



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

JUNE 2020 VOL. 24, No. 6 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

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Oral Histories Preserve Local History

The Fairview Community History Project, sponsored by the Fairview Library and the North Carolina Room at Pack Memorial Library, has been collecting local history for more than a year. Its goal is to preserve the historical memory of the Fairview community by collecting oral history interviews, as well as photographs and other materials, from long-time community members to be preserved in the North Carolina Room, the county's public historical repository.

How You Can Help

The North Carolina Room will mail USB flash drives with interview audio files to those who are willing to transcribe. If you would like to help, you'll need access to a computer with Microsoft Word (or an equivalent) and a media player. The organizers estimate that it takes roughly one hour to transcribe 30 minutes of audio.

If you are staying safe at home, now could be the perfect time to help. For more information, contact the North Carolina Room at Pack Memorial Library (packnc@buncombecounty.org or 250-4709) or the Fairview Library (Jaime.McDowell@buncombecounty.org or 250-6484).

All of the interviews have been conducted by a group of Fairview volunteers who received training from the North Carolina Room on how to capture oral histories. So far, 40 interviews have been collected that shine a light on Fairview farms, family life, church history and more.

Dr. Will Hamilton told an interviewer about the history of medical practices in Fairview. "[Dr. Jim Lynch] came to settle back down here and had a practice in Asheville," he said, "where he delivered the two Cecils—the boys, the two boys who inherited the Biltmore House." Betty Cunningham talked about growing up on a farm on Merrill Road and memories of her grandmother. "I asked her one time," she said—"she dipped snuff with a little tooth—[...] some kind of a birch, some kind of wood. And I would notice her dipping snuff. So I asked her if I could have some one time. She gave it to me, but that was the last [time]."

Oral history interviews should be transcribed, as it allows interested parties easy access to the content, and volunteers (and librarians) have been busy there, too. So far, 18 of the interviews have been transcribed, and several volunteers have done a lot of work.

To read the Fairview oral histories transcribed so far, click the link at fairviewtowncrier.com/links.



Some of the graduating fifth graders from Fairview Elementary.

See more about FES grads on page 19.

Congrats, Grads!



The *Crier* is proud of all of our local graduates, from Fairview Elementary School's fifth graders to seniors at AC Reynolds High and local colleges and universities.

We plan to devote a special section in next month's issue to the ACRHS graduates, including pictures, speeches from graduating seniors, and an address from Principal Doris Sellers.

Let's Protect Our Senior Citizens

Older adults have accounted for 86% of the deaths related to COVID-19 in NC. And even for those over 65 who have thankfully stayed physically healthy, being isolated at home for more than two months has been a challenge to their mental and emotional states, which factor into overall health.

Check on your older family, friends and neighbors and make sure they're aware of available resources—especially with many people venturing out for the first time.

To address social needs, UNCA, UNC Health Sciences at MAHEC, and Healthy Aging North Carolina are collaborating on the Social Bridging Project, which pairs older adults with trained student volunteers who provide conversation, check-ins, technology training, and referrals for additional resources. To sign up and for more information, call 771-3445 or email Tasha.Woodall@mahec.net.

The Area Agency on Aging at Land of Sky Regional Council provides tool kits for a self-led chronic disease education program and offers weekly coaching calls with a group of up to four other participants. For more information on this free program, call 251-7438 or email stephanie@landofsky.org.

The Council on Aging of Buncombe County offers nutrition services to low- and middle-income older adults through food delivery programs. Staff and volunteers deliver a bag of shelf-stable items that will make about four meals. Call 277-8288 for details and a brief eligibility screening (must be 60 or older).

Other Local Services

Jewish Family Services of WNC Mental health counseling (accepting Medicare and other insurances), case management and caregiver support. 253-2900.

Meals on Wheels For meal delivery, call 253-5286.

MountainCare Adult care services, grief support counseling, music therapy and wheeled mobility clinic. 277-3399.

Mountain Mobility Transportation for county residents. 250-6750.

YMCA Health programming, markets and meal programs, and virtual offerings. 210-9622.

If you or someone you know is struggling and unsure of where to begin, a recommended starting point is to call 211, a free community information and social services referral line available 24/7 in multiple languages and TDD/TTY access.

Meet the Hickory Nut Gorge Salamander



PHOTO: J.J. APODACA

You have probably seen a few salamanders scurrying around your garden or yard. As you may already know, our mountains have one of the most diverse salamander populations in the world. And now there is one more—the Hickory Nut Gorge green salamander!

The lizard shown here was found last year by Dr. J.J. Apodaca, the director of conservation and science at the Amphibian and Reptile Conservancy and a former professor at Warren Wilson College. He and other scientists later confirmed that it was indeed a new species.

These salamanders are rare and becoming more so due to many factors. Their population has dropped almost 60% in the past 20 years. The one that Dr. Apodaca found was living in Conserving Carolina's Teaching and Research Reserve in Bat Cave.

If the *Crier* ever needs a mascot, we think we know what we'll choose.

Thanks to Rose Jenkins Lane of Conserving Carolina for sending this information.

The Fairview Town Crier
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COMMUNITY EVENTS & COVID-19 UPDATES

For an in-person event, please call ahead to ensure it is still taking place and if any details have changed.

JUNE 2 (TUESDAY)

Prostate Cancer Support Group

7 pm. Medical professional speakers. Free. Zoom or First Baptist Church, 5 Oak St., Asheville. wncprostate@gmail.com, Facebook or 419-4565.

JUNE 19 (FRIDAY)

Fairview Baptist Church BBQ Dinner & Silent Auction

6–8 pm. Dinners will be \$7 for adults and \$5 for children 12 and 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.

Temperature checks and face mask/cloth coverings will be required at the door, and staff will wear face masks and other protective gear. Social distancing protocol and room capacity will be enforced. Takeouts encouraged and can be delivered to your vehicle. Thorough sanitizing of the Family Life Center will be in accordance with CDC guidelines.

JUNE 20 (SATURDAY)

Fairview Baptist Yard Sale

8 am–12 pm. 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. *The same safety precautions for the dinner and auction will be in place for the yard sale.*

JUNE 21 (SUNDAY)

HAPPY FATHER'S DAY!

Ethical Humanist Meeting

2:30–4 pm. "Religion and the Republic: Parent, Prophet, or Problem?" will be presented by William Everett in a Zoom video conference. Link and more information at EHSAsheville.org or call 687-7759. All are welcome.

COVID-19 UPDATES

North Carolina has moved into Phase 2 of its lifting of COVID-19 regulations. As of May 31, here are the major changes:

- Retail stores, restaurants, barbers, salons and personal-care businesses are allowed to open with 50% capacity.
- Pools and day camps are allowed to open with restrictions.

Need Extra Papers?

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 or Friday from 12:30–4:30 pm. We're located at 1185 Charlotte Highway, in the same shopping center as Americare Pharmacy.



- Bars and nightclubs, theaters, indoor music venues, bowling alleys, skating rinks, museums, gyms and fitness studios remain closed.

Many of your favorite local stores and restaurants are open again. **Please call ahead to check on operating hours, as many have changed, and to see if they have requirements for you to enter their businesses, such as a need to wear a face covering.**

Fairview Preschool

After closing early to keep families and staff safe, the preschool is now accepting applications for the fall for ages 2 to 5. They are staying in touch



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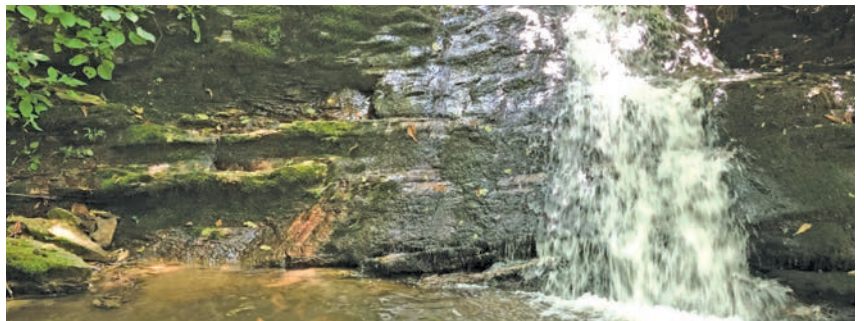
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with continuing families and looking forward to new students. For more information, visit fairviewpreschool.org or call 338-2073.

Hickory Nut Gorge Hiking Trails

Conserving Carolina has reopened their four trails in the Hickory Nut Gorge: Bearwallow Mountain Trail, Trombatore Trail, the Florence Nature Preserve trail system, and Wildcat Rock Trail. Hikers are asked to help with overcrowding of the trails by visiting trails at off-peak times or exploring lesser known trails. Hikers are also encouraged to practice social distancing, staying at least six feet away from others as much as possible. As always, hikers must park only in designated areas and carry out any garbage or pet waste. Check their Facebook page (@conservingcarolina) for more updates on the trails.

NC Arboretum

The Arboretum has reopened its trails, with occupancy limited to 50% capacity. This means you may have to wait until space opens up to enter in your car. The property will close at 7 pm, and the gate will close at 6 pm. Only credit cards will be accepted for parking fee payment. Only the trails are open; the buildings and garden will remain closed. Several portable

restrooms will be available on campus for use. Groups of more than 10 are discouraged. Personal face coverings are encouraged while on the Arboretum property.

Vacation Bible Schools

The *Crier* has heard from a few churches that they are waiting to learn more until they firm up their VBS plans for summer. If you would like to get in touch with the churches to learn about their plans, you can find contact information for The Place Fellowship, Reynolds Baptist, Spring Mountain Baptist, Trinity of Fairview, Fairview Baptist, Fairview Christian Fellowship, Cedar Mountain Baptist and Pleasant Grove Baptist in the ads on pages 22 and 23. Many churches have Facebook pages, too. We hope to bring you a listing of VBS events in our July issue.

COMMUNITY CENTERS

Fairview Community Center

The center next to Fairview Elementary School is mainly closed down. Some coaches are doing individual sessions, but the limit on the number of people who can gather means most other activities, such as weddings and quinceañeras, are not possible.

Spring Mountain Community Center

All regularly scheduled events are postponed indefinitely. The center is following the state's orders. As of now, the entire property is still closed because public playgrounds are still closed. When playgrounds are allowed to open, the park will reopen. When large groups can meet either outdoors or indoors again, people can check with their group leader to find out when their group

will resume. Rental reservations will be taken as soon as outdoor or indoor large groups are allowed to meet. If any conditions are attached (such as group size, masks and social distancing), they will be required.

Upper Hickory Nut Gorge Community Center

The center at 4730 Gerton Highway in Gerton has canceled its June gathering, but they hope to be able to do something for July 4th.

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 page 31.



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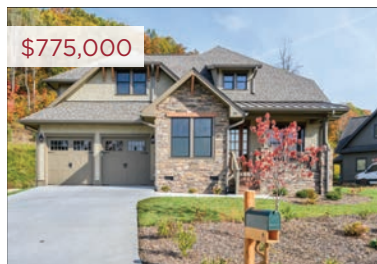
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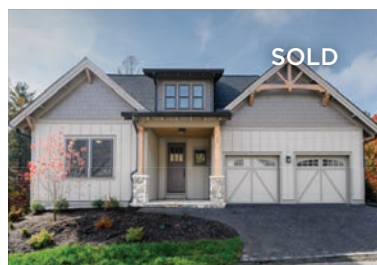
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UPDATES

Curbside Hold Pickups at Some Locations

You can pick up your holds on Tuesday, Thursday and Saturday from 1–5 pm at the **North Asheville Library, West Asheville Library, South Buncombe/Skyland Library, and Black Mountain Library.** Park in the library parking lot, have your library card handy, and call the phone number on the sign posted at your parking space. A librarian will bring your books out to the hold table and leave them for you to pick up. Your books will be checked out to you and ready to go.

You can place holds online using the library catalog on the library webpage. You can also call us at 250-6484 or email for assistance with placing or transferring holds.

Have you been reading the same 10 books to your 3-year-old for the last two months? We've got you covered. Librarians will also be available for reader's advisory services if you just need some books (or movies or music) but don't know a specific title. This service is great for those of you who, like us, just miss browsing the shelves.

Fairview Public Library is not a curbside pickup location at this time, but it's likely that we will be before the month is over.

Book Drops

All library book drops are open. You may return your materials to any library.

Wi-Fi

Buncombe County Public Libraries have free wi-fi hotspots available outside every library building. To use the wi-fi, look for the LibraryGuest network and use the password "readmore" (without the quotes).

Donations

The library system is not accepting any book donations at this time. Please hold onto anything you wish to donate to the library or The Friends of the Library.

Our services are changing frequently as we continue to adapt. Stay tuned to the library's Facebook page or website for the latest news and information.

EVENTS

Introducing StoryWalks

Starting in June, the library grounds will be home to a StoryWalk, which is an innovative and interactive way for readers of all ages to enjoy a story and the outdoors at the same time. Laminated pages from a children's picture book will be displayed throughout the library grounds. As you stroll down the trail, you will be directed to the next page in the story. This is a great way to engage young readers and can be done safely while practicing good social distancing.

The StoryWalk Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. StoryWalk is a registered service mark owned by Ms. Ferguson.

Evening Book Club

June 16 at 7 pm

We'll be reading and discussing *The Elegance of the Hedgehog* by Muriel Barbery. The Book Club meets the third Tuesday of each month at 7 pm. Email jaime.mcdowell@buncombecounty.org if you would like more information or would like to attend one of our discussions.

Future Book Club Titles

July—*The Woman Who Smashed Codes* by Jason Fagone

August—*Time Keeper* by Mitch Albom

September—*One Second After* by William R. Forstchen

October—*The Poisoner's Handbook* by Deborah Blum

November—*Kingdom of Needle and Bone* by Mira Grant

December—*The Dearly Beloved* by Cara Wall

January—*The Sacred Depths of Nature* by Ursula Goodenough

February—*Where the Crawdads Sing* by Delia Owens

Connect with Us!

 @fairviewpubliclibrary

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 fairview.library@buncombecounty.org

March—*Pride of Baghdad*

by Brian K. Vaughan

April—*On the Plain of Snakes*

by Paul Theroux

May—*The Museum of Extraordinary Things* by Alice Hoffman

FOR KIDS

Storytimes

While library programs are on hold, our children's librarians are hosting online storytimes for kids of all ages on all library Facebook pages and YouTube. We also have a collection of stories to listen to anytime on our StoryLine. Just call 250-KIDS (5437) to hear a story read by your favorite librarian.

Dungeons & Dragons

Our fearless librarian and dungeon master Jim continues our online Dungeons & Dragons games for tweens and teens. Email james.rosario@buncombecounty.org or check out the library events calendar for more information. Games are Tuesdays from 4–5:30 pm.

New content for kids and adults is being created every day. Check out the events calendar on the library's website or follow us on our Facebook page. Find the direct links 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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- Week 3** June 29–July 3
- Week 4** July 6–10
- Week 5** July 13–17

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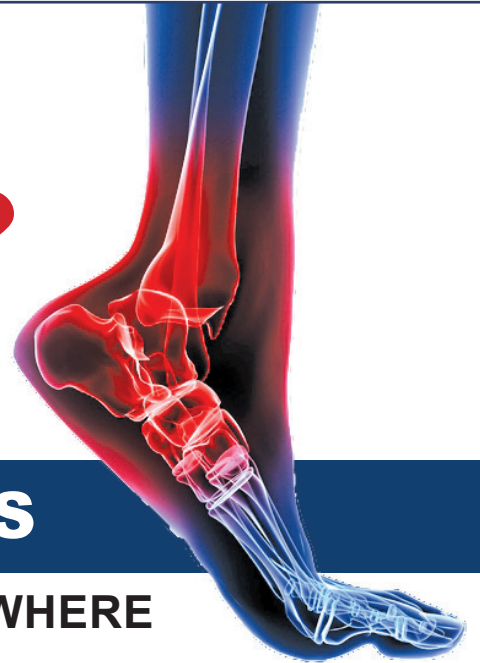
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"My brother is a patient of Dr. Reilly's and suggested I give him a try when I started having trouble with Achilles tendonitis and bone spurs. I had already gone to one of the best orthopedic doctors in town and all he had to offer me in the way of treatment was foot surgery, which would leave me incapacitated for months. I decided to take my brother's advice — I am so glad I did! After getting Graston, Trigenics, and laser therapy, I feel great. I can now say NO! to debilitating foot surgery." —*Nancy F.*

"I'd been to several doctors and massage therapists, none of whom could give me answers. A friend who was a patient of Dr. Reilly's recommended I give him a try. Dr. Reilly diagnosed me with plantar fasciitis and heel spurs and recommended Graston Therapy and Class 4 laser treatment. After only a week or so, I began to feel better. Great news, especially since I'd been seeking relief for nearly two years!" —*Mark H.*

"I had severe pain in my heels and the bottom of my feet. I'd been dealing with it for years with no end in sight. Dr. Reilly diagnosed me with heel spurs, Morton's neuroma, and plantar fasciitis. After only a month of Graston and laser therapies, I am much better, much improved. The staff is great! You cannot go wrong by coming here!" —*Greg S.*

"I came in two years ago with foot pain. I had gone to a podiatrist who put me in a boot. It was awful! I heard about Dr. Reilly and decided to give him a try. He diagnosed me with plantar fasciitis and a bone spur. After about a dozen treatments, the pain was gone! When I was diagnosed this year with plantar fasciitis in my other foot, I knew just where to go! I am pain-free after only a few sessions. Come to Dr. Reilly for foot pain relief!" —*Joe P.*

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Edward Reilly, DC

The Gudger Family of Western North Carolina, Part Two

William and Martha “Patsy” Gudger had moved from Virginia to Surry County, NC, which borders Virginia, by 1777. By that time, the Cherokee had become involved in the Revolutionary War on the side of the British. They were raiding the border settlements in both North Carolina and Virginia. The Watauga settlements in North Carolina (now part of Tennessee) were being attacked particularly often. The governor of Virginia ordered Col. William Christian to raise an army that would march deep into Cherokee territory and punish the Native Americans enough to stop them from attacking.

Surry County raised an army of 300 soldiers to reinforce Col. Christian’s army. Mostly riflemen, each soldier also carried a tomahawk and a knife. The Surry County Militia was under the command of Col. Joseph Williams, Col. Robert Love, and Major Winston. They were supposed to rendezvous with Col. Christian at the Great Island of the Holston River in what is now Tennessee. William Gudger volunteered to serve under his brother-in-law, Captain Edmund Sams (1750–1845).

The Virginia and Surry County Militia was involved in many encounters with the Cherokee. Col. Christian eventually subjugated the Cherokee and made peace with them. Many were critical of Col. Christian for the treaty he made with the Cherokee, as

they believed he showed too much leniency.

Gudger moved to Jonesboro, TN, (then in NC) after the Revolutionary War. He lived there for several years before moving to what was then Burke County, NC, in 1790. Buncombe County was formed from Burke and Rutherford Counties in 1792.

William and Martha bought several thousand acres of land along the Swannanoa River. The land bordered the Forster/Foster land near Biltmore on the west. It stretched all the way to Christian Creek (which was part of Swannanoa) on the east. Gudger owned all the land where Beverly Hills, the recreation park, Oteen, and Azalea (between the exits for Charlotte Highway and Swannanoa) are now located. His house was built on the hill in Beverly Hills overlooking the golf course. The bridge across the Swannanoa River on US 70 was called Gudger’s Bridge until recently. Before interstate 40 was opened, it seemed like at least once a week the morning news would that announce there was a wreck at Gudger’s Bridge.

Gudger was a successful farmer and carpenter who served Buncombe in many ways. He applied for a Revolutionary War pension on October 19, 1832. Capt. Sams, his brother-in-law, appeared in court to testify that Gudger had fought under his command. Col. Robert Love, whose daughter married Gudger’s son James, also testified

that William had served under him.

At 81, before his pension was approved, he died on July 12, 1833 and was buried on what was then called Cemetery Hill. Martha “Patsy” Young Gudger was 87 when she died on September 5, 1837. She was buried next to her husband. The construction of Wavery Court in Beverly Hills destroyed the cemetery. William has a tombstone at Piney Grove Presbyterian Cemetery in Swannanoa. I do not know if Gudger and his wife’s graves were moved to the cemetery or if a tombstone was put up to remember him.

William & Martha’s Eight Children

1. Stacy Gudger was born in Virginia in 1775. She married John Longmire (1755–1837), who was the sheriff of Buncombe County in 1810 and 1811. They moved to Marion County, Missouri. She died there on April 6, 1839.
2. Nancy Gudger was born on April 2, 1777 in Surry County. She married John Gash (October 17, 1769–October 21, 1856). She died on October 2, 1851. They lived in Azalea (between Oteen and Swannanoa).
3. Mary Gudger was born on March 3, 1779 in Washington County, Tennessee. She married Martin Gash (June 16, 1773–May 6, 1836). They moved to Marion County, Missouri, and she died there on September 29, 1828.
4. James Madison Gudger was born in Washington County, Tennessee, on January

6, 1782. He married Ann Dillard Love (November 6, 1787–March 2, 1861), the daughter of Col. Robert Love, who was his father’s former commander. He died in Waynesville on September 25, 1861 after being thrown from a mule.

5. Sarah “Sallie” Gudger was born in 1783 in Washington County, Tennessee. She married Joseph McDowell Whitson (December 12, 1782–December 12, 1861). Sallie died on March 14, 1862 in Buncombe County.
6. Elizabeth Gudger was born in Buncombe County on April 26, 1786. She married Rev. Thomas Jefferson Whitson (December 1, 1781–September 6, 1870). They moved to Fayette County, Alabama. Elizabeth died there on February 28, 1874.
7. William Gudger Jr. was born in Buncombe County in 1789. He married Nancy Henry (born in 1799). They moved to Eljay in Gilmer County, Georgia. He died there in 1860, and Nancy died in McMinn County, Tennessee after 1870.
8. Joseph Young Gudger was born in Buncombe County on June 10, 1792. He married Rachel Elizabeth McRee (born on April 6, 1795) in Iredell County, NC. She was the daughter of Rev. James McRee (1752–1840) and Rachel Crusier. His wife died on May 27, 1863, and Joseph died on July 18, 1869—both in Swannanoa.

Local historian Bruce Whitaker documents genealogy in the Fairview area. If you would like to get in touch with him, please contact the Crier at copy@fairviewtowncrier.com or 828-771-6983 (call/text).

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Mothering and Marketing

Quarantine changes at home and in the theatre

BY JENNY BUNN

I have worked at Asheville Community Theatre (ACT) for 16 years. Before COVID-19, my time felt almost equally divided between that downtown theatre and my home in Fairview. I've spent regular working hours, evenings, weekends, and even some early mornings (rare for folks who work in the theatre) in that space. So when the theatre closed its doors on March 17 and I began working remotely from home, it was a huge shift in my life.

At home, I was living the same day over and over. I wasn't just working remotely—I was working remotely with my family, which meant juggling work, chores, cooking way more than usual, and trying (and not always succeeding) to help with my children's schoolwork.

I needed a plan. And since I couldn't make a plan for anything else, I made one for our household. Late one night, I found a scrap of poster board and three markers my daughter had left on the kitchen table, and used them to block off our weekday hours. We'd have academic time twice a day, as well as outdoor time, creative time, free time, etc. I posted that plan on the fridge.

We needed a plan at work too. One of the many great things about working at ACT is that every day is new. There's very little monotony to my job but plenty of creativity. This came in handy for the instant pivot we needed to do to continue to stay connected to our community of staff, volunteers, and artistic team members, as well as the community as a whole.

When ACT closed, we were about three weeks away from opening the stage adaptation of Louisa May Alcott's *Little Women*. The cast had been rehearsing since early February, costumes were being stitched and sewn, and the set was in the

After schools were shut down and her kids were at home all the time, Jenny Bunn made this schedule to create some order out of chaos.

"I'm proud to be part of an organization that determined early on in this crisis that we could have a plan that invited people to share their gifts and talents, and that kept youth connected with each other during this isolating and lonely time."

midst of construction. We were also partially through three different youth production classes, in which children and youth meet weekly to rehearse a specific play with public performances at the end of each session.

We honestly thought that we might be closed for three weeks—four at most. The plan was to keep these rehearsals and classes going online for that time; when we re-opened, we'd be able to pick up where we left off and get those performances up on the stage. In the meantime, we figured we'd do one or two things on social media.

Our first ACTHappyHour was March 18. It started with a Facebook post that was submitted as an open challenge: post a video of yourself singing a song that makes you the happiest and then challenge three friends to do the same.

We had about 10 submissions the first day. People were singing in their bedrooms, bathrooms, kitchens and backyards. And it kept snowballing from

Subject to change at any time!

SCHEDULE		Who doesn't have a schedule??
Morning until 9	FREE TIME	
9:00-10:00	Academic Time	Get out those packets!
10:00-11:00	Creative Time	
11:00-12:00	Outdoor Time	Wait! a rainy! fun! fun!
12:00-1:00	Lunch	
1:00-2:00	Chores	loud/unlaid dishwater! vacuum! wipe down! table! counters! make bed!
2:00-3:00	Academic Time	
3:00-3:30	Reading	Get out those reading logs!
3:30-5:00	FREE TIME	(work time for Mommy and Daddy)
5:00-6:00	GO OUTSIDE! Or read!	Call a grandparent! Write a letter! Or make your king on a perfect!
Sometime after 6	Dinner	
After dinner	Whooooo	Watch a movie! play a game! quiet time in your room! take a bath!



A rehearsal for *Little Women* over Zoom.

there. Hundreds of videos have been submitted—from children, moms duetting with their daughters, choir members, teachers and more. These videos have made me laugh out loud, given me goose bumps and made me cry.

When we figured out the quarantine was going to last longer four weeks, ACT pivoted again. We kept going with rehearsals for the youth production classes and *Little Women*. But we needed new programming that could include lots of people, and everything needed to be filmed using cellphones, laptops, tablets—whatever people had access to in their homes. We began producing six different series that we have been airing on YouTube, Facebook and Instagram TV. I didn't even know there was such a thing as Instagram TV!

At home, I struggled with our family's plan. When it rained during scheduled outdoor time, I may have hollered, "You're not made of sugar; you won't melt!" at the kids as I pulled their rubber boots out of the pile of shoes in our closet. I may have increased the screen time limits by 500%. We improvised.

ACT has improvised, too. Once it was clear that we wouldn't be opening *Little Women* on the stage, we began rehearsing online for an online performance. Instead of working on stage movement, we're making sure actors are aware of their posture and distance in regard to their device's camera. Our lighting crew has had to change from creating intricate cues that change at the push of a button to asking actors to re-position floor lamps. Even in this seemingly disconnected space, actors are connecting beautifully with each other, to the script, and to the characters.

Theatre is such a collaborative art form,



Jenny Bunn

and it's been challenging to keep it going over a series of Zoom meetings and conference calls. But I'm proud to be part of an organization that determined early on in this crisis that we could have a plan that invited people to share their gifts and talents, and that kept youth connected with each other during this isolating and lonely time.

And I'm also glad that my family looked at the poster board on the fridge and agreed to be a part of that plan.

I'm so grateful that beautiful Fairview is my home, and I am so glad that "stay at home" means, for me, to stay in Fairview. But I long for my creative home and will be happy to be back at Asheville Community Theatre when this long intermission is over.

Jenny Bunn is the marketing director at Asheville Community Theatre (ashevilletheatre.org). She lives off Webb Creek Road with her husband and two kids.

June Brings the Longest Day of the Year

Spring sprang into action in March, with temperatures reaching 80 or better on three days of the month. In contrast, April was cooler, with only one 80-degree day—and quite wet, as well. May started out more like March, with windy and cold conditions during the first third of the month, and several overnight lows in the 30s. The coldest morning was on Mother's Day (May 10), with a low of 32 recorded at the airport and temps even lower in the coldest valleys. It was safe to plant those tender veggies and fruits after that. Rainfall was also on the light side at the start of the month. The latter half of May was more typical of June than March, with a good number of days in the 70s and 80s and no more cold nights.

Here are some interesting tidbits on the long-term average conditions for the area in June from weatherspark.com. The daily high temperature in June increases by four degrees, from 78 to 82, and rarely falls below 49 or exceeds 88. The daily low temperature increases by five degrees, from 58 to 63, and rarely falls below 49 or exceeds 67. June's cloud cover is fairly

consistent, with overcast or mostly cloudy conditions occurring 47% of the time.

A wet day is one with at least 0.04 inches of liquid or liquid-equivalent precipitation. In Asheville, the chance of a wet day over the course of June will increase, starting the month at 42% and ending it at 47%. Average rainfall for the month is around four to five inches, which is highly dependent on thunderstorm activity.

In terms of sunshine, on June 20, the longest day of the year, the sun will rise at 6:14 and set 14 hours, 34 minutes later, at 8:49. On December 21, the shortest day of the year, the sun will rise at 7:36 and set 9 hours, 45 minutes later at 5:21.

Hurricane Season

Hurricane season is from June to November, when seas are at their warmest and most humid. The peak is in September. Here are some interesting facts about hurricanes:

- The first time anyone flew into a hurricane was in 1943 in the middle of World War II. Storms were not yet named at that time.
- A tropical storm is classified as a hurricane once winds become faster than 74 miles per hour.
- A typical hurricane can dump up to six inches to a foot of rain across a region.
- The most violent winds and heaviest

WEATHER WONDER



Where does the word "hurricane" come from?

The word comes from the Taino Native American word *hurucane*, meaning "evil spirit of the wind."

rains take place in the eye wall, the ring of clouds and thunderstorms closely surrounding the eye.

- Every second, a large hurricane releases the energy of 10 atomic bombs.
- Hurricanes can also produce tornadoes, but they are not as strong as regular

tornadoes and last only a few minutes.

- Slow-moving hurricanes produce more rainfall and can cause more damage from flooding than faster-moving, more powerful hurricanes.
- Most people who die in hurricanes are killed by the towering walls of sea water (known as a storm surge) that come inland.
- Three hurricanes or tropical storms in September of 2004 produced the wettest month on record in Fairview, with more than 27 inches of rain.

Follow the progress and be weather-wise this season. A good place to start is the National Hurricane Center (nhc.noaa.gov). Their site also has a series of webinars that are meant for students but can be quite informative for just about anyone.



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

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QUESTION of the MONTH

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PROPOSED BUILD



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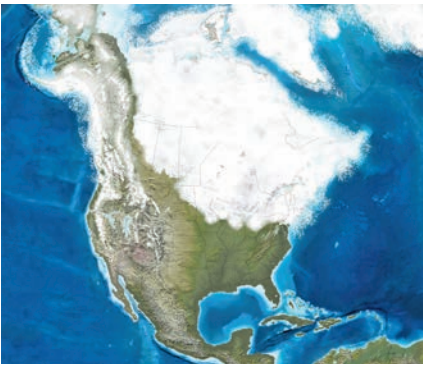
How Our Mountains Came to Be

The southern Appalachian region is known worldwide for its scenic beauty and biological diversity. To understand how these majestic mountains came to be home to more than 10,000 species of plants and animals, we will have to do a little time traveling and read the origin story that was written for us in the rocks.

Around 270 million years ago, the continents that were ancestral to North America and Africa collided. Huge masses of rocks were pushed and piled up to form the mountains that we now know as the Appalachians. As a result of the collision, rocks that had originally formed on different continents in diverse environments came together to set the stage for the diversity of landscape, habitat, and life forms that characterize the southern Appalachians today.

Some of the rock types formed highly specialized habitats, such as balds, high-elevation rocky summits, and granite domes. Metamorphosed sandstone formed outcrops and cliffs that are habitats for scattered communities of rare plants and animals. Metal-rich rock layers produced the acidic soils that some species, such as red spruce, need to flourish. Volcanic rocks produced soils that favor oak forests.

Many of the rocks you will find in our region are metamorphic rocks, formed under heat and pressure that caused the existing sedimentary and other rock types to



squish and fold into each other to form our mountains. If you look closely, you can still see these folded patterns in our rocks today in places such as the Botanical Gardens near UNC-Asheville. You can also find igneous rocks exposed in our area, in places where the surrounding metamorphic rock has eroded away. A local example is Looking Glass Rock.

About 11,000 years ago, during the Pleistocene epoch, great sheets of ice advanced southward from the polar region. The glaciers did not reach our mountains, but the resulting change in climate did. Animals and plants were pushed, carried or forced southward. Species usually found in the north, such as the saw-whet owl, and ancestors of our Carolina Northern flying squirrel sought refuge in the southern Appalachians. These species and their descendants can still be found in our mountains at high elevations.



During the Pleistocene, sheets of ice crept southward, pushing animals and plants in front of them to what are now our local mountains. (PHOTO BY TRAVIS BORDLEY/SAHC)

The different rock types that make up our mountains have created a variety of different landforms and soil characteristics, resulting in a wide range of habitat diversity. This, coupled with the migration of diverse plant and animal species that weren't common to this region before, has set the stage for the scenic beauty and biodiversity we have here in the southern Appalachians.

Our region's more than 10,000 species include 70 types of mammals, 460 different species of spiders, around 100 native trees and 1,400 flowering plants, and 2,300 species of fungi (with more to be discovered). And more than 30 species of salamanders can be found in the Great Smoky Mountain National Park alone, earning its name as the salamander capital of the world. In addition to this wide variety of plants and animals, there are a few other unique creatures that



can be found here: you, me and all the other people who are lucky enough to call the southern Appalachians our home.

Though sometimes in pictures it may seem like everything here exists in beautiful harmony, the truth is this global hotspot for biodiversity has been historically and recently affected by many different threats. Deforestation, invasive pests, climate change, and chemical pollution have led to the loss of unique habitat, the endangerment of species, and in some cases, threats to human health.

However, by increasing our knowledge of and appreciation for history and the current state of our environment, we can all play a role in conserving our beautifully diverse home.

Watch a version of this article at [youtube.com/watch?v=r8RHNcpL1T0](https://www.youtube.com/watch?v=r8RHNcpL1T0).

Hannah Latragna is SAHC's Communications and Community Engagement AmeriCorps member. Visit Appalachian.org.



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Neutralizing Fear and Worry

Everywhere we turn these days, it is impossible to avoid talk or news about coronavirus. There is hardly an individual alive who is not reminded countless times every day of what has been controlling our lives for the past few months.

The news talks about nothing other than COVID-19, lost or altered employment, kids at home, everyone wearing masks at the store (or not wearing them), yearning for human contact or eating out at your favorite restaurant, dwindling bank accounts, and the toll on human life. These are all constant reminders of how our lives are very different than they used to be.

And now there is constant talk about what's next: a phased "re-opening," more limits on human contact, the next wave of sickness and casualties, and further uncertainty about our children's education and our financial well-being.

How does one handle it all? Will it ever go back to "normal"?

I'd be lying if I said I knew. But I do know one thing we have control over—the most important factor in this COVID-19 equation with regard to our health and well-being—and that is how we respond to it.

In his landmark memoir, *Man's Search for Meaning*, Viktor Frankl wrote of his experiences in Nazi concentration camps.



Writing down your worries can help to neutralize them. See more tips in the box at right.

He observed how some were able to overcome adversity and survive in the harshest of circumstances through finding meaning and purpose in their lives and how others perished from being continuously overcome with fear and worry at the hands of their captors.

According to many experts, fear is involuntary but worry is the opposite; it's voluntary (a choice). And it can be a very damaging choice. Fear can be thrust upon us by captors, a virus or overdue bills. How we respond to the fear is largely what determines our outcomes, both psychologically

and physically. See the box to the right for tips on how to control your worries.

COVID and the Apex Offices

Our practice has been actively, and safely, treating patients from across the country during this pandemic. Deemed essential health care providers in NC, we have opted to continue to care for our patients with brain injury and associated conditions who typically have high rates of ER, hospital and medical visits. We feel that our services help unburden the acute care health system and minimize exposure for immune-compromised individuals during this crisis.

Basic Tips to Neutralize Worry

- 1 Write down your worries.**
They have less power over you on paper than they do in your head.
- 2 Create a gratitude list.**
Focusing on positives replaces worrying about negatives.
- 3 Turn off the TV.** Be informed but not over-informed.
- 4 Breathe, breathe, breathe.**
- 5 Realize that most of what you worry about will never come true.** (This is a fact.)

Be well and control your thoughts and responses. It may very well save your life.



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

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Exercise, Immunity and Weight Loss

My customers have been asking a couple of questions recently. The first is “Exercise decreases immunity? I thought I was doing something good for my body!” And the second is “Reduce my exercise? How am I ever going to lose this weight?”

We all know that exercise is a key component to our overall well-being, but most of us aren’t aware that it can wreak havoc on our immunity if we aren’t smart about it. In general, we also think we need to exercise a lot to drop weight or maintain it.

So, how much exercise do we need to support our best immunity while keeping the weight off? The answer involves watching the clock and your heart rate.

Now is the time to embrace shorter and less-intense workouts. (This can help with time management, too.) Unfortunately, long, intense training sessions are more apt to drain and overly stress your body, while potentially depressing your immune system and making you hungry. Shorter, less-intense workouts will actually support stronger immunity by increasing lymphocytes and natural killer cells, which are two good things.

This is good news from a weight loss standpoint, too. We are often told that weight loss is simple—we need to eat less and move more—and that calories in equal calories out. However, our bodies



are much more complicated than a simple equation. The benefits of increased activity on weight loss aren’t as clear as what we have come to believe. Exercise should be viewed as a wellness tool rather than a weight loss tool for many reasons. Let me explain how to protect your immunity while you lose weight.

Mind Your Heart Rate

Find your maximum heart rate (220 minus your age) and subtract your resting heart rate. This equals your heart rate

reserve. Figure out what 60% of your heart rate reserve is and add your resting heart rate. This is the heart rate at which you can exercise to find an immune boosting function.

Here’s an example for a 55-year-old man. His maximum heart rate is achieved by subtracting his age, 55, from 220, which equals 165. Subtract his resting heart rate, 65, from his maximum heart rate, 165, which equals 100 (the heart rate reserve). Sixty percent of 100 is 60. Add

Thirty minutes of brisk walking every day may help you meet your weight loss goals.

that number to his resting heart rate, 65, to get 125. So, 125 is his heart rate goal for optimal immune strength.

Watch Your Clock

Find your own heart rate goal and exercise around that number for about 20 to 60 minutes, five times per week. Get outside and go for a nice brisk walk on the other days. If weight loss is the goal, 30 minutes of brisk walking every day should be a sufficient duration.

All in all, the good news is you can still get your sweat on this spring while supporting your immune system and dropping weight. Maybe you’ll find that less is actually more, allowing you to come out of this crisis leaner and stronger than you had ever imagined.



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



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Endings and Beginnings

As we begin to recover from the coronavirus shutdown, we need to look to our community to find the places where we can help. Many of our locals make their living in the tourism industry and the restaurant trade. With restaurants closed, waiters, kitchen staff, delivery companies, and farmers are suffering from income loss. We will all have to find a way to rebuild. This can be a discouraging prospect for those of us who felt our businesses had finally reached a stable place. I have a feeling we may see some long-time local businesses not take that challenge, or not have the resources to continue.

But I think we'll also see a whole new crop of folks who have had the time to work up some pretty interesting and innovative business ideas while we've all been quarantined. Still, it may take some time for many to get the financial resources to take on a new venture. As much as I will miss those who don't recover, I look forward to seeing what comes out of these hard times.

Where do we stand at Imladris Farm? We have managed to survive financially for now because of our co-packing accounts. We were lucky enough to have a partner who makes elderberry tonic, and business is booming in that product line right now. We are considered an essential business since we're a food producer, so we've not faced issues with production being stopped. Our staff can work alone, so they feel relatively safe continuing to work and appreciate having a job right now. But so many of their friends and relatives are not as lucky.

Tailgate markets have had their openings delayed. And even when allowed to open, the restrictions may make them unprofitable for us. The North Asheville Tailgate Market reopened on May 2nd. The number of shoppers and vendors are limited. Shoppers are only able to go one way, and vendors have to remain six feet away from our customers.

While I feel these are safe precautions,

it will change the feel of our market. Usually, we have quite a bit of contact (hugs, handshakes, etc.) with our customers, especially on opening day; it will have been months since we've seen some of our regulars. I hope that these restrictions won't be necessary for long.

Walter hasn't been able to work our downtown street cart since the Christmas season due to the cold weather and the COVID-19 restrictions. We have no idea how long the street cart will be out of commission or how long it will take the tourists, who are our main source of income for the cart, to return to downtown.

Even with all the changes, life goes on as usual in many ways. Walter and Andy have gotten the pruning done at the blueberry patch. Now the boys are hard at work weeding, mulching, mowing, and weed eating. Every once in a while, they'll change it up—running the chainsaw and using the tree loppers to clean up brush around the patch. And of course, both farm trucks have needed repairs; something always seems to wear out or get broken with farm work. This is all normal activity for this time of the year, and it is giving us a sense of hope that the rest of the world will soon be on track again.

We appreciate each and every one of our customers. Like us, I'm sure they appreciate all our local businesses that make Asheville and the surrounding communities such a special place to live. In times like these, we see the interconnectedness that creates community. So, when you see a way to help, you should do it; and if you need help, ask for it. We're all in this together. Give your encouragement to those businesses starting over, and when the time comes, get excited by the new businesses born out of this catastrophe. Life goes on.

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



Local tailgate markets are limiting the number of shoppers and requiring all vendors and customers to wear masks.



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Letters and Jewels

Charles Schoof delivered mail in Vietnam, polished stones in Asheville



THEN AND NOW Charles' time in Vietnam coincided with great advances in technology. His unit had a Univac 1005, a punched card data processing system—the first electronic computer used on the battlefield. Charles also used a Fridon Flexowriter (shown at left), the first real word processor. It was a heavy-duty typewriter, but it was also able to record text on punched paper tape and play it back with pauses to allow an Army typist to insert custom text orders associated with different codes. This made cutting orders much faster for soldiers like Charles. You can see the paper tape hanging in the photo. Charles said this was done to keep the tape taut and untangled.

■ BY CLARK AYCOCK

Charles Schoof has lived in the same house in Fairview since 1979, after he moved from Greensboro to manage Schiffman's Jewelers in Asheville—but before that he delivered the mail in Vietnam. Let's find out how those two parts of his life came together.

He was born in Raleigh. His mother, Beulah, was from the area, and his dad, Herbert Schoof, from Long Island, NY, was studying science at NC State. They met because his mother was the secretary for the botany department. His father went on to serve in the US Public Health Service for 31 years, earning the rank of captain in the US Navy. "I was very fortunate to have them as parents," Charles said.

When Charles was young, his family moved to Atlanta and then Savannah, in 1954, for his father's work. His dad traveled the world to combat infectious diseases spread by insects, including malaria. As a result, Charles had traveled to much of Europe when he was young—but he had never been to Asia. But that was about to change.

Charles was 23 years old and studying business administration at Georgia Military College when he found out he might be drafted into service to go to Vietnam. He knew that if he enlisted, instead of being drafted, he could have some say in his assignment, and he wanted to go into personnel, which he was studying at college. So in

January 1966, he took his oath and was sent to Fort Jackson for boot camp and specialized training in clerk typing.

He and a small group of men were then assigned to the 527th Personnel Service Company in Fort Lewis, Washington. There was one problem when they got there, however—the company didn't exist. It was a brand-new company starting from scratch and had not been activated yet. When the small group first met with their new commanding officer, he went around the circle, pointing at people and assigning jobs at random. That's how Charles became the mail clerk and got his "Mailman" nickname. The company was activated at the beginning of June, and soldiers started arriving from all over the world.

From June to August 1966, "we played army," he said. "We went to class and bivouacked. We simulated what it would be like, lived in the woods and fields. And learned to put up tents."

After getting up to strength with personnel and equipment, the company was deployed to Vietnam in November of that year. Charles flew into Saigon via San Francisco, Hawaii and Japan. The 527th settled into Qui Nhon, which was around 100 miles north of Cam Ranh Bay and 100 miles south of Da Nang.

His first impressions of Vietnam? "It was hot as hell, and the mosquitos ate you up," he said. From a man who grew up in Savannah, that's really saying something.

His company handled all the paperwork for 15,000 support troops in Vietnam. They kept records, paid soldiers, issued transfers and promotions, cut orders for R&R—and delivered the mail, of course. If you served in certain areas of Vietnam and received an order, it came through the 527th. "The Army couldn't do anything unless you had a piece of paper," Charles said. (There is a short, soldier-produced documentary of the 527th in Vietnam from 1966 on YouTube. At the 1:54 mark, you can see Charles handing out the mail. Go to fairviewtowncrier.com/links for the direct link to the video.)

Charles' experience in the war was different from what you may have seen in movies and TV.

His service was spent in an area where there was no direct combat, and the soldiers didn't carry weapons. In fact, Charles said the weapons were in "our wall locker. But that didn't us do any good because the ammunition was in the ConEx [a steel shipping container], and we couldn't get in the ConEx because we didn't have a key!"

But Charles wanted to make clear that, even though he was relatively safe (a combat unit of the Korean army kept the Viet Cong at bay in the Qui Nhon area), there was no front line in Vietnam. "The first person in our unit to be killed in Vietnam, a friend of mine," Charles said, "was in the wrong place at the wrong time. He was sitting in a truck between

two other people eating a hamburger in front of the main PX [a general store for soldiers only]. One bullet came from somewhere, and he never knew what hit him. He had only been in the country fewer than three weeks."

Charles interacted with the locals, who would clean tents and clothes, but not with the South Vietnamese soldiers. He has strong memories of the children. "It kind of broke your heart what they went through during the war," he said. "These people are just like you and me. It made you ask: 'Why are we doing this?' There has to be a better way."

Charles had a friend named Rick who was engaged to a woman back home in Ohio. Rick's fiancée would often write "Hey, Charlie!" on the back of her envelopes to Rick, knowing "the mailman" would see it. When she showed her friend Susan one of these letters before she sent it, Susan was a little confused but soon learned who Charlie was. She had been wanting to write a GI, and was soon corresponding with him and sending goodie boxes. "And that's how I met my first wife," Charles said.

Finally, in November 1967, his tour was up and he boarded the plane to go back home. "Everybody lived for that flight," he said. After the plane left the ground, "everyone erupted into great applause," he said. He flew through the Philippines, Guam and Hawaii on the way back to Fort Lewis.

Charles said he didn't feel connected

to the larger war effort. But what stuck with him then, and still remains now, is great camaraderie among those he served with. “We had pride that we had done something no one else had ever done—started a company from nothing. That was our child, so to speak. We made it what it became.”

He was stationed at Fort Lee, in Virginia, for the remainder of his service. After he got out, in 1968, he went back to school, taking correspondence courses from the Gemological Institute of America, and became a Registered Jeweler and Gemologist. He worked at a jewelry store in Savannah and married Susan, his Vietnam pen pal, in 1969.

They eventually decided to move north—maybe it was the mosquitos?—and he took a job at Schiffman’s Jewelers in Greensboro in 1973. In 1979, he was asked to replace Mr. Henderson at the Schiffman’s store in Asheville. This was a dream come true because he and his wife both loved the mountains of WNC.

They looked all over the greater Asheville area for a place to live. They liked a house in Candler but told the realtor they wanted to see something in the country. They were shown the house

Charles lives in today. He and Susan had one son, Stephen, who is married, has one daughter, and works at the NC Agriculture Research Station in Fletcher.

Schiffman’s asked Charles to move back to Greensboro in 1983, but he wanted to stay in the area and transitioned into the insurance business at United Family Life, where he worked for about 15 years. After that, he worked part-time for 10 years at Alan’s Jewelry & Pawn on Patton Avenue.

Susan passed away in 2003. He met his second wife, Norma, in a local hiking group, and they were married in 2006. (It turns out both of his wives were from Ohio.) Charles is also a longtime member of Groce United Methodist Church on Tunnel Road and an enthusiastic bell ringer with the Ringing God Praise Handbells Chorus.

Charles has been diagnosed with Parkinson’s and spends most of his time in a wheelchair. The Army has acknowledged a link between Parkinson’s and exposure to Agent Orange. And Qui Nhon, which is where he was stationed, was one of the largest dumping grounds for Agent Orange in Vietnam. A sticker on his car reads, “We came home, and death came with



us.” He is looking to be classified as 100% disabled by the Army but has had his appeal turned down three times.

In spite of his health issues, Charles has a positive outlook and keeps a good sense of humor. His Parkinson’s doctor told him, ‘I’ve never seen you down.’ Charles said that’s not totally true, but life “is what you make of it.” ■



Above: Charles with his friend Ron Ray in Vietnam and, 47 years later, at the Grove Park Inn.

If you would like to get in touch with Charles, please contact the Crier: 828-771-6983 (call/text) or copy@fairviewtowncrier.com.

Clark Aycock is the editor of the Fairview Town Crier.

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The Quiet Halls: A Q&A with Fairview Elementary Leaders

had the opportunity to talk with Dr. Angie Jackson and Jamie Slagle, Principal and Assistant Principal at Fairview Elementary, about their experience with school during the pandemic.

What have you missed most since March 16, when the school doors closed and virtual learning began?

Angie Jackson (AJ): The relationships. Just seeing the smiling faces, opening the car doors in the morning, all of the “good mornings,” going in classrooms and seeing the learning in action. Hearing the noise in the cafeteria would be so great these days.

Jamie Slagle (JS): All those little things that you usually don’t think about on a daily basis when we’re here normally. Now those are the things that we miss the most. We’re just not used to these quiet halls.

What has surprised you during this time?

AJ: The technology that our teachers have learned to use in such a quick time period, and just the variety of technologies that they’re using. They have jumped into SeeSaw and Google Classroom; they’re holding Zoom meetings, they’re using FlipGrid, they’re using Discovery Education. And the majority of our teachers had never used that technology before. But they figured out how to do it and now they’re doing it on a regular basis, and they feel very comfortable with it. So I think it’s just that teamwork and that drive to do everything they could to make remote learning successful.

Will the teachers be able to transfer any of that back into the classroom?

AJ: Absolutely. They’ll be able to use all of it.

JS: Our teachers have even been talking about that during their Zoom meetings—about how they realize now all the things that they can do with Google Classroom and SeeSaw and that they want to use that when the kids come back.

What have you worried about during this time, and how have you addressed those concerns?

AJ: We have worried about our students and families having what they need: technology, [such as] hot spots, food. Our social worker, Angie Brock,



Angie Jackson, Principal, Fairview Elementary

is amazing. She has gotten a county car. She goes out and delivers meals—delivers truckloads of groceries. Anything the family needs, she has taken care of. We originally were not a meal site, and now we are. We’re giving out over 100 meals a day. That line is just non-stop, and most days we run out of food.

JS: We also worry about the kids because [of] the communication with each other [they were used to]—them getting to see their friends. Teachers have been holding class Zoom meetings. That helps because [the kids] get to see each other and talk to each other. We have been trying to create videos where we sing songs, read poems, tell jokes—just so that we continue to lift their spirits and let the kids know that we’re still here. We’re still at school, we’re still doing these things, and we’re looking forward to seeing them again when the time is right.

Our school counselor has done an excellent job, too, of reaching out and checking on those kiddos who she knew might be going through some of that loneliness. She’s been holding individual Zoom meetings and Zoom meetings for small groups and working on some of those skills. She’s even been contacted by parents or grandparents who said, “My student is having a hard time and missing folks.” She’s reaching out in that way, too, which I think is really important because that helps with that social and emotional piece.

What are you most proud of?

AJ: I’m super proud of the support that everyone has given, the positive attitudes, making the best of it. We have such a wonderful community. We get calls all the time: “Hey, what can we do to help?” “Can we provide food?” “Can we help give food out?” We have assistants going to the district office to prepare the food and get the food out. They’re in vans during the day delivering food. Instead of staying home, our assistants are coming in to



Jamie Slagle, Assistant Principal, Fairview Elementary

work to pass out food. It’s that community support that Fairview is known for.

And then [we have] teams working together to reach out to our social worker when they’re concerned about a student. And we have assistants hopping in the car with her to go make home visits, just to make sure that everybody is well and doing the best they can.

I’m super proud of the support that everyone has given, the positive attitudes, making the best of it. We have such a wonderful community.

**Angie Jackson, Principal
Fairview Elementary**

JS: I know that one particular second grade teacher and her husband mapped out a route for every child in her class. She got their addresses, emailed and called all the parents and told them approximately what time she would be there. The teacher went up and left a little goodie bag and some things on the porch. Then she backed up and the child came out so that they were safe, socially distancing. But that was completely on her own. There are other teachers who are now doing that as well, but we didn’t tell them to do that. That’s just something they wanted to do.

AJ: It took her six hours.

JS: They started running a little behind, so she started calling the parents and saying, “We’re running a little bit behind but we’re coming.” And one of the parents said, “My son has looked so forward to this, he’s been standing on the porch at the door for the last 30 minutes waiting for you. That’s how much he’s looking forward to seeing you.” It just gives you chills and warms your heart to hear things like that.

What do you have in mind for helping students make the transition back into the school building in August?

AJ: We’re still in the planning stages for transitioning students back in the fall. For instance, some grade levels are inviting their upcoming students to Zoom meetings so that they can talk about what’s different at the next grade level and what to expect academically. Other grade levels are working on a bulleted list for parents about grade-level expectations.

Ms. Katie, our guidance counselor, is working on social and emotional lessons with all of our staff and what that will look like when we come back to school. We’re incorporating that into our daily schedule, depending on the grade level. For example, kindergarten and first grade would absolutely need 15 minutes each day for social and emotional lessons.

We’re doing the [end of year] send-offs through the car line or the bus area. We need to find closure in this year. When students come to pick up their materials and supplies for fifth grade, it’s going to be a drive-through; they’ll get all of their belongings, materials and certificates. Each grade level is planning to do something a little different for their pick-up times.

We originally thought we would do it by last name, but we wanted every grade level to have their own time, and then the staff can be lined up, social distanced, with their masks on. Just so we can see everybody.

JS: And each grade level will come up with a way, whether it’s making signs or balloons—to make their students feel special even though they have to stay in the car. It’ll be a time that they’ll get their yearbooks; and we’ve got t-shirts for them; things like that. Just a way to send [them] off and close the year out and let them know that we love them and we miss them and we wanted to see them one more time before summer.

Is there any information that people should have for next year?

AJ: Our new wing should be completed by the first or second week of June, which is super exciting. We have about 20 teachers moving classrooms because that new wing is going to create a domino effect. We’re in the process now of packing up boxes.

What are you looking forward to about the summer?

AJ: No Zoom meetings, I hope! We’re averaging five to six a day, all day.

JS: And I think that would go for everybody: staff, students, families, probably all the way down.

AJ: We’re looking forward to getting ready for next year, working on class lists, working on handbooks. That’ll feel normal. I’m ready to feel normal again.

Fairview Elementary End of Year Send-Off Schedule

- JUNE 1** 2nd Grade 1–3 pm
- JUNE 2** 1st Grade 9:30–11:30 am
- JUNE 2** 4th Grade 1–3 pm
- JUNE 3** 3rd Grade 9:30–11:30 am
- JUNE 3** 5th Grade 1–3 pm
- JUNE 4** Kindergarten 1–3 pm



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

Fly on, Cardinal Fifth Graders!

by Kenya Hoffart

THEY ENTERED THE BUILDING full of excitement; ready to learn, make new friends and grow. They were small, bright-eyed and anxious not to miss a thing. Some were shy and maybe a little scared, but all were ready to take on the challenge of being a kindergartner. They told their parents good-bye and started on their way. They were officially Fairview Cardinals.

Years have passed, confidence has built and little minds have grown. They have traveled the halls hundreds of times, read lots of interesting books and become role models for the kids standing where they once stood. They have grown taller, learned about respect and integrity, and mastered math strategies they built on year after year. Now they are fifth graders who continue to work hard and dream big.

They've spent hours running on the playground, experienced field trips to lots of interesting places, and discovered many new and incredible things. They've enjoyed fall festivals, field days, sing-a-longs and so much more. The doors are less heavy now, and the library and cafeteria don't seem so big. They are finishing their elementary school years in a way no one

could have imagined. They have taken on virtual learning, explored different ways to connect and communicate, and participate every day as if nothing has changed.

They've left a mark in their classrooms, on their school buses and in our hearts. We will remember their smiles and good deeds, the stories they told, the ideas they shared and how they made us feel. And while we did not get a face-to-face chance to wish these fifth graders good luck at middle school, give them a hug to send them on their way or thank them for all they taught us while they were here, we know they are ready. We know they are okay. They are holding their heads high and looking ahead, ready for their next adventure. Their futures are bright, and we can't wait to hear about all that unfolds. We are so proud of each and every one of these students who will always be Fairview Cardinals in our hearts.

Farewell, Fairview fifth graders. Thank you for letting us be a part of your journey. Now is your time to soar.

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

Shown at right are just some of the graduating fifth graders at FES.



Find the Good in the World Around You

It's easy to feel overwhelmed right now. Kids are learning to adapt to online school in a home environment, and adults are worrying about providing for their families. However, no matter what



AVERY LOVE

your age, a lot of people are in the same boat mentally—feeling sad, frustrated or anxious. I know how easy it can be to get sucked into those feelings of hopelessness, to just let it wash you away, but it's times like these when it's most important to find the things that mean the most to you and hold on tight.

Everyone has different hobbies, priorities and things that make them happy. What works well for others might not be great for you. It's important to remember, too, that sometimes joy doesn't need to come from big things. If you can learn to find little things that make your life even a bit better, then you'll end up a lot happier than before.

I've always had a soft spot for flowers. I love the wild ones that grow, even when nobody is rooting for them, and I love the ones in gardens, too. Whenever I go on walks now, or even just out to check the mail, I always look around to see if I can find any new flowers. If they're on the side of the road, and not being grown by anybody, I'll pick them and press them. It's an extremely low-maintenance activity, and it's such an easy way to bring a little bit of beauty into my life.

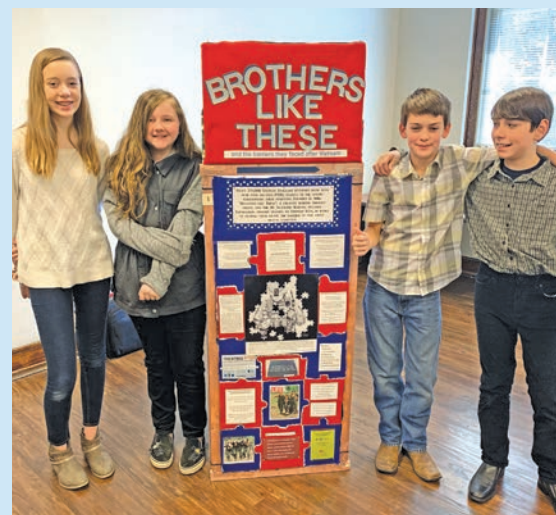
My parents are having to adapt to working online. As teachers, their jobs are high-maintenance, and it can be really hard on them. Every day after lunch, my parents go on a "date" walk down to the mailbox. Although it's not much, it gives them a little hit of sunlight before they have to go back inside and finish out the school day. One of our dogs follows them down the driveway, wagging its tail like crazy, just happy to be walking with them, and off her leash. (Our other dog always stands on the top step of our front porch watching them go; even though they call her and tell her she can come with them, she knows she's supposed to stay on the porch.) That story might not seem like much, but that's the point. It doesn't have to be something big that changes your day for the better. Even if it's just a little, chubby dog trotting down to the mailbox, if it makes you smile, that's all that matters.

Once you start actively looking for the good things in life, you will start to see them more and more. Now that I'm looking for flowers, I see more kinds and colors than I ever did before, because I wasn't paying attention. The catalyst of joy can be anything you want it to be—small, big or anything in between. As long as you start looking somewhere, you're already better off than you were before, and it can only go up from there. And it's okay if you can't take care of everything. Right now, all you can do is your best, and that's enough.

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

Cane Creek Middle School Students Make History

Sara Barlowe, Grace Armitstead, Brady Clausen and Trap-per Alonso recently competed in the North Carolina National History Day Contest, which was held virtually due to the COVID-19 pandemic, and were awarded second place in the Junior Group Exhibit category. The team's exhibit, entitled "Brothers Like These and the Barriers They Faced After Vietnam," was inspired by a PTSD writing therapy group at the VA hospital.



The second place team from CCMS is first in our hearts.

The 2020 contest theme was "Breaking Barriers in History," and this year's unprecedented circumstances added an extra layer of meaning to the theme. Students presented projects in one of five categories—documentary, exhibit, paper, performance or website—and the winners from all 50 states, the District of Columbia, US territories, and international schools will compete in a national contest this summer. National History Day is a non-profit that seeks to improve the teaching and learning of history. The contest was established in 1974 and currently engages more than half a million students every year in conducting original research on historical topics of interest.



MAGIC WITH GREG *Card Shark*

The magician places a prediction (guess) into an envelope that he sets on the table. The spectator is asked to deal some cards on the table and then told to stop at any point. On top of the last card dealt, the magician tosses the envelope (with the guess) and asks the spectator to open it. When they do, they see that the magician's prediction matches the last card dealt.

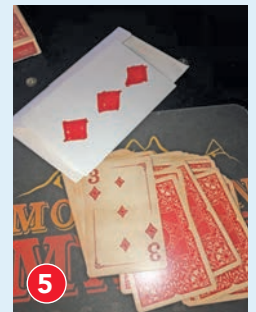
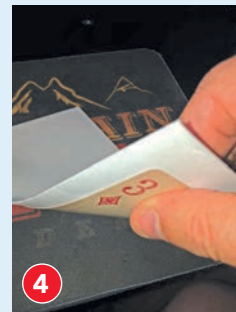
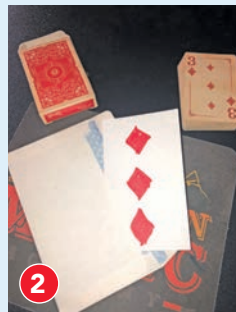
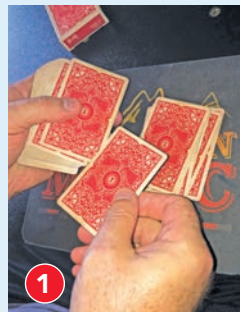
Greg Phillips is a professional speaker, magician and comedian. Contact him at Greg@GregPhillipsMagic.com or MountainMagicAcademy.com.

NEEDED

- A deck of cards
- Piece of paper
- Marker
- Envelope
- Table

SET UP

- 1 Before you begin, pick a card and remove it from the deck.
- 2 Draw that card on the paper, and seal the paper into the envelope.
- 3 Without the audience knowing, place the card face down at the edge of the table so that almost half of it sticks over the side. Lay the envelope on top of it to hide the card.



TO PERFORM

Hand out the deck of cards to the spectator. Have them fully shuffle the deck. Tell them you will predict the card that they will pick.
Have the volunteer deal the cards face

down onto the table into a messy pile. Make sure to emphasize that the cards don't have to be in a neat pile.

Tell your volunteer to stop dealing at any time. Pick up the envelope—and the hidden card beneath it—and toss it on top

of the pile. (Image 4)

Ask your volunteer to look at the prediction inside the envelope and then turn over the top card. (Image 5)

Your prediction will match the card. **Magic!**

Learn Magic and More This Summer

Greg Phillips, a professional magician, has specialized in educational programs for schools and churches for more than 40 years. He hosts magic camps and afterschool clubs that teach children social skills through learning magic.

His students learn to do fun and entertaining tricks, but he said that's just the surface. Students can also learn discipline, hand-eye coordination, how to prepare, confidence, empathy, creative thinking and improvisation skills.

Greg is the exclusive teacher of the Discover Magic educational program in the WNC area. This national program is specially designed to teach key life skills to kids ages 7 to 12. Every class features custom props, secret file folders for each participant, and special bonus materials the kids can unlock online with a secret code. The tricks are specially designed to encourage and reinforce a life skill presented with that lesson.

For more information about Greg's upcoming June camps and online classes, contact him at Greg@GregPhillipsmagic.com.

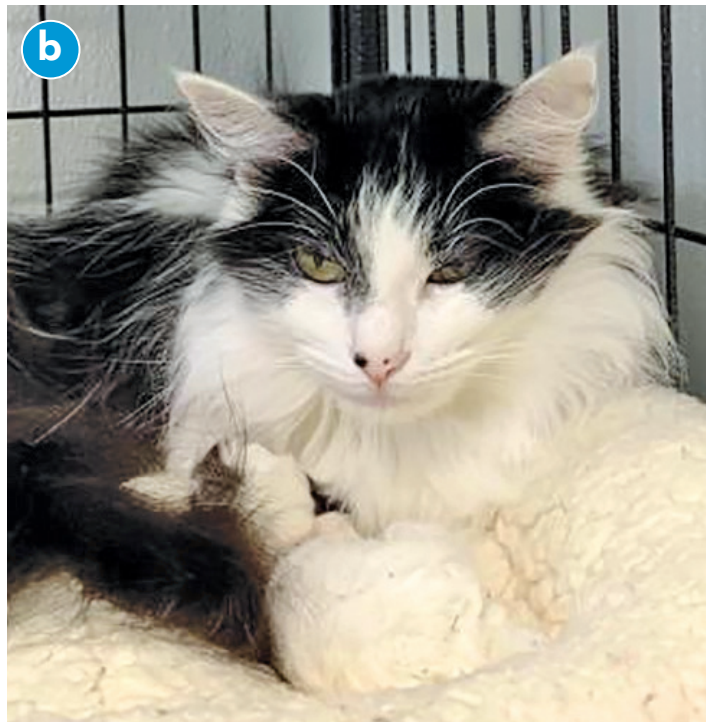
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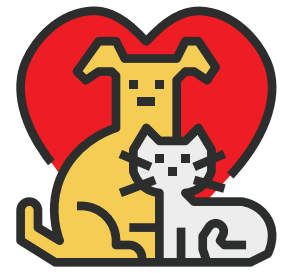
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b. Chihino and her brother Haku are 5 years old and came to Charlie's Angels from a neighboring county's shelter. Chihino is a bit shy, but her brother Haku is helping her to adjust to her new environment. They have lived together all of their lives and are wanting to find a home together.

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

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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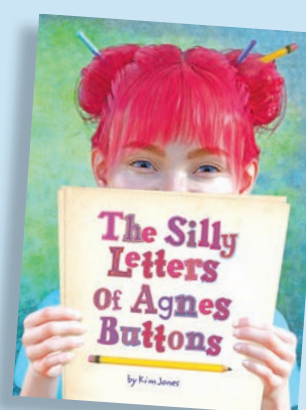
Gerton Author Publishes First Children's Book

Kim Jones, a book designer and illustrator who lives in Gerton, has just published *The Silly Letters of Agnes Buttons*.

In the book, Agnes write letters to all her friends and tells them about her adventures and the silly things she sees. This book playfully explores letters and words, and each letter is combined with an illustration that highlights the words it contains. Parents and adults can read with children from kindergarten to fifth grade to help improve their language skills—in a fun and silly way.

The book is available on Amazon in e-reader and physical formats.

Kim's art has been displayed in Asheville and Hendersonville. For more information on her or the book, go to facebook.com/bluegatedesign.



Author Kim Jones, and cover of *The Silly Letters of Agnes Buttons*



LETTERS TO THE EDITOR

Appreciating New Perspectives

I love reading the *Town Crier*, and most months I read every article. During our family's ongoing self-isolation prompted by the COVID-19 threat, any contact with the world outside our own little valley has become all the more precious. Being in the "at risk" age category, my husband and I didn't leave upper Spring Mountain for seven weeks, and then only to make a Walmart pickup run. So I eagerly devoured our May issue of the *Town Crier*.

The series of articles that immediately caught my interest was "Staying Home in Fairview." Each personal reflection seemed to have been written to help me keep my own experiences in proper perspective. Having stayed at home with our own children many years ago, I could easily relate and commiserate with the author of "Three Kids under 6." And the crushed dreams expressed in "A

Child in High School & One Home from College" brought back memories of a much-anticipated 25th anniversary trip being canceled by an unexpected hurricane when we lived on the Outer Banks. Next up was "First Year of College Cut Short." The author's self-realization of his social/emotional needs despite being an introvert, a personality trait which I share, again struck a chord. Already I felt not so all alone after all.

Glancing at the next article, I saw that it was written by a high school student. It's been so long since I was that age, and I don't recall either myself or any of my friends being evenly remotely wise at that stage, [so] I wasn't expecting any grand revelations.

Wow, was I wrong. "Facing a Crisis in High School" was the most amazing article of all. Young Mr. Hewer

skillfully wove the basic psychology of crisis/loss/grief (and let's face it, folks, that's what is going on with all of us right now) together with his personal experience. I began to understand my own feelings and actions better. But more importantly, I now saw the reason behind what I had thought were the bizarre feelings, words and actions of others in reaction to our virus situation. They have been manifestations of stages one through four mentioned in the article. Best news of all? Stage five—acceptance—will come! We will get through this. Things may never be exactly the same again, but we will move on.

Thank you *Town Crier* and Eddie Hower for the revelation.

— Ruth Atkins

Consolidated Ag vs. Independent Farmers

At the risk of sounding flippant, let me say perhaps the coronavirus is a blessing in disguise, as it reveals a major vulnerability in our nation's food supply chain. The consolidation of growers and producers has created bottlenecks, which can lead to food shortages, euthanization of farm animals and food insecurity. Without getting into "the weeds" of economics, supply and demand and safety regulations, let me attempt to explain why this is occurring.

Mass production of our food has become centralized into a handful of companies. Enter COVID-19 and the economy ground to a halt. Stay-at-home orders were issued, and food processing businesses across the country closed their doors due to infections among some of their approximately 880,000 workers. But fruits, vegetables and farm animals do not stop growing just because the world is under quarantine. One might ask, "Well, why can't the food just stay on the farms a bit longer?"

If you have ever grown a garden, you know that when the crop is ready to be harvested, it is ready! There is no waiting around. The crops need to be harvested and eaten or

processed for later usage. When growing is consolidated into the hands of large companies and their workers are not available or the processing plants are not operational, the fruits and vegetables will likely rot in the fields.

Meat producers have their own problems with delays. Their processing industry (slaughter houses) has become centralized in a handful of companies, and those companies have standardized their processes. For example, they require a certain weight of an animal for the machinery to operate efficiently. If the animals are not taken to market in a timely fashion...this creates a bottleneck in the supply chain. As the producers wait for the packing houses to come back online, the animals they are currently raising will become too large for the machinery. Thus, the packing houses will not accept them. Add[ing] to the situation, this handful of large processing companies have forced smaller, local processors out of the business due to inefficiencies of operation precisely because they are smaller.

In the United States, roughly 75% of all pork is processed by four companies. And roughly 60% of all

carrots are grown by one company. Fortunately, here in Appalachia, de-centralized and more local farm-to-table independent operations are encouraged and supported by groups like Appalachian Sustainable Agriculture Project, Carolina Farm Stewardship Association, Buncombe County Farmland Preservation Program, and Mountain Valleys Resource Conservation and Development.

We have a great deal for which to be thankful. However, local, independent farmers cannot feed the entire community. There simply are not enough people who have the knowledge and energy and can afford to do so. The entire food supply business model needs to be re-envisioned with less consolidation, which means our food will cost more. Our priorities need to be reassessed. Food supplies should be local to the area across the entire world.

— Glenda Ploeger

For over 25 years, Glenda and Robert Ploeger have owned and operated Cane Creek Asparagus & Company, a small, family farm CSA located in Fairview. CaneCreekCSA.com.

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Managing Withdrawals Carefully Can Protect Retirement Income

Throughout much of your working life, you contribute to your 401(k), IRA and other investment accounts to help ensure a comfortable retirement. However, once you do retire, you'll need to shift your focus somewhat from building these investments to using them—in other words, you'll have to start withdrawing from your portfolio to meet the costs of living. How can you be sure you're not taking out so much that you risk outliving your resources?

First of all, you need to establish a proper withdrawal rate—the percentage of your portfolio's value needed for one year's worth of retirement expenses. Ideally, if you were to stick with this rate, your portfolio would last as long as you do. Your withdrawal rate should be based on a number of factors, including your age, amount of assets, portfolio mix and retirement lifestyle. A financial professional can help you determine the rate that's right for you, but it's important to understand that this rate is a starting point since you will want to review your withdrawals each year to ensure they are still appropriate.

If the financial markets performed smoothly and predictably, year in and year out, any adjustments you make would likely be more modest. But, as you know, and as we've all been reminded

the last several months, the markets are neither smooth nor predictable. Rather than constantly trying to change your withdrawal rate and spending in response to movements in the markets—which may be challenging if you have grown accustomed to a certain standard of living—you might be better off adopting a more conservative rate at the beginning of your retirement. For example, if you are in your mid-60s, you could start at a withdrawal rate of about 4%, which also assumes an increase in withdrawals (a "raise") of approximately 3% each year to incorporate inflation. By starting at a more modest withdrawal rate, you would have some flexibility for those years in which the market drops significantly. And you could increase your chances of extending the lifetime of your portfolio.

But even if you started out with a conservative rate, you may need to review it during periods of extreme market movements. If, for instance, your portfolio were to fall 20% in one year, the 4% you had planned to withdraw would actually become 5% because you're taking out the amount you had planned, but now it's from a smaller pool of money. If this happens, should you consider making an adjustment?

There's no easy answer. The amount you withdraw from your portfolio has a

major impact on how long your money lasts. You'll improve your likelihood of success if you are able to be flexible and make some spending adjustments—spending less on some of your discretionary items, for example, or not taking a "raise" until your portfolio recovers. Importantly, your financial advisor can help run different scenarios to determine if adjustments need to be made to ensure you remain on track

In any case, think carefully about your withdrawal rate. By managing it carefully, and reviewing it over time, you can take greater control over your retirement income.



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

APRIL FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	17	2,750,000	189,900	803,300
Homes Sold	15	1,060,000	64,007	520,800
Land Listed	6	420,000	30,000	231,300
Land Sold	2	61,000	55,000	58,000

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

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Church and State

Congratulations to our Fairview community for fighting COVID-19 so effectively. We have all learned the habits of how to stay safe and prevent the rapid transmission of this disease. As we re-open our economy, please keep that care in place: masks, distancing and hand washing. We know that hot spots can occur inside with sustained contact with someone who is infected or unaware and without symptoms. We know that long-term care facilities are especially vulnerable.

As long as we take precautions, I think we can begin to get back to work and stabilize the economy—and our families. I have spent much of my time over the past two months helping people with their unemployment insurance. North Carolina was not prepared to deal with the flood of cases.

In Raleigh, we have earmarked \$1.6 billion to make up for funding shortfalls from the pandemic. That money was deposited in our state account from the massive federal CARES Act, and there may be more. North Carolina revenues are going to be hard hit. Sales tax revenue is well down, and income tax collection has been delayed until July 15. County and city budgets are going to require cost cutting. We all need to look out for our family members and neighbors. Our churches need to support those in need, both spiritually and

financially. Perhaps we will learn once again the power of a real community.

Saving an Old Church

But perhaps you, like me, would rather talk about something besides the virus. I have been involved with saving the old Sharon Road Methodist Church, which is an important piece of Fairview history. It is the old white clapboard church on Sharon Road, adjacent to Jon Weaver's car repair. We were finally able to transfer the deed from the Methodist denomination to a cemetery association made up of many of the old families that have taken care of the building and grounds for years.

The Methodist Episcopal Church, South accepted Sharon Road as a "house for Public Worship" on July 15, 1848. Methodists split four years before that over the institution of slavery. Interestingly, going back to John Wesley, Methodists were against slavery as an institution. Ministers could not own slaves, and that was the issue that ended up dividing the denomination. Prior to the Civil War, blacks and whites worshipped together in the Methodist church. An 1859 census of southern Methodist church members counted just over 500,000 white members and almost 200,000 black parishioners.

The graveyard today at the Sharon Road Church reflects this early history,



containing a white section and a black section. Very few of the black graves are marked, but one that stands out to me is John Shorter. John worked at Hickory Nut Gap Farm for most of his life and helped pull Jim McClure's car up the mountain with his oxen in 1916 when it got stuck in the mud. There are many graves of Civil War soldiers there, and I am sure it has a wealth of local history to learn about.

The old church has been lovingly cared for over the many years since the congregation moved to the site next to Food Lion. They held singings and community meals at the old church and kept good care of the building and cemetery grounds. Inside the church, you can feel the simple faith and community

of bygone years in rural Fairview.

In partnership with the Buncombe County Preservation Society, this building will now be protected from harm and continue to tell the stories of its history. But there is work to be done. The families would like to begin worshipping in the building again on a regular basis and find ways to support the expenses of the property. We are looking for people with the skills to refurbish the building. It needs an electrical overhaul and a heating system. There are small and large carpentry projects, and a new paint job would be wonderful. We need a simple bathroom built, which means a well and septic. The site could use some beautiful native plants and landscaping, as well. It would be great to bring life back to this old church for worship, gospel singings, weddings and other community events. If you would like to donate your time and skills to this project, please contact me at 713-6450.

If you are struggling with signing up for unemployment, call me at the same number or email me at jagerhng@gmail.com or my government email below.



Rep. John Ager, District 115 North Carolina House of Representatives. Contact him at john.ager@ncleg.net or 713-6450.

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Pantry Updates, Donations Needed

The need for food assistance has increased dramatically in the past two months, and Food For Fairview is asking for donations to help shop for needed items. You can donate online at foodforfairview.org or mail a check to Food for Fairview, P.O. Box 2077, Fairview, NC 28730.

The Food for Fairview Pantry is operating in a different manner due to the pandemic. Clients are asked to line up in their automobiles and receive items from the pantry selected by a volunteer, based on the number of people in their household. The only time a client needs to get out of their automobile is to load their items, if they are physically able to do so. If not, a volunteer will load their order. Clients are getting pantry items, boxes from The Emergency Food Assistance Program (TEFAP, a government program), the seasonal donation boxes from Food Lion, and food assistance boxes provided by MANNA.

The Asheville metro area is the ninth most affected of the midsize US metro areas (350,000 to 999,999 people) as a result of the pandemic, due largely to our economic base. In addition, the percentage of retail, leisure, and hospitality workers is greater here than the national average, and those sectors have been hit hard.

To make matters worse, one-third of

the US population has no money saved, and another third has saved less than \$1,000. That makes it difficult to afford car repairs, medical bills or job loss for any reason. About 12% of Americans (43 million) are considered poor, yet they are employed. Their individual income is below \$12,140 per year, and it is only slightly more than that for a family of two. When you include housing and medical expenses in the calculation, the number of employed Americans living in poverty increases to 14%, or 45 million people. Locally, before the pandemic, about 10.5% of people were living below the poverty level.

The purpose of the Food for Fairview pantry is to provide assistance to the food-deficient residents of Fairview. We are helped greatly by many people, businesses and organizations, including our donors, the volunteers who give of their time, Fairview Elementary School's annual food drive, Americare Pharmacy and the Fairview Public Library's dry goods donation sites, Fairview Food Lion's weekly donations of produce and contributions from the Fairview Business Association.

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

Help for Seniors in a Rough Economy

IT SEEMS LIKE WE are in a perfect storm: many of us can't go to work, and our investment portfolios and retirement nest eggs have dropped significantly. Either one can be devastating by itself, but together they can be a lethal blow. The feds might bail us out, a little, on the income front, but if we have to sell assets they are gone forever.

Have you heard of a concept called "sequence of returns risk"? It basically suggests that it's better to sell shares of stock in a down market near the end of a time period—say, your retirement—than to sell shares early, even if there are negative years. For example, if you need \$5,000 per month and your stock is at \$500, you need to sell 10 shares; but if your stock is at \$100, you need to sell 50 shares. Selling more shares in the beginning reduces the number of shares that can make a profit throughout the entire time period. When you sell shares of stock, they are gone. Selling in a bear market, as we are in now, can cut a 30-year retirement plan in half. But if you need money now, what are your options?

You could take cash from a whole life insurance policy (if you had set one up years ago) or from your housing wealth or home equity. If you don't have a whole life policy, you might be able to use your equity by setting up a line of credit with a reverse mortgage. Reverse mortgages are a safe, federally insured and versatile



If you need money now, what are your options?

retirement planning tool that can literally save your retirement plan.

But they are not right for everyone. To begin with, you have to be at least 62 and have enough equity in your home (roughly 55%). They work best if you own your home free and clear. They require no monthly payment, and with enough equity you can create a growing line of credit to use at your discretion. Like any investment device, reverse mortgages have risks, but they should be considered in retirement planning, especially in times like these. Don't dismiss them because a friend of a friend said they were scary. A good place to start is ToolsForRetirementPlanning.com. You could also contact a local nonprofit housing counseling agency.



Tom Schunk is a loan officer with Mutual of Omaha Mortgage and a former housing counselor with OnTrack Financial Education & Counseling. Contact him at 707-3493.

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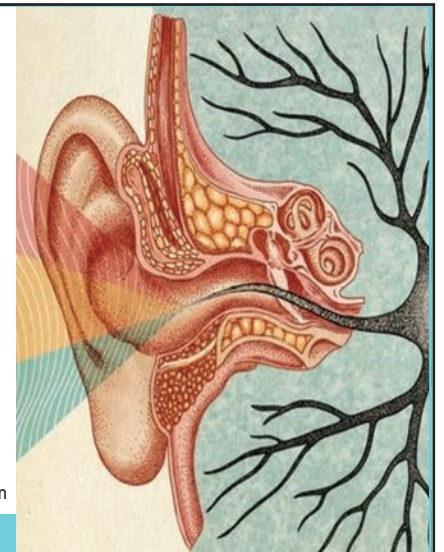
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FBA membership continues to increase even during these trying times, as there are now 104 members. COVID-19 will not stop our membership from growing.

Meetings

The May meeting originally scheduled for May 13 was canceled. We hope to gather together again in June at The Whistle Hop. Look for future announcements over email and on our Facebook page for date and time.

New Facebook Policy

The board approved a new Facebook policy. The following announcement is displayed on the Fairview Business Association Facebook page.

"People will be allowed to join the Facebook group for the rest of this year (meaning that they live or work or offer services in Fairview, Reynolds, Fletcher, etc.) even if they are not Fairview Business Association members. They are welcome to become FBA members, and non-FBA members can post general non money-making posts only until the end of this year. The Facebook page will be monitored and non-members will be informed to remove moneymaking/advertising posts. Starting in 2021, we will only accept dues-paying FBA members on the FBA Facebook page."

The Fairview Business Association's Facebook page:

- Provides updated local news from the business community

Board Officers

President Diana Soll
Grand Solutions LLC

Vice President Michelle Shuford
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Treasurer Brandy Lampert
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Secretary Candice Yount
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Meeting Coordinator Janet Peterson
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Webmaster Bill Scobie, Scobie.net

Welcome, MEMBERS!

Appalachian Earthworx Mountain Glass Werks

- Informs which businesses are open
- Provides product and sale announcements (members only)
- Reviews changes in business operations, such as take-out vs. eat-in restaurants, new hours, etc.
- Provides updates on local business discussions

Membership

If you are interested in learning more about becoming a member of the FBA, visit our website at fairviewbusiness.com. An annual charge of \$60 for the Fairview Business Association Membership includes the following:

- Your company name and number listed in the "Keep It Local" section of the *Crier* for the remaining months of the calendar year;
- Your company name and contact information, including website, photos, etc. on FairviewBusiness.com;
- Free attendance at monthly meetings, as well as invitations to the summer picnic and holiday party;
- The ability to display your business cards and/or notices at the kiosk outside the Fairview Post Office;
- Access to the Fairview Facebook page;
- Discounts and special offers to fellow members;
- A framed Membership Certificate for display;
- Business notifications from Buncombe County and local government agencies.

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Welcoming Our 2020 Interns

Each year we host interns. Many come to learn about growing food or understand the depth of food insecurity. Our internship program is crafted to educate food leaders and activist farmers, who then carry this knowledge on from their time with us. We deeply value that our community knows each crew member—the faces and stories behind the organization that you so lovingly support. So, we would like to introduce you to our new interns by letting them introduce themselves.

Hayley is a full-season intern. “I moved to Fairview in January 2020,” she said. “I am deepening into building relationships with herbs, vegetables, flowers, water and soil this season. It feels like an incredible opportunity to dive into community connections and garden explorations; specifically, learning about compost teas, the power of many hands and “weed” re-education (thistles, I’m talking about you). This season, I’m gratefully—and sometimes ungracefully—leaning into re-education about our food system and how we can creatively come together to grow food sustainably to better feed each other’s bellies, hearts, souls and livelihoods.”

Hannah is a summer-season intern. “As a recent Environmental Studies graduate from UNCA, I am beyond excited to begin

my journey working with the environment and the community that relies on it,” she said. “I have always loved watching things grow and getting my hands in the soil. I was a spring intern at Root Cause Farm last year, but because of school commitments I was unable to take part in as many of the community aspects as I hoped to. I am so excited to help at markets this year and make connections with the people we work with.”

Julia is a summer-season intern. “I am a student at UNCA,” she said. “My background involves banana trees, yaupon holly and the Florida scrub. I found an interest in food justice through farm-to-school programs and working at my local farmers market. These communities have shown me that I have more to learn about community resilience and justice. I am looking forward to asking how I can show up as an ally to all communities and people. Above all, I cannot wait to share stories, spaces, and joy with all the hands and feet that pass through Root Cause Farm.”

Oksana is a summer-season intern. “I’m looking forward to interning at RCF this summer,” she said. “I discovered my love for farming while working on my first farm after high school, and I haven’t been able to stay away from farming since. I have a passion for learning, and that’s part



Root Cause Farms greets its new interns and says farewell to last year’s group, shown at left.

of what drew me to Root Cause Farm in the first place—the opportunity to learn. During this internship, I look forward to being able to learn more about agriculture, the folks on the farm, the community and share in the learning process and journey.”

Sasha is a summer-season intern. “I am currently attending Warren Wilson College, majoring in Environmental Studies with a concentration in Sustainable Agriculture and a minor in Business,” she said. “I am originally from Buenos Aires, and my family immigrated to Miami in 2001. I’ve been interested in local food since I was 15, when I volunteered at a local farmer’s market. The sense of community I felt there inspired me to pursue farming as a viable career choice. As a

Latinx member of this community, I feel drawn to assist Root Cause Farm in their efforts to produce food for the community, while also supporting local groups in the proper redistribution of locally grown food to the Latinx community in Asheville that are underserved.”

Every season, we want our internship experience to change lives, dreams and futures—it’s a tall order! We want our interns to discover how capable they are and how much influence they have. Each year, interns make the garden and our work possible; without them, we would not be able to do what we do.

Ali Stone is the programs manager at Root Cause Farm. rootcausefarm.org.

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Marsh Marigold

I am writing this just after Mother's Day, and the temperature is 26 degrees outside. I have just built what I believe to be my last fire in the woodstove, and it is roaring with life, keeping us warm and toasty on this brilliant, clear spring morning. We have lived in WNC for 12 years and have been told time and again to wait to plant much of the garden until Mother's Day has passed—especially with hot weather plants like tomatoes and peppers—by wise old-timers and farmers who are more fully in tune with the mysterious cycles of nature.

And this wisdom has served me well over the years. In the Virginia Blue Ridge Mountain area, May 18 was the frost date, and that was where I first heard the terms "blackberry frost," "dogwood frost," etc.

Safe Haven

This year was the first exception to the Mother's Day rule. Nature's rhythms are wild and mysterious for us humans, even though nature and the wild parts of our mountains have been my safe haven during these tumultuous times. Nature has been the one place in my life where all is well with the world, I am at peace, and everything seems mostly normal.

The annual flowers and plants that we adore are safely tucked into the barn and covered, but all the wildflowers are happy

and strong. The wild things, such as the trilliums, are in full bloom, as are jack-in-the-pulpits and May apples, and they seem impervious to the cold weather.

One of my favorite spring flowers is the marsh marigold, known for its toughness and extraordinary adaptability. These brilliant yellow, giant buttercups seem to be especially happy this year, and they are a delight to see. When hiking in early spring in a soggy, boggy area, I came across a huge patch of marsh marigolds. It was such a beautiful sight that I just leaned up against a tree and drank in the flowering beauty before me.

Diverse History

Marsh marigolds are part of the buttercup family, which is known for its toxicity, and these wildflowers are no exception. The plants are loaded with highly toxic glycosides and should never be eaten raw. However, these flowers, which can grow in almost any habitat other than super-dry areas, have an interesting and diverse history as both an edible and medicinal plant. I never knew about the diverse uses of these beautiful plants until recently.

Every part of this plant is a strong irritant, so it should be used with caution. It has been used to remove warts and is also for treatment of fits and anemia. The root has anti-rheumatic, emetic, and



expectorant properties. A decoction has been used in the treatment of colds. A poultice of the boiled and mashed roots has been applied to sores. A tea made from the leaves is a strong diuretic and laxative. The petals of the flowers have been used as a substitute for saffron.

All parts of the plant can irritate or blister the skin or mucous membranes, so one must be very cautious. The toxic chemicals within the plant are broken down by heat in cooking. If cooked well, the leaves can be

harvested in early spring and used as a potherb like spinach, boiled in two changes of water. The root can also be cooked—but again, do not eat any of these plant parts raw. The unopened flower buds can be cooked as well and have been used as a pickled caper substitute. The flowers have also been used to make a yellow dye when mixed with alum.

Nature is amazing in its complexity and diversity. One has to admire and respect any plant that can grow right in the middle of a running stream and thrive. The marsh marigold is a beautiful native wildflower that it is well worth getting to know.



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Avoid COVID-19 Scams, and Tour Museums Around the World

All crises generate scams, both online and over the phone. This is true with COVID-19, so it bears repeating: don't click on links in Facebook or Twitter posts. Go to fairviewtowncrier.com/links and click on the "Scams" link to review before trying for that free iPhone or seeking help for getting your stimulus check. And if you get a phone call, when in doubt, hang up, look up the offer online, and only then call back.

Museums

Museum visits still are possible over the Internet, including the Smithsonian National Museum of Natural History, the British Museum, the Vatican Museum (where I stayed in the Sistine Chapel way longer than I could in real life), and a great architectural tour of the Guggenheim Bilbao from Google. The best parts, for me, are the lack of lines and that these online museums are always open. Even North Carolina museums have exhibits online, such as the North Carolina Museum of History and the North Carolina Museum of Art. For links to these sites, visit fairviewtowncrier.com/links.

Facebook

Some of you may stay away from Facebook to avoid having your data gathered in

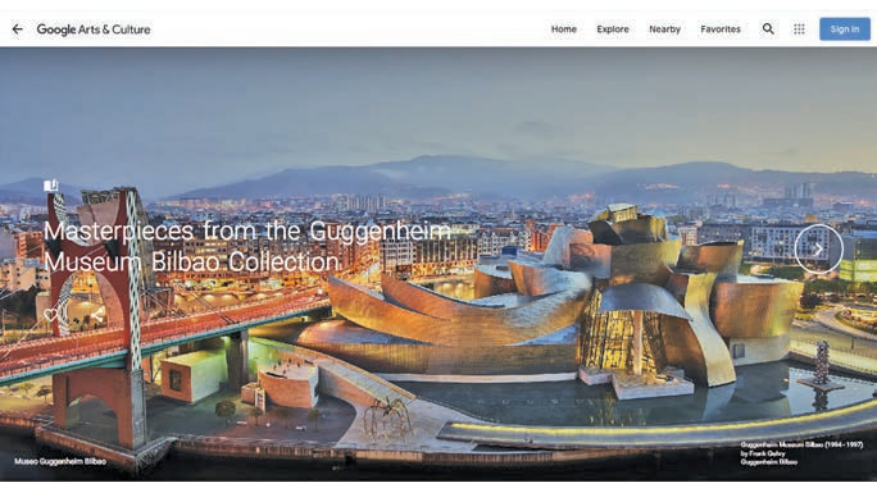
their databanks. What you may not know is that they often create shadow profiles to collect and store personal information gathered from others on Facebook who have mentioned you or shared your email address and other contact information when asked to by Facebook.

Facebook also purchases massive troves of data. It helps them fill in gaps in their increasingly detailed map of networked friends and relationships, which feeds their uncanny ability to target ads down to the individual level. Unfortunately, you can't find out if Facebook has created a shadow profile or delete it.

Microsoft 365

Microsoft has rebranded Office 365 as Microsoft 365, but current subscribers won't see much of a difference. There will be a new Microsoft Family Safety app, as a limited preview, that is supposed to help manage screen time across Windows PCs, Android, Xbox and iOS devices, along with tracking when a family member arrives or departs locations such as home, school or work.

Microsoft 365 is a subscription service, and is only worth it if you like keeping up with the latest versions of Word, Excel, or PowerPoint, etc. and if you have three to six devices needing Office. If this is your



If you're stuck inside, the internet makes it easy to tour museums all over the world, including the famous Guggenheim museum in Bilbao, Spain.

situation, the yearly \$100 fee is cheaper than buying a separate version for each computer or device.

MacBook Pro Tip

If your new MacBook Pro, with four USB-C ports, seems to be overheating at times, try plugging the charging cable into the right side and hooking your other devices into the left.

Disable Windows Tracking

SharpApp (mirinsoft.com) can help you

disable tracking functions in Windows 10, uninstall preinstalled and sponsored apps, and re-enable privacy settings undone each time you go through a major Windows 10 upgrade. It is powerful and flexible but not totally intuitive. Take it in small steps.



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



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Enrollment Relief for COVID

COVID-19 is on everyone's mind. The virus is virtually directly or indirectly affecting every person in one way or another. If you have or are considering an Advantage or Part D plan, Medicare has established a COVID-19 Special Election Period (SEP) for certain eligible Medicare beneficiaries that might impact you. (If you have a Medicare supplement, this article does not actually apply to you unless you also have a Part D.)

Who Qualifies?

This SEP is available nationwide to residents of all states, tribes, territories and the District of Columbia. The period began on March 1 and can be used until June 30, 2020 under certain circumstances.

A SEP exists for individuals affected by a major disaster incident who were unable to and did not make an election during another valid election period. This includes both enrollment and disenrollment elections. Individuals will be considered "affected" and eligible for this SEP if they:

- Reside, or resided at the start of the incident period, in an area for which FEMA has declared an emergency or a major disaster and has designated affected counties as eligible to apply for individual or public level assistance; and

- Had another valid election period at the time of the incident period; and
- Did not make an election during that other valid election period.
- In addition, the SEP is available to those individuals who do not live in the affected areas but rely on help making healthcare decisions from friends or family members who live in the affected areas.

For example, if a person has enrolled or wishes to enroll in an Advantage or Medicare prescription drug plan and is eligible for an enrollment period, such as from a change in residence or Initial Enrollment Period (IEP), but missed their enrollment period because of the virus, the SEP would be allowed until June 30, 2020, to extend the time to make their choice. An applicant must be prepared to verify the availability of another election period during the COVID-19 incident to be eligible. The effective date of enrollment is the first of the month following receipt of the enrollment request.

If you think you are eligible for a COVID-19 Disaster SEP, a local insurance agent can verify this for you.



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

The Fairview Town Crier

The voice of our community since 1997

OFFICE OPEN MONDAY, WEDNESDAY, FRIDAY
12:30 pm–4:30 pm

BIG BLUE DROPBOX AVAILABLE 24/7

1185-H Charlotte Highway | 628-2211

Mailing address: P.O. Box 1862, Fairview, NC 28730

www.fairviewtowncrier.com

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

Editorial Policy The *Fairview Town Crier* reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our non-profit community newspaper. Information provided has been submitted and a best effort has been made to verify legitimacy. Views expressed in columns and/or articles do not represent those of The *Fairview Town Crier*. Email *copy@fairviewtowncrier.com* or mail to *Fairview Town Crier*, PO Box 1862, Fairview, NC 28730.

Letters of 400 words or less may be submitted, may be edited, and will print as space allows. No letters will be published anonymously. We will not print letters that endorse or condemn a specific business or individual, contain profanity, or are clearly fraudulent. Views expressed do not represent those of The *Fairview Town Crier*. Include name, address, and phone. Email *copy@fairviewtowncrier.com* or mail *Fairview Town Crier*, PO Box 1862, Fairview, NC 28730.

CLASSIFIEDS

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BOB WILLIAMSON, CPA has served Fairview and surrounding areas for over 9 years. His new office is at 1349 Charlotte Highway in Fairview. Bob is looking forward to helping the community with tax and accounting needs. Phone 828.338.0314

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The Fairview Town Crier
2020 Advertising Rates

The Town Crier is mailed free to 8,900 households in Fairview, Gerton, Reynolds and east Fletcher. Copies are available at the Crier office, Fairview Library and retailers throughout the community. A PDF version including all ads is posted on our website for online viewing. Free ad design available.

COLOR DISPLAY ADVERTISING RATES			
	12x/year	6x/year	1x/year
Full page	\$347	\$376	\$404
Half Page	\$225	\$248	\$266
Quarter page	\$139	\$155	\$168
Eighth page	\$99	\$116	\$128
Business card	\$65	\$75	\$80

BLACK AND WHITE DISPLAY ADVERTISING RATES			
	12x/year	6x/year	1x/year
Full page	\$317	\$347	\$376
Half Page	\$191	\$214	\$231
Quarter page	\$109	\$128	\$139
Eighth page	\$65	\$82	\$92
Business card	\$45	\$55	\$60

Nonprofit ad rate is 20% off applicable rate. Note: 1x ads are payable in advance.
SAVE MONEY: On an annual or 6-month contract, you can go up and down in size and/or color and still enjoy the discount. Prepaid annual contracts receive a 13th month free.

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RESULTS

27 Botany Dr.....	Pending in 3 days	37 Beechwood Rd.....	Pending in 2 days
88 Johnny Marlow Rd.....	Pending in 1 day	87 Huntington Drive.....	Pending in 10 days
49 McIntosh Ln.....	Pending in 5 days	1445 Newstock Rd.....	Pending in 2 days
35 Rolling Oaks Dr.....	Pending in 2 days	103 Cimarron Drive.....	Pending in 4 days
38 Folsom Dr.....	Pending in 4 days	93 Stafford Court.....	Pending in 4 days
994 Riceville Rd.....	Pending in 7 days	2 First Street.....	Pending in 1 day
234 Brickton Village.....	Pending in 1 day	39 Tampa Ave.....	Pending in 1 day
310 Foxhall Rd.....	Pending in 13 days	131 Vinewood Circle.....	Pending in 7 days



WEAVERVILLE! 4 BR/4.5 BA magnificent home on 31+ acres, year-round views, spacious home, attached gar, full finished bsmt, rec rm, media rm, office & more, 15 mins to downtown, AVL. MLS#3613764, **\$895,000!**



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KENILWORTH! 3BR/2BA green built home, upper deck w/views of Mt. Pisgah, cvred rear patio, close to Kenilworth park, radiant floors w/active & passive heat, chefs kitchen MLS#3599946 **\$455,000!**



EAST BUNCOMBE! Spacious rancher, 4BR/2.5BA on level .33 acre lot, cvred front porch, rear patio, 2 car attached garage, great Black Mountain location! MLS#3522851, **\$329,900!**



EAST ASHEVILLE! 2.62 buildable acres w/ 2 dwellings- could be salvaged or torn down, zoned R-2 perfect for single family or multiple units. MLS#3614844, **\$275,000!**



LEICESTER! Beautiful approx 6.01 acre lot, privately tucked away, natural home site w/easy access. Insulated maintenance shed, perfect for private estate or second home MLS#3540928, **\$160,000!**



LEICESTER! Beautiful approximately 3.15 acre lot, with lovely home site on knoll. Must have 4WD vehicle to see property, quiet area. MLS#3540941, **\$83,000!**



FAIRVIEW! Wooded .96 acre lot, this private lot would be good for year round living or vacation home, convenient location, MLS#3431165, **\$21,900!**