is good for a dog with separation anxiety. My advice to clients is that it depends on each individual dog. It is in your dog's best interest, for a variety of reasons, to be crate trained and for them to learn to love their crate time. Taking it slowly and crate training a dog with separation anxiety can keep them safer compared to giving them free rein in your house. Make sure to foster a fun, safe environment for your dog in their crate as you are training. Make it like a (human) teenager's bedroom; it's their sanctuary where good things happen, such as eating their meals, chewing on their favor bully stick or bone, or getting a stuffed frozen toy to savor. They shouldn't feel like it's a place where they are sent to be punished or put in "timeout."

Another way to avoid SA is giving your dog enough exercise. For most dogs, this is not just a 10-minute walk around the neighborhood. Exercise, both physical and mental, is good for the soul and body and has long-term calming effects on your dog. They will be less likely to get anxious in the crate if they have had an outlet for their energy.

Don't signal to your dog that you are leaving the house by making a big production of leaving. Don't talk to them and tell them goodbye or to be good because you will be back soon. Crate your dog a little



Your dog should be taught to love their crate.

while before you leave, finish getting ready, then have your purse, keys, etc. by the door ready to leave and just go. Our dogs are wise to our patterns and habits, whether we realize we have them or not. When you start crate training, leave the dog in it for different lengths of times as you work around the house or step outside. Try to make it a very matter-of-fact part of everyday life.

Probably the biggest concern regarding the impacts of COVID-19 and the influence it will have on SA is coddling your dog, which can lead to dogs that lack confidence becoming very clingy—a "Velcro dog"—to you or another family member. Life is all about balance—balanced meals, work, and play—and this is true for your pup too. The worst thing you can do is coddle and love on them without balancing structure and leadership with that love and affection. Does your dog get away with murder in your house, doing whatever they want with no

repercussions for their naughty behavior or guidance to help them learn something different? You are setting your dog up to be a naughty canine and to have separation anxiety. You are causing them to be dependent on you rather than encouraging independence and building confidence.

We are all learning good examples of why dependency can be harmful right now. We have always assumed there would be toilet paper and cleaning supplies on store shelves or that we can stop by our favorite restaurant or bar for the food of our choice whenever we want. We now realize we have taken much for granted and that we aren't as entitled as we once thought we were.

Don't set your pup up for misery and panic when we are able to get back to work and be away from home with friends and family. Your pets are there for you now, so be responsible and be a good friend and leader to your dogs. Help them get through it, give them structure and guidance, take some time to train them and help them be the best dogs they can be and let them know they are welcome to go places with you. But you should also know when to be a benevolent, kind leader, which is the path to being a stellar canine companion. It's fine to show your dog plenty of affection and play; just make sure it is healthy affection and play, at the right times, in the right places and balanced with leadership and guidance.



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.



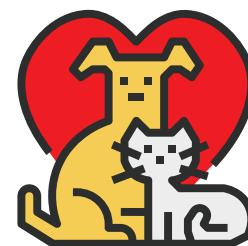
Animal Haven Seeks Donations

Animal Haven of Asheville is a nonprofit animal sanctuary celebrating its 20 anniversary this month. They currently have 95 animals at the sanctuary, including dogs, cats, bunnies, ducks, chickens, a guinea pig, goats, pigs and cows. Normally, the sanctuary and on-site thrift shop are open to the public. However, because of the COVID-19 regulations, they have been closed for over a month.

The sanctuary could use your help with food or monetary donations to continue caring for the animals. Specific needs include Mazuri Potbelly Pig food (active), dry and wet dog and cat food, apples, kale, animal crackers and square bales of hay.

For more information, call 299-1635 or visit animalhavenofasheville.org.

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b. Blue Belle is seven months old and weighs about 30 pounds. She loves to play fetch and will bring her toy back to get some pets and snuggles. She would make a great hiking buddy.

Contact Charlie's Angels, 885-3647, wncanimalrescue.org

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A Real Big Fish Story



Thanks to Caroline Dillon for sending us the photo above. Her stepson Tyler Garrison caught this 23-inch rainbow trout off of Lower Brush Creek Road. Her other son, Little Mark, is shown holding it here. It's almost as big as he is!



Spring Mountain Quilt Bee

By Paula Entin

On National Quilting Day in March, the Spring Mountain Quilt Bee worked on baby quilts to donate to new mothers at Mission Hospital. The quilts are collected and distributed by the Asheville Quilt Guild. There is such a variety that the moms can get something that really appeals to them, and the guild members were quite creative in designing the quilts.

I always seem to have a helper, and my recent acquisition, Zebra (shown here), is an 8-year-old cat whose human now has dementia. It seems that Zebra is a natural

at quilting, and all felines seem to adore the squishy soft feeling of fabric and batting as a safe place to take a nap.

Needless to say, all my finished baby quilts go through the dryer with a fuzzy sock to remove the cat hair.

Due to the coronavirus pandemic, the Asheville Quilt Guild has been unable to distribute the quilts, but will as soon as it's allowed.

The Spring Mountain Quilt Bee looks forward to resuming our meetings at the community center when we are able.

LETTER TO THE EDITOR

Wear a Mask

Wearing a mask or other face covering dramatically reduces the spread of COVID-19. A person who has contracted the virus will not have symptoms for several days, and during this time they can unknowingly be infecting others. Wearing a mask breaks this chain of infection and goes a very long way in containing the virus. For example, in Taiwan—where mask wearing is widely accepted—there has been one case for every 60,000 people. In the US, there has been one case for every 600 people.

As I visit local businesses, I notice that very few employees, delivery drivers or customers are wearing a face covering. This will inevitably lead to preventable deaths.

Please join the fight against COVID-19 and wear a mask whenever you go out in public. And businesses, please be responsible and do your part.

—John Robson

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Watch Out for Financial Scams Related to the Virus

On one hand, the coronavirus has brought out the best in us. People across the country are pitching in to help others, from providing protective masks to health care workers to holding video chats with confined residents of assisted living homes to simply buying gift cards to support local businesses. On the other hand, a small number of bad actors are taking advantage of the situation to try to defraud people. How can you guard against these virus-related scams?

For starters, be aware of three common scams connected to the coronavirus.

Websites claiming to help and track the pandemic

Look out for websites that claim to help you work remotely or provide financial resources to the afflicted. These sites may try to trick you into giving up personal information, donate money or load malware onto your computer. Don't trust information technology (IT) "helpdesk" agents you don't know. And check out any obscure organization claiming to help virus victims. You can easily find many legitimate groups that actually work to alleviate suffering, and that deserve your support. To find these reputable organizations, go to an online clearinghouse, such as charitynavigator.org, which rates thousands of groups on their financial health, accountability and transparency.

Products claiming to prevent or cure the disease

When there's a real treatment or vaccination for COVID-19, it will be big news, and you will hear about it. Until then, ignore any claims for pills, potions, prescriptions or other products that promise "miracle" cures. Not only will they waste your money, but, if you click on attachments from "phishing" emails advertising these fake treatments, you could end up supplying crooks with sensitive data, such as your online account logins, passwords, and credit card and bank account details. You can find a great deal of health information on the virus at the Center for Disease Control website (cdc.gov), of course, but if you or your loved ones are feeling ill, please contact a physician.

"Risk-free" or "guaranteed" investments

The coronavirus has caused two separate, but related, areas of stress. The first is the health concern, and the second is the financial/investment component. The enormous volatility of the financial markets has caused much concern among investors, and scammers are seizing the opportunity to offer "risk-free" or "guaranteed" investments "perfect" for this particular time. Again, responding to these types of offers can bring you nothing but trouble. All investments carry risk of one type or another, and they typically don't come with guarantees,

although some do offer significant protection of principal. In these turbulent times, your best move is to stick with a long-term investment strategy based on your goals, risk tolerance and time horizon.

Here's one more suggestion: Warn your elderly relatives about the increased potential for scams. The elderly are always the most susceptible to fraud, and now, when they may be more isolated than before, they may well be even more vulnerable. So, make sure you're talking to these loved ones, and urge them not to make any sudden, out-of-the-ordinary financial moves.

Even in normal times, it's regrettable that we have to be on the alert for scam artists—and it's even more unfortunate during a period of national crisis. However, by being reasonably vigilant, and by taking the proper precautions, you can avoid taking on the "collateral damage" that can occur in this environment.



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

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One of the things I love most about living in Buncombe County is that we take care of each other. That can be as easy as a phone call to check in on our elderly neighbor or only buying what we need when we go to the grocery store, so that the person who shops after us will also be able to purchase what they need.

While we are apart, practicing social and physical distancing, there is another way to help each other. I ask you to join me in supporting the One Buncombe Fund.

At our regular meeting on March 24, the Board of Commissioners voted to create the COVID-19 relief fund. At our April 7 meeting, we unanimously approved the resolution to create the fund and allocated \$200,000 to it. The fund was created by local government, businesses, neighborhood communities and civic partners to provide basic needs for individuals directly affected by COVID-19 and to bridge the gap for small businesses that are waiting for state and federal support to arrive.

The purpose of One Buncombe is to provide a mechanism for people to donate to support relief efforts and to provide relief to individuals and businesses affected by COVID-19. Funds are allocated by a seven-member community board to support the unmet needs of individuals who have lost employment due to COVID-19 as well as locally-owned small businesses affected

by closures. Funds are administered by organizations that specialize in direct assistance or small business lending.

Individuals who have lost employment due to COVID-19 are eligible for direct assistance grants for essential needs such as electric bills, deposits, fuel oil, kerosene, natural gas, propane, wood, mortgages and rent, just to name a few. Funds will be paid to the service provider, not directly to individuals. The Buncombe County Department of Health and Human Services (HHS) will provide assistance, and employees will screen applicants to ensure all other potential sources are utilized, including public assistance programs and the services of our community partners. Staff will also make referrals to human service organizations and programs to assist the client in alleviating their immediate crisis.

Small businesses—those with fewer than 50 employees—affected by COVID-19 are eligible for low-interest loans up to \$10,000 with no payments due for up to six months. Loans are designed to provide low-cost “bridge funding” to help businesses stay open and limit job losses until businesses can qualify for longer-term disaster funding from the US. Small Business Administration or other programs. To be eligible, the business must have a physical location and be principally located in Buncombe County, demonstrate



a 25% or greater loss in revenue due to COVID-19, and agree to provide impact data. Payroll, accounts payable, fixed debts or other bills the business is unable to pay due to COVID-19 are all eligible expenses. Loan underwriting and administration will be provided by Mountain BizWorks, a non-profit Community Development Financial Institution.

As of April 7, HHS had received 1,662 applications for individual assistance, and 480 requests had been processed for just over \$100,000 in approved expenditures. Mountain BizWorks received 71 applications in the first week, and they closed on the first five loans last week, which totaled \$45,000 and helped to retain 73 jobs. They were on track to approve a significantly larger number of loans (around 20) in the following week.

The One Buncombe website is now

tracking online donations in real time. We have surpassed the first goal of raising \$1 million by April 24. Recovering from the impact of COVID-19 will take weeks and months, and our neighbors will need more than \$1 million to make ends meet. I have contributed myself. It isn't the largest gift that will be made, but it won't be my last, and I know it will make a difference for someone who is in need right now.

Please give what you can to the One Buncombe Fund and spread the word by posting the link to fund to social media along with your personal statement of support. It will make an immediate difference for our neighbors.

If you are affected by COVID-19 and need assistance, visit onebuncombe.org for applications and assistance. If you are looking for other resources, please call 211.

The founding supporters of the One Buncombe Fund are Asheville Area Chamber of Commerce, Buncombe County, City of Asheville, Land of Sky Regional Council, Mountain BizWorks, Town of Montreat, Biltmore Lake Charitable Fund and Ramble Charitable Fund.

Stay home, stay healthy and stay strong. We are One Buncombe.



Amanda Edwards is one of the District 2 representatives, along with Anthony Penland, on the Buncombe County Board of Commissioners. She can be reached at edwards@buncombecounty.org or 484-6385.

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Business as Usual for the Birds

hope that you are well and that watching the birds in your backyard has given you joy during these trying times. Watching the birds is certainly therapeutic for me.

There is a new normal now in our daily lives, but one thing that you can count on is birds behaving pretty much as they always do. It's nice to think about this normality in our lives when so much else has changed. Our pets and our birds don't care about COVID-19, and they can offer us some comfort with their daily routines and normal behavior. Our cats still beg for food, still beg to go out on the deck, and then two minutes later they beg to come back in. It makes me feel good, especially now.

At our stores, we closed our showrooms and changed to curbside pickup and Federal Express delivery. Our store hours are cut in half and will remain that way until at least May. We implemented these changes ahead of the "Stay Home, Stay Safe" declaration because we thought it was the socially responsible thing to do. But we also wanted to continue to help our customers enjoy their birds and nature. As we run bird food and supplies out to our customers' cars, we always get a warm "thank you." They tell us how grateful they are that



Keep your eyes peeled for active cardinals like these two.

we are doing this for them and their birds. It's a very nice feeling, and I thank you for that.

2020 Bird Activity

In the interest of not thinking about COVID-19 all the time, let's take a look at the 2020 bird activity and the weather forecast.

Nature's reoccurring cycles continue

to march on despite the current pandemic situation. Spring migration and nesting season are now upon us, and bird activity is increasing. Customers are paying more attention to their birds than ever.

Looking back at 2019, favorable growing conditions were predicted for most of North America. This turned

into reality with generally warm and wet conditions, resulting in an abundant natural food supply. Activity at your feeders might have been slower than normal this past fall and winter.

During 2020, favorable growing conditions are also predicted. Warm and moist conditions are expected over much of North America, and natural food supplies should fare well.

With these years of favorable growing conditions, many trees may need a break, as they can only produce big seed crops so many years in a row. This could be good for pushing woodland species to feeders next winter. In addition, a winter finch irruption—an irregular migration of large numbers of birds to areas where they aren't typically found—is more likely in 2020–21 because of the potential for a very successful nesting season this year.

In these unusual times, you should appreciate your birds chirping, your dogs barking, and your cats walking across your head at 6 in the morning. What might have been irritating in the past now seems wonderful.

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



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Updates from the FBA

May Meeting Postponed

The Fairview Business Association's May meeting that was originally scheduled for May 13 has been canceled. We hope to gather together again in June at The Whistle Hop. Look for future announcements for date and time.

Facebook and Website

The Fairview Business Association's Facebook page (shown at right) is available for all to view. Search for "Fairview Business Association" and stay updated with local news from the business community:

- See which businesses are open
- See product and sale announcements
- Review changes in business operations, such as take-out vs. eat-in restaurants, new hours, etc.
- Stays updated on local business discussions

If you are interested in learning more about the FBA, please visit our website at fairviewbusiness.com.

Encouragement

The Fairview Business Association wishes to express encouragement to fellow members and to our Fairview community



facebook.com/groups/fairviewbusinessassociation

during this challenging time. We encourage members, friends and neighbors to reach out to a neighboring business for any service you may need. Many members are open now and welcome your call.

2020 Board & Committee

President: **Diana Soll**, Grand Solutions LLC
 Vice President: **Michelle Shuford**, Sunrise Sawmill
 Treasurer: **Brandy Lampert**, Frame It Asheville
 Secretary: **Candice Yount**, AA Diamond Tile
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Nest Realty-Justin Purnell.....551-3542

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Our Local Giving Garden

Like so many of you, we at Root Cause Farm have been stunned by how fast—and how dramatically—life has changed for our community in the wake of COVID-19. In the face of physical distancing, business closures, rising joblessness and future uncertainty, one thing is clear: access to food is becoming more challenging and for more people.

Our distribution partners are reporting considerably higher numbers. Bounty & Soul is feeding more than 1,200 people each week, an increase of over 40% from earlier this year. And Food For Fairview, our local food pantry, is seeing a more than 20% increase and expects that trend to continue. We are working closely with each of our partners to ensure they have fresh, locally grown produce to distribute.

In February's column, we communicated our intention that 2020 would be a year of regrouping; a season for us to nourish the foundation that has fed the strong soul of our organization for 12 years.

Those plans changed in response to the pandemic. In a different and unexpected way, we have returned to our roots—an organization that began as a group of Fairview neighbors wanting to nourish others during challenging times.

Beginning in mid-March, we fast-tracked the start of our growing season so that we can make organic produce available

more quickly to people experiencing food insecurity. Additionally, we have expanded production to our field and added raised beds, aiming to grow as much produce as possible this year.

We are doing this without our normal crew of interns and volunteers on whom we rely so heavily during the growing season. We know many of you would like to come to the garden and be of service and in community with others. We are slowly embarking on a new, limited model of volunteer opportunities. If you would like to stay informed, please email Ali at programs@rootcausefarm.org.

Share your Seeds

In the process of volunteers gathering to till the soil, plant the seeds, weed the beds and harvest the produce, conversations happen. These conversations are as varied as the individuals involved, but they have become a vital component of our work: building community.

In a time when we are all readjusting to what being in community means, we are working to continue our conversations online. Our platforms are Facebook, Instagram and our website (rootcausefarm.org), where you will find gardening how-tos and educational materials.

Additionally, we want to cultivate community-created content by hearing



By mid-May, leaves from these newly planted potatoes will have emerged from the ground.

As producers of food and promoters of wellness, we are among our community's frontline workers. Our primary focus right now is growing food, but we know that our seasonal programming will look very different this year. At the time of writing, we are still determining how to structure this season's activities, working to ensure that staff, volunteers and visitors remain safe. We will provide updates via our online platforms in the coming weeks.

When we begin harvesting in mid-May, look for announcements for our Share Market, where our produce is available to the public.

Stay safe. Stay healthy. Stay nourished. We love you Fairview and are so grateful to call this place home.

Emily Brotherton is the donor relations manager at Root Cause Farm. rootcausefarm.org

from you. How are you spending your time or filling your need for connection with nature or community? Are you walking, gardening, cooking, resting or scrambling (eggs, tofu or kids)? What nuggets of joy have you found in this new reality? What are your brilliant survival hacks? Post directly to one of our platforms or email us at info@rootcausefarm.org.




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The Healing Power of Nature in a Pandemic

In these wild and woolly times, with the current pandemic engulfing the whole world, if you are anxious and afraid, please don't go to the television or the newspaper but walk out into the loving embrace of nature. In these beautiful mountains, we are so fortunate to be living in paradise every day, but especially now.

We are all trying our best to be safe and secure and to maintain a faith that we will come through this, and we can all choose to help one another to the best of our capacities. The good earth is a mirror right now for embracing and welcoming within ourselves a sense of deep renewal. In spring, we are surrounded by abundant beauty and ever-present grace. Every direction we look, there is a celebration of new life unfolding before our eyes; all the green grass, the trees—red buds, dogwoods, apples, and other fruit—are showering us with such extravagant beauty. And the weeds are happy too. The virus stops none of this from happening; nature keeps going as it always has done.

Nature and the wild beauty of the earth provide us with one of the greatest forces for healing, renewal, and empowerment, not to mention faith in the resilience of all life. These sacred mountains, forests, streams, and lakes bring many gifts to each and every one of us. In my second career as a therapist, I always tried to see the

gift that was present, even in the darkest moments. One unanticipated gift for me now is that I am much more present and tuned in, more fully alive and deeply grateful for the gift of the present.

Given my partner's age and the realities of my own genetic heart defect, which has profoundly affected my life these last two years in so many ways, I feel prepared for this quarantine, as I've had to face my own mortality. In the process, I've embraced what is most important in this life.

Given the new realities, my partner and I have been taking all the necessary precautions. But since we have lived in rural areas for so long, it's not hard for us to have quiet time in nature alone. It is harder not to be in communion in person with those we love, as community, friendships and family are such an essential part of the fabric of our life.

One major byproduct of this quarantine is having plenty of time to be in the woods, in the gardens, to be quiet in nature, to walk slowly through the forest and see once again, with the eyes of a child, drinking in all the wonders of the natural world.

One day the gift might be the song of the Carolina wren or a flaming red cardinal in a white dogwood tree. Another day may bring the new leaves of the showy orchid wildflower pushing up through the leaf litter. And a highlight was an Easter egg hunt—but for elusive and delectable morels.



The author's salad with violet and redbud flowers.

I sang with joy upon discovering the very first baby morel. I remember local folks in the mountains of Virginia called them "miracles" (as in, miracles), and I thought it was the most fitting name for these wonderful gifts of nature.

We usually have two eggs a day for breakfast, gleaned from the Amish country store, as Phil and Bonnie's chickens produce such wonderful, beautiful eggs. Sometimes I make a delectable wild edible omelet. I gather two handfuls of violet leaves growing wild outside my door, grab a stash bag of

aromatic ramp leaves from the fridge, add a few mustard greens from the land and sweet spinach like chickweed, toss it all in olive oil and wilt it down with eggs and cheese. For dinner, we often add redbud flowers and violets to our nightly salad; they bring spring color and joy to our plates.

Wild edibles and the beauty of nature are all around us—in our backyards, alleyways, and forests. This is a time to discover what wild things are growing close to your home and to learn and celebrate the wonders of the natural world. The virus will do its thing, but it can't stop me or you from singing out with joy about all the wonderful wild things we see, taste, touch, and love. Be safe and get yourself often back into the gardens and woods of these amazing mountains.

I have invited friends to email me with clear, close-up photos of unknown wild things growing in their yard, and I will respond back with what it is, how it might be used, and if it's poisonous or inedible! Readers are invited to email me too. It's a fun way to learn and grow. See my contact information below.



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Taking Control to Feel Better

The front of my marketing brochure reads, “The benefits of organizing your environment go beyond just a cleaner house...you will create a new freedom and regain control of your life.” With so much uncertainty in the world right now, many of us want greater order and are seeking solutions that will make us feel better. Organizing can do just that.

In the last few weeks, I have been reorganizing areas of my home—and what a difference it has made! I went through the coffee mugs and discarded several that I do not use or that were stained and cracked. I went through my blank greeting cards and tossed the ones I have held onto for years and never used, and then I sorted the rest by subject. I put them in a shoebox with a label on it. Now I know what I have, can buy what I don't have, and have easy access to cards when needed. (I am also writing cards to friends and family while I have time to do so. People love receiving letters.)

Before you start organizing, be sure to have bags for trash and recycling, boxes, sticky notes, a label maker or pieces of paper, pens or pencils, a stapler, paper clips and cleaning supplies.

Here are the basic steps to start organizing: 1) look at every item; 2) decide if you want to keep it; 3) sort and place it in a pile or box of like items; and 4) evaluate what you have and place in

storage or an appropriate container.

Most importantly, start small. Don't empty your closet and throw everything on the bed. Don't empty the entire garage on the driveway and think that you will finish it by the end of the day. Don't empty all of the kitchen cabinets: do one at a time, and if you find that you want to move items from one cabinet/shelf to another, wait until you have reviewed and purged everything before moving things around. You don't want to work half the day to find that you are too tired to finish the project.

Try These Manageable Projects

Music/video storage—Alphabetize or categorize your records, CDs and DVDs. Give away or donate those you no longer want. (You may have to box up donations until locations open up again.)

Coat closet—It is starting to warm up, so you might start laundering and putting away the heavier coats that were used this past year. Take the gloves, hats and scarves and sort them (toss orphan gloves and mittens). If you plan to keep them, wash and put them away. Review all of the boots and shoes in the closet. If they are worn out, donate them. If they are dirty, clean them and have them ready for next year.

Pet supplies—Review all of the toys. Are some of them ready for the trash? Do you have a basket or box to put them in that

can be stored in a corner so they are not all over the house? Give a daily dog toy clean-up job to a child in the house so they can put them away at the end of the day.

Jewelry box—Items that are broken should be placed in a zipped plastic bag to be brought to the jeweler. Items you no longer wear can be donated to charity or given to family or friends. Gold and sterling silver items you no longer wear can be sold for cash or credit. If there is an overflow, sort, label and place like items in smaller boxes next to the jewelry box.

Under the sink—If you really want to do some organizing, take everything out from under your sinks (one sink at a time). There are probably a lot of duplicates under there. Discard those that are no longer necessary and then sort and store the items you need to keep. Use small boxes, shoeboxes or go to the local dollar store and buy inexpensive plastic storage boxes for what you want to keep in the bathroom. Be sure to buy only what you need, and not what you think you need.

Night table—Take one drawer out at a time. Throw away (or donate) what you don't need and return books to a bookshelf, put back prescriptions that you no longer need at the ready, and dust and clean the drawers and surface. Separate items such as pens, paper and medicine into small, separate containers.

Linen closet—Take out all of the sheets and review them. Toss or use them as

rag if they are not in good shape. Sort them by size and place them on shelves or in baskets with labels. Some people like to fold the sheets and put them in the matching pillowcases so they can just grab them by size. Review the towels. Sort by size and separate them on the shelves.

Food pantry—Review each food item. If it has expired, toss it. If you will not eat it, donate it. Once you have purged the closet, put like items together. Put all spices in a low container that can be removed easily. When soups, vegetables and baking items are stored together, it makes it so much easier to find what you are looking for.

If you can't seem to do it yourself or need help, professional organizers can help you over the phone, via email and on video calls. The National Organization of Productivity and Organizing Professionals (napo.net) has a directory of people who are available to work with you.

You can accomplish a lot during this time when you are stuck at home. This is the perfect time to tackle some of the areas of the house you have always wanted to but never seemed to be able to concentrate on. Take an hour a day to organize. Once you organize items that have been distracting and irritating you, you will feel more in control of things around you. And we need that now.

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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A Child in High School & One Home from College

Throw in a load of laundry. How are the dishes mounting so fast? Did no one read the chore chart I made on day one of quarantine?

Ava, our A. C. Reynolds High student, has long days “in class” or prepping for AP exams. When she practices viola, one or more dogs sing along, creating the necessity to let them out, where they bark at squirrels. We let them back in and they join international relations class. On breaks, Ava learns the latest TicToc dances. She taught Ted one and filmed it. I’ve been asking that man to dance for 22 years. Ava got him to do it...on video.

Someone goes for a run or takes a walk. We wave at neighbors from six feet away—or more.

I write grants and vie for a loan from the Small Business Administration. The nonprofit I direct functions as an afterschool program. “We must survive to serve another day,” I tell employees in a weekly call. Days are spent negotiating office rent and making refunds, writing letters to families and sponsors, and simply hoping. Hope and gratitude are essential.

My amazing neighbor emails to say that she has put doughnuts in our mailbox. Gratitude. Thankfully, we can get groceries. As a farmer’s daughter, I am horrified by the hunger and waste on farms that I see on television.

Living with a biologist has advantages in a pandemic. Ted’s mission is to protect us. Bless him. He makes us wait for everything. He has a staging area to wipe down all frozen or cold items. The dogs are crated, and they indignantly complain. As Ted wipes items, the rest of us transfer them to the fridge or freezer. All other food and mail are quarantined for two days. No instant gratification. I should have gotten the chocolate for the Easter baskets and hidden a stash in the garage.

During a brief drive, Ava notes, “Mom, you have cried four times on this trip.” “Not true,” I replied. “I have misted up but not cried.” Then, I see the sign at Reynolds High: “We miss our Rockets.” “That’s five times,” Ava says.

There is the birthday party missed as one young relative turned 4 years old. We haven’t seen my widowed mother-in-law in weeks. There is my much-loved, grown niece, reeling from a miscarriage, and I cannot be there. Thank goodness for phones, FaceTime and Zoom. Thank goodness for Robin Roberts telling me what day it is each morning.

Each night, I watch the final segment of the evening news and marvel at those who sacrifice for the rest of us. Later, we play board games, argue over who wants to see Tiger King (I don’t, but how did I ever live without Sherlock?), listen to Ava play viola, wonder about school start dates, and cuddle with the pups. None of us can imagine doing this without our furry family therapists.

Virtual hugs from our family to yours.

Karen and her family live off Highway 74 in Fairview.

Reason #847 for Fostering Our Infant Son

Darkened societal skies	Yet you smile easily
More clouds and rain	Sleep comfortably
Uncertain conditions	Share your enthusiasm
Ad infinitum	Continue to grow
Surgeries cancelled	As long as we protect you
Touching eliminated	No virus will contain you
Huge economic losses	Your joy and human cries
Productive work gone	Do more than sustain us
Vague promises	Thank you for arriving
With leaders lying	Just in time to
Infection and death	Give us hope that
Tolls rapidly climbing	These times too shall pass

Jim Carillon

Jim, his wife and their foster son live near Vehorn and Whitaker roads in Fairview.

continued from page 16

Ted wakes up and advises students via Zoom. One of our three dogs—Clementine, Dobby or Elphaba—jumps on his lap to assist.

Cue one or more trips to the fridge. Oh, the dishes.

Audrey sits in on an international relations class and writes research papers. The internet goes out and must be reset.

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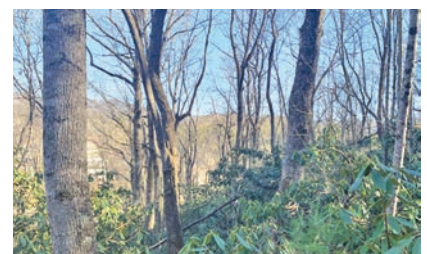
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