



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

MARCH 2021 VOL. 25, No. 3 | FAIRVIEW, NC | fairviewtowncrier.com



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## Helping the Helpers



Rich Mueller (right), Tyler Hembree (left) and Lume Beddingfield helped to fence in some Great Pyrenees. (photo: My Fairview NC Community Facebook group)

We are so fortunate to live in a community that helps our neighbors, and that gets things done. Some donate money or materials. Some lend their muscles and experience, some can let others know about it, and some, like Rich Mueller, have the time and willingness to be the point person.

Rich grew up loving dogs in general, and in particular, Newfoundlands. So, when he saw a post on the "My Fairview Community NC" Facebook group about some big dogs (Great Pyrenees) getting loose—he jumped right in to reinforce and install new fencing. Then he fenced in a horse arena on the same property. Then he installed a fence for another family's Australian Shepherd, built a chicken coop, picked up and donated furniture to needy families (including baby furniture) and delivered firewood on cold days to a family in need. He currently has a garage full of collected furniture to donate. "My wife's calling me Fred Sanford and has changed her ringtone to the show's theme song," he said.

The support from the community has been amazing, he said. If he lets people know that he laid out his own money for anything, he will get generous donations

to cover the costs. And people have reached out to donate their time or with offers of materials to donate.

It has been fulfilling for him, too. He needs to stay active, to serve, to help people who need help. He grapples with feeling guilty that he has things so good when others are so distressed, especially during this pandemic.

How does he know how to do all of this? He grew up on a farm in northeast Ohio, with cows, pigs, chickens, goats, rabbits and horses. He learned from his dad, who was handy, and he also gained experience through building houses and decks with his neighbors. He used all that knowledge to fix up the houses he lived in at all the places where he was stationed while serving in the Air Force. He wanted his last posting to transition him into retirement, so he landed a job at the Air Force Climatic Data Center in downtown Asheville in 2004 and moved his wife and two middle schoolers to Reynolds for the good schools and the space he could get for his dogs. He retired from the service in 2008 and then worked other jobs until officially retiring in 2019.

### Would You Like to Help?

You can donate money directly to Rich online via PayPal or Venmo (see his contact info below). Or you can drop a check made out to him in the dropbox outside the *Crier's* office (1185H Charlotte Highway, Fairview). If you have building materials to donate, see below for his contact information.

Rich recently had knee surgery and probably shouldn't be doing so much physical labor. *He could really use some volunteers to help him.* If you're concerned about COVID-19, almost all of the work is done outside and Rich tries to be as compliant as possible with safety protocols.

Call or text him at 808-1924 or email him at [rvmueller@bellsouth.net](mailto:rvmueller@bellsouth.net).

## COVID-19 Update

At the end of last month, Governor Cooper announced the easing of some COVID-related restrictions due to improving numbers and the vaccine rollout:

- The 10 pm curfew for businesses and people has been lifted.
- Indoor areas of bars may reopen at 30% capacity, and alcohol can be sold until 11 pm.
- Many indoor businesses can operate at 50% capacity.
- Movie theaters and sports arenas can operate at 30% capacity.
- The limit for indoor mass gatherings has been increased to 25 people.

A vaccine shot is now available for those who want it and are eligible. Group 3 essential workers, including child care and Pre-K-12 school workers, should now be eligible. For more information on COVID-19 in Buncombe County, go to [buncombecounty.org/covid-19](http://buncombecounty.org/covid-19) or call 419-0095.



Bars and breweries can sell alcohol until 11 pm.

## Help Keep Fairview Roadsides Clean!

### • Upper Hickory Nut Gorge Community Center

March 19 (Friday) at 10 am

Meet for a socially distanced event. Participants are encouraged to bring and wear their own masks and work gloves. Safety vests and bags will be provided. Last year, the event lasted about two hours. 4730 Gerton Highway, Gerton.

### • Garren Creek Road Adopt-A-Road group

March 20 and 21 (Saturday and Sunday)

The event will not be held as a group. Contact Bill Fain to RSVP and get trash bags (call 688-9820 or email [wmfain@gmail.com](mailto:wmfain@gmail.com)). The DOT is no longer supplying gloves and vests, but Bill has a limited supply of pokers.

Participants can collect trash during the weekend (or even a few days before) and put the filled bags along the roadside to be collected on Sunday night. Children under 13 should be monitored closely, as parts of the road have limited sight-lines.

To learn about more local cleanup efforts, join the "Keep Fairview Clean" Facebook group ([facebook.com/groups/keepfairviewclean](https://facebook.com/groups/keepfairviewclean)).



## Catch Up with Our Zooms

Last month, three Fairview-area woodturners—Anne Ogg, Mike Moore and Caroline Greiner—joined the *Crier* and the Fairview Library to display and discuss their works and different techniques. And in January, performers from Fairview, WNC and Scotland joined more than 40 audience members on a live Zoom event to honor Robert Burns. You can find the full recordings of those Zoom events at [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links).



### Daylight Saving Time

starts Sunday, March 14.  
Set clocks ahead one hour.



The Fairview Town Crier  
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## COMMUNITY EVENTS & UPDATES

### MARCH 2 (TUESDAY)

#### Prostate Cancer Support Group

7 pm. Medical professional speaker when available. Free, via Zoom. wncprostate@gmail.com or 419-4565.

### MARCH 8 (MONDAY)

#### Fairview Area Art League

10 am. The group meets via Zoom to share art inspirations and projects. Email Paula. entin@gmail.com for more information and the Zoom link.

### MARCH 10 (WEDNESDAY)

#### ASAP's CSA Zoom Fair

4-6 pm. Attend this free event to learn about local farms that can provide you with weekly produce or other goods. Attendees can talk to farmers about their CSA programs, products, growing practices and more. Sign up for CSAs during the fair or follow-up with farmers later. Registration is required. Local CSAs are available from Cane Creek Asparagus, Flying Cloud Farm and Hickory Nut Gap Farm. Go to asapconnections.org/events/csa-fair to register or for more information.

### MARCH 13 (SATURDAY)

#### Baseball and Softball Evaluations

Asheville Athletic Association will field softball and baseball teams in 2021. Kids on the field will not have to wear a mask, but

they will be required to when in the dugout. Coaches will wear masks at all times. The bleachers will be roped off, and parents must keep their distance from others. For more information, go to facebook.com/fairview.athleticassociation.3. Fairview Elementary ballfields, 1355 Charlotte Hwy., Fairview.

### MARCH 27 (SATURDAY)

#### Easter Egg Hunt

10 am, rain or shine. Trinity of Fairview. 646 Concord Rd., Fletcher.

## UPDATES

#### 911 Texts

You can now text 911 in an emergency in Buncombe County. Emergency services still highly prefer that you call if possible. Seconds matter, and 911 operators can get more information from you quicker from a call.

Texting has limited abilities to let first responders know your exact location, so make sure you specify your exact location. Make sure you specify what kind of emergency it is (for example, a fire or a medical emergency) and if you require law enforcement in the initial text.

#### Council on Aging

The Council on Aging of Buncombe County will hold free Medicare information classes via Zoom. March 10 and March 25 from 2 to 2:30 pm. To register, visit coabc.org or call 277-8288. See their ad on page 15.

#### Family Caregiver Isolation

During the pandemic, family caregivers are at a higher risk for becoming socially isolated. You can attend the "Harnessing Tech to Connect" series free of charge. March 11, 18 and 25 from 1:30-2:30pm. Register online at aarp.cvent.com/TechToConnect2 or call 251-7441.

#### Live Music at Joint Next Door

The Lads are playing every Tuesday from 6-8 pm at the Joint Next Door. For more information on the band, go to TheLadsAVL.com. 1185 Charlotte Hwy., Fairview.

### APRIL 9

#### Trinity of Fairview

GriefShare seminar: "Loss of a Spouse?" Pre-register at trinityoffairview.com. \$6 for learner's guide. Call 628-1188 extension 202 for more information. 646 Concord Rd., Fletcher.

### MAY 9

#### Fairview Handmade Market

Pop-up market highlighting area artists, craftspeople, artisans, non-profits and creators. At Root Cause Farm, 26 Joe Jenkins Rd., Fairview. For more information, visit fairviewhandmademarket.com.

## SAVE THE DATE

### APRIL 3

#### Easter Egg Hunt

At Cane Creek Valley Farm. 1148 Cane

### 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.

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**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 editor@fairviewtowncrier.com. For staff directory, contacts and additional information, please visit fairviewtowncrier.com or see back page.



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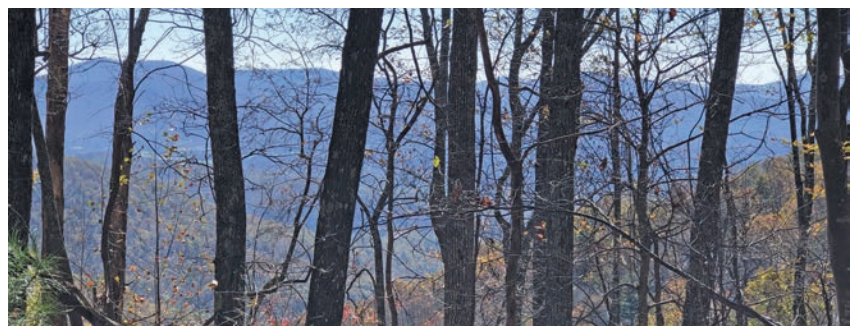
**PRIVATE LOG LODGE ESTATE ON 10 ACRES** in beautiful Cane Creek Valley. Wraparound porch deck overlooking pastoral setting with babbling creek. Two car garage with apartment above and private deck, more pasture available. **\$979,000 MLS# 3673798**



**GRAND PRIVATE ESTATE!** Private park-like setting on 4+ acres. Extensive stonework throughout, creek with waterfalls. 4,000+ square feet, perfect for large family, bed & breakfast, airbnb, or convert to duplex. **\$394,500 MLS# 9931671**



**SPECTACULAR VIEW!** Private five acres, five minutes to Asheville! OWNER SERIOUS! MAKE OFFER! **\$250,000 MLS# 3639855**. Owner/Broker.



**17 ACRES FAIRVIEW FOREST,** spectacular views from level home-site on private ridge, cascading rocky waterfalls, paved road frontage, ideal for secluded estate or multiple homes. **\$275,000 MLS# 3632812**





## Online Watercolor Class with Nate Barton

### Watercolor Wildflower Adventures

● **March 20 3–4 pm**  
via Zoom

**Welcome spring early by creating a colorful watercolor painting of wildflowers!**

Join artist and art teacher Nate Barton for a virtual class, in which he will guide you through the creation of a watercolor painting of wildflowers.

No experience is necessary and you will leave the class with a finished work. Barton has worked with watercolors for more than 20 years. He has made and sold art in Asheville for the past eight years and has been teaching for 16. You can see more of his work at [natebartonworks.com](http://natebartonworks.com) or on Instagram @etannotrab.

**Class size is limited and registration is required. Call 250-6484 or email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org) to register.**

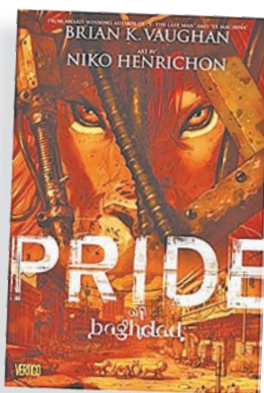
This program is sponsored by the Friends of Fairview Library.

## PROGRAMS

### Evening Book Club

March 16 at 7 pm via Zoom  
On Zoom, we'll be reading and discussing *Pride of Baghdad* by Brian K. Vaughan.

"This graphic novel works as an adventure story; a meditation on the pursuit, the problems, and the meaning of freedom; and a thoughtful allegory about the war in Iraq, with every scene having a deeper subtext" (*Library Journal*).



The Book Club meets the third Tuesday of each month at 7 pm. Email [jaime.mcdowell@buncombecounty.org](mailto:jaime.mcdowell@buncombecounty.org) if you would like more information or would like to

attend one of our discussions.

### Library Storytime for Kids

March 19 at 3 pm on Zoom

Have you been missing Storytime with Miss Jennifer? We have definitely been missing Storytime with you. Tune in for a



special preschool storytime, with stories, songs and activities. You must register to attend. See [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links) for the direct link to register.

### Future Book Club Titles

April—*On the Plain of Snakes*

by Paul Theroux

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

Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at [Jaime.McDowell@buncombecounty.org](mailto:Jaime.McDowell@buncombecounty.org).

### Connect with Your Library!



@fairviewpubliclibrary



@fairview.library



[fairview.library@buncombecounty.org](mailto:fairview.library@buncombecounty.org)

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### 2017 NISSAN FRONTIER SV CREWCAB 4x4

Alloy wheels, Bakflip bed cover, sliding rear window, Bluetooth, audio controls, full power pkg & more!

Local trade!

**\$21,995**



### 2013 RAM 1500 ST CREWCAB 4x4

70K miles! 3.6 V6, PW, PDL, tilt, cruise control, keyless entry, tow pkg, new tires & more!

One owner!

**\$19,995**



### 2013 CHEVROLET SILVERADO C1500 CREWCAB

39K miles! 4.8 V8, PW, PDL, tilt, cruise, AM-FM CD player, tow pkg and more!

One owner!

**\$22,995**



### 2017 FORD F250 SD 4x4 UTILITY

8' Knapheide service bed, 6.2 V8, PW, PDL, tilt & telescopic wheel, cruise, tow pkg & more!

One owner!

**\$34,995**



### 2016 FORD TRANSIT CONNECT XLT CARGO VAN

Bin pkg, PW, PDL, tilt & telescopic wheel, cruise control, back-up camera & more!

One owner!

**\$15,995**



### 2011 FORD F350 DUALY 4x4 UTILITY

65K miles! 8' Knapheide service bed, automatic, tow pkg, tilt & telescopic wheel & more!

One owner!

**\$28,995**



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## Your Hometown Realtor



Shannon Balcom Jenny Brunet Karen Cernek Jen Duke Omar Fakhuri Allen Helmick



Susan Lytle Devon Satchell Wanda Treadway Sophia Underwood Renee Whitmire



Private log lodge estate in Cane Creek Valley. Wraparound coved porch on 3 sides w/ open deck in rear overlooking pastoral setting, creek w/ little falls. 2 car garage w/ apartment above & private deck. Call Allen Helmick (828) 329-8400. **\$979K**



### NEW LISTING

**INCREDIBLE OPPORTUNITY!!!** Amazing 180 degree Breathtaking Views!! Build your dream home on this secluded 11.4 acre lot in the premier gated community: The Summit of Asheville. **\$189.9K** Call Jen Duke (828)575-8276.



1.95 gently rolling acres in Buffalo Creek. Only 4 lots total in this cul de sac neighborhood. Minutes from Asheville, AC Reynolds HS and BRP. **\$130K**. Call (828)628-3088.

### LAND FOR SALE

To see all our land listings visit  
[coolmountainrealty.com](http://coolmountainrealty.com)

**UNDER CONTRACT 9+ BEAUTIFUL ACRES** just outside AVL city limits. Access off US74 w/ driveway & house site. Call for info **\$198K**

**OUTSTANDING, BEAUTIFUL, LARGE 2+ 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

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

**FABULOUS BUILDING LOT** in well-known Fairview gated community, nestled in Cane Creek Valley w/ mtn views. Security, gazebo, creek, green space, playground. Call the office for more info **\$59K**

**VIEWS! 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! 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

**VIEWS! 16.76 ACRES WOODED TO GENTLY SLOPING**, appraised well below tax value! Enjoy privacy and mountain views on this corner lot. **\$120K** Call Devon Satchell 828-747-2694

**COMMERCIAL! 2+ COMMERCIAL ACRES** w/ Charlotte Hwy frontage or Emmas Grove access. Investment property w/ proposed commercial plan if needed. Call for info. 828.628.3088 **\$550K**

**VIEWS! 2 ACRES ABOVE-THE-ROAD SETTING WITH VIEWS** of Cedar Cliff, AVL and beyond! Sunny home-site connected to hiking trails through pristine 89 acres of wilderness, hardwoods, rhododendron, rock, boulders, cliffs, spring fed reflection pools. **\$120K** Call for more info (828) 329-8400

**NEW LISTING! PRIVATE YET NOT REMOTE** 10 Ac parcel ends with rare knoll. Wide, long range views possible. Driveway to home site, over \$50 K in improvements. **\$325K** will divide. Karen Cernek 828.216.3998

**UNDER CONTRACT RARE IMPROVED 4.50 MOUNTAIN ACRES.** Very private but not far off the main road. Call listing agent as parcel is a bit tricky to find the first time. Mobile home has been removed, well and septic in place. **\$65K** Call for more info (828) 216-3998

**IDEAL FOR SHORT TERM RENTALS!** Level top of the world with panoramic winter views, Concrete drive, public water, underground elec, Part of Buncombe Cty approved and recorded Special Subdivision. No single wide mobile home allowed. Call Allen (828) 329-8600, **\$79,900**

**EXCEPTIONAL 2.26 ACRE MOUNTAIN PROPERTY** w/ potential for gorgeous long-range views, near end of priv rd. Driveway put in years ago, to area previous owner intended to build. **\$70K** Call for info 828.216-3998

**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 **\$99.5K**

**VERY AFFORDABLE LOT, PRIVATE SETTING.** Paved access to mtn home w/ all High Vista amenities. Call Karen 828.216.3998. **\$25K**

**VIEWS! 11-Acre mountain estate** with incredible long-range YEAR-ROUND VIEWS at 3500ft. Highly desirable southerly exposure, ideal for mountain estate, solar home and/or family compound. Cleared home site with graded driveway. **\$239K**

**UNDER CONTRACT PRIVATE, LEVEL RIDGE HOME-SITE** off paved road, 10-acre tract, prop on both sides of road assures privacy, spectacular south-facing views over Echo Lake, easy access for, swimming & kayaking. Call Allen (828) 329-8400 **\$100K**

**PREMIERE LOT AT KING OF THE HILL,** end of road, top of Chestnut Mtn! Unsurpassed views of Fairview, Cedar Cliffs, Reynolds, AVL & beyond! Pristine 10 acres of wilderness beauty, hiking trails, rocks, cliffs, creeks, rhododendron, wildflowers, trees, wildlife. **\$400K** Call for info 828.329-8400

**LAKEFRONT GATED BEAR CLIFF SUBDIVISION!** Lake James Waterfront Community - Affordable 1.41 acres and all the Amenities of Lakeside Living at it's Best!! Hiking Trails, Black Bear Marina close by! Access to the Lake!

**10 ACRES OF ABSOLUTE WILDERNESS PRIVACY** in established community of new homes on lg acreage. 4 miles to schools, stores, PO, bank, etc. all heavily wooded with lg trees, boulders and cliffs. Call Allen (828) 329-8400 **\$50K**

### MAJESTIC OAKS

	LOT 1 0.5	<b>SOLD</b>
	LOT 2 0.5	<b>\$59,000</b>
	LOT 3 0.5	<b>SOLD</b>
	LOT 4 0.521	<b>SOLD</b>
	LOT 5 0.482	<b>SOLD</b>
	LOT 6 0.51	<b>\$64,500</b>
	LOT 7 0.64	<b>\$64,000</b>
	LOT 8 0.526	<b>\$59,000</b>
	LOT 9 0.521	<b>\$63,000</b>

+ ALMOST 1/2 ACRE OF GREEN SPACE!

VIRTUAL TOUR VIDEO: [bit.ly/2TFNMy8](http://bit.ly/2TFNMy8)



### UNDER CONTRACT IN 1 DAY

4.39 acres, private park-like setting. 4 BR suites (2 up/2 down), stone FP in LR; tile FP in fam rm. Bonus rm w/ sauna & office. Lg eat-in kitch opens to fml dining rm. Creek w/ waterfalls, private pond-site. Grand priv estate w/ so much potential! Call Allen Helmick (828) 329-8400 **\$394,500**



### SOLD IN 1 DAY!

**A TRUE OUTDOORSMANS PARADISE** 2BD/1BA Charming & Secluded cabin. Live off the land, chicken coop, smokehouse, vertical herb garden & raised. Lg variety of fruit trees and berries. **\$279K**. Call Jenny 828-628-3088.



### COMMERCIAL

Historic bldg, corner of Village Rd/Hwy 74A. Wood bldg, metal roof. New shared septic. New meter to public water 500 ft away. Ideal for offices, antique store, art shop/gallery, pottery, or retail. Next door to convenience store/gas station. Seller will consider owner financing. Call Allen Helmick (828) 329-8400, **\$100K**



### UNDER CONTRACT

An incredible piece of level to rolling property to build your dream home. Small quaint subdivision of nice homes located in the Brush Creek and Cane Creek Valley area. Great place to raise a family! (828) 628-3088.



Spectacular views, privacy and elevation. 2 possible home sites, excellent paved access, gentle grade to building site & long range view potential. **\$150K** - Call Karen Cernek (828)216-3998.



### MOUNTAIN ESTATE

11 acres w/ incredible long-range year-round views at 3500ft. Highly desirable southerly exposure, ideal for mountain estate, solar home and/or family compound. Cleared site w/ graded driveway. **\$289K** Call Jenny Brunet (828)779-4473.



### NEW LISTING

2.86 acres ready to build – home site cleared. YEAR ROUND MOUNTAIN VIEWS! Hiking trail thru property & community of Fairview Forest. Tons of amenities, convenient to everything. Priced to move at **\$59K** – Call (828)628-3088.



**THE MARKET IS HOT!** If you are thinking of selling a home call us for a free valuation!



### PROPOSED BUILD

Charming 3BR/2BA farmhouse-style home w/ open floor plan. Upgrades available, pick your colors and finishes and make this home your own! Fantastic new community right off Charlotte Hwy in Fairview. **\$399K** Call (828)628-3082.



### PROPOSED BUILD

3/2.5, 2-story w/cathedral ceilings. Open floor plan w/ huge great room, dining area & kitch w/bfast bar. Master on main, walk-in closets. New agrihood subdivision in heart of Fairview. Many plans available. **\$450,000**



### PROPOSED BUILD

**CURB APPEAL!** Modern farmhouse plan, 3 well-sized BRs w/ lg walk-in closets. Formal entry & dining rm, lg open living area, lg kitchen w/ views to rear porch & island w/ eating bar, lg pantry. Bonus room/guest suite. **\$699K** Call 828-628-3082.



The 1870 Census of Fairview, Part One

The 1870 Census of Fairview was the first census after the Civil War. It was the first to list Fairview's Black residents individually with their approximate age. The Lytle, Clayton and Toms families were the largest slave-owning families in Fairview, and many Black people from this time in Fairview took these last names. Not all formerly enslaved people took their former owners' names. They took other names they chose themselves, and a large number who took their former owners' names changed them to something else years later. The census taker was a politically appointed job, and the quality of the results depended on the census taker. Some did not do a good job.

All listed below were born in North Carolina unless otherwise noted. An "m" or "f" following a name denotes male or female. Families who were Black are noted with an asterisk (\*).

Fairview Township 1870

- 1. Earwood, Thomas, 52; Elizabeth (Trantham), 52; Christina, 29; Thomas, 23; Joseph R., 20; John H., 17; Mary, 15; Violet, 8; Charles, 8.
- 2. Mitchell, Elbert, 60; Elizabeth (Coston), 55; Mary, 32; Anna, 28; Catherine, 25; Laura, 21; George, 19; Mira M., 16; William, 15.
- 3. Lanning, Lawson W., 45; Charlotte Reed, 47; Susan E., 18; Philetus H., 12; Julia A., 7; Mary A., 4; James R., 1.
- 4. Smart, John, 63 (SC); Elizabeth M., 54.
- 5. Skinner, Robert\*, 40 (SC); Rebecca, 50; Violet, 20; Eastridge, 1.
- 6. Harper, Peter, 59; Mary (Stroup), 55; Nancy, 28; Catherine, 26; Sarah, 21; Elizabeth, 16; James M., 15; Samuel, 23.
- 7. Rike, Alfred J., 58 (a miller by trade); Susan, 47; Francis, 21 (f); Martha, 20; George W., 18; Franklin, 16; Julia A., 14; Margaret, 11; Netta, 8.
- 8. Toms, Alford\*, 40; Sophronia, 35; Harriet, 20; Charles, 18; Alfred, 15; John, 15; James, 7; Susan, 75.
- 9. Lytle, Henry\*, 40; Delay, 42; Gaston, 15; Mark, 10; Pink, 4 or 6; Jane, 1.
- 10. Toms, Levi\*, 50; Hannah, 48; Henry B., 25; Harriett, 21; George, 20; Thomas, 16.
- 11. Lytle, Miner\*, 40; Elizabeth, 19; Larissa, 3; William, 8/12 (8 months, born in October).

- 12. Cooper, James, 64; Elizabeth, 59; Robert W., 39; Manerva, 30.
- 13. Sullivan, Thornton\*, 37; Lilla M., 24; John, 5; Pink, 3.
- 14. Lynch, Nat\*, 27; Sally, 26; William, 11; Daniel, 6; Laura, 4; Jane, 2.
- 15. Weaver, Peny, 23; Eliza, 30; John T., 5; Amos C., 4; James, 2.
- 16. Spiller, William H., 39 (SC); Laura, 24; Mary E., 3.
- 17. Justice, Martin, 30; Fanny S., 27; Waifield S., 9; Henry G., 4; Robert M., 3.
- 18. Williams, James, 24; Rebecca, 28; Francis, 3 m; William H., 1; Sophronia Summey, 25; Alice, 2; Jane, 8/12 (8 months, born in January).
- 19. Neer, William, 23 (NY); Martha J., 24; William, 4/12 (4 months, born in February).
- 20. Hampton, John J., 37; Sarah A., 27; John A., 7; William W., 3.
- 21. Conner, Mary, 36; Louisa, 13; Washington, 10; William, 8; Eli, 4.
- 22. Dotson, Josiah, 41; Catherine, 35; George, 18; Calvin, 16; Henderson, 14; Adolphus, 12; William, 10.
- 23. Dotson, Josiah Sr., 73; Easter, 70; Loanie, 5 f.
- 24. Dotson, Fletcher, 22; Betsy, 21; Hugh, 3.
- 25. Whitaker, John, 45 (son of William Whitaker Jr. and Rutha Williams); Sally (Williams), 43; Marion, 18 m; Washington, 15; William, 13; Martha, 12; John, 3/12 (3 months, born in February).
- 26. Right (Wright), David, 70; Mira, 70; John, 19; Laura, 7.
- 27. Margaret Webb, 40; Mary Wright, 19; Harriett, 17; Julietta, 13.
- 28. Ballinger, Joel, 21; Sarah, 25; Willie, 10; John, 8; Susan, 6; Joshua, 23.
- 29. Poteet, Elias, 36; Betsey, 33; Eula, 16; John, 15; Elizabeth, 13; William, 7.
- 30. Williams, William R., 50; Sarah, 45; John, 17; Manerva, 15; Malinda, 13; William, 10; Zeb, 7; Osker E., 1.
- 31. Ballinger, John, 70 (SC); Caroline, 35 (SC).

- 32. Shorter, Harrison\*, 27; David, 76; Easter, 70; Charles, 3; Jane Pitillo, 22.
- 33. Merrill, John Mc., 59; Margaret, 38; Sarah C., 9; Martha, 8; Nancy, 7; Joseph A., 5; Benjamin F., 2; Robert J., 7/12 (7 months, born in October); Jane, 83.
- 34. Westmoreland, Mary, 61; Rachel H., 35; Armetta Sparks, 11; Margaret, 7; Narcissa, 10; Leander Carpening, 18.
- 35. Presley, Jason, 35; Jane, 36; John, 10.
- 36. Grant, Sarah (Whitaker), 58; Nancy, 23; John, 21.
- 37. Hamby, Leander, 36; Mary E., 32; Ann, 10; Adilea Luske, 26; Mira Lytle, 16.
- 38. Oats, Jerry\*, 55; Lillie, 56; Anna, 21; Thomas, 3/12 (3 months, born in April); Thomas Skinner, 24.
- 39. Dreining, Henry\*, 25 (SC); Violet, 22; Nancy, 1/12 (1 month, born in May); Dicy Lytle, 65; Miles, 19; Charles, 14.

- 40. Brank, Robert W., 57; Mary E., 36; Mary E. J., 15; Rachel, 12; Albert V., 10; Edward M., 8; James R., 6; Cora, 3; Rose L., 2/12 (2 months, born in March).
- 41. Henry, Rufus, 40; Elizabeth, 28; Willis, 4.
- 42. Williams, Jesse, 56; Sarah, 37; Branch H., 7; Pinkney, 5; Mary S., 3.
- 43. Cooper, Alexander, 64; Dinah, 55; John E., 32; Nancy M., 19; Delia, 13.
- 44. Lance, Joseph\*, 45; Sally, 30; Bill, 9; David, 5; James, 3; Jane, 1; Van Cooper, 20; Nancy, 21; George, 13.
- 45. McBrayer, William, 62; Elizabeth (Fortune), 63; Richard, 38; Mary, 27; Lucy, 25; Matilda, 22; Lavina, 19; John, 17.
- 46. Fallenwider, King, 40; Narcissa, 40; Mince, 4 f; Dick, 1.

Bruce Whitaker documents Fairview area genealogy. To get in touch with him, contact the Crier at editor@fairviewtowncrier.com or 828-771-6983 (call/text).



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# Winter Is Over!

**M**eteorological winter (December–February) is over. It's defined as the three coldest months on average in a given year. We've had a fairly normal winter, with many seasonable days (highs in the 40s and lows in the 20s), but we really didn't have many days this winter with spring-like warmth (with highs of 60 or better). Looking at the records from the Asheville airport since 2010, we average about 18 days a winter (December–February) with a high of 60 or better. In 2021, we had only 10 days. The fewest number of days since 2010 for a winter season was six days in 2010 and the greatest was 31 days in 2017. So, if you think the winter was a bit on the cooler side in terms of the number of spring-like days, you are correct.

In late February, several arctic air masses dived south from Canada across the Midwest and into the Deep South and Texas, with below-freezing temperatures along the Texas Gulf coast. The coldest air was boxed to our west due to a persistent southwesterly flow aloft, which shunted

## QUESTION of the MONTH

**Severe weather and thunderstorm season begins to ramp up in March, as the ingredients necessary (moisture, unstable air and vertical lift) start to come together more often. An average of 80 tornadoes occur across the US each March, based on the last 20 years. This is about double the typical tornado counts observed in January or February. When and where have tornadoes occurred in Buncombe County?**

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the coldest air across the Great Lakes into the Northeast. This left us with only a glancing blow of slightly below temperatures for a few days.

We have time and the length of daylight on our side. In March, we gain almost an hour of daylight and increasing amounts of daily solar radiation. These changes on average boost our temperatures on an upward track, with normal highs and lows at 54 and 32 at the beginning of the month and rising to a spring-like 63 and 37 by months' end.

Daylight savings time also begins at 2 am on March 14. However, remember that in March we can also get snow, about 2 to 3 inches on average and on about two days of the month. However, snow that falls in March usually melts quite quickly due to the increasing amount and duration of solar radiation. March is also one of our wetter months of the year, with about five inches of precipitation in our area. We can get heavy snowfalls if the pattern is just right. In fact, 10 of the largest 25 snowfalls have fallen in March. One of the most famous events was the "Blizzard of 93" from March 12–14, when 1½ to 2 feet of snow fell, with some drifts of four feet.



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

## WEATHER WONDER



Kathrin Spiegler, Creative Commons

### What Is a Snow Roller?

Snow rollers are a cool meteorological phenomenon in which cylinder-like snowballs are formed naturally as chunks of snow roll downhill or are blown along the ground by wind, picking up further snow along the way, in much the same way that the large snowballs used in snowmen are made. They can be as small as a tennis ball, but they can also be bigger than a car. Snow rollers are typically cylindrical in shape and are most often open or hollow since the inner layers, which are the first layers to form, are weak and thin compared to the outer layers. The inner sections can easily be blown away, leaving what looks like a doughnut or Swiss roll. In contrast, large snowballs are densely packed with no open center.

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# OLD BARNES OF FAIRVIEW

## Off Church Road

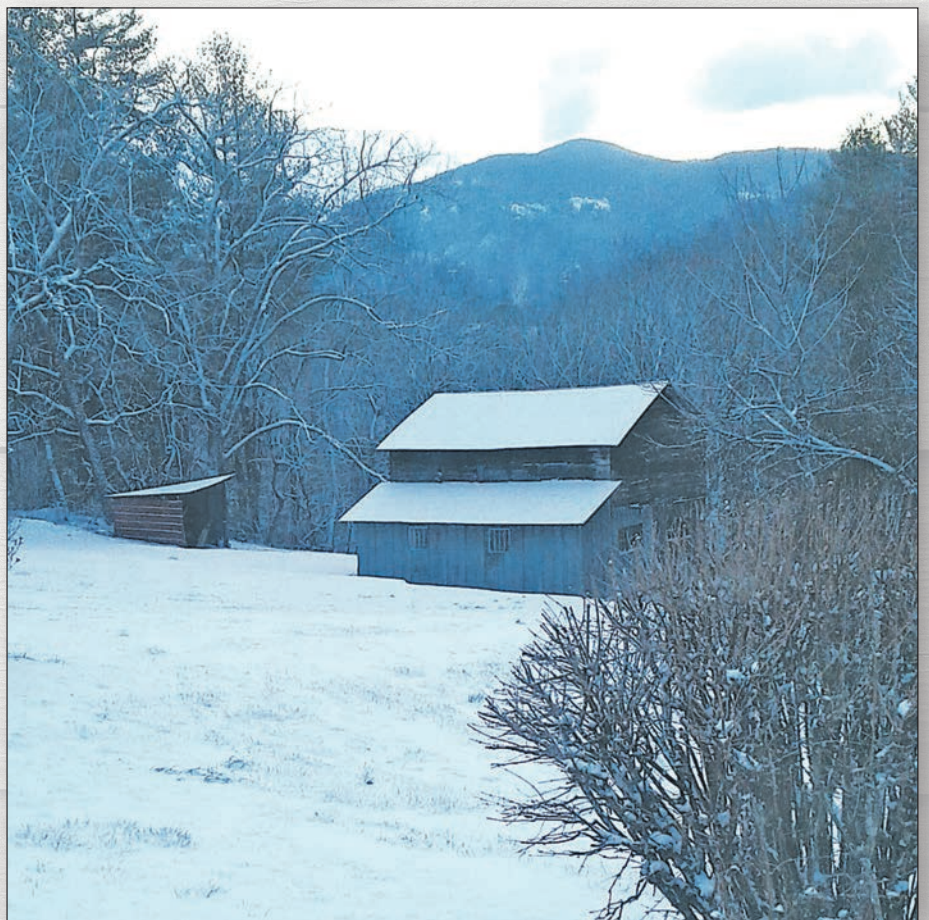
Diane Freeman saw our call for old barns in the area and sent us this photo and text about the structure on her family's property.

"On Church Road, this barn has nestled on the property of my parents, Bill and Pal Freeman, since the 1940s. My dad told me that construction of the barn was started by local workers the day the Japanese bombed Pearl Harbor. The duration of this structure is a true testament of the pride and devotion neighbors gave and held for one another. Today, the property where the barn resides is under the watchful eye of their grandson, Kyle, son of the Freemans' youngest daughter, Debi."

We will let you know with each barn we feature if it can be seen from the road and if you are free to visit.

The Freeman barn is not visible from Church Road, and the family does not wish for any visitors. Please respect the family's privacy.

*Seen a great old barn?* We're asking our readers to send in the location of old barns in the area. And if you know any history associated with the barn—who built it, when it was built, what it was built for, how it was constructed, etc.—as well as the current owners, we'd love to learn that too. We'll keep you up-to-date on our progress and eventually create a map so you can explore area barns on your own. To participate, email any info you have to [editor@fairviewtowncrier.com](mailto:editor@fairviewtowncrier.com) or call or text 828-771-6983.



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# Old Games, Updates and Slow Videos

In case you really need to play those old Flash games, the ones that Adobe killed at the end of 2020, you should try Ruffle, a Flash player emulator ([www.ruffle.rs](http://www.ruffle.rs)). Though it might require a little work to get web-based Flash games working with the relevant browser extension, it will let you play those games again.

### Changing iOS Defaults

You might have missed an important change in iOS 14. You can now change your default email and web browser app, and soon, your default music app. The first two are in Settings, where you can choose the name of the non-Apple app you wish to make the default for email or web browser.

### Text Emotions

Trying to accurately convey emotion in emails or texts is nearly impossible. Research has shown that even neutrally conceived messages can come across as criticisms. Try this: Write down your thoughts and then walk away for 10 minutes. Or, better yet, pour out those frustrations in a Word document and then sleep on it overnight. You might find that you can just throw them away.

### Future Chrome

If you really want to see where the Chrome browser is headed, run Chrome's

Canary and enable the hidden flag for Chrome Labs. You'll need to install Chrome Canary (see the link at [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links)), which can run side-by-side with your normal Chrome install. When you start up Chrome Canary, type "chrome://flags/" (without the quotes) into the address bar and hit Enter. Search for Chrome Labs and enable Chrome Labs. You will see a new icon in the menu bar and you will be able to try things that may or may not show up in the regular Chrome.

### About This Result

Another Google beta feature to know about is their "About this result" feature, which can help check the validity and link security of a particular search result. You can find it by clicking or tapping on the three vertical dots just to the right of the actual web address for the search result (usually the top line of the four lines of the result). This should work in all desktop browsers and the Chrome browser app on Android and iOS. And, like many Google beta features, it might not always work or they might just send it off to the growing Google graveyard.

### Apple TV and YouTube

If you have an older Apple TV (3rd generation models from around 2012), you will find that YouTube is dropping support



MOON in Real Time I

A still from a four-hour trip around the Moon, found on YouTube.

for their YouTube channel. You can still use AirPlay to cast content from another Apple device that is able to play YouTube content, though.

### Slow TV

I have been enjoying slow TV. It started when I watched a seven-hour train trip through Norway about a decade ago, and now there is a trip around the Moon. It is titled "MOON in Real Time I," and can be

found on YouTube (see the direct link at [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links)). And don't forget to put it in full-screen mode.



Bill Scobie fixes computers and networks for small businesses and home. Contact him at 628-2354 or [bill@scobie.net](mailto:bill@scobie.net).

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# Organize Your Kitchen Cabinets

**R**ecently, I went to visit my niece and nephew, who have two children under the age of two. We worked on many areas of their house, but the one area that needed the most attention was the kitchen cabinets.

You should use the same steps when organizing cabinets as for anything else.

- Sort items into piles, such as keep, toss and donate.
- Toss, donate or give away the items you don't want anymore.
- Sort the items you choose to keep into piles, such as wine glasses, cups and bowls
- Assign a spot to store the items you choose to keep
- Buy containers (sometimes, not always)

The first thing I recommend is to open every cabinet and keep them open. This way, you are able to see everything all at once. You might notice that you have glasses in several different cabinets, drugs and vitamins scattered throughout, baby bottles and dishes stored in any available spot, and food overstuffed in cabinets.

Do not empty all of the kitchen cabinets at the same time. Tackle like items and organize them separately from other items. After you have reviewed and purged everything, you might decide to move the contents of one cabinet to another location



Keep items used most frequently—like your daily dishes—closest at hand.

(such as storing all of the dishes or glasses near each other).

## Drink Containers

Start with sorting one category. For instance, take out all your glasses, mugs, sports drink containers, beer steins, etc. Throw away (or donate) any cracked, worn, no longer used, unmatched or orphan glasses. Then, give some thought as to how often you use the items.

For example, my niece and nephew



Place all your small baking items in a container that can be accessed when needed.

rarely drink alcohol, yet they had more than a dozen wine glasses and beer mugs at the bottom of a cabinet, which I refer to as prime real estate. We moved the glasses and mugs to the top two shelves. Now, when they entertain—let's hope we can do that in 2021—and need glasses, they can take them down.

My relatives are coffee and water drinkers, so we placed those containers closer to the bottom of the cabinet. (And they use their dishes several times daily, so they were placed at the bottom, too. I suggested they place these items in a cabinet near the sink or dishwasher to make storing easier.)

## Baby Items

What should you do if you have a lot of baby cups, bottles and dishes? Since my relatives were still using theirs, we had to find a location that was easy to store and retrieve them. They had been stuffed into several overhead cabinets (half of them were knocked over) and the nipples and rings were scattered on the counter. Trying to reach bottles without knocking others over was practically impossible.

We had to find a place that was easy to access, could hold everything without them falling over, and had space so that the bottles and caps could be separated but stay close to each other.

We decided on the top pull-out shelf above where the pots and pans were stored across from the sink. We organized the baby's and older child's items into separate areas. We bought small plastic baskets, sorted like items into each one, and then placed them on the shelf, out of sight.

By separating them into categories, the baby supplies were easy to grab and store. My relatives said, "I love it! Having the bottles stored low directly across from the dishwasher makes it easy to put them away instead of just stacking them on the counter."

## Medicine

Keep your medicine and prescriptions in an accessible spot but high enough to be safe from little hands. My relatives'

medicine was stored on a shelf, but they couldn't read the labels easily and everyone's medicine was grouped together.

For an easy fix, we bought two turntables (aka, lazy Susans) and placed them in the cabinet. The children's medications were placed on one and adult medications on the other. The labels were placed facing out so it was easy to read them when spinning the turntable.

## Food

Take all of the food out and review the expiration date on each item. You may well find that there is a lot more to be tossed than you had imagined. If there are unopened items that you are not interested in eating and have not expired, donate them to a food kitchen or local pantry. Items that have been open for a while are likely to be stale, so you might want to toss them as well.

Once you have only the food you want to keep, sort them into like piles. I like to use a three-tier display organizer, which you'll often see used for spices and canned items. Also, if you purchase clear rectangular storage, you'll be able to store like items together, which makes finding food easier.

For example, place all your small baking items in a container that can be accessed when needed. Snacks and baby food can be stored in another. Label the containers to make things easier to find, and place cans on a tiered organizer so you can easily see what you have. By sorting and containing food, you will be able to find things easily and won't duplicate or overbuy items.

## Oversize Items

Large serving pieces, platters, salad bowls and bowls do not need to take up valuable space that is close to the countertop. Use the space at the top of your cabinets to house these items. Waffle machines, popcorn poppers and blenders can be placed in the small cabinet over the microwave or in the cabinet on top of the refrigerator (if your kitchen has those features).

Sometimes, large, heavy appliances need to stay on the countertop if they are used often. Baskets can hold bread and baked items on top of the refrigerator.

## Final Tips

Use labels if you decide to use containers to house like items. Use partitions in drawers to help keep utensils organized. If there is overflow, an oversized mug or vase can be used to hold utensils on the countertop.

My niece and nephew are thrilled with their organized kitchen and have emailed me to tell me how well they are maintaining the organization. Now, if only I can figure out a way to keep their babies sleeping through the night!

*Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at [diana@grandsolutions.net](mailto:diana@grandsolutions.net).*



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(appetizers, desserts)  
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484-1586  
barndoorcw.com/menu  
Thursday and Friday: 4–7 pm  
Saturday: 2–7 pm; Sunday: 2–6 pm

### Black Bear BBQ

800 Fairview Road, Asheville  
298-1035  
blackbearbbqavl.com/menu  
Wednesday to Saturday: 11 am–7 pm

### Cane Creek Valley Farm

(ice cream, farm-fresh food, etc.)  
912 Cane Creek Road, Fletcher  
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Farm stand open Tuesday to Friday:  
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The Farm's **Mint to Bee** ice cream cafe  
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### Daymoon Coffeebar

381 Old Charlotte Hwy, Fairview  
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Monday to Friday: 7 am–5 pm  
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### El Tapatio food truck

*parked at New Moon Marketplace*  
1508 Charlotte Hwy, Fairview  
337-2542  
Tuesday to Sunday: 11 am–8 pm

### Fairview Grocery

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1612 Charlotte Hwy, Fairview  
338-0014  
Every day: 8 am–8 pm

### Food Lion

(hot wings, rotisserie chicken, etc.)  
1350 Charlotte Hwy, Fairview  
628-2283  
Every day: 7 am–11 pm

### Great Wall Chinese Take Out

4 Olde Eastwood Village Blvd, Asheville  
298-1887  
Tuesday to Sunday: 12–8 pm

### Hickory Nut Gap Farm

57 Sugar Hollow Road, Fairview  
628-1027  
hickorynutgap.com/shop  
Thursday, Friday and Saturday: 12–5pm

### Hilltop Ice Cream Shop

520 Old Highway 74-A, Fairview  
775-2482  
facebook.com/HilltopIceCreamShop  
Winter hours are Sunday: 2–6 pm (check  
their Facebook page for expanded hours)

### Hot Dog King

1487 Charlotte Hwy, Fairview  
628-1036  
facebook.com/thehotdogkingfairview/  
menu  
Monday to Friday: 10:45 am–8 pm  
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### KD's One Stop

(pizza, hot dogs, and more)  
1299 Charlotte Hwy, Fairview  
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skymountainpizza.com/menu  
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# The Concussion-Addiction Conundrum

**B**rain injuries (particularly concussions) and addictive and compulsive behaviors go hand in hand. Struggles with substances and certain behaviors can lead to brain injuries (think drinking and driving or overdosing).

But what about the other way around? Can concussions cause addiction? A growing body of evidence shows that concussions cause or compound disorders of learning and behavior, including addictive and compulsive disorders.

## It Starts in the Brainstem

Concussions often result from injuries (car accidents, sports injuries, falls, assaults, etc.) that involve whiplash, which is when the head is violently whipped back and forth. Whiplash causes injury to the brainstem, which houses centers for critical human functions.

These functions include heart rate/circulation, breathing, digestion/elimination, reproduction, movement, balance, visual/auditory processing and sleep. Most who have suffered a concussion or whiplash injury can relate to problems in any of these areas.

The effects of brainstem injuries are far-reaching, and doctors who are not well-versed in these injuries often prescribe the outdated “wait and see” approach in the hope that symptoms



will fade. In some cases, symptoms will decrease over time, but in many others they will not. They will persist and wreak havoc on the lives of those suffering from post-concussion syndrome (PCS).

Areas of the brainstem triggered by stressors such as pain and fear release the stress hormone norepinephrine to cause typical “fight-or-flight” responses such as increased heart rate, anxiety, etc.

These areas, which communicate with other parts of our stress response system, also become chronically activated by

triggers we may not be aware of, including faulty eye movements and visual processing, balance dysfunction, sounds and more.

This begins the cycle of chronic stress and anxiety that paralyzes our “thinking” brain.

## The Impact on Our Thinking Brain

So, what happens when these triggers and responses go unchecked and untreated over weeks, months or years? The longer our more primitive brain centers

that direct fight-or-flight responses are activated by substances, behaviors and the triggers mentioned above, the more our advanced human brain functions shut off.

When working properly, our fight-or-flight response can save our lives in the face of danger (for example, when a car is barreling toward you). But when the system degenerates into a chronic stress response cycle, we lose our ability to do all the thinking things we as humans were designed to do.

Critical human functions that reside in our frontal lobes—attention, focus, reasoning, impulse control, and self-regulation—prevent us from engaging in the kind of detrimental behavior associated with addiction. Under stress, however, these areas essentially shut off, depriving us of our most advanced mental faculties. Under chronic stress, these higher centers get used to being shut off and the brain and body operate in a constant state of more primitive, reactionary and erratic behavior. This can be extremely physically and mentally draining and, ultimately, quite dangerous.

## How This Relates to Addiction

When our frontal brain is forced offline due to chronic untreated stress triggered by systems that are no longer working well due to a head injury, it is no longer able to make the moment-to-moment decisions that keep us happy, healthy and safe. Our primitive drives to avoid pain and seek comfort dominate, and we will do whatever it takes to serve them. For many, this may be finding comfort in a bottle, pill, needle, food, technology or toxic partner.

What is even more troubling is that more use results in more stress, which results in a more demanding recovery from an addiction that has become hardwired and as damaging as the initial brain injury itself.

It is not only recreational drug and alcohol use that is the problem. When patients see doctors who do not thoroughly understand brain injuries, they are often told, “It’s all in your head.” And they are prescribed any of a host of anti-anxiety, antidepressant and antipsychotic medications.

These more “accepted” drugs can be tougher to break free from than the substances and behaviors they are intended to treat. For example, the anti-anxiety medication class of drugs called benzodiazepines (benzos), such as Valium and Xanax,

**In some cases, symptoms will decrease over time, but in many others they will not. They will persist and wreak havoc on the lives of those suffering from post-concussion syndrome (PCS).**

is proven to be one of the most addictive.

Other compulsive behaviors also serve humans in avoiding pain and seeking comfort. Among these behaviors are excessive internet/pornography consumption, problems gaming/gambling, disordered eating and other high-risk behaviors.

## The Brain-Body Connection

This may sound far-fetched, but those who live with PCS know full well there is a clear disconnect between what their brain wants to do and what it actually does.

Science shows us that our brain develops, organizes and strengthens (or weakens) based on the complexity and efficiency with which we move our bodies. Balance, walking, eye movements, complex motor skills, motor timing and more are directly reflective of our higher cognitive abilities. Movement and cognition are inseparable. Think of a baby or a senior with dementia: Do they have good balance? Can they reason well or control their emotions?

By utilizing this knowledge, we can rebuild brains that have been “broken” through head injuries and substance use—no matter which came first.

For ages, techniques such as yoga and Tai Chi have been used for strengthening the body, brain and mind. With advanced knowledge, diagnostic capabilities and progressive therapeutic interventions in this exciting area of brain health called functional neurology, improvements in body and brain function can be measured simultaneously. And one can achieve greater results than would ever be attained by any pill or “wait and see” approach.

*Note: Always seek professional medical and psychological guidance in crisis situations. Dr. Trayford was recently published on this topic in the anthology Concussion Discussions.*



Dr. Michael Trayford is a board-certified chiropractic neurologist and the founder of APEX Brain Centers. He can be reached at [apexbraincenters.com](http://apexbraincenters.com) or 708-5274.





# Understanding Foot Pain

There are common problems my patients complain about when they come to see me, such as headaches, back problems and sore knees. But you might be surprised to know that foot problems are one of the most common issues.

Here's an example. A patient I'll call John came to see me last year with foot pain issues. At work, he was on his feet all day, and he had a lot of difficulty finishing his shift without severe pain and exhaustion. He'd had a series of cortisone injections into his feet that did not seem to help. He tried physical therapy but that didn't help either (but he said it did help his posture and core strength). He was frustrated when he came to see me. The other doctors "did their best but I'm no better," he said.

## Complicated Problems

I hear this frustration a lot from patients with similar problems—and it's because foot problems are complicated. There may be multiple causes of common problems. What may seem like plantar fasciitis on an initial examination may turn out to be Achilles tendon problems and lower leg fascia muscle dysfunction (often short and weak muscles). If a patient complains of numbness or tingling, there is often a nerve component, especially with Morton's neuroma and tarsal tunnel syndrome.

We evaluated John thoroughly and found multiple issues: scar tissue on the bottom of his foot and lower leg; a chronically shortened lower leg and foot muscles and fascia; tendinitis; a heel spur; mechanical restrictions in the foot bone joint; and inflammation and high arches.

## The Lower Leg

Among the therapies we recommended was neuromuscular release, and here's why. Foot problems often start in the lower leg, which has a circle of muscles. Each muscle has a tendon that goes into the foot. Unless the lower leg muscles and tendons are helped, many cases of foot pain don't respond to conventional treatments.

Neuromuscular retraining can make a difference very quickly. It is used to treat the foot and lower leg muscles and tendons with a neurological rehab system called neuro-muscular reeducation. This strengthens and lengthens neurologically weak and tight muscles to decrease pain and improve the strength and length of the foot and lower leg muscles and tendons. We use an advanced version of this technique called Trigenics to rapidly make



Foot problems are complicated because there may be multiple causes. For example, what may seem like plantar fasciitis may turn out to be Achilles tendon problems.

changes to muscles and tendons.

There are other treatments that we have found to be very helpful, such as scar tissue release; myofascial release to both the foot and lower leg; extracorporeal pulse wave therapy; advanced sound wave therapy; light or photo-bio-modulation therapy or class 4 laser therapy; optimal foot supports and foot bone movement therapy; and targeted home rehab and stretch equipment.

After working with John, he told us his feet felt better than they had in years. He got through his work day without pain and had actually started hiking again.

If you're frustrated with foot pain, you

should know that there are options if whatever therapy you're trying is not working. Many times, foot problems can resolve on their own with rest, ice and some stretching. But if they don't get better, see a health care provider that has experience helping with foot pain.



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

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# Gratitude and Goodbye for Now

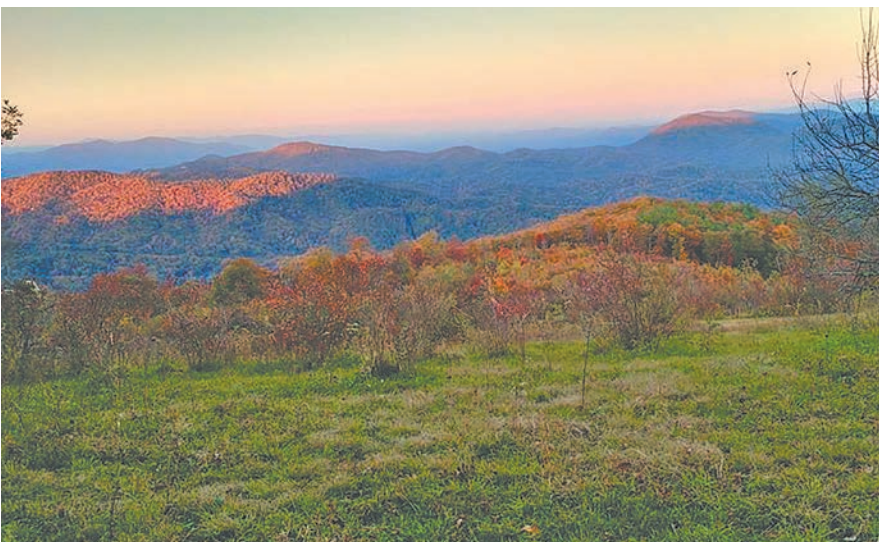
Although I have very much enjoyed writing for the *Town Crier* over the last three years, this will be my last regular article. We are at a point in our lives as farmers, business owners and parents where a lot of changes have been happening in the past few months.

Our son graduated from high school in the spring. Our business model has been changing rapidly to include packaging many new products for other companies, as well as continuing to package our own. Our farm products are being adapted to accommodate this change at our processing kitchen, and we're spending less time out in the fields. All these changes require that we reassess how we spend our time and energy, and we need a little time to figure out the new routines.

I very much appreciate all the times someone in the community has stopped

**I hope that in sharing the joy, sorrow and frustration of our farming life I have impacted you in a positive way.**

me to tell me how much they like the series of articles I have written. It is good to know someone is actually reading them. It is also good to hear how other people have had similar issues living in



the country. It's been like having a support group for the rurally addicted. There is nothing to treat the disease that is living in the country and finding that you enjoy it. (Thank goodness!)

I never dreamed when I left college where my life would take me. I have had a wonderful life so far, and living where I do has been a huge part of that joy. Getting to experience both the miracles of life and death (both of which our current society separates us from) has added a depth of understanding about how important it is to enjoy each moment. Watching the

changing seasons, living by the changing seasons, is something most of us don't experience any more except on a superficial layer. When each day's work is determined by the weather that day and the needs of other creatures, then sometimes the other problems of the world fade and we get to live in the moment, for better or worse. In some ways, it narrows our field of view, and in others, we see a much bigger picture of what life is all about.

I have found that when my focus is on those things, it makes me a fuller person. I feel more in charge of my life and my

environment, even though I very much realize that this is when I have the least control over either. I feel closer to my family and those closest to me and more like I can make a difference in someone else's life in a positive way. I hope that in sharing the joy, sorrow and frustration of our farming life I have impacted you in a positive way, even if it was only a chuckle over something silly that happened to us or a bit of knowledge that saved you from some of the grief we experienced. I've tried my best to entertain and inform.

I know the *Town Crier* will continue its tradition of entertaining, supporting and informing the Fairview community. I also know the readers will continue to appreciate all of those aspects. I like knowing that, even though I need to step away, the bigger picture continues on. I hope to see you all in and around the many events that pull us together and make us a community. Most of all, I want to thank you, the readers, and the staff of the *Town Crier* for making me feel welcome on the pages of this paper for the last three years. Best wishes and best of luck to all who continue to live the rural life.

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





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# The Star-Nosed Mole

**T**he Appalachian Mountains are a beautiful and unique gem in the heart of the eastern US. The varied elevations of the mountains help create microclimates that wouldn't normally appear this far south, such as spruce-fir forest habitat. Additionally, this setting has historically provided resilience against changes in climate, making the Appalachians one of the most biodiverse areas in the world. There are numerous interesting species that call these mountains home, and the star-nosed mole is one of the most bizarre-looking.

The star-nosed mole is a small, shrew-like mammal that lives throughout the Appalachian region, stretching as far north as Quebec, south to North Carolina and west into North Dakota. It prefers to live in places that have moist soil and poor drainage. These include marshes, peatland, forests and banks of streams and ponds. It prefers to live underground and is practically blind. It instead relies on its sense of touch to navigate and locate prey.

You may be wondering exactly how the star-nosed mole sees with its sense of touch. According to Kenneth Catania, a neurobiologist at Vanderbilt University, the giant star pattern of the mole's distinct nose is imprinted into its brain's anatomy. Each time it presses its nose into the ground, it creates a star-shaped view of its



Star-nosed moles are excellent navigators, and their noses also enable them to hunt voraciously.

surroundings. It is able to do this because the nose has 100,000 nerve fibers, all packed into a nose smaller than a human fingertip. That's five times more nerve fibers than what's in the human hand.

Not only is the star-nosed mole great at navigating, but its nose also enables it to hunt voraciously. With all of the little tendrils, this mole is able to find an object, figure out if it's edible, and then eat it in less than a quarter of a second.

In addition to being able to hunt prey underground, the star-nosed mole is one of the very few mammals that can effectively smell and locate food underwater. Most mammals don't have the ability to smell underwater, as they cannot filter water through their lungs without



Illustration by Shaylyn Sargent

drowning. And most animals that evolved to live underwater lost the ability to smell.

Catania, the scientist at Vanderbilt, was curious about how star-nosed moles hunt underwater. His studies showed that, without any tactile assistance underwater, they can navigate to food by inhaling and exhaling rapidly. This creates a small air bubble on their nostrils that they suck back in at a rate of 10 times per second, allowing them to pick up odor molecules in the water, which mix with the air in the bubble, and then draw it back into its nose, effectively smelling the water.

Although the star-nosed mole is not considered federally endangered or threatened, urbanization and construction can encroach on its habitat and cause destruction to wetlands. So, we still

need to work to conserve habitat in the mountains in order to prevent them, and many other species, from getting to that point or going extinct.

If you'd like to learn more about star-nosed moles, check out the links at [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links).

If there's a species you would like SAHC to cover or have a question related to conservation, contact the editor of the *Crier* at [editor@fairviewtowncrier.com](mailto:editor@fairviewtowncrier.com) or 828-771-6983 (call or text) and he will pass it along.

Shaylyn "Sarge" Sargent is an AmeriCorps Project Conserve member serving in Conservation Education and Volunteer Outreach with the Southern Appalachian Highlands Conservancy. [appalachian.org](http://appalachian.org)

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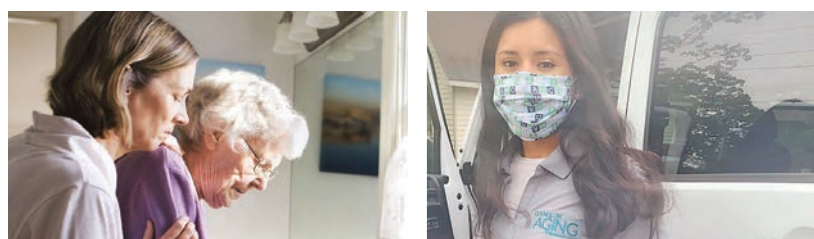
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### Nuthatch

A common feeder bird with clean black, gray and white markings.



### Carolina Chickadee

Black cap, black bib, gray wings and back, and whitish underside.



### European Starling

Stocky black birds with short tails, triangular wings, and long, pointed bills. Covered in white spots during winter, they turn dark and glossy in summer.



# Feather

## Help monitor NC's birds or just enjoy the scene outside your window

It's a sure sign that spring is on the way when you start to notice the birds chirping more around your home. March is a great time for bird spotting, and it's an even better time this year because the first-ever NC Bird Atlas is being held. Volunteers will map the distribution and abundance of birds from the mountains to the ocean. The data collected will help prioritize conservation efforts to benefit at-risk birds.

*All photos by Fairview resident Lindy Fender Yelton.*

Instagram: @1\_farmgirl | Facebook: Backroads Nature Photography

### Northern Cardinal



Males boast a shade of red you can't take your eyes off of; the brown females sport a sharp crest and warm red accents.





### Eastern Bluebird

Male Eastern Bluebirds are a brilliant royal blue on the back and head, and warm red-brown on the breast. Blue tinges in the wings and tail give the grayer females an elegant look.

### Tufted Titmouse



Little gray bird with large black eyes, small round bill, and brushy crest.

# Report

The atlas will divide the state into 937 "blocks" (each around 10 square miles) and collect data over a five-year span. Instead of trying to spot as many different birds as possible, volunteers are asked to watch individual birds closely and note their behaviors. You can find out all you need to know about participating and how to get started at [ncbirdatlas.org](http://ncbirdatlas.org).

If that's a little too much commitment for you, there's nothing wrong with just enjoying what you see flying by your window. We've included some of the most common birds seen in Fairview on these pages, with tips on what details to look for when identifying them. You can see more local birds and get more information from the local chapter of the Audubon Society ([blueridgeaudubon.org](http://blueridgeaudubon.org)) and the Cornell Lab of Ornithology ([ebird.org](http://ebird.org)). Happy bird spotting! Tag us on Instagram if you capture some great photos.



### Hairy Woodpecker

A somewhat soldierly look, with their erect, straight-backed posture on tree trunks and their cleanly striped heads.

### Chipping Sparrow

Crisp, pretty sparrow whose bright rufous cap both provides a splash of color and makes adults fairly easy to identify.





# Here We Are: Tired and Still Brave

I'm tired. Are you? The chronic stress of this pandemic is wearing us all out. And yet we are all still called to be brave.

Over and over, the school board has faced the decision of whether students should be in school, learning from home or have a hybrid of in-person and remote learning. All the while, there's been a constant shifting of the sands: what we know about the virus, how it's trending in the community, equity concerns, school staffing challenges and more. I read research, CDC and state recommendations and the ongoing flood of emails from parents, students and teachers. I closely follow the COVID trends. As a board, we hear from public health officials. Parents and teachers speak passionately at our meetings. I sit in the back of classrooms and experience what school feels like. I ask myself, "Does it feel safe? Are students learning?"

There are rarely any 100% right answers in this time, but everyone thinks that their perspective is the right one. Everybody's feelings and opinions are understandably intensified. The public repeatedly demands that the school board make our decisions based on data and science, not politics, and yet people use the same data and science to argue for opposite conclusions.

These are difficult decisions, with high stakes. It takes some hashing for the school board to reach a decision. By law, our full board meetings must be open to the public (closed sessions are limited to confidential matters), and the sausage-making is not always pretty. Our meetings have gotten more heated and confusing, and we face criticism for that as well.

For me, serving on the school board used to be rewarding and even fun. In the last year it has become more heaviness than light. And it is truly an act of service—with our small stipends, we earn far less each month than school employees. But my job is to take care of myself so that I can keep showing up, understand and balance the needs of everyone concerned and make the best decisions I can. Believe me, it takes courage.

Parents, too, are called on to be so very brave during this time. Parents are worried about their children: students' grades may be suffering, they miss their friends, many are sad or depressed, and they are all missing out on so much of the normal fun of childhood that we want for our kids.

Many parents have to work from home, with young children in the house. Others work in grocery stores, restaurants, clinics or other places where working from home is simply not an option. Single parents juggle it on their own. Grandparents are pitching in.

While our schools have continued to provide meals through the pandemic, some children still go to bed hungry. Some

families don't have internet at home, and even when the school provides a hot spot, it won't work because of the ridges and valleys.

Many families have lost loved ones because of the virus or have been sick and in the hospital themselves.

Then there are our teachers. They, too, have faced constant changes during the pandemic, requiring long hours, a tremendous amount of planning, and flexibility like never before. One of the best teachers my kids ever had recently told me, "I am working harder than I've ever worked in my career and I have to be constantly creative. And yet my students are falling behind and I feel like I'm failing."

It takes true courage to keep showing up even when you face the risk of failure. When I watch teachers, I am amazed by their continued enthusiasm and excellent teaching. These are the reasons that I advocated for the "Heroes work here" signs that you now see at our schools. But I also understand when teachers and instructional assistants plead, "But we aren't heroes. We're people. And this is all too much."

Many teachers are also parents and face the same concerns that other parents do. They worry about the risks of working in person. And while their fears may sometimes exceed the actual danger, their anxiety is very real and impacts daily life. Now that vaccines have arrived, Governor Cooper has made clear that teachers and school employees are to be prioritized. Hooray! But how long will it take? Supplies are limited.

## Back to School

As the *Crier* was going to press, the school board voted to bring grades K–3 back to in-person instruction five days a week, starting March 8. And grades 4 and 5 will return to in-person learning five days a week, starting March 15. Those families who chose remote-only instruction for this semester will not be affected by this decision.

I'm grateful that other school employees, too, are eligible for vaccines. All Buncombe County Schools employees deserve medals of honor along with the vaccine. They have gone above and they have gone beyond. They are tired. And yet they are still brave.

The end of this pandemic is closer than it has ever been before. Rates are dropping. Vaccines are coming. We have gotten good at the three Ws, and we can keep them going. My hope is that we can all take care of ourselves so that we can tend to each other. We all have a collective enemy: this virus. And when COVID divides us, it wins. Our children need us to be a community of adults. I believe we can do it.



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Email her at [cindy.mcmahon@bcsemail.org](mailto:cindy.mcmahon@bcsemail.org).



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# Rising FES Kindergartener Info

by Kenya Hoffart

## Kindergarten registration appointments at

Fairview Elementary will be held on April 28 from 7:45 am to 2:45 pm. They typically take about 30 minutes. Virtual registration options are also available.

Students who visit in person will get to spend one-on-one time with a teacher, who will review how students use their fine motor skills, if they recognize letters and shapes, their agility with simple physical activities and more. All safety protocols will be followed, including the use of face masks, social distancing and frequent hand washing and sanitizing.

While the student is with the teacher, the parent(s) will complete necessary paperwork. A lot of this can be done beforehand at [buncombeschools.org/enrollment](http://buncombeschools.org/enrollment). In order to enroll in kindergarten, a student must be 5 years old on or before August 31.

At registration, parents will need to provide official copies of their child's birth certificate and immunization record, as well as a completed North Carolina Health Assessment (available at most pediatrician offices). Parents will also need to provide two proofs of residency: either a power, gas or water bill and a mortgage statement,



FES kindergarten teachers and assistants: Whitley Burleson, Caitlin Sullivan, Tina Dula, Rebecca Reeves, Mary Wommack, April Barton, Alisa Belknap, Patti Curtis, Lisa Fite, Simone Kaiser, Dana Satterfield (Not pictured: Terri Shimshock)

rental-lease agreement, land deed or homeowner's insurance policy. These documents can be brought in person or emailed to the FES data manager ([michelle.haney@bcsemail.org](mailto:michelle.haney@bcsemail.org)) prior to the appointment. If the parent does not have these documents available in their name, they must call the school to set up an appointment so a notary can complete a Statement of Residency form. This is done at no charge to the family.

Fairview families were recently invited to attend virtual tours for an opportunity to meet administration and kindergarten teachers and learn about an average day for a student. They heard about techniques teachers use to keep children excited and engaged while they learn things such as letters, sounds, syllables and numbers. They

also heard how teachers help students with skills such as listening, showing empathy and problem solving. They learned how their student's growth in reading and math will be monitored daily so that all needs are met, as well as how science and social studies lessons are integrated throughout the day. They were also reminded of important information, such as that FES is a nut-free school and that any items sent in for birthday celebrations must be store-bought. If you missed out and would like to learn more, call the school at 628-2732.

If a student does not live in the FES school district but does live in Buncombe County and their parents would like them to attend FES because of childcare or work proximity, parents can complete a Discretionary Admission/Release Application and pay a \$20 processing fee. This should be done prior to May 31. After that date, the processing fee increases. Approval is at the school principal's discretion.

After all kindergarten students are assigned a classroom, teachers will send personal welcome letters to them later in the summer. If protocols allow, they may also be invited to participate in activities that will let them meet some of their new friends before school starts. As of right now, the first day of school is expected to be August 16.

To make an appointment for registration, call the school at 628-2732.

Kenya Hoffart is a staff member and PTA Communications Chair at FES.

## ACRHS STUDENT OF THE MONTH

### Grace Kerr



Nominated by 2020's Teacher of the Year, Katie Klinker, Grace Kerr is described

as a "talented, intelligent student with charisma, confidence, strong values and respect for others." In addition to the nine AP and many honors courses she has taken, Grace is the current student body president and has been involved in ACRHS soccer, the Mentor program, and the Unity, Math, Environmental and Latin clubs. She has worked with several community charities, was awarded second place in the Buncombe County Art Show and was accepted to NC Governor's School. "Even with all of her awards, she remains humble and consistently seeks to help others," said Klinker.

Congratulations, Grace!

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## The Trick

With the card in your hand, hold the plastic strip between the fleshy part of the base of your thumb and your middle fingertip. Gently and slowly squeeze the plastic strip together and the card will rise. Relax your grip and the card will "float" back down.

Remember not to show the card before or after your show.



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

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# Dogs Can Suffer from Allergies Too

For many of us, spring means seasonal allergies. Whether you have a runny nose, itchy eyes or endless sneezing, seasonal allergies can be a real pain.

Just like us, some dogs suffer from seasonal allergies. Besides chemicals, like those found in household cleaning products, cigarette smoke and certain perfumes, dogs can also be allergic to natural, seasonal substances. This can include plant and tree pollens, mold spores, dust, feathers and fleas.

A dog's allergy symptoms are generally similar to those experienced by humans: the immune system overreacts, leading to itchiness and irritation. Your dog may lick or scratch, develop irritated eyes or sneeze repeatedly. Some dogs experience itchy, swollen skin, while others suffer from diarrhea and vomiting. In some cases, a secondary infection can develop.

Here are a few things you can do to help control any discomfort your dog may be dealing with due to seasonal allergies and reduce the risk of more serious problems.

### Change Your Daily Walk Routine

If possible, avoid walking your dog in the early morning or late afternoon, when pollen levels are typically highest. Steer clear of the fields and parks where offending



Just like humans, some dogs suffer from seasonal allergies.

plants are common. When you return home, wipe your dog's body and paws with a moist cloth or a hypoallergenic, fragrance-free grooming wipe from your local pet store. This will remove excess pollen and allergens from your dog's fur and skin without the hassle of a full bath. Pay special attention to their paws, as the sensitive skin here is often affected by allergens.

### Clear the Air and Surfaces

Regularly change your home air filters to cut down on airborne allergens that enter through open doors and windows. Running an air conditioner or a dehumidifier will help remove moisture from interior air, making it harder for mold to grow in your home. Minimize the amount of time your dog spends in damp environments, such as basements, bathrooms or laundry rooms, as these places are more susceptible to mold growth. Vacuum at least once a week, and remember to clean curtains and rugs that may have picked up dust and pollen.

### Don't Sleep on It

Your dog's bedding can become covered in allergens, so make sure they're kept clean by being washed in hot water every week. Put towels or blankets on top of beds (yours and theirs) and chairs to make cleaning easier. Also, make sure your dog's toys get washed regularly.

### Take a Bath

Prevent dry, itchy skin by giving your dog a bath more often, with your veterinarian's advice. Wash their fur with a gentle, hypoallergenic anti-itch shampoo that contains a soothing ingredient such as oatmeal or aloe.

### Supplement Your Dog's Diet

You may try giving your dog a natural dietary supplement, such as fish oil or a fatty acid (omega-3 or omega-6 oil), to reduce itchiness and improve overall skin health. Coconut oil has also been shown to suppress allergic reactions while contributing to healthier skin. Be sure to introduce these oils gradually, as they can cause gastrointestinal upset if a whole dose is given all at once. Finally, make sure your dog's drinking water (and bowl) are kept clean.

### Further Treatments

If your dog won't stop licking, scratching and chewing or has red and irritated skin or hair loss, make an appointment to see your vet. Depending on the seriousness of the problem, a professional can provide more aggressive treatments, such as antihistamines, steroids or allergy shots, also known as immunotherapy.



Stefani Cotten is the owner of Fairview Boarding, located at 1923 Charlotte Highway, Fairview. For more info on boarding your dog, call 628-1997 or go to FairviewBoarding.com.



**ADOPT A PET!**

**A** **Buddy** is a happy and easygoing boy. He loves squeaky toys and plays well with other dogs and cats. He has some skin allergies that require meds and a special diet. *Brother Wolf*

**B** **Ghilli** is a sweet senior who loves to meet other dogs and people, including well-behaved children. She enjoys rides in the car, taking walks, and snuggling. Ghilli has hypothyroidism and will need to be on lifelong meds. She is also on meds for her skin. *Humane Society*

**C** **Rocky** is a 5-year-old, 73-pound American Bulldog that loves to go for car rides. He plays well with other dogs but doesn't do well with small dogs or cats, and he has some possessive behaviors with food and toys. He has food allergies that will need to be managed. *Charlie's Angels*

**D** **Martin** is laid back and sweet as can be. At 7 months old, he absolutely loves lounging around, getting petted and being brushed. *Charlie's Angels*



**Brother Wolf** 505-3440 bwar.org | **Charlie's Angels** 885-3647 charliesangelsanimalrescue.com | **Humane Society** 761-2001 ashevillehumane.org



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IN MEMORIAM

## John Stockton Jr. 1925–2020



John Duncan Stockton Jr. was born in 1925 in Trenton, NJ and grew up in Lambertville, NJ. When he was 14, he was recommended for the National Boy Scout Life-saving Award for his rescue of a drowning boy who had

fallen through the ice on the Delaware River. He served in World War II from 1943-1945 as a turret tail gunner on a B-24 bomber for 28 missions over Europe.

After the war, he earned a degree in journalism and then sold insurance before joining the FBI and serving as a field agent from 1951–1978. During his first assignment in Winston Salem, he met Marjorie Ann Holcombe. They got married in June 1952 and were married for 62 years, with three children: Karen, John and Joseph.

Marjorie grew up in Barnardsville, and all her family resided in the Asheville area. When it was time for John to retire, they chose to settle in the Echo Lake neighborhood in Fairview, where they lived for 37 years and became very involved in the community. They were regular pass holders at the Biltmore Estate for almost as long as it was open to the public, and they both appreciated beauty and culture. John was also an avid hunter and fisherman throughout his life.

After Marjorie passed away, John spent the last four years of his life in Florida with his daughter Karen and her husband Chuck. John's granddaughters developed a deep love for the Fairview area from their many visits over the years. One has recently moved to the area and purchased land to build on, and another is making plans to relocate her family there in the future.

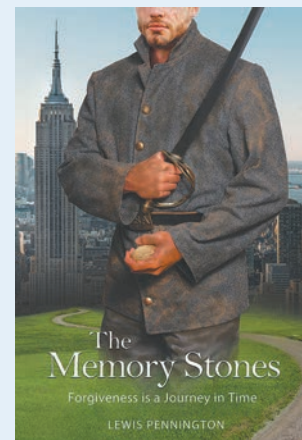
John passed away on March 15, 2020, survived by his three children; granddaughters Christian, Alyson and Catherine; and great-grandchildren Everett, Marigold and Rose. Although John has passed on, the memory of his cheerful laughter and faithful care for his family will remain with them always. There will be a graveside memorial service at Green Hills Cemetery in Asheville on March 15 at 10:30 am. All are welcome to attend.

## Fairview Author Publishes Second Novel

Lewis Pennington, who lives off Brush Creek Road in Fairview, has published a new novel titled *The Memory Stones*, in which the heir to a Civil War-era plantation seeks atonement through death on the battlefield but instead gains redemption through time travel.

Pennington, a father of three and nature lover, spent decades in the corporate marketing world, including a 12-year stint running his own media company in Raleigh. He is now focusing on the next chapter in his life—providing readers with inspirational fiction. In 2013, he published his first novel, *Rapture's Rain*.

You can purchase the book online at all the usual places, and you can find out more about Pennington and his new book at [lewispennington.com](http://lewispennington.com).



## Wallace-Meigs Named to NC Board



In January, Governor Roy Cooper named Karen Wallace-Meigs of Fairview to the 20-member NC Council for Women Advisory Board.

Wallace-Meigs grew up in eastern NC and graduated from UNC-Charlotte. She began her career in the Triangle, and has made her home in the mountains for many years. A former Durham Public Schools Teacher of the Year, she is the Executive Director of Girls on the Run of WNC, offering programming for girls in grades 3-8 across 14 counties. She is also the mother of a 2019 AC Reynolds High School graduate and a Reynolds junior and has served on the school's parent-teacher-student organization for six years.

The NC Council for Women advises the Governor, the principal State departments, and the State legislature concerning the education and employment of women in the State. It also supports the annual production and roll-out of the *Status of Women Reports*.

## New Agent at Cool Mountain



Cool Mountain Realty and Construction has added a new realtor. A resident of WNC since 2004, Justin Schmidt is a father, realtor and chef who loves blending his midwestern roots with this area's diversity. He says his former career as a chef prepared him to handle the pressures and timelines that come with large transactions.

## Letter to the Editor

**A**s a sophomore at the Nesbitt Discovery Academy, this letter is in appreciation of all of our teachers. During COVID-19, teachers have overcome many challenges to provide education online and in-class simultaneously. Through all of this, our teachers continue to provide exceptional education and guidance through these tough times. With the school schedules changing frequently, our teachers have done an amazing job.

Teachers have created many creative, engaging activities in an online format. In chemistry class, we performed an at-home dilution experiment using different proportions of liquids in glasses to show how dilution occurs. In biology, we conducted an at-home scavenger hunt to identify items around the house that correlate to different parts of a bacteria cell. Finally, for engineering class, we had an incredible opportunity to work with cutting edge computer simulations. In this class, one type of simulation was a bridge stress calculation software that figured out the load bearing and cost of our designs.

These examples are just a small sample of how our teachers have done an outstanding job of providing an engaging learning experience. Thank you to all teachers for your continued dedication in such trying times!

Alex Rapetski  
Fairview

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# Consider These Types of Tax-Smart Contributions

April 15 is not that far off, but you still have time to make some moves that could favorably affect your tax returns. Specifically, you may want to consider some tax-smart contributions.

You have until the April 15 filing deadline to contribute to an IRA, or to open one for the 2020 tax year. When you invest in a traditional IRA, your earnings can grow on a tax-deferred basis and your contributions may be tax deductible, depending on your income level. And starting with 2020, you can fund a traditional IRA past age 70½. If you invest in a Roth IRA, your contributions aren't deductible, but your earnings can grow tax free if you don't take withdrawals until you're at least 59½ and you've had your account for five years. For the 2020 tax year, you can put up to \$6,000 in an IRA, or \$7,000 if you're 50 or older. (If you're a high earner, your Roth IRA contributions may be reduced or eliminated.)

Another type of tax-smart contribution is a "recontribution"—which requires some explanation. As part of the Coronavirus Aid, Relief, and Economic Security (CARES) Act, if you were affected by the COVID-19 pandemic and you were under 59 ½, you could take withdrawals—technically called "distributions"—of up to \$100,000 from your retirement accounts, such as your IRA and 401(k), without paying a 10% penalty. Plus, you could include these withdrawals as taxable income over three years. However, you could also recontribute all or part of the withdrawals back into your retirement accounts for up to three years after taking the money. Because it's generally a good idea to avoid dipping into retirement accounts before you're retired, this ability to recontribute can be valuable.

And here's the potential tax benefit: Any money you recontribute before the tax filing deadline of April 15 (or later, if you get an extension) can be excluded from your 2020 tax return, possibly reducing your taxes. Therefore, your recontribution can offer two potential advantages: more money in your retirement accounts and a tax break this year.

Your tax advisor can help you determine if the withdrawals you took from your retirement plans in 2020 were pandemic-related and qualify for the special treatment described above. Generally, you simply need to demonstrate that you were physically or financially affected by COVID-19.

Here's one more tax-related contribution that may be relevant to you: a charitable gift. A few years ago, new legislation greatly expanded the standard deduction, which led far fewer people to itemize. Consequently, their charitable

contributions didn't provide the same tax benefit they had previously. The CARES Act authorized an "above-the-line" deduction for cash contributions to qualified charities for those who don't itemize. For 2020, the maximum deduction was \$300; this provision has been extended for 2021, with a new provision allowing a \$600 deduction for joint filers. If you do itemize deductions, you'll want to note that the CARES Act also suspended the 60% of adjusted gross income limit for cash gifts in 2020, a change that has been carried over to 2021.

To learn more about how your contributions, in various forms, can affect your taxes, consult with your tax advisor. The more you know, the better your decisions.



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](mailto:stephen.herbert@edwardjones.com).

## January 2021 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
Homes Listed	2	795,000	125,000	522,500
Homes Sold	21	969,000	250,000	486,702
Land Listed	3	125,000	50,000	78,667
Land Sold	5	245,000	24,000	221,780

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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# Community Paramedics

Buncombe County has a new pilot program designed to decrease the county's overdose rate, the burden of opioid overdoses on the local medical system, and 911 calls for chronic disease symptoms and care. In turn, this program will allow EMS to respond to life-threatening emergencies more quickly. The Community Paramedic program received a \$499,953 grant from Dogwood Health Trust last year to hire enhanced community paramedics to primarily address the opioid crisis in our county.

Since going live in November, the Community Paramedic team has responded to over 475 calls for service, connecting with 154 patients. Fifty-one patients completed a release of information form that allows the team to refer the patient to services, with 12 clients connecting with rehab services. The county's vision for the Community Paramedic program is to change the way we respond to 911 calls. Our current system—how we have historically approached calls for substance abuse and mental health issues, especially to those who are chronically under-housed—has not been effective. The program is the catalyst that will allow us to reimagine how we respond to those routinely underserved and marginalized.

Recently, I spent a Friday shift with paramedics Claire and Marvin. Seeing our community paramedics in action and

treating vulnerable community members with dignity, care and compassion is exactly why this program is important. Claire and I arrived on scene where a man was experiencing escalated behavior and was clearly in need of medical attention. The man—I will call him George—immediately connected with Claire and told her he was homeless and what he was experiencing in regard to his health. While it wasn't easy, she convinced him to visit the ER, where he was admitted for the night.

## Homeless Community Needs

That situation brought to light some of the service gaps we have in our community for the homeless. It was a cold, damp evening, but not below 32 degrees, which meant shelters were not open for the homeless, including George, who needed a warm place to sleep. In many ways, George was lucky that he needed further medical attention and was admitted to the hospital. On Code Purple nights (below 32 degrees), the paramedics help transport the homeless to the shelter. During the shift, several calls came in asking if it was a Code Purple night because there were folks who needed the shelter. For cold nights when it's not below 32, the community paramedics have developed partnerships with community organizations to help distribute warm clothes and blankets. They also check in

to see if anyone needs basic wound care and work with WNC Rescue Mission to deliver meals late at night. Additionally, the community paramedic vehicles are fully equipped to respond in real-time to emergencies and are fully stocked with an AED (defibrillator), cardiac monitor and life-saving medications.

One of the goals for the program manager, Claire, is to actively engage with community partners to help strengthen the program. During the shift, Claire talked animatedly with me about her work to bring all community partners and stakeholders to the table to continually improve the program. What I learned is that public health programs play a significant role in providing wraparound services for those who have overdosed and are seeking to enter detox. The paramedic who responds to the overdose call works seamlessly with the Post-Overdose Response Team (PORT) to follow-up with peer support and mental health services within 72 hours. One paramedic is assigned to work with the PORT staff daily, along with a peer support specialist and a licensed mental health professional.

I also have a new appreciation for the critical partnership between emergency management and public health, especially during COVID-19. Our EMS staff are on the front lines responding to those who are sick, and our public health staff is ensuring that people have access to COVID-19 tests, contact tracing and managing vaccine distribution. None of our programs or

services can operate in a silo, and we are watching EMS and public health staff break down the traditional barriers to better serve each of us in times of emergency and crisis.

## COVID-19 Vaccine Update

Finally, I want to acknowledge that I have spoken to many of you and share your frustrations and concerns about the slow allocation of COVID-19 vaccines. Buncombe County was only receiving 975 doses per week, and that has recently increased to 1,950. To put this in perspective, we can vaccinate 4,000 people each week with the staff we currently have. Once the state begins receiving more from the federal government, the county is ready to ramp up our efforts to get a vaccine for everyone who wants one.

If you are over the age of 65 and are not on the vaccine waiting list and want to be, please call 250-5000 or visit [buncombeready.org](http://buncombeready.org) to sign up. While waiting for your call from the Ready Team to schedule your appointment, please continue to practice the three Ws: wash your hands, wait six feet apart and wear a mask. Stay healthy, Fairview.



Amanda Edwards is one of the District 2 representatives, along with Jasmine Beach-Ferrara, on the Buncombe County Board of Commissioners. Reach her at [amanda.edwards@buncombecounty.org](mailto:amanda.edwards@buncombecounty.org) or 484-6385.

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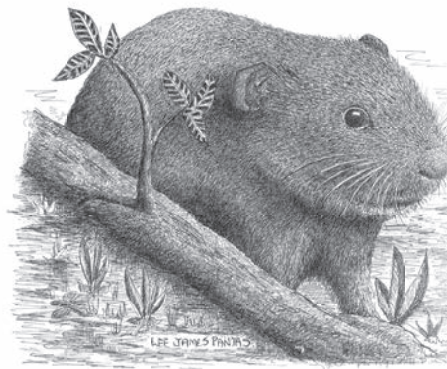


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## LOCAL CRITTERS LEE PANTAS

### SOUTHERN BOG LEMMING



Lee Pantas is an author and artist who's lived in Fairview for more than 30 years. From time to time, we will share the illustrations and animal facts from his book *Wild & Furry Animals of the Southern Appalachian Mountains* (available on Amazon).

#### FUN FACTS

- Southern bog lemmings are small voles that dig tunnels and runways for nesting, feeding, resting, and food storage.
- They are different from other voles in that they like to make small piles of grass next to their runways.
- Contrary to popular belief, lemmings are not suicidal and do not throw themselves off of cliffs.
- Lemmings are legendary for their population fluctuations and live in colonies that can number from a few up to 30.
- They excrete bright green fecal pellets due to the large amount of green vegetation they consume.
- Southern bog lemmings are most active at night, but also move about during the day.

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## Brain Work

Our February meeting was hosted by Dr. Michael Trayford and Dr. Diana Tyler at the Apex Brain Centers. Who wouldn't want to attend this gathering and find out exactly what goes on in our brains? Patients who have suffered brain injuries, are recovering from addictions, or are fearful of cognitive decline come from all over to Apex to learn the skills they need to take their health back into their own hands. The doctors guided us through learning stations so we could experience firsthand their training techniques. It was so much fun watching our fellow FBA members clapping to a beat and tapping their feet on the green light in a row of changing lights while trying not to fall as the lights sped up. If you missed this meeting, you missed an opportunity to "train your brain" and have a lot of laughs.



Dr. Diana Tyler explains to Katherine Morosani how using the laser on the top of her head to follow lines on the wall trains her brain.

### March Meeting

Our next meeting is Tuesday, March 9 at 6 pm from the comfort of your home. With our members still cautious about COVID-19, we will meet over Zoom. We miss seeing all of our business members and hope that all will get their computer skills up to speed so we can tune in together. It is important that all email addresses are up to date, as you will be sent an invitation to join our meeting by computer or by phone. We'd prefer to see your faces, as they are the best form of advertising, since we associate a place of business with a name for future referrals. After we provide updates on group business, each participant in the Zoom meeting will have one minute to give an update on their business. If you will be using Zoom (and not calling in), please join by 5:45 pm to give our moderator and president, Katherine Morosani, time to let everyone join.

### Welcome, NEW MEMBERS!

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- Grace Homes
- Grace Farms
- Ink
- Keller Williams–Jim Buff
- Outside the Box Interactive
- The Dusty Hutch



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Brewskies 628-9198  
Turgua Brewery 338-0218  
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gk, Inc. 222-4567  
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Rainbow International 333-6996  
Steam Master Carpet & Upholstery 628-9495

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For more information, visit [www.FairviewBusiness.com](http://www.FairviewBusiness.com)



# Women’s History in the Food System

March is women’s history month. This year, we at Root Cause Farm want to highlight the pioneering role women have had, and continue to have, in our food system.

Women have been seed savers, knowledge holders and protectors of the land. Women’s leadership and involvement in the food system as farmers, bakers, ranchers, fast food workers, non-profit leaders, policy makers, lawyers, educators, dietitians, chefs, entrepreneurs, writers, academics and so much more continues to challenge current systems and create alternatives.



Female leadership has reshaped the food system dominated by corporate agriculture by reframing it toward community food solutions and sustainable food practices. Below, we highlight five women who have inspired us and have dedicated themselves to food justice.

Dr. Vandana Shiva is a scholar, environmental activist, food sovereignty advocate, anti-globalization author and founder of the Research Foundation for Science, Technology and Ecology, which is dedicated to high-quality and independent research to address the most significant ecological and social issues of our times. In 1991, she

founded Navdanya, a national movement to protect the diversity and integrity of living resources, especially native seeds.

Marion Nestle pioneered the country’s first real academic food studies program at New York University. She has also had a hand in changing how food is studied, understood and—many would argue—produced.

Frances Moore Lappé works as a writer, leader and speaker focusing on democracy and food politics. She founded the Institute for Food and Development Policy, or Food First. Lappé also started the Small Planet Institute, a nonprofit organization that seeks to establish living democracy.

Saru Jayaraman is the director of the Food Labor Research Center at the University of California at Berkeley. She co-founded the Restaurant Opportunities Center, which helps immigrant restaurant workers learn about their rights and obtain lawyers. It has quickly spread from New York to all over the country. She’s an incredible advocate for wages, workers’ rights and overall justice.

Ali Berlow addresses factors that challenge the food system through literature and organizing. She published The Food Activist Handbook, which provides suggestions to improve local economies and community food systems, such as



compost initiatives. Berlow also wrote The Mobile Poultry Slaughterhouse, which aims to create a community-based model for poultry slaughter machines.

Women have been credited with making up more than half of agricultural labor across the globe. And that number increases when subsistence farming and the unpaid work of homesteading and gardening is included. The intersection of poverty and gender is immensely high, particularly for those working in the food system. Women are nearly twice as likely to need food stamps than men and are more likely to suffer from hunger than men. When we support a sustainable and equitable food system, we uplift women from poverty and hunger and honor their importance as food leaders.

Root Cause Farm is located at 26 Joe Jenkins Road, Fairview. [rootcausefarm.org](http://rootcausefarm.org).

## Garden Education

Cool-season crops do well in air and soil temperatures of 40 degrees or higher, and are often planted in spring during cooler temperatures, as they should be harvested before summer heat. Hardy seeds and seedlings can survive heavy frost and can be planted two to three weeks before the last frost of the season. Semi-hardy seedlings can survive light frost and ideally would have some frost protection, such as row cover, if planted before the last frost.

### Cool Season Hardy Crops

- |          |          |
|----------|----------|
| Broccoli | Peas     |
| Brussels | Radish   |
| Cabbage  | Rutabaga |
| Collards | Onions   |
| Kale     | Spinach  |
| Kohlrabi | Turnips  |

### Cool Season Semi-Hardy Crops need frost protection

- |              |             |
|--------------|-------------|
| Arugula      | Celery      |
| Asian Greens | Endive      |
| Beets        | Lettuce     |
| Carrots      | Potatoes    |
| Cauliflower  | Swiss Chard |

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# Coltsfoot: A Humble, Yellow Sign of Spring

Everyone is taking a deep, sweet breath as the essence of spring is finally upon us in the mountains of WNC. The pandemic may influence many aspects of our lives, but one thing does not change: the verdant green explosion which comes every year in spring is beginning to emerge. Birdsong is melodious and exuberantly joyful, and many of the flowering trees are blossoming with the warmer weather and rain. What always amazes me is how the wild, native plants and trees are nearly immune to the variabilities of early spring weather and rarely suffer much lasting damage, as the brunt of it always seems to fall more fully upon the cultivars we introduce into our gardens and landscapes.

There are some plants in the wild that one must take their hat off to, as they seem to thrive under the most adverse circumstances. One of those plants that I enjoy is coltsfoot, a humble, ground-hugging plant with bright yellow, dandelion-like flowers that emerge before the leathery leaves appear in late spring. Coltsfoot (*Tussilago farfara*) is a mildly aggressive spreading wildflower that loves to populate barren, dry, rocky, gravelly hillsides and thrives in disturbed environments along the borders of roads and railroads. Many people mistake it for dandelion flowers at first glance, but it has a much taller stem and a different flower and leaf,

although it is in the same family (Compositae), which includes daisies and a wide range of beloved wildflowers.

These plants spread by creeping underground rhizomes and seed disbursement and are tough and tenacious once established. The leaves are large, round, and resemble a colt's foot in shape. They are greenish-gray and silvery in appearance and have a leathery, tough texture.

The first time I discovered coltsfoot was on a two-week backpacking trip in the wilderness of West Virginia. Our trail cut across railroad tracks, and there on a hillside in the hot gravel was a sea of coltsfoot leaves, populating that barren hillside where almost nothing else grew. The leaves were silver-white underneath, and we gathered a few handfuls and dried them in the sun when we camped by a magnificent waterfall for a few days. One night, we decided to experiment with what we had read about and used the dried leaves as a seasoning. To our amazement, the leaf, once dried and



charred slightly, became a perfect salt substitute.

We also made a tea out of the dried leaf; it had a mild anise-like flavor that was pleasant and refreshing, especially when mixed with spearmint leaves and dried red clover. Coltsfoot has been used for thousands of years as a medicinal plant and is quite popular and well known in Europe. The young leaves and flower buds are edible but not my favorite, as they tend to be a bitter green. Coltsfoot is found in health food stores and apothecaries throughout Europe, as it is prized as an herb to treat a wide range of respiratory complaints. Native Americans dried and smoked the leaf and made a tea for relief from asthma and bronchial infections. Coltsfoot does contain alkaloids that are toxic to the liver, in particular within the root, but these substances are mostly destroyed when boiled. Nonetheless, many herbalists recommend not using coltsfoot for longer than a month, and pregnant women and young children should not use this as a medicine.

The plant is an astringent, demulcent, expectorant, stimulant and tonic. It is widely used in the treatment of coughs and a variety of respiratory problems. The plant is particularly beneficial in the treatment of chronic emphysema and silicosis, as it helps to relieve the persistent cough associated with these conditions. Coltsfoot is often combined with liquorice, wild cherry and thyme, and in Europe, it's sold in a candy form to make it more pleasant and user friendly.

Coltsfoot is also beneficial for the treatment of skin disorders. A poultice of the flowers has a soothing effect on a range of skin disorders, including eczema, ulcers, bites and basic irritations. Nature holds the keys to healing, and coltsfoot is an example of how many ways a plant can be utilized by humans both as a medicinal and edible wild plant.

I think coltsfoot is a very cool and unusual wildflower with a long history, and I always smile when I see it growing in the wild. I love the wide, silvery-green leaves, the colorful flowers and the fact that it tends to exist and thrive in such barren, dry, inhospitable areas.



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



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# 2021 Recycling & Collection Calendar

Recycling is collected every other week on your regular scheduled garbage day.

## 2021

### JANUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

### MARCH

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### APRIL

S	M	T	W	T	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### MAY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### JUNE

S	M	T	W	T	F	S
						1
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### JULY

S	M	T	W	T	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### AUGUST

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### SEPTEMBER

S	M	T	W	T	F	S
					1	2
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### OCTOBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### NOVEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### DECEMBER

S	M	T	W	T	F	S
					1	2
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## PROPER CART PLACEMENT

- Place your containers curbside the night before or by 7 a.m. on your collection date.
- Position wheels away from the street.
- Place carts 3 feet away from other carts and 2 feet away from objects like mailboxes, parked cars, etc.
- Please do not overstuff carts.

## RECYCLING INFORMATION

- Plastic bottles, tubs, and containers.
- Paperback and phone books, junk mail, magazines, catalogs, newspapers and inserts, office paper, file folders, and paper bags.
- Milk cartons and flattened cardboard.
- Clear, green, and brown glass jars and bottles.
- Aluminum (not foil) and metal products like cans.

### NOT ACCEPTED FOR RECYCLING

- Batteries
- Cooking Oil
- Electronics
- Paints
- Motor Oil
- Styrofoam
- Plastic Shopping Bags
- Diapers
- Hazardous Materials
- Tires
- Chemicals and Solvents
- Toys
- Aerosol Cans
- Clothing/Textiles
- Food-Tainted Items
- Ceramic Items
- Aluminum Foil
- Disposable Cups
- Scrap Metal/Wood
- Tanglers (cords)
- Household Glass
- Shredded Paper

## CARDBOARD

Curbside Cardboard Guidelines:

1. Cardboard must be flattened and tied
2. No pizza boxes!
3. Bundles should not exceed 3x3
4. No more than 2 bundles per home



■ RED WEEK RECYCLE COLLECTION ■ BLUE WEEK RECYCLE COLLECTION ■ HOLIDAYS

## COLLECTION SCHEDULE

**TRASH** - Collected weekly Monday - Friday

**RECYCLING** - Every other week on your collection day.

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New Year's Day      Labor Day      Memorial Day  
Thanksgiving Day      Independence Day      Christmas Day

Any disposal and collection services that would have been regularly provided will be provided the day after the holiday.

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- Rally Guidelines
- Toy Dog Clothing (4-7 lbs)

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- Classical & Pop Sheet Music
- 78 RPM Records
- Franz Metronome

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- Fry Pans, Silverware, Cooking Utensils
- Two Microwaves

### ELECTRONICS

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- Multiple Small Speakers

### LIGHTING

- Silver Ceiling Light
- Small Metal Stand Lamp

### TOOLS

- Sawzall
- Husqvarna 18" Chain Saw
- Chain Saws
- Electric Skill Saw
- Gas Leaf Blower
- 3 Ladders: 4', 6', and 10'
- Painters' Light
- Gas Weed Wacker
- Long Garden Hose
- Electric Compressor w/100' Hose

### MOTORCYCLE ACCESSORIES

- Chrome Accents
- Motorcycle Clothing, SM & LG (Some Heated)
- Full Bike Cover
- Double Bag Zipper & Straps

### MISCELLANEOUS

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- Solid Brass Sink Set w/bowl
- Stainless Steel Wood-burning Cooking Oven (very heavy)

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## SENIORS MIKE RICHARD

# Irrevocable Trusts

As my wife and I grow older, the specter of a long-term care event is increasingly on our minds. For 14 years—five of which were in a nursing home—we were the sole caregivers for her mother, who had Alzheimer's. It was a challenging, life-changing experience. She also has a family history of Parkinson's disease, and other things could happen to either of us. How do we prepare for that possibility?

### Alternatives

We wanted to plan for nursing home expenses, protect our retirement savings and preserve our estate for our heirs. A long-term care insurance policy was an option but wouldn't cover all the expenses and cost too much. Qualifying for Medicaid was an option—it was a strategy we used for her mother—but it requires a five-year plan to shelter vulnerable assets, such as our savings and home, from cost recovery by Medicaid. We would have to divest ourselves of these assets through spending or gifting, essentially impoverishing ourselves to qualify.

### Irrevocable Trusts

An irrevocable trust fit the bill for us. (Disclaimer: This requires the services of an elder law attorney specializing in trusts, an accountant and/or a tax expert, which I am not.) It establishes an account where we transfer permanent ownership of

certain assets (our home), which is managed by trustees (our children). It doesn't work for tax-qualified savings, such as IRA, 401K and Roth plans, but it works for non-tax-qualified savings accounts and real property, such as a personal residence and rental properties. Once assets are placed in the trust, a five-year lookback clock starts ticking and begins on the date that a Medicaid application is filed.

Medicaid looks at the previous five years of transactions and transfers of money or assets before the application date for coverage. The date of eligibility is determined by the total value of these transactions divided by the average monthly cost of a nursing home, which must be "spent down." This provides the number of months of disqualification before Medicaid eligibility can begin.

It's a five-year journey to shelter our assets from Medicaid and nursing home costs. We're planning for the worst, hoping for the best, and preserving our estate for our children, come what may.



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

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