



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

JULY 2020 VOL. 24, No. 7 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

INSIDE

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AC REYNOLDS HIGH SCHOOL

Congratulations GRADUATES ~ 2020 ~

THE STAFF AT AC REYNOLDS got creative in order to give their graduating seniors a ceremony to attend. The students and their families mainly stayed in their cars as students walked one by one across the stage to get their diplomas.

But the students couldn't celebrate as a group, and there were no large parties to attend afterward. It must have been a letdown after four years of hard work.

So, the *Crier* decided to honor the class of 2020, and their families, with a special pull-out section. **On pages 15 to 18**, you will find photos from the ceremony, speeches from two graduating seniors, an address from Principal Sellers and a complete listing of all graduates.

We hope this section will help the graduating seniors and their families cherish their memories and celebrate this special time again.

Want Extra Copies?

We usually have extra copies of the paper at our offices. Check the box outside our office or call 628-2211 to coordinate a pickup on Mondays, Wednesdays or Fridays from 12:30–4:30 pm.

Celebrate and Be Safe!

School is out, and the weather is not too hot yet. Typically, this is when families have plans to celebrate for July 4th. The *Crier* would normally have many listings for celebratory events, from get-togethers at community centers to fireworks shows.

The pandemic has changed many things, and this July 4th will be different for most of us. We've already been denied time with friends and family. And now we won't be able to celebrate the country's independence with neighbors, townspeople and strangers. We at the *Crier* miss being able to celebrate in a crowd.

From our families to yours, we hope you celebrate safely and we look forward to celebrating together next year.



For those who are staying in, Asheville will be holding a virtual Fourth of July Concert. Eight local area bands will perform from 4–8 pm. You can watch it all live on the lamAVL YouTube channel. You can find the direct link to the channel at fairviewtowncrier.com/links.

Pools Are Open

County pools are now open. Due to COVID-19 regulations, pool visitors will be required to wear a cloth face covering when entering and exiting the pool and when not in the pool, maintain a six-foot distance from anyone who does not live in their household, and wash their hands or use hand sanitizer often. For hours and other information, call 250-4260 or go to link provided at fairviewtowncrier.com/links.



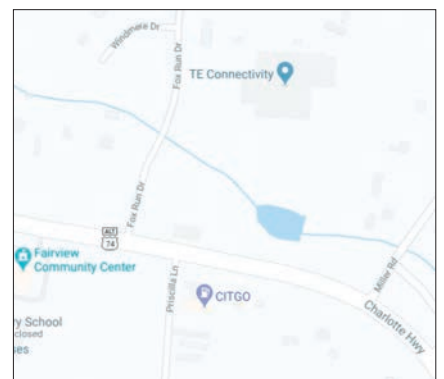
Goose Alert on Charlotte Highway!

Driving through Fairview, you can see all kinds of wild animals doing their thing and living safely in fields and yards. But things can get dangerous when it comes to animals in the road.



There have been at least two instances of geese and goslings killed by cars on Charlotte Highway between the Citgo station and the TE plant. The geese live in the pond in front of the plant, and for some reason like to lead their babies across the road to the station.

A group of concerned locals and animals lovers is trying to make things safer. The "for the LOVE of Fairview Geese" group on Facebook is trying to



coordinate solutions to the problem, which could include signage and a fence.

You can find the direct link to the group at fairviewtowncrier.com/links or you can email them at fairviewgeese@gmail.com.

Keep an eye out for the geese and slow down in this area. It'll be safer for you, too!

When Your Dreams Go Up in Smoke

■ BY SANDIE RHODES

I have felt a kinship with students graduating from high school this spring. With schools closed for months, their lives (along with all others) have been turned upside down. What should be the happiest and most promising time has shifted into

a period of doubt and disappointment. Classroom camaraderie was replaced with online studies. Proms became Zoom dance fests, and graduation celebrations were transformed into horn-honking salutes. School administration, teachers, parents and friends did everything possible to commemorate the special occasion, but students are facing a lot of unknowns in a world that has quite literally just stopped. I feel their pain. These same feelings of fear and disruption happened to me in the spring of my senior year of high school.

I was 17 in 1968 (that's me, below left). I was attending New Rochelle High School, a massive campus housing over 3,000 students, just north of New York City in Westchester County. It had been a crazy year, with the world in upheaval and my community an active hotbed.

History.com summed it up as follows: "The year 1968 remains one of the most tumultuous single years in history, marked by historic achievements, shocking assassinations, a much-hated war and a spirit of rebellion that swept through countries all over the world."

The Vietnam War was raging. In late January, the "Tet" Offensive—one of the bloodiest attacks of the war—was broadcast on television, bringing the horrors into American homes for the first time.

Continued on page 19



Sandra Patricia Seholm
New Rochelle High School
Class of 1968

Sorry WE'RE
CLOSED

CRIER OFFICE CLOSED MONDAY, JULY 27

Anyone wishing to drop off payments, submissions, etc., can do so in the blue dropbox on the wall outside the offices at 1185 Charlotte Highway in Fairview.

The Fairview Town Crier
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Vacation Bible School Update

At the end of June, the *Crier* reached out to local churches to get updates on their vacation bible school plans. None of the churches we heard back from are planning in-person activities this summer.

Brush Creek Baptist Church has no plans for VBS events. **Emma's Grove Baptist Church** offered virtual VBS sessions in June, but doesn't plan to hold more events. **Fairview Baptist Church** has no events planned for July, but stay tuned for August. Visit their website (fbc1806.org) or call 628-2908 for more information. And **Trinity of Fairview** has no plans for a traditional VBS. The children's leaders will offer "VBS Wednesdays" via online meetings for a few weeks during the summer. Visit their website (trinityoffairview.com) or call 628-1188 for more information.

The contact information for local churches can be found on pages 22 and 23.

JULY

LEGO Exhibit at Arboretum

The Nature Connects: Art with LEGO Bricks exhibit is coming back to the Arboretum this summer and will run until November 1. It contains 16 larger-than-life, nature-inspired sculptures made with nearly 500,000 LEGO Bricks.

The Arboretum is also bringing back

its ArborEvenings after-hours event series with a special LEGO twist. Visitors can enjoy the gardens after dark every Thursday, Friday and Saturday from 8–11 pm through September and listen to live music and see the LEGO sculptures lit up in the gardens. The event has a special admission price of \$5 per person (parking fees do not apply), and 10% of the proceeds will be donated to MANNA FoodBank.

The Arboretum has reopened its trails, with occupancy limited to 50% capacity. 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. Bathrooms in some buildings are available. Groups of more than 10 are discouraged. Personal face coverings may be required while on the property.

JULY 3–4

New Moon Marketplace Yard Sale & Flea Market

8 am–12 pm each day. Event will be held in the parking lot. You can shop and sell. \$10 to set up (bring your own table). For more information see their ad on page 25 or call them at 222-2289.

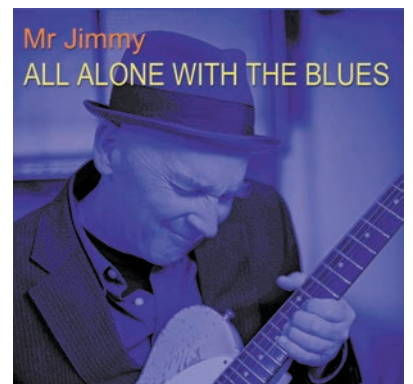
In other news, New Moon has announced it will have a taco truck

Release Party for Mr. Jimmy Saturday, July 11, 7–9 pm

Gerton's own Mr. Jimmy, who we profiled back in February, will be hosting a release party for his new album, "All Alone With the Blues," at Southern Appalachian Brewery in Hendersonville.

Jimmy wrote, produced and recorded all ten of the songs on the record. He started the solo project in 2018 and used the professional downtime during the pandemic to complete the album.

The album is available on CD on Amazon and is streaming on all



platforms. For more information, visit MrJimmyMusic.com.



(shown at left) on site every Tuesday to Sunday from 11 am–8 pm. You can either call the El Tapatio Taqueria truck at 337-2542 to place an order or walk up.

1508 Charlotte Highway, Fairview.

JULY 4 (WEDNESDAY)

Independence Day

Dogs, horses and other animals are often scared of fireworks. Be consid-

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*By the NC Rural Center for 2018

COMMUNITY EVENTS & COVID-19 UPDATES

erate of your neighbors and take care of your pets as you celebrate.

JULY 7 (TUESDAY)

Prostate Cancer Support Group

7 pm. Medical professional speakers via Zoom. Free. Contact Eric for the link at wncprostate@gmail.com or 419-4565.

JULY 13 (MONDAY)

Fairview Area Art League

10 am. The group will be meeting via Zoom. We will be sharing art inspirations and projects. Email Paula.entin@gmail.com for more information and the Zoom link.

JULY 14 AND 28

Real Estate Q&A

7 pm. Cool Mountain Realty & Construction will host a free Zoom meeting open to the public to discuss real estate and financing questions. See page 23 for more information.

JULY 19 (SUNDAY)

Ethical Humanist Meeting

The meeting will be held via Zoom. Visit their website, EHSAsheville.org, in the beginning of July for more information, or call 687-7759.

COVID-19 UPDATES

As of the Crier's printing date, NC is still in Phase 2 of its lifting of COVID-19 regulations. On June 24, Governor Cooper issued an executive order requiring people to wear face coverings while out in public where physical distancing of six feet from other people who are not members of the same household or residence is not possible. (There are some exceptions.)

The county has opened most of its offices that deal with the public, including Ag and Land Resources, Permitting and Inspections and Register of Deeds. The offices will have plexiglas barriers, increased sanitation measures, hand sanitizer and face coverings for those who need them, social distance markers, and other changes.

Many of your favorite local stores and restaurants are open again. Please call ahead to check on operating hours, as many have changed. *Some stores may not require you to wear a mask, but those that do are trying to follow the state's guidelines. Please be patient and kind with employees of our local businesses.*

Spring Mountain Comm. Center

The center's park is open again. How-

ever, the playground and adult exercise equipment are still closed, due to the state's Phase 2 order.

You can walk, run, bike ride, play in the grassy area, walk your dog and play in the creek. However, SMCC asks people to not use the playground or exercise equipment under any circumstances. If they are used, the center might be forced to close the whole park again.

Restrooms remain closed, and all regularly scheduled events are postponed.

First Bank

Our local branch on Highway 74 is doing its part to help the community get back on track. They promote local small businesses on Fridays through yard signs, business cards, posting flyers, and even wearing t-shirts. The branch is also offering financial wellness seminars to local businesses to help their employees learn about banking, budgeting and credit scores. These seminars are free to the business. For more information, call 298-8711.

IDENTIFICATION STATEMENT

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

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

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

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Omar Fakhuri



Allen Helmick



Susan Lytle



Devon Satchell



Wanda Treadway



Sophia Underwood



Renee Whitmire

NEW LISTING



Brick home w/ rear screened deck overlooking creeks & woods. LR, main BR & kitch face rear. Bsmnt w/ lg built in bar. Circ drive connects priv RV site & bkdy picnic area. Hiking trail to ridge w/ views. Call Allen Helmick 828.329.8400 **\$573,000**

NEW LISTING



4.4 acres w/ 2 homes—1 partially furnished. 3 barns & storage sheds avail w/ 2 sep fenced in horse or cattle pastures. Property will not be subdivided. Great income producing property. Call Sophia Underwood 828.691.0311 **\$225,000**

NEW LISTING



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

LAND FOR SALE

To see all our land listings visit
coolmountainrealty.com

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

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

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

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

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

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

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

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

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

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

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

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

14.19 ACRES IN OLD FORT! Private & wooded with many old logging roads & hiking trails. Access road. Potential for mult home sites or dream home on priv estate. **\$400K** Call Karen 828.216.3998

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

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

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

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

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

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

VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8

NEW LISTING



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

NEED MORE SPACE?



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

VERY MOTIVATED SELLER



4BR/4.5BA in beautiful brush creekValley. Finished bsmnt w/ fam rm, play rm, office space and much more. Home sits on 0.73 acres. NEW roof! 4,068 sqft home; 2-story w/ garage. Call Sophia Underwood (828) 691-0311 **\$550,000**

PROPOSED BUILDS AVAIL.



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

NEW LISTING



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

NEW LISTING



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

NEW LISTING



Build your dream home w/ priv mtn views! Driveway is in & house site cut-in—just bring your house plans! Prop borders green space w/ trails & creek. Located in Fairview Forest. Call for more info. **\$59,000**

NEW LISTING



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

BEAUTIFUL BUILD LOT



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

BRAND NEW BUILD PLAN



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

PROPOSED BUILD



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

NEW PROPOSED BUILD



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

UPDATES

Appointments for Computer Use Now Available

The library will begin offering computer use on Wednesdays and Fridays beginning July 1. Time slots lasting 45 minutes are available from 10 am–5 pm by appointment only. Call the library at 250-6484.

You may make an appointment up to one week in advance. Each individual may have one reservation per day to ensure access for other patrons. Time extensions aren't permitted. Patrons will need to leave the building at the end of their 45-minute session to allow time for staff to clean and prepare for the next appointment.

Computer assistance will be limited during this time. Per CDC recommendations, staff must maintain a distance of six feet at all times. This means staff won't be able to touch the computer you're using and may not be able to see the screen from a distance. If you believe you may have difficulty using the computer, consider bringing a tech-savvy friend or family member to the appointment with you.

Computer stations have been spaced six feet apart to help maintain social distancing.

Each individual who makes a computer appointment may bring a maximum of one other person with them to the visit. Both individuals must remain at the computer station for the duration of the appointment. If you have small children or

otherwise need more than two individuals to be present for you to accomplish your work on the computer, we can make arrangements for you.

Other parts of the library will be closed for browsing during this time. If you would like to check out an item, you may do so using the library's curbside pickup service.

All staff and patrons will be required to wear face coverings while inside the library building.

Staff will clean and reset each computer station after each appointment.

Curbside Service in Fairview

You can now pick up your holds on Tuesdays, Thursdays and Saturdays from 1–5 pm at the Fairview Library. Park in a numbered spot 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, contact free.

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.

BookFix!

Do you miss browsing the library's shelves? Let our librarians help with BookFix!

Call or email us (250-6484 or fairview.library@buncombecounty.org) to have our

librarians put together a bundle of up to 15 items to meet your interests and needs. When your bundle is ready, you can pick it up during curbside service hours.

Picture Book Bundles

Not sure what to read to your kids? Request a Librarian's Choice Picture Book Bundle.

The bundles will have 10 of our favorite picture books, selected by a Buncombe County librarian. You can check out the bundle with your library card and return it to our book drops when you're done. We have plenty of bundles ready to go, and we can fill these requests for you when you come to curbside pickup. There is no need to place these on hold ahead of time.

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.

Connect with Us!

 @fairviewpubliclibrary

 @fairview.library

 fairview.library@buncombecounty.org

EVENTS

Evening Book Club

July 21 at 7 pm

We'll be reading and discussing on Zoom *The Woman Who Smashed Codes: A True Story of Love, Spies, and the Unlikely Heroine Who Outwitted America's Enemies* by Jason Fagone. 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

March—*Pride of Baghdad* by Brian K. Vaughan

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

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Local agents. Local knowledge.

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Greybeard's Property Management division manages over **530** vacation and long-term rentals in the Asheville area

FEATURED LISTINGS See all available listings at greybeardrealty.com

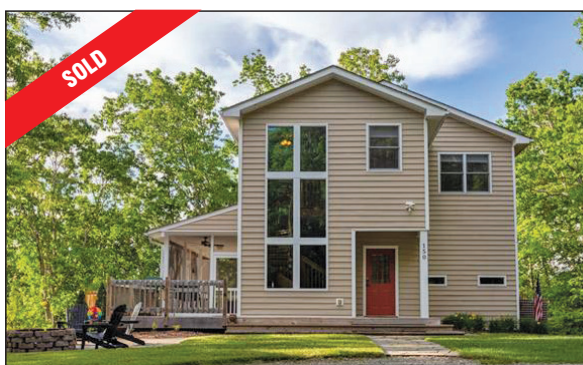


ASHEVILLE: TOWN MOUNTAIN 4BR/3BA

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Indian Mound Trail

On the "I Love Fairview" Facebook group, Rebecca Reeves asked, "Is there any significance to the street name 'Indian Mound Trail Road?'" In the comments, Marceil Dougher and Nikki Warren said someone should ask Bruce Whitaker. So we did!

I always find that the earliest accounts of any history are also the most accurate. When I first became interested in local history, I tried to locate the oldest people I could find. People born in the 1870s knew a lot more than those born in the 1880s, and so on. By the time I reached people born after 1915, they didn't know a darn thing about nothing. This means I believe the stories the Cherokee told about their history in the 1600s and 1700s.

When they migrated to WNC, they conquered another tribe of Native Americans living in the area. The Cherokee said that mounds already existed in the area. They did not know who built them, and neither did the tribe they displaced.

Going east on Old Fort Road, just past a series of sharp curves, the road straightens out. The first left is Log Gap Road, and the next left is Rocky Fork Road. The tribe conquered by the Cherokee had a village here. The mound is on the south side of the road.

The Pinkerton family has owned this land for a long time. In the 1800s and early 1900s, the family planted potatoes on the

mound. Carrie Chatham Jenkins and her sister Carmie Chatham Guffey, as well as Elsie Pinkerton Trantham, told me that many arrowheads and other artifacts were found every time the mound was plowed for planting. John Pinkerton's great-great-granddaughter built a house on top of the mound around 20 years ago. The field across the road between Log Gap and Rocky Fork still yields some arrowheads when plowed. It's been plowed every year for more than 200 years, so there are fewer found today.

This area often floods. During the 1916 flood, Rocky Fork Creek grew to 500 feet wide. Cane Creek reached the top step of Alfred Pinkerton's house, which is still standing on the northside of Old Fort Road across from the fire station. If we have another flood like that, the firefighters will have to run for their lives, as the roof of the station would be the only thing that might be showing. This is why the Pinkerton heir built her house on top of the mound.

Possibly sometime in the 1600s or 1700s, the Cherokees attacked the village near Indian Mound Trail. The Cherokee killed most of the adult men and took the younger women and children and absorbed them into their tribe. Eastern Fairview is on the eastern edge of the Cherokee boundary. The Cherokee were seldom in this area. If they were traveling east, they were likely to go through Swannanoa and down the mountain. If they



The area where the mound is located off of Old Fort Road (GOOGLE EARTH).

came through Fairview, they would have likely gone over Hickory Nut Gap.

The handful of people who survived the Cherokee attack moved to what white settlers called Indian Rock or Indian House. If you go up Log Gap Road in the fall or winter and look to the left, you will be able to see a long rock cliff, probably around 500 feet long and 50 feet high. It is just south of Flat Top Mountain Road in an area that locals call the "Big Stand." It is hard to see and get to—and only by foot. The property owners do not want you going there, either. This is where the survivors lived.

I was only there once, when I was around 12 to 14 years old. There is a thin ledge, maybe three or four inches wide, that runs from the left side of the cliff to a cave, which is about two-thirds of the way up from the bottom of the cliff. To get to the cave, you have to scoot along that thin ledge with your back against the cliff. My father and cousins

went out onto the ledge and looked in the cave, but not me—I am scared to death of heights. I was afraid to just watch them.

The survivors had food and water stored in the cave. And they were well protected because of the entrance along that narrow ledge. The Cherokee would have to come slowly one by one. They would be defenseless against thrown rocks, arrows and blows from long sticks. The Cherokee might have been able to take them with a long siege, but it wasn't worth the trouble because there were so few of them and they lived at the edge of Cherokee land. They apparently survived until European settlers moved close enough to Fairview to have contact with them. What happened after that is anyone's guess.

Local historian Bruce Whitaker documents Fairview area genealogy. Contact the Crier at copy@fairviewtowncrier.com or 828-771-6983 (call/text).



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Swifts, Please Come Back

■ BY WILL HAMILTON

For many years, we had our family holidays in East Anglia on the east coast of England. We swam before breakfast in the bracing North Sea from a beach of smooth pebbles. Inland from the sand dunes that lined the coast were marshes and occasional dwellings. A square mile of one such marsh is Minsmere, a major project of the Royal Society for the Protection of Birds and its million UK members. Every year in May, the swifts return to Minsmere from their vast annual migration from Africa. They also arrive in Asheville from Peru in May.

These tiny birds, whose bodies measure 5.3 inches long and are shaped like cigars, have long, curved wings. They fly fast, with an erratic flight pattern, chasing insects at 70 miles per hour. A pair with a nest of three will eat up to 5,000 insects a day. Seen most often just before dusk, they chatter as they fly in groups. They have tiny feet that are useless for alighting anywhere unless it is vertical. In America, before there was much habitation, they nested on the insides of hollow tree trunks; but now their claws grip the inside of chimneys where they nest using saliva as a bonding agent.



Swifts, like these, nest in chimneys.
GREG SCHECHTER / CREATIVECOMMONS.ORG/LICENSES/BY/2.0

When my son David was 10 years old, he found one of these nests full of naked chattering fledglings that had fallen into our fireplace. He placed an inverted parachute under the nest and climbed over 40 feet onto the roof. From there, he lowered the nest on the end of a piece of string down the chimney, hoping the mother would find it. She didn't, but it was a noble attempt.

Recent Swedish research indicates that swifts can fly 10 months of the year without landing. It is thought that they sleep

“
My heart yearns
for these tiny
aviators... Have they
found alternative
accommodations?
Or, worse, none?
”

by climbing to 10,000 feet and then doze as they glide down for an hour. They mate for life. They nest in chimneys, of which I have three double ones serving a total of four fireplaces and three woodstoves (when hooked up).

A well-meaning chimney sweep told me that I needed to cap the chimneys to keep debris out. These caps consist of metal plates suspended above the chimneys with vertical wire mesh all the way around that connects to the chimneys. I cut a 6-inch diameter hole in the mesh, thinking that

would allow plenty of room for the birds to fly in. It didn't work. They never nested there again.

I miss them badly. My heart yearns for these tiny aviators. Prior to this blow to hospitality, a couple would be gyrating and chattering around my house by May. They would catch insects and increase their numbers to at least six by September. Have they found alternative accommodations? Or, worse, none?

I have seen a pair flying over every year, but there are no nests. So, two years ago I removed the wire caging. I removed the caps completely in 2019 and did see a pair near my house recently. These could have flown from the more hospitable chimneys of Sherrill's Inn. Two flew down the inn's chimneys this year and were placed back up the chimney by Aslan Ager.

Liz Payne, a local birder, counseled that it might take another year for them to nest again in my chimneys. She said I should remain hopeful. The chimneys may not last so long without the caps, but they were built in 1937, so they must be pretty durable. I would prefer to host those beauties instead. Hospitality is more important than a chimney.



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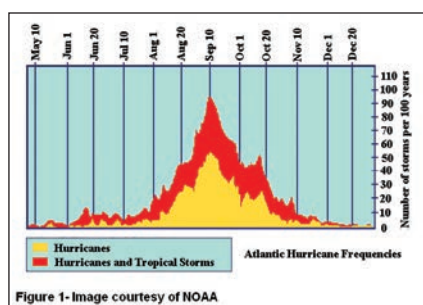
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Thunder and Rain Are on the Way

There are usually about 40–50 thunderstorm days per year in Western North Carolina. If we don't get those days, we may face drought and desiccated lawns and gardens.

Have you ever looked at your garden soon after a thunderstorm has passed? Did you notice that the plants looked brighter, fresher and greener? Many gardeners have probably wondered what causes this. Perhaps it is the fresh rainfall, slightly cooler temperatures, or the humidity. While all these things have an effect on your vegetable garden plants and flowers, lightning is known to be a major factor in naturally fertilizing plants.

Lightning releases atmospheric nitrogen. The atmosphere is composed of 79% nitrogen, but it's not in a form that plants can absorb. This is where lightning can make a difference. The explosive energy, which literally fries the air and releases intense heat and electric charges, causes the nitrogen molecules in the air to cling to the oxygen molecules. This bond forms nitrogen oxides, which will either fall from the sky or be collected on the rain drops, and plants can use this



form of nitrogen. The rain accompanied by lightning has very little other nutrients in it, so the ratio of nitrogen in the rain is high, which encourages leafy growth and promotes good leaf color.

This makes a thunderstorm, in effect, a giant liquid fertilizing event that provides plenty of water but also loads of nitrogen that encourages leafy growth. Scientists estimate that every year 9.4 million tons of nitrogen is converted into an available form and deposited on earth. So, the next time a thunderstorm visits, sit back, enjoy, and think of all the money and work you are saving by not having to fertilize your lawn or garden.

Our precipitation over the next several months will generally come from two different sources: thunderstorms and tropical systems. For the most part, the jet stream lifts into Canada for the summer, and our rainfall is mainly from convective showers and thunderstorms—not cold fronts.

Showers and thunderstorms develop when the air is unstable, which results from a layer of warm air near the ground hovering underneath a layer of much colder air. Storms are more common in the summer when the days are longer, as there is more sunshine and therefore more energy. As the sun heats up the air near the Earth's surface, the air rises, cools and then condenses to create moisture and form a cloud. If conditions are right, the cloud will continue to build into a cumulonimbus cloud, typically reaching a height of 25,000 feet.

We also get precipitation from tropical systems from the Atlantic and Gulf, which can affect us any time from June through November, with a seasonal peak in early September.

NOAA does not make seasonal hurricane landfall predictions. Those are largely determined by the weather patterns that are in place as the hurricane approaches, which are only predictable when the storm is within several days of landfall.

The 2020 hurricane outlook calls for a 60% probability of each of the following ranges of activity: 13 to 19 named storms, six to 10 hurricanes and three to six major hurricanes (category 3 or higher).

Seasonal activity is expected to fall within these ranges in 60% of seasons that have similar climate conditions and uncertainties, such as those expected this

WEATHER WONDER

How many days on average do we get precipitation?

Based on airport data, the Asheville area gets some kind of precipitation (rain, snow, sleet or hail), on average, 120–125 days per year. In order for precipitation to be counted, there has to be at least .01 inches on the ground to measure. So that's just about one-third of the year.

year. These expected ranges are centered on the 1981–2010 seasonal averages of 12 named storms, six hurricanes, and three major hurricanes. See the complete NOAA Outlook at fairviewtowncrier.com/links.



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

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"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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Volunteers Are Invaluable

There are many people who deserve thanks in our community.

Our volunteers work with us every week to keep the pantry running, and our generous donors allow the pantry to continue to provide for our food-deficient neighbors in Fairview. The pantry is running a bit differently because of the current pandemic, but it is open every Monday afternoon to disburse food. Pantry clients are getting food bank boxes from MANNA, the government Emergency Food Assistance Program (TEFAP), the holiday charity boxes from Food Lion, and boxes put together by the volunteers at the pantry, based on the client's household size.

A pantry manager used to go to Food Lion each week to purchase 240 cans of vegetable soup and 240 cans of tomato soup, but Food Lion's corporate office has limited purchases to two cans for each customer. However, management at the local Food Lion has made it possible to help the pantry get the needed supplies. Our successful spring donation drive allowed the pantry to provide a \$25 Food Lion gift card for every member of each client's household. These are being provided one time only to each household who picks up food at the pantry and are not to be used for the purchase of alcohol or tobacco. The cards should allow the clients to pick up items the pantry cannot currently purchase.

A Southcliff resident and pantry volunteer used to pick up items from MANNA Foodbank on Tuesdays. MANNA has shut that operation down to limit the number of people in the warehouse. The Southcliff resident and others started a Monday morning food drive for the pantry. There is a collection site set up, but if a donating resident can't be there during the designated time, then donations are left on their porch. The Southcliff volunteers drive to the pantry on Monday afternoons with two SUVs filled with donations.

Our donation wagons keep getting filled. The last time we picked up donations at Americare, the wagon was full and there were bags and boxes of donations on the floor. Hopefully, the collection wagon in the library will become available soon as well.

All these people make Fairview a great place live. If you'd like to be a part of our group, we are always looking for new volunteers. And we are currently looking for an assistant pantry manager, who would be required to give 10 to 15 hours per week and have some computer skills. Volunteers with pick-up trucks with 3,500–5,000-pound towing capacity are always needed, too.

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

Chronic Disorganization

There are people who are chronically disorganized; they have a persistent problem with disorganization.

Most people who have a lot of clutter and belongings all over their house, surfaces and floors don't have a place to store these things, and so their stuff lands everywhere in the house. People may appear to be chronically disorganized until they set up proper storage for their clothing, papers, bathroom and laundry supplies, etc. Once their belongings are put away, what might have appeared to be chronic disorganization disappears.

Many people struggle with disorganization, and they cannot see a path to organization. I often ask clients three questions that professional organizers use to define chronic disorganization. If the answers to all of these questions are yes, it is likely that the client suffers from this condition.

Questions

Has getting organized been a struggle or challenge for most of your life? When you were younger, was your room often in disarray? Were homework assignments often crumbled, misplaced or handed in late? Is your workplace, book bag or desktop disorganized? What does the inside of your car look like?

Does disorganization affect your quality of life? Are you able to relax and think without getting stressed out? Can you easily find

your keys? Are you overwhelmed looking at areas of disorganization because you don't know where to start or what to do? Are you embarrassed to have people over or come up with excuses to not invite them? Are you often late for appointments?

Have you tried and failed to get organized? Has self-help or help from family members and friends failed?

Most of us are able to learn to organize with ease. However, chronically disorganized people are unconventional learners, and they might need help from a professional who can help them to organize. Services include professional organizers who can set up an organizing system that works for them and who can offer maintenance services to help keep organization. Other support services include bookkeepers, administrative assistants, maid service, etc.

The beauty of our world is that no two people are alike, and we all learn and do things differently. If you find that you need assistance to help you maintain organization, you can reach out to the National Association of Professional Organizers (napo.net) or the Institute for Chronic Disorganization (challengingdisorganization.org).

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



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Summer Safety

Summer in WNC is simply the best. There is so much to do, and after being isolated for months it feels extra decadent to start seeing friends and family in person, even if it is at 6 feet apart while wearing masks. While these long lazy days are dreamy and relaxing, it is important to stay vigilant about our health. Below are a few tips for a healthy summer.

COVID-19

Unfortunately, the coronavirus is not going away anytime soon. As we relax our isolation, North Carolina cases continue to rise. We must stay vigilant for the safety of our families and friends. Wear masks when able and appropriate. Wash hands several times a day, especially those of our little people who love to collect germs. Take frequent temperature checks, even if you have no symptoms. Be candid with friends and family if any symptoms arise, and then get tested. It is also appropriate to be tested if you are asymptomatic but have been in close contact with someone who has tested positive. MAHEC offers fast and convenient testing in our Lower Level Clinic at the Biltmore office (call 407-2139). There is

usually no out-of-pocket cost whether you have insurance or not.

Swimming/Diving

Swimming is practically synonymous with summer—think pools large and small, lakes, beaches, and swimming holes. Drowning and paralyzing neck injuries are a tragic reality of summer, and cases increase in numbers each year. It is imperative to keep a close eye on children of all ages, and never leave babies, toddlers or new swimmers alone near water. Swim with a buddy or a lifeguard, and never dive into water.

Rashes

Poison ivy should be top of mind. Watch for this invasive plant that likes to intrude on garden beds and hiking trails. Look for non-assuming clusters of three pointed-tip leaves, with a larger one in the center and two smaller ones on the sides. The leaves can be smooth or notched. They are often low to the ground but also like to climb on trees.

Ticks and Bug Bites

Rashes can also originate from tick bites. The most well-known is erythema migrans, the bull's-eye rash that results from Lyme disease, carried by the deer tick. Another is a rash that appears on the wrists, forearms and ankles from Rocky Mountain Spotted Fever, carried by the wood tick.



It's summer! Get outside and feel the sun on your face—just don't forget the sunblock.

More worrisome than the rashes are the diseases themselves. Mosquitos are also carriers of a multitude of illnesses. Wear bug spray whenever appropriate, especially on hikes or when spending long periods of time outdoors. At the end of each day, perform a full-body inspection for ticks. Always inspect the nape of the neck, hair, and behind the ears.

Sun/Heat Stroke

Three words: sunblock, water, and breaks. Always wear sunblock. It can protect against dangerous UV rays that can cause uncomfortable and sometimes dangerous sunburns and skin cancer. Too much sun can also lead to heat stroke and sun poisoning. It is important to always stay hydrated, with increased water intake. It is also important to take breaks from the sun and keep body temperatures stable.

Be especially mindful of the very young and the elderly.

Biking and Skateboarding

Biking and skateboarding accidents account for over a million doctor visits per year. Injuries vary from skin lacerations to broken bones, concussions, traumatic brain injuries, and sometimes death. The best protection is a helmet and padding. Hand, elbow, and knee pads are great for our young riders and skaters. While there is much to be mindful about, there is so much fun to be had. Get outside, feel the sun on your face, swim a little or hike or bike a little. It is good for the mind, body and soul.

Angela Zarrella is a Certified Family Nurse Practitioner at MAHEC Family Health Center at Cane Creek. 628-8250. 1542 Cane Creek Road, Fletcher.



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Pre-Habilitation Before Surgery

Elective orthopedic surgeries, such as a total knee or hip replacement, are becoming more common each year. According to the Agency for Healthcare Research and Quality, more than 600,000 knee replacements are performed each year in the US. Although the surgery is becoming more common, the road to recovery is still a challenge. A person who has more knowledge about their surgery will know what to expect and have an easier recovery. Furthermore, preparing specific muscle groups (by increasing their power and strength) will help the recovery process.

According to a recent article published in the Journal of Bone and Joint Surgery, the use of preoperative physical therapy with patients undergoing a total hip replacement or total knee replacement was associated with a 29% decrease in post-acute care services. Participating in pre-habilitation can help postoperative recovery and also lower the overall health care costs.

A designed pre-habilitation therapy program provides education regarding the specific surgical procedure planned, any precautions or activity limitations that need to be followed after surgery, and the normal timeline of postoperative rehabilitation. The other important part of a pre-habilitation program is

mobility and strength training. How one transitions from a sitting to a standing position or transfers in and out bed can change after surgery. Learning and practicing the recommended mobility techniques prior to surgery will help one move safely after surgery.

A key component of pre-habilitation is a focused strength training program to improve the power of the muscles that support and move the injured joint, as well as strengthen the non-surgical limb and core and trunk muscles.

Learning proper mobility techniques and practicing the program prior to surgery can help reduce the fear of the unknown that accompanies many surgeries. Increasing muscle mass, improving the ability to move, and practicing healthy eating habits and routine exercise are the key components to a successful recovery.

Pre-habilitation can be a crucial part of your postoperative rehabilitation. Physical and mental preparation prior to surgery can make your recovery and rehabilitation process that much easier and quicker.

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

Video Chat Tips and Windows Update

I have seen some videos that help kids better handle video chat, and I would like to propose that adults follow much of the same advice. Suggestions include choosing the right time of day (when you are calmest and not hungry); having a list of ice-breaker questions to fall back on; having a short agenda; and keeping siblings separate (not all adults are adult). You can always follow-up with targeted emails to track tasks with specific individuals.

While traveling, you can use your smartphone as a WiFi hotspot, which shares your phone's data with other devices needing to get online. Learn how before you need it. On iPhone and Android, go into settings and find the hotspot options. There are limitations to the number of WiFi devices that can use your hotspot at the same time, and you will want to avoid streaming video too much.

I am still trying to find a fairly universal way to watch streaming media with friends without having to be with them physically. Metastream is a service I have been using lately, as it works with Netflix, Hulu and YouTube, and it seems to handle others that aren't officially listed. You do need an extension for Firefox or Chrome and, obviously, all people watching need to have their own accounts for paid or account-required services.

If you love to escape into fantasy, you can

now watch every animated movie put out by Studio Ghibli. If you aren't familiar with this Japanese production house, I recommend you start with *Spirited Away*, the Academy Award winner for Best Animated Feature Film in 2003. In the US, HBO Max has exclusive streaming rights; so if you have access to that service, go for it.

Windows 10 Update

The big Windows 10 update, aka May 2020 or version 2004, has been blocked on some computers due to out-of-date drivers and software—and it's failed on others just because. Before implementing this update when offered by Windows, consider backing up your computer, plan for your computer to be out of commission for the duration of the update (it could be hours), and don't install this before any major deadline. Make sure you have all hardware driver updates for the make and model of your computer. They are supposed to come through Windows Update, but I have found that it can be good to also use the manufacturers' branded support tools. Make sure you have 30 to 50 GB of free space, just in case, and unplug all extra devices from the computer.



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

Challenging Times Call for a Sensible Solution

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

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Password: **sensible**



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MAGIC WITH GREG *Center of Attraction*

This illusion requires an easy-to-make gimmick. It will take a little bit of time to make yours, but you will be rewarded when you see the look of amazement on the audience's faces. The gimmicked card is easy to carry around so you can be ready to do a trick anytime.

SET UP

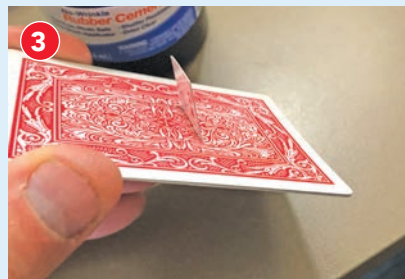
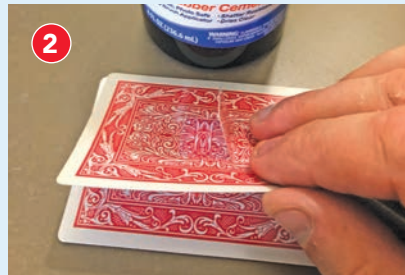
- 1 Carefully cut a flap in the center of a playing card as shown in photo 1. Kids might need to get an adult to help with this.
- 2 Take a second card from the same deck (so don't use a good deck of cards!) and use some paper glue or double-sided sticky tape to attach it to the other card that you cut out (see photo 2). The two cards stuck together should look like one card. Make sure that the cut-out flap is not stuck down (photo 3). You'll be able to hold this flap down when showing the card to the audience. Don't make a big deal about it but flash it a bit so the gimmicked card looks normal.

TO PERFORM

- 1 Show the cards to your audience.
- 2 Place the gimmicked card onto the table and cover it with your hand. Secretly push up the flap and hold it between two of your fingers (photo 4).
- 3 Gently slide some more cards under your hand, but make sure that you slide them between the gimmicked card and your fingers (photo 5).
- 4 When you lift your hand into the air, the cards appear to be magnetically attached to your hand.

Magic!

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



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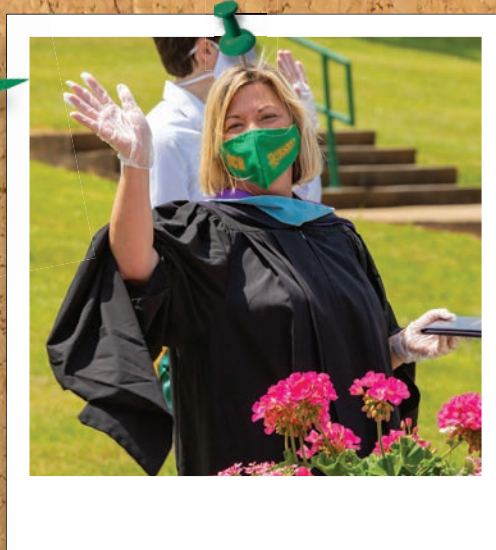
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Congratulations GRADUATES ~ 2020 ~



AC REYNOLDS HIGH SCHOOL





PRINCIPAL DORIS SELLERS

Find Your People

ON BEHALF OF Superintendent Dr. Baldwin and AC Reynolds Board Member Cindy McMahon, I would like to welcome you to the 64th commencement ceremony for the 2020 graduating class of AC Reynolds High School in the most unique format—a virtual ceremony.

I would so much prefer to be in our traditional venue and celebrating together. But this ceremony proves we will [celebrate] this milestone of your life...in a most unique way. You [are] a graduating class who has experienced something never before in our school history—a shutdown of school due to a pandemic. We are most saddened by how you have spent the spring of your senior year. You are resilient, and you will overcome this unprecedented adversity that has come your way. And I feel certain that you will never forget your senior year.

On March 5, when AC Reynolds and Cane Creek Middle School students visited our campus for their rising freshman tours, you, the seniors of 2020, gave me an idea for [these] graduation remarks. You spontaneously created a reoccurring theme on that day when you told them the best advice you could give them is to get involved and “find your people” at AC Reynolds High School. You told them that “finding your people” was what made your four years in high school so great.

Little did we all know that just one week later, the governor would announce a school closure that would take you away from your people. Since March 13, life has been very different, and our school has been very different. Where you used to gather with your people has become a ghost town. Our halls are empty, our classrooms are vacant of students and teachers, our cafeteria is silent, and our fields, courts and stages have been empty of athletic games and performances. You have missed out on so much—prom, senior picnic, senior walk, spring musical, spring sports, our annual Memorial Day POPs concert and ceremony, and so much more.



On March 13, when school was dismissed, your teachers transitioned quickly to an “at-home” virtual learning environment. I want to commend your teachers for their quick transition to virtual learning.

As time passed and we watched the news, we soon had the realization that the probability we could return to school—and that you could return to your people—was not very likely. Besides social media, your primary ways to interact with your AC Reynolds people became Zoom and Google Classroom Meets. Your teachers became the people you were trying to find and connect with to continue learning. I want to genuinely take this moment to thank your teachers and coaches for their efforts not only during these last three months but also during all of your years at AC Reynolds. They have prepared you for

your next steps—the college or university of your choice, the workforce or the military. I know you will move to your next steps of life prepared for whatever lies in your path.

“Today, you are coming back together with your people, socially distanced within the confines of your cars, yet together on your campus. When COVID-19 is behind us... I encourage you to come back together and “find your people” once again.”

Your teachers... have been instrumental in leading you to be an accomplished class of 2020. This includes 114 honors graduates, 84 North Carolina Scholars, 67 CTE Honor Society members, and over \$3 million in scholarship [money awarded], with more coming in daily. Athletically, you hold

numerous conference championships, have broken school records, and have participated in state championship games. And, in my opinion, the Lady Rocket soccer team of 2020 would have been named state champions in Raleigh this past weekend. You have Eagle and Gold Scouts among you, the Buncombe County Distinguished Young Woman, and numerous world travelers. Your formalized learning [is responsible for the accolades awarded to you, your teams] and our school...[in addition to making] you influential throughout our community and beyond.

On graduation day, I always enjoy the excitement of the sounds of celebration that fill the venue when you begin to enter and fill each row. This year, you are most likely watching this in your living room with your family. I hope your family is screaming, “That’s my baby” or “She made it” or whistling loudly! Your entire neighborhood should know there is a graduate in your home!

Seniors, I can imagine when you were born, your parents realized that their precious baby would be in the class of 2020. But I’m sure they never thought the graduation ceremony for the class of 2020 would be a virtual ceremony. You have spent a significant amount of time with your families—they have become your people! But normally at this time of the year, you are rarely home. [Instead], you are with your friends, at school events, at work; you are beginning to spread your wings to develop your own independence. I often hear parents say [things like], “I just see them as they pass through the house for a short minute; we are all so busy.” Well, today marks the 85th day of the “Stay Home, Stay Safe” order, and you have rediscovered “your people” at your home. Look around you, give them a hug, say “I love you” and thank them for the support over these last 18 years that has prepared you to deal with all that life brings. Parents and families, I want to acknowledge that, like your son or daughter, you too have missed out on this season of life. You have not been able to be here watching your son or daughter receive academic and athletic recognitions, perform in the spring musical or attend a huge graduation ceremony...and watch them walk across the stage and receive [a] diploma. I thank you [for being] patient and understanding.

We have replaced our recent annual tradition of a senior walk back through the halls of your elementary schools with a senior drive through the campus. In previous years, I have always said to the seniors when we gather before we go upstairs to march in that this is the last time you will all be together in one place at the same time. At this moment, you are graduating in your homes dispersed all over our community. Today, you are coming back together with your people, socially distanced within the confines of your cars, yet together on your campus. When COVID-19 is behind us and we can return to what is our new normal way of life, I encourage you to come back together and “find your people” once again. One thing is for sure: When you are together again, you will talk about the spring of 2020, and you will never forget just how special this class is.

I offer you, the class of 2020 of AC Reynolds High School, my warmest wishes and best regards. I am so very proud of you. While we would much prefer to be present with you in person, please know you are present in our hearts.

By the powers vested in me by the Buncombe County Board of Education and the State of North Carolina, I now pronounce you graduates of AC Reynolds High School!



STUDENT SPEAKER KALYANNE NEEL

Changes Begin with Us

HELLO, FELLOW ROCKET students, staff, friends and families. It is with great honor and excitement that I am delivering one final farewell to the class of 2020. Despite virtually celebrating our last 13 years of hard work, memories and everlasting efforts, the overwhelming sense of community from AC Reynolds High School has still prevailed.

I'd like to start with a simple "we made it." I know nearly every graduation speech is sure to include this statement, but I feel as though we truly deserve to say this over and over again. Despite what is going on in our world and the challenges that we have lived through, we finished. We graduated through a pandemic. We are a class graduating through issues that no other class has dealt with.

I'm certain nobody envisioned spending these last few months stuck at home with their families watching *Tiger King*, having to spend time with your friends over a Zoom call or having the ability to graduate in your pajamas. While it may be easy to concentrate on how high school ended, there is much more to our last four years than the changes that have arisen in the past few months. It's important we take the time to reflect on and appreciate what was rather than what could've been. And I'm here to do exactly that. Let the uncertainty of our future highlight our strengths in the present.

The class of 2020 will undeniably be successful and influential. Over the last four years, our Rocket athletes brought home conference champion titles and competed in multiple state championships. Our clubs brought impact and aid to our local and global communities. Our arts programs brought back titles and [put on] breathtaking performances for the community to enjoy. Every student individually had a role in making AC Reynolds the school it is. In the years to come, there is no doubt we will each continue on this same trend of vast achievements.

We are a class built on tradition, success and experiences. All of these are noteworthy in the accomplishments in each and every one of us. Our traditions gave us pride as we walked through the halls, into a sporting event and throughout our community, knowing we were exceptional. Some traditions gave us seniors extra power and authority, which was fun at times, like standing our ground at the front of the student section or being able to park close to the school while watching underclassmen drag their goods from the back of the parking lot.

Our class understood one another like family. We knew after a football game we could find nearly the entire student section feasting on cookout trays. We knew who was in which classes and where to find



them. We knew when to wrap our arms around one another for the alma mater. And we knew we could count on one another. We are all part of the class of 2020 and each of us left an impact on AC Reynolds and its student body.

During my freshman year, I found myself struggling with what to do to make the most of my high school experiences. What would be the most fun? What would be the coolest? What would my friends be doing? What would they think? In my experience, I've found that when you base your decisions on the values and interests of others, you tend to neglect your own. Looking back, I wish I would've told myself to branch out and try everything. I would [tell an incoming freshman] to try out for a new sport even though you have no clue what you are doing, start a club, and take a class that may not be good for your GPA but is something you are interested in. I would tell them to learn to accept that it's ok to find your weaknesses, change your mind or explore the unknown. This naive freshman advice can also be applied to each of us as we move forward with our lives.

Take this time after graduation to reflect on what you have done, take charge, and make choices that reflect who you are and what you aspire to become. This may be slightly terrifying, as, after all, we're still teenagers who still have no clue what's to come. Dive in headfirst, take chances and make choices outside of your comfort zone. If there is any hope for changing this world, it begins with you. Use the changes this pandemic has brought to fuel your ambitions for greatness in your future.

I'd like to end my farewell with a final thank you. Thank you to the teachers and staff who devoted countless hours to each and every one of us; thank you to technology for making this possible; thank you to friends, family and community members for your support; and thank you to the class of 2020 for the past four years. Stay safe, Rockets. We are truly unforgettable.

STUDENT SPEAKER IZZE STEINKE

Making History

I HEAR THE WORDS "I miss school" more than I can count—often from people who I'd thought would never say such a thing. Those same words come out of my mouth more frequently than I'd like to admit. But it's true: I think all of us miss something about school. It's probably safe to say that we don't miss the weekly vocab tests or the dress code, or the homework. But maybe we miss seeing our best friends in third period or getting second-chance breakfast and catching up under the stairs by the library. I miss pulling sluggishly into the senior parking lot in the morning and cracking jokes with my friends. The class of 2020 has missed out on a lot; we miss going to practice, performing on stage, hugs, going outside without a mask. The list goes on. It may be dominating our lives right now, but this whole thing has taken place during just three months so far, which is about 1/16th of our time in high school. So, it shouldn't define the whole experience, right? Truth is, we're making history. In 20 years, high school kids will be learning about this pandemic and wondering what it was like to be in our place. They won't remember the little things about the graduating class of 2020 that make us special, so that's up to us.

What makes us special? Maybe it's the way the student section was always a great place to be on Friday nights, especially with all of us seniors in the front row. Maybe it's the faint memory of Rocket Fuel and bathroom breaks without hall passes. Maybe it's the way we organized walkouts and demonstrations when there were shootings across the country and in this community. Maybe it's the resilience we've gained from enduring this "corona-cation," which is the ultimate gift for those afflicted with senioritis. But it came with a price: losing prom and graduation and everything else about high school that we took for granted. For a class defined by tragedy—with students born in the aftermath of 9/11, in elementary school during Sandy Hook, graduating during a time of a pandemic—you'd think we'd be beaten down. But we're still here—chasing dreams, fighting for change, pursuing justice—and I think that's pretty special.

If I were ever to publish a book, I'd call it "All I Really Need to Know I Learned in



Quarantine." I'd record everything that this quarantine has taught me. Because, honestly, these last few months have emphasized a lot of really important life lessons. Many of us are now chefs and bakers, and some of us have realized the value of hanging out with our families—or holing away and spending hours on TikTok if the family gets to be too much. What's striking to me is that we're learning first-hand what we've been told our whole lives. Some of us are learning the importance of true connections with other people and how it's essential to have friends you can lean on when things get tough. Others are learning that some people aren't worth the time or the effort at all—that sometimes all you need is yourself.

We're done with high school, so now it's time to reflect on the experiences we've had and the people we've become because we never know what tomorrow brings. We struggled through 7 am weekdays, exams and papers, and now we've struggled through the infamous COVID-19. We're those people. We're all unique, smart and resilient in our own ways. And now we're graduated!

Congratulations, class of 2020. We did it! So, let's celebrate what we've done and take all of our life lessons into the future. We are future leaders, parents, teachers, healthcare workers. We are the agents of kindness and change. This is for us.

Oh, and one more thing: please wash your hands!





Congratulations GRADUATES ~ 2020 ~



Sarah Kathryn Adams
Daniela Aibar
Ali Hussein Al-Harbi
Jonathon Zachary Anders
Adena Denae Annarumma
Jordan Elizabeth Arends
Aliza Yaneida Banegas-Amaya
Alexandra Megan Banks
Jason Michael Banks II
Abigail Makayla Barnard
Hannah Fiona Barnes
Nicole Grace Barrett
Zachary Ty Bean
Dean Francis Benne
Nicholas Hayden Berberick
Hannah Leigh Black
Tyree Kareem Boennemann
Damiana Rain Booth
Brianna Lynn Brown
Eric Robert Brown
Grace Cullen Brown
Abigail Laura Buchwald
Claire Olivia Butcher
Caroline Olivia Capps
Maria Iveth Carballo-Funes
Emma Elizabeth Carpenter
Elijah Baylee Carr
Bryanasia Joy Harris Carter
Kimberly Rose Carter
Aracely Castillo
Kyndall Brooke Chandler
Briza Maria Chavez-Binuelo
Blake Ryan Christianson
Lancelot Samuel Clark
Hebron Alysha Cole
Ethan Troy Colon
Tara Nicole Connor
Tritan Jae'won Crump
Chris Joel Cuevas Perez
Asenath Badari Cunningham
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Acacia River Dayton
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Christian Matthew Dotsikas
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Alexis Renee Durham
Seth Michael Eberhardt
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Townes Rainer Ellum
Ashton Michael Erwin
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April Espino-Pineda
Owen Cade Flemming
Sarah Catherine Fletcher
Annleigh Angel Freeman
Heidi Marie Freeman
Tobias Friedman
Jackson James Frisbee
Haley Corean Galloway
Megan Nicole Galloway
Desiree' Nicole Gamble

Ian Duncan Gantt
Aslyn Pamela Garcia Garcia
Breonna Mae Garey
Hannah Nicole Gleason
Riley Cougar Star Goldie
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Adam James Graham
Gavin Xavier-Curtis Green
Naomi Rebecca Green
Neleah McKay Green
Sarah Rebecca Groce
Sophia Guinea Marsh
Brenda Gutierrez
Olivia Renee Halstead
Aydan Curtis Hanthorn
Jeremy Daniel Harris II
Makayla Daelynn Hart
Caelan Alasdair Hartman
Ethan Matthew Hefner
Krista Kelley Hendrick
Colby Tyler Hensley
Trenton Charles Hensley
Sophia Rayne Hicks
William Karl Hoehne
Kenzie Elizabeth Holcomb
Kate Paula Houston
Chayse Jordan Howard
Troy James Howard
Porter William Ellis Hutchins
Amelia Lindsay Kaitlyn Hutsell
John Cooper Ingle
Kevin Isidro-Hernandez
Acesa Ezekiel Jackson
Markeese Jaden Chamaud Jackson
Kristyn Leigh Jacoby
Clay Samuel Johnson
Tacoma Trevin Jones
Tara Mason Jones
Jodie Elaine Joy
Parker Davis Kanupp
Andriy Kebap
Michael Xavier Ketterman
Dynise Michelle Kimrey
Clara Ann Kintner
Jessalyn Annabeth Kious
Adam David Kluge
David Christian Knight
Kurt David Koestler
Israel Keanu Kolomiyets
Caleb Peter Lafunor
Makenzie Paige Lee
Justin Connor Leon
Ann Margareth Licharew
Dwayne Christopher Lillie II
Kevin Lopes Lima
Meghan Joelle Linder
Briana Caroline Lindsey
Levyn Jyaire Littlejohn
Gian Luis Lopez
Makayla Pricilla Lordman
Baillie Hunter Lowe

Calvin Cornell Madden
Alexander Martinez Villatoro
Zachary Benton Mason
Alana Grace Matteson
Molly Marie May
Nathan Michael Mazzaresse
Kendall Bailey McCorsley
Jackson Steve McCurry
Makayla Kerin Servetta McDowell
Evelyn Audrey McKay
Robert Emerson Meadows
Armando Akhim Medina Martinez
Caleb Anthony Mickalunas
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Ciara Nicole Mitchell
Jyosna Devi Moore
Kristopher Kyere Moore
Ean Ezekiel Moran
Donterian Joseph Devon Mosley
Jett Laura Naisang
Kalyanne Brehm Neel
Heath Caleb Norman
Eleanor Morgan Owenby
Thomas Ethan Paez
Jack Paksoy
Maddeson Marie Papp
Tyler David Parton
Jhari Xavier Patterson
Daniel Zachary Patton
Gabriel Seth Patton
Benson Hope Peace
Avery Delynn Pegram
Emily Claire Penland
William Norris Perkin
Hunter Grant Peterson
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Bryce Thomas Sweeney
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Devon Zachariah Laray Triplett
River Sol Tulloss
Cameron Blake Twitty
Daniel Angel Valdez
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Elysia Skye Wascoe
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Adam Benjamin Wechter
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Sage Sebastian West
Samuel Joseph Westbrook
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MaryBeth Butler Wilbanks
Peyton Jaynet Wilkie
Parker Davis Willett
Kathryn Grace Williams
Arin Josiah Wilson
Kelley Marie Woehl
Elizabeth Blythe Wolfe
Rylee Grace Wooding
Lauren Amanda Wright
Noah Lynn Wyatt
Carrigan Rebecca Marie Wynn
Nehemiah Ezekiel Quon-Shay Young
Nicholas Gage Young
Tiyon Kylel Young
Kendrick Rayluis Zegarra
Kesin Kota Zimmerman
Caitlin McAlister Zorn

When Your Dreams Go Up in Smoke

Continued from front page

A few weeks later, the State Department announced a week with the highest casualty toll of the entire war, with 2,547 Americans wounded and 543 killed in action.

On April 4, civil rights leader and anti-war activist Dr. Martin Luther King, Jr. was in Memphis supporting striking sanitation workers. He gave what would become his most famous sermon, in which he told listeners: "I've seen the Promised Land. I may not get there with you. But I want you to know tonight that we, as a people, will get to the Promised Land." The following evening, he was assassinated. This tragic event was made even more cataclysmic for me because also graduating that year was my neighbor and classmate Nora Davis, daughter of Black activists Ozzie Davis and Ruby Dee. I confess that up until that time I was more aware of their acting celebrity status than how dedicated they were to equality and the Civil Rights movement.

Student protests demanding an end to the Vietnam War broke out throughout the world. On April 23, the firestorm came closer to home for me (exactly 16 miles to be exact), when hundreds of students took over part of Columbia University and occupied the campus for more than a week until NYC police broke up the demonstration and arrested everyone.

The protests at Columbia were part of the wave of student activism sweeping the globe, including mass demonstrations in Mexico, Europe and beyond. On May 6, known as "Bloody Monday," students and police clashed in Paris' Latin Quarter, resulting in hundreds of injuries.

Back in the United States, Robert F. Kennedy had just won the California primary, which likely would have secured him the Democratic presidential nomination. As he was leaving the Ambassador Hotel in Los Angeles after addressing a large crowd of supporters, he was shot and killed.

This was one heck of a time to be filled with hopes and dreams of going out into the world to start my independent, adult life, but I was like most kids—somewhat removed from world events. I was just happy to be nearing graduation and excited to get a job in Manhattan and start my great life adventure. But wait, there's more.

Beginning on May 10, there had been several minor fires in my high school. None

were too serious, but we were getting used to hearing the fire alarm and vacating the school on a regular basis. Early on May 17, the alarm went off again. This time we could smell smoke. As we exited the buildings, fire engines pulled in, and the atmosphere became more urgent. At the end of the day, the fire had consumed my alma mater. Local fire departments successfully extinguished the flames by nightfall, but the majestic structure (built in 1926 on 43 beautiful acres with twin lakes and

“
In hindsight,
I grew more
from that awful
event than I would
have otherwise—
or I grew differently.”

weeping willow trees) had been virtually destroyed by a fellow student (which was found out later). I was one of 3,200 students left with no school from which to graduate or in which to spend my final weeks of my senior semester. But wait, there's more.

I had been fortunate enough in my sophomore year to be accepted into a prototype program of intensive vocational studies. For three hours a day, five days a week for three years, I studied with the same instructor and classmates who majored in "commercial art." We were exposed to every medium of fine art, studied design and typography, and I was even able to branch out into drafting and mechanical and architectural drawing. It was an awesome opportunity and experience. Throughout, one goal was foremost—to compile a professional portfolio that would allow us to compete effectively in the commercial art job market upon graduation. And this is where my story gets very personal: my portfolio, along with everyone else's, was turned into ashes.

So, on that day, my dreams truly went up in smoke. With one event, everything I had planned for was taken away from me.

I knew I had zero chance of securing a job in the art world without a portfolio of my work to show. After allowing myself a week or so to be dazed, numb and stumbling around in disbelief, I started a new plan.

The collage on the inside cover of our yearbook contained a photo of a clock showing the time the first alarm sounded on May 17, 1968.



Built in 1926 on 42 acres (see at left), the New Rochelle High School burned in May 1968 (aerial view shown above). It took with it the portfolio of work that I had worked on for three years.

I went to Westchester Community College for accelerated night classes in typing and stenography. I got a part-time job working in a small body shop painting custom graphics/initials on cars and signage on vans—and learning how to pop out dents on the side. After graduating night school, I took an entry-level receptionist job at an employment agency. I quickly learned the business and, since I was the first to see job listings, asked my boss if I could start placing people for extra commission, and he agreed. I was making great money for a high school graduate in 1968.

A year later I actually placed myself in a job as assistant production manager in a 90-man printing plant in Westchester. I might have exaggerated my qualifications just a bit, but I had to be resourceful in my situation. I became a master of making friends with the "guys" and learning everything I could about printing. About a year later, the owner of the firm bought a small art studio on East 37th Street in NYC. I convinced him I would be much more useful to him working in the art studio, and he "installed" me there. It was just me and the previous owner who, truth be told, had a drinking problem and would go out to lunch and not return. Within a few months I was creating a weekly music newspaper, *Soul Sounds*, and the 16-volume *Family Circle Do-It-Yourself* encyclopedia sold in supermarket chains back then. With that experience under my belt, I moved on to freelancing and made a great income, worked on my own schedule and built up a new portfolio. By the time I was 27, I was hired by Ballantine Books, the paperback division of Random House, as the assistant to the editor

of an entirely new division called "Movie and TV Tie-ins." Seems they had purchased the book and merchandising rights to a new movie entitled "Star Wars" and saw potential for marketing a book around the movie release. (They bought the rights for \$10,000!)

So, within 10 years of that life-changing fire, I had learned new skills, gathered tremendous knowledge and gained solid experience in multiple industries. In hindsight, I grew more from that awful event than I would have otherwise—or I grew differently. I learned the very valuable life skills of how to assess a situation, sort out the options for dealing with it and figure out a way forward.

And it continued. I have had an interesting, eclectic, financially-sound working life leading up to moving to Fairview in 2001, and it continued until my retirement last year. The skills I gained throughout my life qualified me to become the editor of the *Fairview Town Crier*, assistant director of the Asheville Restaurant Association and parade director of the Asheville Holiday Parade.

And so, my message to 2020 graduates is Be optimistic. Be hopeful. See beyond the immediate darkness and imagine what you might be, where you might go, and what you might do. Go forward and be open. Take any job, as you will learn something from it. Just don't stay stagnant. There's an entire life waiting for you and it will be what you make of it. Make it great!

Sandie Rhodes is the publisher of the *Fairview Town Crier*. For more information on the fire, visit the two links provided at fairviewtowncrier.com/links.



Endings and Beginnings at Cane Creek Middle School

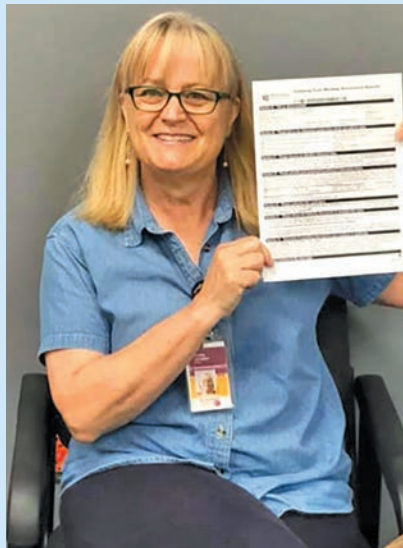
Principal Johnson Retires

by Bonnie Johnston

In August of 1982, I was thrilled to begin my career as a teacher, as teaching math to middle school kids was exactly where I wanted to be. Retirement never crossed my mind. If it had, I would have been intimidated by how far off it seemed. I had no idea that it would fly by so quickly. As I approach my first day of retirement this month, I am deeply grateful for how rewarding and fulfilling the last 37 years have been. Here a few things I learned along the way:

- Schools are filled with optimistic, compassionate, hard-working people who positively shape our students' futures.
- There is no career more challenging than teaching kids.
- There is nothing more deeply rewarding than working with kids.
- If you truly love kids, they will blossom under your care.
- When you collaborate with students' families, they thrive.
- All students deserve a quality education, which is why public schools exist.
- Prioritizing support and funding for universal education is key to our nation's success.

Every position I have had in education has been deeply rewarding, and I have loved them all. I am so thankful for the outstanding teachers



Retired CCMS Principal Bonnie Johnson

and support staff in every school where I have worked. Buncombe County Schools has been my career home since 1995, and there is not a better school system anywhere. I cannot imagine a better place to complete my career than Cane Creek Middle School. Staff, students, parents and community of CCMS, I will miss you deeply and appreciate all the love and support you have given me.

Having been an educator for 62% of my life, it will feel strange to no longer spend my days in a school building. However, my husband and I look forward to many trips on the road to see as much of our beautiful nation as possible.

New Principal Returns to CCMS

Buncombe County Schools has named Kimberly Mason, a former teacher at Cane Creek Middle School, as the new principal of the school.

Mason, currently an assistant principal at North Buncombe High School, grew up in Troutman, NC, near Statesville, and attended grade school, middle school and high school there.

She holds a bachelor's degree in physical education from Mars Hill University and a master's degree in school administration from Western Carolina. An educator for 20 years, Mason is dedicated to providing all students with a safe environment and well-rounded education that prepares them for their tomorrow.

She taught at CCMS from 2003 to 2012, where she coached volleyball, basketball, softball and golf and assisted with cross country and track. She also served as the athletic director for a period of time.



New CCMS Principal Kimberly Mason

"During my time as a teacher at Cane Creek, I was very fortunate to work with great teachers and awesome students," she said. "The community was very supportive. This is where I began my career in Buncombe County, and it feels like I am coming home."



Megan Fulkerson Named 2020-21 FES Teacher of the Year

by Kenya Hoffart

Fairview Elementary School has named Megan Fulkerson as its 2020-2021 Teacher of the Year.

Fulkerson, a first grade teacher, joined FES three years ago, but has been a teacher in schools for 15 years. She has taught kindergarten, first, and second grade students.

She admits that school was not always easy for her, which is what helped her decide she wanted to be a teacher. She uses her past experiences as motivation to reach all students, especially those who may need extra support to reach their full potential. She loves teaching at Fairview and says the thing she enjoys most is the sense of community. "The staff and parents at Fairview work so well together to meet the needs of all students. It's great to be part of that kind of team," she said.

When asked what advice she would offer to a first-time teacher, Fulkerson said, "They need to know that it's important to establish positive relationships with their students and their families. Creating strong relationships around each student helps to promote lifelong learners." This goes right along with Fulkerson's own teaching philosophy. She said, "As students walk into my classroom, I strive for each of them to feel welcomed and

loved. I work to get to know my students so I can support them on all levels, even beyond their academic needs."

Kayla Bradley, a recent student of Fulkerson's, said, "Mrs. Fulkerson made me feel special every day. She always encouraged me to do my best. She made learning fun, and I worked hard so I could make her proud."

Fulkerson's contributions go beyond the classroom. She has served on the district's literacy team and facilitated the first grade math investigations team. She continues to serve on Fairview's literacy team and is a supporter of the school's PTA and Girls on the Run team.

She graduated from Central Michigan University, where she met her husband, Mark, who is also a teacher (at CCMS). They moved to the Asheville area in 2005 to begin their careers. They have two children, a rising fourth and a rising seventh grader. The family loves to travel and enjoys many outdoor activities, particularly hiking on the Blue Ridge Parkway.

Teacher of the Year is an annual award that promotes excellence and education. It encourages and motivates teachers to be their best and spotlights educators who make a difference. This is a well-deserved honor for Fulkerson, whose professionalism and experience is evident in the successes of her students.

Quarantine Puppies and Other COVID Challenges

Being a veterinarian in the time of COVID-19 has been a strange ride. Since entering veterinary medicine in 1996, I've worked in every position in a small animal hospital—as a spay/neuter vet, relief veterinarian, volunteer shelter vet, and emergency vet, including during the aftermath of two hurricanes. COVID-19 has presented more challenges than any of those roles or situations, but my fantastic team of employees has pulled together and faced this challenge with grace and determination. I would like to share a few things I've noticed over the past three months.

Curbside Service

Curbside service is meant to keep everyone safe. We miss you and can't wait to welcome you back, but we can't do that safely now. Please help us do the best we can. We respectfully ask that you wear a mask when we come to the car to get your pet. Please also keep a six-foot distance (roughly the length of two large dogs end to end) when we are interacting with you outside.

Write down your concerns if you would like—we love getting notes. Trust us with your pets. I promise they are getting love and cookies inside just like they were when you were there too.

If waiting in your car isn't your cup of tea, ask us if you can schedule your pet's visit as a drop-off so you can head home for a bit while we do our work. We are figuring this out as we go along, just like you are. We promise to get back to normal when we can.

Medications Without Exams

Every veterinarian I know would love to be talented enough to figure out what is going on over the phone and save you a trip. But even if we could, the NC Veterinary Practice Act does not allow this—not even in the time of a global pandemic. We are still required to have a valid veterinarian-client-patient relationship in order to provide a diagnosis and treatment, and if we do treat without this relationship, we could lose our licenses.

This is a good requirement, as there are so many nuances to treating illness and injury in animals that a thorough exam can mean the difference between life and death. Please be patient with us when we tell you that we have to see your pet and can't send medications without an exam. This isn't us trying to make money. We're trying to provide the best care for your beloved pet.

Quarantine Puppies

One of the silver linings of this quarantine period has been that people have been adopting dogs and puppies while they have had time to spend with them. We have seen some adorable new adoptees lately. Now that quarantine has been going on for several months though, we are starting to see a few problems arise from this situation. Puppies need to be socialized to new situations and people, and they need to learn to be okay when left alone. These have been difficult things to accomplish lately. If you were kind and lucky enough



Dr. Moncure's dog, Beetle, who is hoarding her toys just in case anyone who is home thinks they can play with them.

to adopt a new dog, remember to expose him or her as much as possible to new situations and people. And teach them to be comfortable and confident when they are alone, too. This will pay off big time when you have to go back to work.

Quarantine Cats

Cats are creatures of habit. Going from an entire work/school day by themselves at home to having every family member home and trying to work or learn all the time is a stressful event for our feline companions. Stress can manifest in many ways in cats, but we commonly see outbreaks of upper respiratory infections and inappropriate urination. Remember to give your cat a little space every day and to improve your litter box hygiene to keep them happily peeing in the right place.

The Long Haul

I hope that by the time this shows up in your mailbox these suggestions are obsolete and that we can get back to normal. But given what history has shown us, we will likely still be working in quarantine conditions. Our promise to you is that we will do our best to keep ourselves healthy and safe so we don't have to close for a few weeks and leave your pets without their regular veterinarian. We will always provide our best to you and your pets, even when you are not present. It's what we do. We promise to be ready to welcome you back as soon as we can, but we promise to be patient and not do this before it is a safe thing to do. We're in this with you for the long haul.

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



a. Aspen is a sweet, gentle, one-year-old girl. She is a little timid around new people and surroundings, but it doesn't take much to win her over. She would most likely enjoy a home with adults or older children.

b. Scotty came out of a bad situation and will require leash and potty training. He is very afraid of new people and would be best in a laid-back, quiet home and with an owner who has the time to work on social skills. He's a year-and-a-half old terrier mix that weighs 17 pounds.

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

Animal Haven Seeks Donations

Animal Haven of Asheville, a nonprofit animal sanctuary, currently has around 100 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 three months.

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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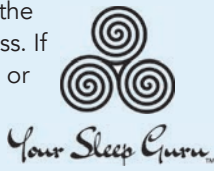
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Relax with a Fairview Podcaster

There is so much going on in the world that could give you stress. If you're having trouble relaxing or sleeping, one Fairview local might be able to help.



Clara Starr, who has lived in Fairview for 17 years, has been producing a free, weekly podcast called *Your Sleep Guru* for more than a year.

Growing up on a farm in the countryside of England, she explored the marsh and wildlife on the river surrounding her family's farm. The experience of spending time in the wild fostered a deep love of nature.

In the US, Clara has lived in Colorado, Utah, Arizona and, of course, North Carolina, where she has explored the landscape during her free time. "Nature always inspires, relaxes and lifts my spirits," she said.

She channeled that love of nature into her podcast, which is intended as a remedy for the stressed out, the insomniac, the anxious, or those who have difficulty falling asleep. "I created the podcast as a remedy to the stressful times we live in," she said.

You can find the podcast on all platforms. It's for all ages, and episodes are around 25 minutes.

Real Estate FAQs

by Jenny Brunet

The COVID-19 pandemic has brought many changes, including to real estate. Over the past few months, buyers and sellers have come to us with many questions. Here are a few common ones.

Are Houses Being Shown?

Yes, but with restrictions. The first thing we do for our sellers to is to have a professional video done of the home. We then ask the buyers to view the video in detail before we schedule a showing to make sure they are really interested in the home. Second, the buyer will need to fill out a COVID-19 form that will be given to the seller before the showing can take place. We will then schedule the appointment. The seller will be asked to leave all the lights on in the home and open all the doors, as well as a few cabinets.

When we take our buyers to the home, all parties drive in separate vehicles. Once we arrive, we will open the house and ask our buyers not to touch anything. If they do, we have sanitizing wipes that we will use to wipe off anything we or the client have touched. Everyone's health is of the utmost importance to us right now.

Is Now a Good Time to Sell?

Yes. We live in a desirable area and folks are looking to move here. And people who already live here are still looking to buy, especially with interest rates at an all-time low.

How Are Land Sales?

Land sales are picking up. Especially larger tracts. As a result of the pandemic, some people are looking for



larger tracts so they can have more space if they need to self-quarantine. In addition, with the shortage of homes for sale, more people are looking to buy land and build.

Jenny Brunet is Broker in Charge at Cool Mountain Realty & Construction.

Learn More

July 14 and 28 at 7-8 pm

Cool Mountain Realty & Construction will host a free Zoom meeting open to the public to discuss real estate and financing questions. There will be several realtors on the call, as well as Kim Winters with Movement Mortgage.

If interested, email Coolmntnl@gmail.com (subject line: "Zoom Meeting") with your name and questions. You will then be sent a link to join. (You do not have to send a question to participate.)

Assistance will be provided for those without previous Zoom experience.

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Nearing Retirement? What Questions Should You Ask?

The recent market volatility has affected just about everybody's financial and investment situations—so, if you were planning to retire soon, will it still be possible?

Of course, the answer depends somewhat on your employment situation. With so many people's jobs being affected by the coronavirus pandemic, your retirement plans may also have been thrown into confusion. But assuming your employment is still stable, what adjustments in your financial and investment strategies might you need to make for your retirement?

Here are a few areas to consider, and some questions to ask yourself.

Retirement Goals

Now is a good time to review your retirement goals and assess your progress toward achieving them. You may want to work with a financial professional to determine if the current environment has materially affected your goals or if you need to make modest adjustments to stay on track.

Retirement Lifestyle

You probably created your investment strategy with a particular type of retirement lifestyle in mind. Perhaps you had planned to become a world traveler when your working days were over. Of course, in the near term, extensive travel may not be possible, anyway, but once we move

past the pandemic, your freedom to roam will likely return. But if your investment portfolio is not where you thought it might be, can you (or do you want to) adapt your lifestyle plans? And can you accept the same flexibility with your other lifestyle goals, such as purchasing a vacation home, pursuing hobbies, and so on?

Tradeoffs

Based on your retirement goals and your willingness to adjust your retirement lifestyle, you'll want to consider your options and tradeoffs. For example, would you be willing to work more years than you had originally planned in exchange for greater confidence in your ability to enjoy a comfortable retirement lifestyle? By working longer, you can continue adding to your IRA and 401(k) or similar retirement plan, and you may be able to push back the date you start receiving Social Security to receive bigger monthly benefits. You might also review your budget for opportunities to reduce spending today and potentially save more toward your retirement goals.

Social Security

You can file for Social Security benefits as early as 62, but you can get 25% to 30% more if you wait until your full retirement age, which is likely between 66 and 67. As you created your retirement plans, you likely also calculated when you would

take Social Security, but you may need to review that choice. If you postpone retirement a few years, what effect will that have on when you choose to take Social Security and, consequently, the size of your benefits? You won't want to make a hasty decision, because once you start taking Social Security, you can't undo your choice.

This is certainly a challenging time to be entering retirement, and you'll have some

questions to answer. But even in the midst of uncertainty, you still have many choices. Consider them carefully and make the decisions that work for you.



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

MAY FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	25	2,700,000	249,000	686,820
Homes Sold	17	1,369,000	102,222	573,408
Land Listed	9	2,700,000	25,000	427,722
Land Sold	3	375,000	43,000	181,000

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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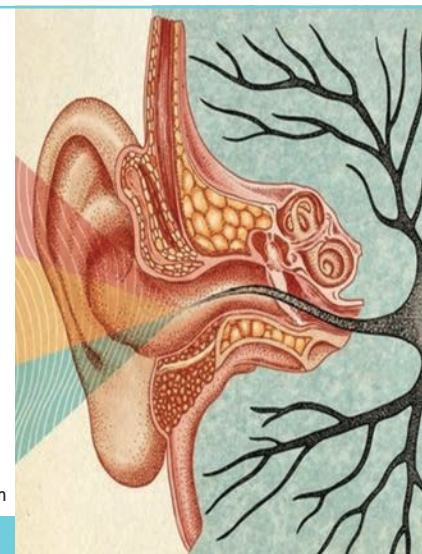
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Budgets, Awards and Monuments

The Board of Commissioners unanimously passed the Fiscal Year 2021 budget on June 17 under the leadership of County Manager Avril Pinder and county staff. The total budget projects \$336.5 million in general fund revenue and expenses and will be accomplished again without a property tax increase. Due to projections of decreased revenue due to the COVID-19 pandemic, staff worked diligently to find ways to cut spending to ensure there would not be a tax increase. Education, human services and public safety continue to be the most significant uses of county funds. Public safety includes law enforcement and emergency services.

There were long, challenging conversations as we worked toward making the most of your tax dollars while ensuring we provide effective, efficient services for everyone.

I would always like to see more funding for our K-12 schools and A-B Tech. Over this past year, County Manager Pinder began building strong relationships with our educational institutions, and the Performance Management team began working on gathering and analyzing data on the opportunity gaps within Asheville City and Buncombe County Schools. I look forward to using that data to work with the school systems to drive budgetary decisions moving forward. The 2021 budget did fully fund the Buncombe County Schools' request

and included one-time funding to complete playground construction at six schools.

I am pleased to share with you that three of Buncombe County's innovative programs, the Energy Innovation Task Force, Farm Heritage Trail, and Community-Oriented Development, have received national recognition from the National Association of Counties (NACo). The awards honor innovative, effective county government programs across the country that strengthen services for residents.

The Energy Innovation Task Force is a joint initiative between the City of Asheville, Buncombe County, and Duke Energy to research and recommend energy efficiency and demand-side management programs in Buncombe County.

Buncombe leads the state in farmland preservation efforts, and now its keystone project, the Farm Heritage Trail, has been recognized. The trail is a scenic driving route through the rural agricultural communities of Alexander, Leicester, Newfound and Sandy Mush in northwest Buncombe County. You can drive the public roads of this trail and enjoy viewing the conserved family farms, with designated signage. The entire course is a leisurely two-hour drive that includes farm stops along the way.

The Community-Oriented Development (COD) program received Best in Category for Planning. According to NACo, one

program in each of the 18 categories receives the Best in Category distinction. The COD program was chosen for this outstanding distinction due to its exceptional results and unique innovations. It was designed, drafted and administered by county Planning & Development staff and adopted in 2015. It was initially developed to address a critical shortage of quality affordable housing and seeks to incentivize density and design flexibility in exchange for affordable or workforce housing units, sustainability features and community amenities.

As many of you know, the commissioners approved a resolution to remove two Confederate monuments and appoint a task force to review the Vance Monument. I want to share with you why I support that resolution and how I came to make my decision. Please be assured that I read every email and listened to each voicemail I received. I followed up with questions when I needed more clarification, and I am grateful for the passionate communication from you.

Last July, we began our strategic planning process. The input of hundreds of residents who participated in meetings influenced the plan that we approved in May. Thanks to the voices of the people and their input, we adopted equity as a core value, foundational goal and the lens through which we would view each of our strategic goals. I acknowledge that achieving our goals will require considering new and revised policies to ensure Buncombe County is an inclusive, safe and equitable place of opportunity for

everyone to work, play and live.

My faith teaches me that love means treating everyone with dignity, respect and value for their life. These values and teachings are why I have dedicated my career and myself to public service, and they are what ultimately led me to support the removal of the monuments. Removing monuments does not erase history. It does remove the constant visual reminder of people who either believed in or defended a system that did not treat African-Americans as equals. If we are truly committed to equity and our strategic plan, removal of these monuments is in line with that goal and core value.

The resolution is just one step we can take as elected leaders to address racial and systemic inequities. Removing the statues is a response to requests from the community and is only one step in this work. I acknowledge we have much work to do to both undo and to address racial and systemic inequities. We must be committed to listening to those most impacted by inequality and not talk over them or discount their voices, opinions and experiences.

As always, don't hesitate to contact me. I enjoy hearing from and serving you. Stay healthy and well.



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

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Do You Hear the Birds Singing More?

I am a very idealistic and positive person. Those traits have served me well during my life, and especially so during this pandemic and its associated chaos. I am happy to see that nature and the birds have stayed fairly consistent in behavior as the human environment changes around them.

But what benefit has that brought us? I read an article in the *Washington Post* that included a perfect example of a benefit from the shutdown. I am going to steal shamelessly from the article by Darryl Fears ("Amid the pandemic, people are paying more attention to tweets. And not the Twitter kind.")

During the shutdown, Fears wrote, "a reduction in street noise has created a stage for songbirds." What a wonderful benefit it is to all of us to better hear the songbirds. Exhaust pollution, as well as street noise, has been greatly reduced. Across the country, scientists who study birds say they're constantly being asked the same question by family members and friends: Is the bird population exploding?

"I'm hearing from a lot of people saying, wow, there are so many birds" said T. Scott Sillett in the article. A wildlife biologist who heads the Smithsonian's Migratory Bird Center, he runs the national Neighborhood Nestwatch (a kind of bird census conducted by volunteers).

"[W]e're hearing more birds because



Have you seen—or heard (left to right)—the Carolina Chickadee, Eastern Bluebird, or Pileated Woodpecker?

there's less human noise, fewer tires humming, and horns," he said. "We're less conspicuous in our houses, and the birds are coming down to see. People are saying, wow, this bird is nesting right here under my window." Although the birds were there all along, people are realizing, by better hearing them, that they are right there in their backyards. An associated surge in bird watching has occurred. More people are paying attention.

Each year, the Cornell Lab of Ornithology holds an annual Global Big Day of birdwatching, which happened this year on May 9. The organizers didn't notice an



unusual increase in birds, but the number of people participating in the event rose to 50,000, which is a 45 percent increase from the year before said Ian Davies (in the article), a project leader for eBird, the online portal that runs the event.

It is true that, at this time, birds have been flocking back from migration and instinctively marking territories and getting ready to mate. But that takes a lot of singing. And even though bird populations have declined dramatically since 1970—almost three billion fewer birds—with human traffic (people and cars) so reduced, and with less noise pollution and



less foot traffic in parks, birds are being heard more and seen more in areas they didn't previously frequent.

You can bet that scientists will continue to study the coronavirus impact on birds, and they'll surely find that better air quality and less noise pollution is a benefit to the birds.

And if you have discovered the joy of bird watching during these difficult times, I think it's a hobby you will continue to enjoy and pass on.

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

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by Candi Yount

AFTER A TWO-MONTH interruption in meetings due to COVID-19, the FBA held its June meeting at Sweet Farm on Cane Creek. Molly Mills and Robear Morningstar gave a tour of the grounds, where they grow and harvest Morningstar shiitake mushrooms, Asian persimmons and specialty grains, as well as host organic gardening workshops. Their vacation rental is open for rent. Attendees enjoyed the delicious mushrooms available for purchase at the farm.

The meeting was held outside with seats separated to encourage physical distancing. Some attendees wore masks. Attendance was not as high as hoped for, but we look forward to more members attending next month. Visit our Facebook page for the announcement of the location ([facebook.com/groups/fairviewbusinessassociation/](https://www.facebook.com/groups/fairviewbusinessassociation/)).

Business Updates

- Candice Yount gave an update about Spring Mountain Community Center. Owners of property recently purchased on New Lite Road have proposed to build a roadway that would cut through the center of the community center property. All interested Fairview residents who are in opposition to this proposal are asked to sign a petition at fairview-petitions.com.
- Several realtors reported that now is the time to get into the real estate market if

you are thinking of buying or selling.

- Clothes Mentor has reopened.
- Vacation rentals are opening up.
- Apex Brain Center is open.
- Unified Therapies is open.

Membership

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

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- 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.

Candi Yount is the secretary of the FBA.



FBA members enjoyed their visit to Sweet Farm on Cane Creek.

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A Meditation on Thistles

f *Cirsium arvense* was an indicator of abundance, our cup would be overflowing. Creeping thistle, also known as Canada or field thistle, coats our garden pathways and beds with its green spines. Below ground, *Cirsium*'s complex and haphazard root system proliferates, as mysterious and pervasive as electromagnetic waves weaving through the ether.

I started the spring season with the perspective that weeding is therapeutic. Perhaps it could seem that way if thistle weeding is a more erratic form of acupuncture. Despite efforts to protect myself from probing spines and gearing up with thick gloves and motivational self-coaching before entering the beds, thistles have inspired a deeper meditation. After a full, painful month of relentless ruminations, conversations and desires for instant eradication, we eventually turned to the thistle directly and asked "What are you trying to tell us?"

Cirsium arvense is a ruderal species, meaning it grows in rough spots. It plays a key role in ecological processes. It is a fierce first responder to soil disturbance and destruction, repairing whatever has been broken and lost. It is the most pervasive weed in the world. Its root system is a dynamic accumulator, bringing iron, calcium and potassium from deeper soil layers up into the leaves to be re-integrated



Thistle is the most pervasive weed in the world. But its root system brings iron, calcium and potassium up into the leaves to be re-integrated in soil, and its flowers support an array of butterfly and pollinator species.

in the fall into the soil, feeding future growth. And its flowers support an array of butterfly and pollinator species.

The thistle's strength—and our struggle—is in its comprehensive root network. The word "root" shares a word ancestor with the word radical and its cousin, eradicate. These words stem from the Latin *radix*, meaning fundamental, original, the beginning. With this wisdom, in order to eradicate something, whether it be thistles or systemic injustice, it must be pulled up by its roots.

As a garden team, *Cirsium* has invited us to look at our ecosystem honestly and ask, "What needs balancing?" Are

we integrating enough cover crops and organic matter? Are our microbes healthy and happy? Which plants are thriving and which are struggling? And we ask even deeper, ever-present questions about organizational health. What does it mean to be a sustainable farm? How are we communicating as a crew? Are we doing the internal work required for social change? How well are we connecting with our surrounding community?

This community is already swimming in the recognition and practice of interdependence. There are folks trading sugar for flour, honor system farm stands, communication networks that connect young

farmers with old mountain mechanics for the price of a cup of coffee, and lineages of intergenerational agrarian wisdom. There is much beauty to behold, and we challenge ourselves to reach a little deeper into the unseen as we strive for solidarity and sustainability.

Cirsium models this humbling network of interconnection, as well as the reality of growing pains. Fortunately, this noble plant grows day and night, not necessarily for itself, but for the dream of a future forest.

Hayley Booterbaugh is a full-season intern at Root Cause Farm. rootcausefarm.org.



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The Humble but Versatile Mugwort

Forty-five years ago, my best friend introduced me to a rather nondescript, prolific plant that had whitish tinges underneath. It was growing in the carpet on the side of the trail in suburban Maryland, and my friend called it mugwort. "It's very aromatic," he said, "and people dry it and put it in sachets in their pillows, as apparently it gives you good dreams."

These days, almost three months into a pandemic, we could all use a good dream. But as my partner and I say over and over, if we're going to be in isolation in quarantine, how fortunate we are to be doing this in the paradise that is WNC. Being a good student of wild edibles, even as a teenager, I tried mugwort inside my pillowcase after drying it thoroughly. I'm not sure that it really affected my dreams, but it sure smelled good.

Most people know this plant as a rather invasive weed in their gardens. Its flowers are nondescript and tiny, but it puts out an abundance of seeds. Mugwort (*Artemisia vulgaris*) is a member of the enormous Aster family that is native to Europe. Many people call it "wild wormwood," but they're quite different plants, as wormwood is white and silver on top and bottom and much showier.

Mugwort is wind-pollinated in the summer and seems highly adaptive in its growth habits. It loves disturbed soils, often frequents roadsides, and is very happy in

garden soils. It is related closely to ragweed and chrysanthemums, but looks quite different, and its scent is pleasing and distinctive.

The young leaves can be eaten raw or cooked; they are aromatic and a little bit bitter. The young spring shoots can also be eaten, and the leaves, flowers, and roots have been used as a tea. Mugwort was used in many parts of the world as a flavoring in beer until hops came on the scene.

This humble plant is considered sacred by cultures. As with sage and other aromatic herbs, people have dried, bundled, and burned it as incense and ingested it in rituals for healing properties. Some historians believe it is one of the first plants ever cultivated by humans, both for its edibility and sacred properties in rituals. The genus name *Artemisia* refers to the goddess Artemis, representative of mother earth and fertility in ancient Greece and throughout the Mediterranean.

Mugwort has an extensive medicinal history. In China, "Ho Hsien Ku" is the Asian equivalent of the goddess Artemis, and she cloaks herself in mugwort leaves and appears frequently in fertility rituals. In Japan, mugwort is also associated with the goddess of life, death and progeny. It was often used ceremoniously in both countries in full moon rituals honoring the goddesses.

Mugwort has been used to abort pregnancies, and it's also still widely used to



Mugwort may be a common wild plant, but it is well worth discovering.



stimulate healthy and regular menstruation. In traditional herbal medicine, pregnant women are often warned about taking mugwort, as it contains powerful chemical compounds, such as eucalyptol, that stimulate menstruation and kill fetal tissues.

Mugwort has served as a decongestant, insect repellant, antibacterial and anti-viral agent, painkiller, and stimulant. It has been used for the treatment of pneumonia, tuberculosis, and parasites. It has strong antioxidants and is being researched for possibilities in treating cancers.

In ancient times, mugwort was hung in a doorway to ward off evil, and leaves were sometimes strapped onto a person's foot to give a traveler stamina and protection from harm. In 17th century England,

young women would dig up the roots and place them under their beds in the belief that this would induce prophetic dreams about a future husband. The Plains Native Americans often used mugwort for smudging in prayer ceremonies.

The world of plant-based medicine is amazingly complex, which is why it is important to work with a good herbalist or a medical botanist. Mugwort may be a common wild plant, but it is well worth discovering.



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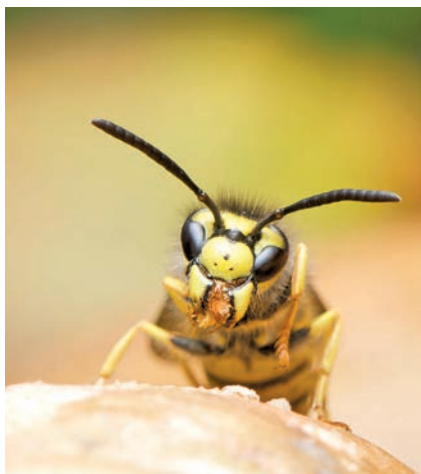
The Boys and the Bees

Growing up on a farm gives kids a unique opportunity to learn about the wonders of the natural world. There is the gift of getting to see baby goats born, of playing with the kids as they grow, and learning to milk the doe while her baby watches intently. There is the joy of having a lap full of baby rabbits by the woodstove in winter because a new mom didn't know to pluck fur before giving birth. There is the responsibility of caring for just-arrived chicks.

There are also some lessons that are not so warm and fuzzy, or as safe. There's what to do when you're walking home from pet sitting for the neighbors and realizing there's a bear following you just over the bank in the woods. There's learning the sound of a mad rattlesnake in the blueberry orchard and the heartbreak of finding dead animals when you go out to care for them. Another hazard is insects of the stinging variety.

This lesson is sometimes difficult for inquisitive little boys to learn. It's complicated by the fact that those stinging insects come in lots of shapes and sizes, and they choose many locations in which to inhabit our world.

There are the innocent bumblebees who seem non-threatening—until you are a little boy who has removed his cowboy boots while playing in the creek (because



Nasty yellowjackets like this one left more than 20 stings for the boy and his dad (mostly the boy, since he was wearing shorts).

you know mom gets upset when you leave them on) and the bumblebee has decided to check out the inside of one of those boots. Bumblebees get very upset when a boy foot enters a boot. Boys get very upset when bumblebees are in cowboy boots. A meeting of the two results in an injured bumblebee and a boy with a foot so swollen the boot almost won't come off.

Then there are the nasty yellow jackets that live underground (mostly) in the orchard. It's an awesome discovery when a little boy flips over a rotting log at the edge

of the orchard while working with his dad and finds a large nest of yellow jackets. There's a brief "Ooh!" before the screaming starts. The end result is more than 20 stings for the boy and his dad (mostly the boy, since he was wearing shorts and sandals while standing right over the nest). Luckily, his dad was close and able to grab and run or the results would have been much worse. Even more lucky was a doctor friend who came by shortly after and recommended Benadryl, followed by a cold bath and bed. The swelling lasted for days.

Later came the infamous bicycle incident. Little boys in the country are not overly concerned with putting on clothing before going outside on a lovely summer morning to ride a new bicycle. Unfortunately, on this lovely June day, the early apples were dropping off the apple tree in the front yard. Training wheels don't find traction on squishy apples, but yellow jackets sure do like to hang out there. That's when the double accident happened—an overturned bike and a bee sting on a bare boy's bum. It made sitting down hard for a couple of days.

Wasps are another hazard. As little boys grow, they take on the responsibility of helping around the house and at Nana's house. Nana's house always seemed to attract wasps in the summer. The boys

were helping Nana move furniture to wax the floor while wearing their trademark rubber bug boots, and a wasp flew in the top of the boot. A trip to the doctor's office followed. This time the boot was removed early, but the swelling wouldn't stop and streaks started running up the leg. A bunch of Benadryl and a round of antibiotics later, the knowledge that wasps are a major hazard is firmly embedded in the brain.

The earliest experience with stinging insects involved white-head hornets found underground in the blueberry orchard during summer. While riding along in the Baby Bjorn during a blueberry picking, mom found one of the two entrances to the hive. One sting was enough to get us moving elsewhere. But an hour later, we found the second entrance, and the already upset hornets responded in force, which caused the whole picking crew to vacate that area of the orchard. While I received several stings, the little boy was lucky this time. If only he had understood what the future held then, he might have chosen to be something other than a little boy in the country.

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

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I got a surprise in the mail from your and my favorite uncle the other day. It wasn't a "you owe us" letter from the IRS like I'm used to getting. It was a coronavirus economic aid check. By now, many of you have received your check as well. A short time later, I also got another surprise, this time from my Medicare Advantage company—and it was a very pleasant surprise indeed. It seems that many insurance companies, from health to auto insurance, are doing their part to help those affected by the coronavirus.

Goodbye Copays

My wife was scheduled for bilateral knee replacement surgery. We were bracing for a lot of copayments with her Advantage Plan policy. A company customer service representative told us that many of her copays would be waived by the company as part of their coronavirus relief to plan members. I knew that some plans were waiving copays, but I wasn't quite prepared for how much it would impact us. Copays for primary and specialist doctor visits, as well as physical therapy visits, were now gone. Even my chiropractor copays were waived.

We figured that we would save in excess of \$1,000 just on physical therapy alone, and probably more than that when all is said and done.

What Else Is Available?

Each participating company has its own relief savings package for its beneficiaries. The best way to find out is to contact the company policy service department. Some of the other things I've seen offered are \$0 copay for virtual or telehealth visits that include mental and behavioral health counseling services, reduced or waived prescription drug home delivery charges and refill limits and waiving cost-sharing for COVID-19 diagnostic testing, and treatment and hospital stays. Some Advantage plans have increased their over-the-counter benefit allowance to beneficiaries. The end of September is the closing date for these enhanced benefits for my plan, although it was suggested this could be subject to extension based on the trends in the battle against coronavirus. Deadline dates may vary from company to company. Check with your plan for benefit details and availability.

It's nice to see companies stepping up to extend much needed help, both in providing additional benefits and increased responsiveness, for their members in this unprecedented time.



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

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