



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

APRIL 2021 VOL. 25, No. 4 | FAIRVIEW, NC | fairviewtowncrier.com f i

INSIDE

Strawberries for College p11 // Hike the Trombatore Trail p14 // The Show Goes on at AC Reynolds High p18

Making Fairview a Better—and Cleaner—Place

Natalie Furness moved to Fairview, near Hickory Nut Gap Farm, with her family from Colorado in 2018. “I absolutely love the small-town feel and the long-standing history of our community,” she said. Life with her husband, two boys—who go to Fairview Elementary—and two dogs keeps her busy. But not too busy to not notice the trash along the roadsides in Fairview.

“Cleaning up the roadsides is something I’ve been deeply passionate about for some time,” she said. When she saw a post on the “I Love Fairview” Facebook group from Izzy May about the roadside litter problem, she decided to reach out and get things moving.

Furness helped start the “Keep Fairview Clean” Facebook group, and its name



Natalie Furness (left) and Sara Lampman Hall cleaning up 74A between the fire station and Edmond Woods Place.

says it all. They organize regular cleanups throughout Fairview and have joined forces with Asheville GreenWorks, a nonprofit environmental group, which will supply cleanup equipment and get the Department of Transportation to pick up filled bags left on the side of the road. “Everyone seems genuinely motivated and excited to get started,” Furness said. “And when we’re picking up trash, cars will frequently slow down and thank us for our

effort. The appreciation felt from both the physical community and virtual community is heart-warming and encouraging.”

GreenWorks will set up a supply pick-up station soon at the Fairview Library so that residents can borrow the necessary supplies to perform a cleanup in their immediate community whenever they want to.

“Roadside trash is an ongoing issue that needs far more than an annual clean-up effort. It requires consistent and diligent attention,” Furness said. “I am committing myself to doing frequent cleanups throughout the community on a regular basis. It doesn’t matter if two or 10 or 50 people can show up to help; let’s just commit to doing it and hope others can too. And it’s a great workout, a great excuse to be outdoors, and it provides the most instantly satisfying results!”

In addition to these efforts, the group is working to support the Earth Club at FES, which was started by the son of one of the group’s members, by developing a more substantial kid-focused effort in Fairview.

Thanks to Natalie and others who make Fairview a better place!

Join the Cleanup Crew

Join the group at facebook.com/groups/keepfairviewclean or call or text the Crier’s editor at 828-771-6983 and he will put you in touch with Natalie.



UHNGCC Crew

The Upper Hickory Nut Gap Community Center had a good turnout for their first litter sweep.

Standing, from left: Scott Preble, Lorraine Hudak, Mike Hamlin, Pete Reese, Jim Earnhardt, Stan Mobley, Sylvia Sane, Sara Fletcher (and Mac), Ellen Boyle, Mike Reandeau, Graham Sturgis; kneeling, Dawn Loftis. Not pictured are Steve Jones, Maureen Sturgis, and Margaret Whitt.



Garren Creek Road Cleanup

Bill Fain, who organized the event, reported to us that 11 volunteers collected 37 bags, one recliner and assorted other items. Nice work!

SMCC Cleanup Set for April

Spring Mountain Community Center
Saturday, April 17, 10 am–1 pm
(rain date April 24)

Come to 807 Old Fort Road anytime between the times listed above. Gloves, bags, safety vests, water and snacks will be provided (and maybe prizes, too). Please wear a mask when congregating at the center. You can also pick up supplies and clean up later when it’s convenient for you. For more information, call Jessa Gay at 904-923-3637.

Easter Services and Events

SATURDAY, APRIL 3

Cane Creek Valley Farm

1 pm: egg hunt with Easter bunny
1448 Cane Creek Road, Fletcher.
338-0188. See ad on page 13.

SUNDAY, APRIL 4

Bearwallow Baptist Church

11 am: Easter service, in-person with guidelines observed
404 Konatoga Circle, Gerton.
625-2100

Fairview Baptist Church

11 am: Easter service, in-person, guidelines observed and Facebook Live
32 Church Road, Fairview. 628-2908

Fairview Christian Fellowship

11 am: Easter service, in-person
596 Old US Highway 74, Fairview.
338-2073

Old Fairview Sharon Church

7 am: Easter sunrise service, in-person with breakfast after.
11 am: Easter service, in-person.
291 Sharon Road, Fairview. 628-1568

Trinity of Fairview

9:15 am and 10:45 am: Easter services, in-person and online
(trinityoffairview.com/live)
646 Concord Road, Fletcher. 628-1188

bunny hunt!

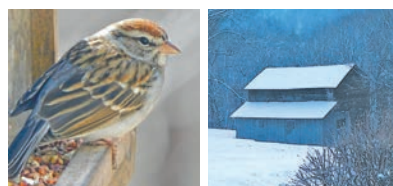


In the spirit of the season, nine bunnies are hiding in this issue. Can you find them all? Go to page 15 for more information.

Oops!

Last month, we published a guide to local birds. Two hawk-eyed readers let us know that the image we used for the Carolina wren (at right) was wrong. Karen Warren said it was a chipping sparrow. And Terri Lu thought it was a song sparrow. In any case, it wasn’t a Carolina wren, and we’re sorry for the error.

In our feature on local barns, we should have said that Diane Freeman, not her sister Debi, sent us the information and photo about the barn on Church Road. And Kyle, who is Debi’s son, is Bill and Pal Freeman’s only grandson.



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APRIL 6 (TUESDAY)

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

APRIL 9 (FRIDAY)

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

APRIL 12 (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.

APRIL 16-18

Health Seminar
7 pm. A free health seminar to improve your health naturally. In-person meetings. Fairview Seventh-Day Adventist Church, 57 Cane Creek Circle, Fairview. For more information, go to fairviewnc.adventistchurch.org call 577-5723 or see the ad on page 4.

APRIL 17 (SATURDAY)

Concealed Carry Class at SMCC
8 am-4 pm. \$85 cost includes lunch and

snacks. Make checks to "Spring Mountain Community Center" and mail to PO Box 73, Fairview, NC 28730. Masks must be worn. Bring your own hand sanitizer, gun and 30 rounds of ammunition. Limited ammo will be available for sale if needed. Contact Gary or Elaine Watkins at 628-1334. 807 Old Fort Rd., Fairview.

UPDATES

Council on Aging
The Council on Aging of Buncombe County will hold free Medicare information classes via Zoom. April 14 and March 29 from 2 to 2:30 pm. To register, visit coabc.org or call 277-8288. See their ad on page 24.

Garden Helpline
Extension Master Gardeners of Buncombe County are working from home to keep the helpline open to the public. Call 250-4878 (Mondays and Wednesdays, 10 am-2 pm, and Fridays, 10 am-12 pm) or email buncombemg@gmail.com with questions and photos anytime.

Farmers Tailgate Markets
Many county farmers markets will be open in April, including the East Asheville market, which is on Fridays from 3-6 pm, 954 Tunnel Rd., Asheville. To find a full list of markets and opening dates, go to asapconnections.org. Many COVID-19 precautions, including social distancing, limiting the number of shoppers, and mask requirements, are still in effect.

SMCC Rentals

The indoor meeting rooms and outdoor picnic pavilion are available for rentals. SMCC requires that renters follow the state's COVID-19 guidelines of 25 people indoors and 50 outdoors. Masks should be worn by all unless all attendees have completed their vaccinations. The building will be cleaned but not sanitized. More information at springmountaincc.com or call Cindy Bailey at 231-9884.

Trinity Food Pantry

The pantry would like the community to know that they are open every Tuesday from 9 am-12 pm. For more information, call the church at 628-1188. 646 Concord Rd., Fletcher, in the back of the church grounds (follow the signs).

SAVE THE DATE

MAY 8

The Center for Arts & Inspiration
An acoustic evening with Peter Noone of Herman's Hermits. Tickets at thecentreare.org. 125 S. Main St., Hendersonville. See the ad on page 5.

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.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (c) (3) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,900+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina.

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

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email editor@fairviewtowncrier.com. For staff directory, contacts and additional information, please visit fairviewtowncrier.com or see page 31.

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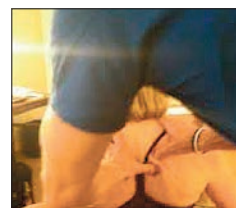
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Call for an always free "Avoid Spinal Surgery" consultation!



2 Fairview Hills Drive, Fairview 828-628-7800 fairviewdc.com

If you decide to purchase additional treatment, you have three days to change your mind and receive a refund.



Edward Reilly, DC

April Is National Poetry Month

To celebrate, Friends of Fairview Library are hosting a poetry contest. Entrants may submit a poem with a theme relating to the pandemic. All styles are welcome: haiku, sonnet, limerick, rhyming, narrative. And the poems can speak to an experience, a feeling or anything else related to the pandemic.

Contest Rules

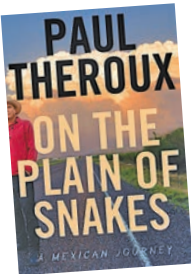
- Open to all ages.
- Only one poem can be submitted.
- Poems must be original and not previously published.
- Each poem should have a title.
- Each poem should be no longer than 250 words.
- Entries must be received by April 30.
- One prize will be awarded to an adult (older than 18) and one prize will be awarded to a child.

Poems can be submitted digitally to Marsha Mills at mwjack@bellsouth.net or dropped off at the library. Entries must include the poem, the writer's name, age, contact info and willingness to have the poem published in the Crier. Winners will be announced in May, and winning poems will be published in the June edition of the paper. A live celebration of poetry will take place on Zoom in May.

PROGRAMS

Evening Book Club

April 20 at 7 pm via Zoom



On Zoom, we'll be reading and discussing *On the Plain of Snakes* by Paul Theroux.

Legendary travel writer Paul Theroux drives the entire length of the US/Mexico border, then goes deep into the

hinterland, on the back roads of Chiapas and Oaxaca, to uncover the rich, layered world behind today's brutal headlines.

The Book Club meets the third Tuesday of each month at 7 pm. Email mcdowell@buncombcounty.org if you would like more information or would like to attend one of our discussions.

Future Book Club Titles

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

Note: All books for next season's discussions will be chosen at our May meeting



Library Storytime for Kids

April 17 at 3:30 pm on Zoom

Missing Storytime with Miss Jennifer? We

Appalachian Music Lunch & Learn



● April 20 at 12 pm
via Zoom

Grab your lunch and join Fairview musicians Zoe & Cloyd, for an hour-long session about Appalachian music in WNC.

Zoe & Cloyd will perform a number of regional tunes and discuss the diverse roots of mountain music, as well as their own connection to the music of the region.

Hailing from opposite ends of the Appalachian mountains, Zoe & Cloyd is renowned fiddler and vocalist Natalya Zoe Weinstein and award-winning songwriter, multi-instrumentalist, and vocalist John Cloyd Miller. Their show is as diverse as their upbringing: coming from a lineage of klezmer and jazz musicians, Natalya trained classically in her home state of Massachusetts before moving south in 2004. John, a twelfth generation North Carolinian and grandson of pioneering bluegrass fiddler Jim Shumate, is a 1st place winner of the prestigious Chris Austin Songwriting Contest as well as an Artist Fellowship recipient for songwriting from the North Carolina Arts Council. Both Natalya and John are instructors in the Traditional Music Program at Warren Wilson College and are residents of Fairview.

You must register to attend this event. See fairviewtowncrier.com/links for the direct link to register or call 250-6484.

have been missing Storytime with you! Tune in for a special preschool storytime, with stories, songs and activities. Registration required: fairviewtowncrier.com/links

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

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In-Person Meetings

April 16, 17, 18 (Friday—Sunday) 7PM

Fairview Seventh-Day Adventist Church

57 Cane Creek Circle, Fairview, NC

Paul Volk, certified Health Educator, conducts numerous radio and television specials, teaches in high schools, universities and medical centers world wide. He has been to 30 countries on 4 continents, working with Trinity Broadcasting Network, 3ABN, Quiet Hour, Maranatha, ADRA, and BYU. Paul has spoken at the 1984 Olympics in Los Angeles and also for Kiwanis and Rotary Clubs.



For more information, go to www.fairviewnc.adventistchurch.org or call (828) 577-5723

The 1870 Census of Fairview, Part Two

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

47. Bartlett, Nathan, 69; Charlotte, 73; Martha Dorton, 45.
48. Stroup, Silas, 54; Susannah (Harper) Stroup, 57; Catherine, 27; Martha V., 24; Sarepta, 20; William H., 18; Samuel, 16; Hannah, 12.
49. Wright, Robert (Patterson), 28; Nancy (Hedrick), 25; William H., 7; Mary, 6; John, 4; George, 2; Merritt, 2/12 (two months, born in March).
50. George, Wright, 60 (father of Robert Patterson Wright); Mary, 61; Mary J., 25.
51. Earwood, Joshua, 25; Sarah (Reed), 30; Thomas, 2; James, 1.
52. Tweed, Jane, 60 (SC); James, 26 (TN); Mary, 23; Thomas W., 21; Martha E., 19; John F., 17; John E. Gibson, 23.
53. Robison, Allen, 45; Julia, 40; Henry, 6.
54. Pinkerton, James, 59; Nancy (Garren), 61; Hannah (Pinkerton Clements), 30; Mary, 28; Milage Lytle*, 21; David Clements, 8 (grandson).
55. Lytle*, Ned, 40; Julia A., 40; Jack, 23; Letta, 19.
56. Waters, John, 47; Betsey, 37; Robert F., 9; Caladonia, 8; Albert, 7; Dabey M., 4; Bordy, 9/12 (nine months, born in February).
57. Lytle, Littleton, 55; Manerva, 32; Millington, 20; Lenor, 17; John, 13; William, 10; Mary, 7; Robert, 5; Joseph, 1; Martha Hill, 27; Selen, 13.
58. Ashworth, Johnston, 52; Mary (Merrill), 49; Jason, 21; Alexander, 17; Lilen, 15; Susan, 13; Joseph, 10; Sydney J., 8; Benjamin, 4; Martha Sinclair, 20.
- (The census taker numbered the families wrong. He numbered families 49–58. He then numbered the next 10 families 49–58 again.)*
49. Pinkerton, Alfred H., 37; Martha (Edmundson), 35; James E., 10; John R., 2.
50. Garren, Jesse, 41; Mariam (Whitaker), 39; Eli, 16; Henry, 14; William, 8.
51. Freeman, William R., 40; Julia H., 32; Kate S., 10; Alonzo, 3; Benjamin, 21; Hardin M., 20.
52. Young, Samuel, 31; Avaline, 26; William A., 6; Joseph E., 3.
53. Patton, Aaron T., 43; Rosilla (Garren), 43; John, 18; Sally, 12; Rhoda, 6.
54. Patton, Nancy, 54; Ladson, 22; Kate, 20; George, 3.
55. Young, Thomas J., 37; Martha, 33; Marcus P., 12; Zack T., 10; Sarah J., 6; Wade H., 4; Lisingenia, 3 f; Fanny E., 1.
56. Young, Rebecca, 60; Sarah J., 39; Ally M., 33; Mary L., 29; Law*, 15; Charlotte*, 35.
57. Whitaker, Jeremiah, 70; Harriet, 64; Henry, 22; Zance H., 22 m; Willis, 18.
58. Garren, William; Ailsey, 26; James, 6/12 (six months, born in November).
59. Hugh, George (A. or H.); Mary R., 35; Nancy J., 6/12 (six months, born in March).
60. Lytle, Alberito; Nancy, 39; Ellen, 16; Harriet, 15; Joseph, 13; Ephraim, 12; Francis, 7 m; William, 6; John 4; James E., 8/12 (eight months, born in October); George*, 40; James Pitillo, 25.
61. McDunnell*, Hardy, 30; Maria, 30; Mary, 16; Alfred, 14; Samuel, 12; Zora, 3; Erwin, 7/12 (seven months, born in November).
62. Whitaker, David F., 40; Matilda (Edmundson), 30; Randolph, 2; Eleanor, 1; Mary Edmundson, 15; Alfred Edmundson*, 26; Jane*, 25; Rhoda*, 9; Sam*, 6; Henrietta*, 4; Emma*, 2; Ada, 1/12 (one month, born in May).
63. Garren, Riley, 47; Sarah, 44; Sarah E., 18; Rebecca E., 14; Martha M., 11; Jeff D., 9; James, 2; John Barnwell, 26; Rebecca Conner, 32; Joanna, 11; Mary M., 9; Matilda Reed*, 25; Adophus M., 1.
64. Nicks, Tobetha, 44; McKay, 19; Minna, 19; Erwin, 15; Laura, 12; Calvin, 9; John, 7; James Sizemore, 26; Samantha Sizemore, 21.
65. Young*, Charlotte, 36; Joseph, 19; Frank, 17; Loury, 14 months; Merritt, 12.
66. Whitaker, William (Jr.), 69; Rutha (Williams), 67.
67. Garren, David, 30; Caroline (Whitaker), 40; Elizabeth, 13; Martha, 9; Augustus, L.
68. Lanning, Sarah A. (Whitaker), 41; Catherine, 19; Julius, 17; Charles C., 15; Mariam Whitaker, 45 (sister of Sarah Lanning).
69. Trantham, John, 25; Manerva (Jenkins), 35; Sarah M., 5; Mary A., 3; Jane, 1.
70. Jenkins, Martha (Whitaker), 62; Joshua, 32; Elizabeth, 33; Russell, 30; Naomi (Omey), 28; Charles G., 18.

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).

Intermission is Over!



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and what a show we have for you!



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Omar Fakhuri



Allen Helmick



Susan Lytle



Devon Satchell



Justin Schmidt



Wanda Treadway



Sophia Underwood



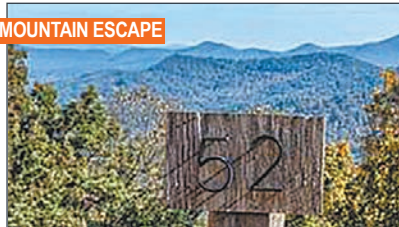
Renee Whitmire

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COMFORTABLE HOME IN A GREAT LOCATION. Hardwood floors on main. Finished rm over garage, fenced yard, patio. 6 mo old roof. Propane log FP. Private drive off Lower Christ School Rd. Call (828) 628-3088. **\$300K** Will not last!

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SPACIOUS AND CHARMING FAIRVIEW HOME just mins to AVL & the Blue Ridge Pkwy. Freshly painted, new floors. Lovely setting w/ winter mtn views, mature trees & landscaping. Call 828-628-3088 **\$350K.**

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To see all our land listings visit
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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 **\$130K**

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. **\$40K**

COMMUNITY AMENITIES 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**

VIEW! 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**

NEW LISTING! 14 AC IN RAINBOW ESTATES, BLACK MOUNTAIN. Great views, several build sites, creek, view of neighboring pond, private yet convenient. Call Jenny at (828)628-3088. **\$79,900**

PRIVATE CAROLINA MOUNTAIN LOCATION IN HAWKS LANDING. Well spaced homes. End of the road - no thru traffic. Beautiful homes & just a short drive to Asheville. Call Karen (828)216-3998 **\$70K**

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VIEW! 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

MOUNTAIN LOT WITH STREAM, SMALL WATERFALL & PAVED ACCESS. Hard to find, easy access for site preparation. Lush wooded area, not remote or isolated. Call (828)216-3998 **\$50K**

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**

EASY TO BUILD ON SHUMONT LAKEFRONT home site, frontage on private inlet adjoining only 1 neighbor. Inc rights to Rumbling Bald resort & access to Lake Lure. Boat slips can be rented from the town. Call Karen (828)216-3998 **\$150K**

SPECTACULAR VIEWS, PRIVACY & ELEVATION. 2 possible home sites make ideal for another family member or friend. Paved access, gentle grade to building site & long range view potential! Call Karen (828)216-3998 **\$150K**

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 Water-front 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! Call Susan (828)301-1410 **\$34.9K**

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	SOLD
LOT 2	0.5	\$59,000
LOT 3	0.5	SOLD
LOT 4	0.521	SOLD
LOT 5	0.482	SOLD
LOT 6	0.51	\$64,500
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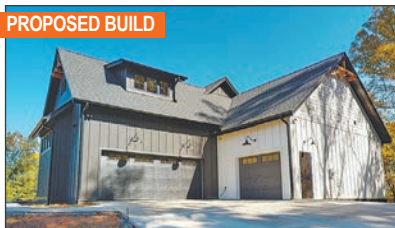
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Hail Is a Threat in Spring

Here are some things to remember about severe weather precautions this season. If the development of severe thunderstorms is imminent, or likely to occur in the next several hours of a forecast period, the next step is a Severe Thunderstorm or Tornado Watch. Such watches alert the public, aviators and local National Weather Service (NWS) offices that environmental conditions have become favorable for the development of severe storms or tornadoes. Local storm spotter networks activate, and forecasters in the area closely monitor radar images and spotter reports to issue the appropriate severe thunderstorm and tornado warnings.

When severe hail (at least 1 inch in diameter), damaging winds (at least 50 knots or 58 mph) or a tornado appear imminent, local NWS offices will issue a Severe Thunderstorm Warning or Tornado Warning as appropriate. The warning is rapidly disseminated over National Oceanic and Atmospheric Administration radio broadcasts and various mass and social media channels so that people in the warning area can find safe shelter to take cover from the storm.

Hail can be a real threat at times from severe thunderstorms in WNC. Hail can injure apple fruit, shoots and limbs, not to mention roof and property damage to your house. The extent of the injury usually depends on the size of the hail, its shape, and the duration of the event. Injuries can range from torn or shredded leaves and small dents that don't break the fruit skin to so severe that an entire crop is lost because of physical damage. Henderson County produces 85% of North Carolina's apples, and apples bring in about \$30 million a year to the county's economy.

An increase in surface temperatures combined with still cooler air aloft in April can lead to a process that can create a large vertical temperature gradient from the surface to 40,000 feet. Because of this gradient, which



QUESTION of the MONTH

How deep can hail accumulate?

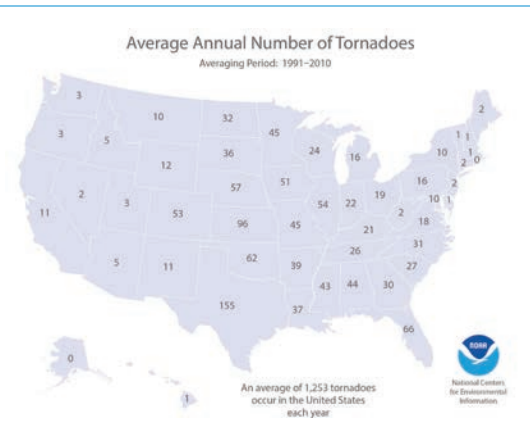
is the most prevalent in April, we stand a greater risk of hail here in the mountains of WNC. The critical factor in all of this is where the "freezing level" is aloft. This freezing level, which is defined by the 32-degree isotherm, represents the altitude at which the temperature is at 32. The freezing level determines the depth of the atmosphere that is above freezing. If the freezing level is high in the atmosphere, hailstones will have more time to melt as they fall. In April, the freezing level is typically lower than in mid-summer, and thunderstorms can and do usually produce some hail, sometimes with devastating effects.

For many folks, spring begins when we can plant early lettuce, or perhaps with the first mowing of the yard. For most of us, that time is at hand. Our average temperatures really start to take off in April, with the help of increasing solar radiation. Our April average high temperature goes from 64 at the beginning of the month to 71 by the end, with the lows moving from 39 to 47. Plants and trees usually wake up during this period, and local farmers markets typically have early season produce. April can also be a month of extremes, and one needs to keep an eye out for late season frosts, which can harm tender vegetation, especially if trees and plants "greened" up earlier than usual.



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

WEATHER WONDER



When and where have tornadoes occurred in Buncombe County?

Severe weather and thunderstorm season will start to ramp now that spring has arrived. An average of 155 tornadoes occur across the United States each April, based on the 1991-2010 period. North Carolina averages 31 tornadoes a year.

They are quite uncommon in Buncombe County, but in 1993, there was a very weak tornado that appeared to touch down near Biltmore Estate. I actually saw it from my office in downtown Asheville at the time, but there was no reported damage. A second tornado, also weak, was reported near Asheville High School in the early morning hours on May 6, 1999, with little damage as well.

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Helpful Tips for Donating to a Food Pantry

Let's start with two facts. 1: There are 10 million kids in the US who face hunger. 2: According to MANNA, there are 100,000 people in WNC who don't have continuous access to three square meals per day.

I recently found a good list with tips about what foods and products are needed at food banks, and I've adapted it below for Food for Fairview (FFF).

- Everyone donates mac & cheese in a box. But you also need milk and butter, which is hard to get from food banks. FFF participates in the government's The Emergency Food Assistance Program (TEFAP), which provides these items periodically.
- Boxed milk is a treasure. Kids need it for cereal, which they get a lot of. Boxed milk with cereal makes a wonderful donation.
- Everyone donates pasta sauce and spaghetti noodles. FFF gets these items from TEFAP.
- Canned foods should have pop tops. (Think about donating can openers.)
- Oil is a luxury and is needed to make Rice a Roni, which gets donated often. This is currently an item provided in TEFAP boxes.



A donation of cake mix and frosting make it possible for a needy parent to make a child's birthday cake (or cupcakes).

- Spices, salt and pepper are a real gift.
- Tea bags and coffee are caring gifts. They are currently harder to distribute at the pantry because the clients are not currently shopping inside the pantry.
- Sugar and flour are treats. During the winter holidays, FFF purchases and provides these items to the pantry's clients.
- Fresh produce donated by farmers and grocery stores is important. During the summer months, Root Cause Farm distributes organic produce harvested that morning. Food

Lion also provides the pantry with produce every Monday. Last month, a local gardener brought in excess squash, which the clients loved.

- Seeds are great in spring and summer because growing can be easy for some.
- Fresh meat is rarely donated. Between Food Lion and TEFAP, the pantry provides frozen meat, ground beef, chicken, fish sticks, hams, turkey breasts, and sometimes slabs of ribs to the pantry clients.
- Tuna and crackers make a good lunch.
- Hamburger Helper goes nowhere without ground beef, which is periodically provided by Food Lion and TEFAP.
- Peanut butter and jelly are often donated, but bread is needed to go with them. Every other week, the pantry purchases 48 loaves of bread, a combination of white and wheat, from Food Lion.
- Butter and margarine are welcome. They are provided to the pantry through Food Lion and TEFAP.
- Eggs are a valuable commodity. FFF receives eggs from TEFAP, MANNA and Food Lion. During the summer

months, a local business owner brings in his excess eggs to be distributed.

- Cake mix and frosting make it possible to make a child's birthday cake.
- Dishwashing detergent is very expensive—for the pantry and the clients—and is always appreciated.
- Feminine hygiene products are a great luxury.
- Everyone loves Stove Top stuffing.
- Pet food, baby food and formula, and disposable diapers are always needed.
- Cash donations make it possible for FFF to purchase what's needed.

Food for Fairview currently has two donation wagons along 74A: at Americare Pharmacy, 1356 Charlotte Highway, and the other at First Bank, 5 Olde Eastwood Village Road. These sites are for dry, canned goods, disposal diapers, baby food and pet food. Please do not leave donations at the FFF location during the week—they can be ruined if left out in the rain. Donations can be delivered to the pantry from 1–5:45 pm Monday afternoons.

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

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Meet a Fairview Paramedic

As I noted in a previous column, we have many new staff members that we haven't been able to properly introduce to the public due to COVID regulations. I'd like to start letting you get to know them, starting with Landon Miller.

Landon is one of the six paramedics employed at the department. He works with the C Shift group and is also the EMS Coordinator (which means he oversees the administrative needs of the paramedics and coordinates with the county). He is a native of Buncombe County and lives in Leicester with his wife and 3-month-old baby boy. (He is also a volunteer at the Leicester Fire Department.) When he is not at work or teaching, Landon likes to spend time with his family, hunt, fish, garden, do landscaping and just sit on his front porch.

Even though he has already spent six years with Fairview Volunteer Fire Department, he is just 28 years old. His family involvement in the medical field sparked his interest at an early age. His sister worked in EMS briefly in Haywood County before becoming a physician's assistant. And his mom was also a county employee as an educator in the school system.

After graduating from Erwin High School, Landon pursued his Paramedic Certificate through AB-Tech, with a



Paramedic Landon Miller

two-year associate degree in emergency medical sciences. He has also earned certificates and completed training for basic life support obstetrics (BLSO), basic life support (for which he is now an instructor at AB-Tech), advanced cardiac life support, pediatric advanced life support, pre-hospital trauma life support, advanced medical life support and pediatric education for pre-hospital professionals (PEP).

All of these certificates and training just mean that he is well equipped to help in an emergency. Landon is always looking to learn new skills within his profession. He claims that he is "not very interesting," but we would beg to differ. We are blessed to have someone that has such a caring heart for our community.

Robin Ramsey is the vice president and treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. For more information and updates, go to fairviewfire.com and Facebook—search for "Fairview VFD (Buncombe County)."

Zoom Solutions

Researchers at Stanford have found some simple fixes for four common Zoom fatigue problems. Close-up eye contact is intense and tiring, so put the view mode to tile and take Zoom out of full-screen mode to make all the faces smaller. Seeing yourself is fatiguing, so learn how to "hide yourself" with a right-click on your video. Long rounds of video chats keep you from moving, so move around—maybe this is a sign that you need to try a standing desk. Their research also pulls together papers that show how much more thinking we have to do to understand and present non-verbal cues for agreement, frustration, incomprehension, etc. We seem to have less fatigue on the telephone, so consider turning off your video or even arrange for the Zoom to be audio-only. Then you can move around even more.

In another sign that COVID is decreasing, Apple Retail Stores are open again across the US. They may have some limitations on capacity, but they are open. Not too long ago, all the Apple Retail Stores within a two-hour radius of Fairview were closed.

It is tax-filing season again (and you may have already filed). But it is good to know that the IRS has expanded its Identity Protection PIN to anyone who can verify their identity. To get more

information on how this works and what you need to prove to help lock down your IRS account and avoid tax-related identity theft, go to irs.gov/ippin.

Despite the anticipation that the next iOS upgrade, 14.5, would let you change your default music service used when asking Siri to play music, it seems that this is not true in the way we might think. Siri will learn to use a particular music service as it learns your preferences, but Apple has clarified that you are not setting a default music service. I wonder how we will really know the difference.

Many people avoid using Microsoft Edge, but there is a new feature, Kids Mode, that might entice you to try it again. It is actually still in beta, but if it works out, it will let you provide a limited browsing experience on your phone or computer, including Bing SafeSearch, children-friendly content, and restricted access to only family-friendly sites. To exit Kids Mode, you have to use your computer login password. This is helpful—unless your kid already knows that password.



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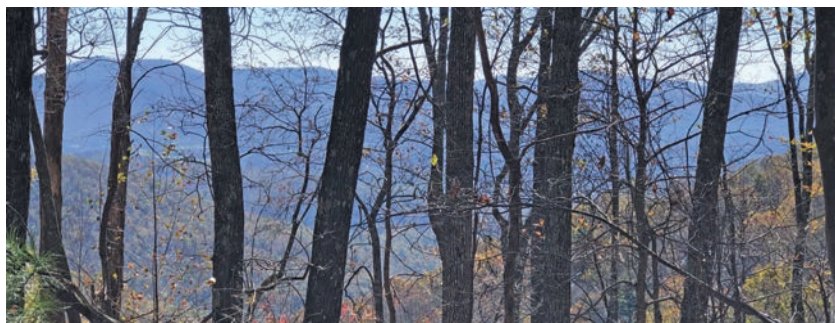
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Just Your Average 17-Year-Old... NOT!

by **SANDIE RHODES**

Late in February, a post on Facebook's "I Love Fairview NC" group announced that fresh strawberries were going to be picked in Plant City, Florida, driven north, and available for sale in Fairview the next day. Jimmy Jordan, a Fairview dad, made a deal with his daughter Paige to do the venture together and share the profits to put toward her college tuition and expenses. Both dad and Paige were stunned when they sold out in under two hours...and everyone wanted to know when they were coming back. The original plan was to make one run, but the Facebook post went crazy, and close to 100 people posted that they wanted some when they made a second trip two weeks later.

It wasn't just the super juicy, flavorful, huge strawberries that motivated Fairview folks, but the story behind them that made many want to support this effort.

Paige is a pretty exceptional young woman of 17 who is currently a senior at AC Reynolds High School. As you can tell by her "Class of 2025" T-shirt, she is Cornell bound when she graduates. This situation had all the earmarks of a

great Fairview story, so I got in touch with Paige's mom Holly first, and then Paige.

Holly gave me a little background (mom's bragging rights!) on Cornell. Paige applied to the Dyson School of business, which has an acceptance rate of only 2.9%. There are about 700 undergraduates (incoming freshmen and transfers), of which only 39% are female. Cornell is known to be the best engineering school among the Ivy League colleges.

Paige said, "I chose Cornell mainly because it had engineering, business and life science colleges. I still don't really know what I want to study [although she mentioned she loves working outside and is leaning toward construction management], so this really appealed to me. I also

wanted to go somewhere I've never been before and there are a lot of places to explore and new opportunities up north. Because it is a private school, I am receiving more financial aid than I would

"I plan on putting all of the money I make from the strawberries and my two jobs towards tuition... and hopefully a Roth IRA..."

—Paige Jordan



In talking about the "strawberry adventure," Paige explained, "We got the idea from my uncle who has been buying and selling strawberries with his kids for years. We thought we'd give it a shot, and my dad's post on Facebook got a lot of feedback. And so, the next Thursday he drove to Florida, and we sold 200 boxes that Saturday morning. The deal was that he would drive down and get

them (because I had school) and I would sell them and get the profits for my savings account. People seemed to really enjoy it, which makes me happy. I'm also happy that I am able to support the strawberry farmers in my family's hometown."

And by the way...Paige also mentioned that she started a part-time job in December as an Ingles cashier.

And finally, she said, "I plan on putting all of the money I make from the strawberries and my two jobs towards tuition and hopefully a Roth IRA. My parents will contribute towards housing, books, meals, etc."

And to close, she said, "That about sums me up."

Well, we doubt that Paige, but we applaud you and can't wait to hear of your next accomplishments.



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Sacroiliac Joint Dysfunction

Sacroiliac joint (SIJ) dysfunction is a problem arising from the imbalance of muscle activation, muscle tension and abnormal loading tolerance in the pelvic region. Sacroiliac dysfunction can be a source of severe back pain that affects about one in five Americans.

The SIJ comprises two bones: the sacrum and the pelvis. There are two SIJs in the human body, surrounded by about 35 muscles. The pelvic bones are connected in the middle by cartilage, allowing each side to move independently of the other. The SIJ is a very strong and stable joint that transfers the weight of the upper body to the lower body. A dysfunction occurs when one or more of these muscles on one side is either tight and overactive or too loose.

Usually, if a muscle is tight on one side of the pelvis, the muscles on the opposite side are loose and do not provide sufficient stability. This imbalance can cause the pelvis to tilt or rotate abnormally. One or both joints can be affected by this imbalance.

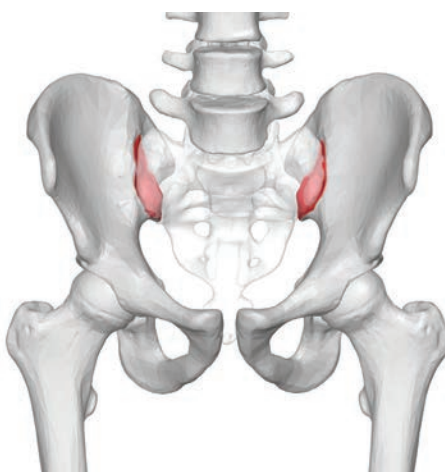
Common Symptoms of Sacroiliac Joint Dysfunction

- Pain located on back part of pelvis on either side of tailbone;
- Pain located in one buttock or hip that can radiate to the groin;

- Pain mimicking sciatica (pain going down the back of the leg);
- Increased low back, buttock or hip pain on one side from walking up stairs or transferring from sitting to standing.

Two types of common dysfunctions are excessive force closure and reduced force closure. Excessive force closure is a result of increased muscle activity and loading of the pelvic region, usually caused by the overuse of bracing and stabilizing muscles. Reduced force closure originates from insufficient muscle forces, which cause excessive strain to the involved joints and results in motor control deficits. Reduced force closure is usually more common, but can occur in conjunction with excessive force closure, resulting in a pelvis that is tilted and/or rotated.

Since SIJ dysfunction is a prominent source of and contributor to low back



pain, a thorough evaluation by a physical therapist is important to determine if SIJ dysfunction is the source. A thorough assessment is also used to determine the specific cause of the dysfunction.

There are several easy exercises that can improve muscle strength and stability in the pelvic region, reducing potential strain and overloading of the SIJ. Now that the weather has warmed, we naturally become more active outdoors. With this sudden increase in activity, there is also an increased demand on our bodies. Bending, lifting, pulling, squatting and twisting activities all put a tremendous load and strain on our backs, hips and pelvis. If the muscles that support and move these areas, including the SIJs, are deconditioned or weak, then the potential for pain and dysfunction increases. Preparing your body by performing some easy strengthening exercises may reduce the risk of developing back or SIJ pain.

SACROILIAC JOINT EXERCISES

Do not perform any exercise that increases or causes pain

Double Knee to Chest



While lying on your back, hold your knees and gently pull them up toward your chest. Hold for 20 seconds and relax.

Single Knee to Chest

While lying on your back, bring one knee to your chest while the opposite leg is kept straight. Hold for five seconds and then switch leg positions. Repeat 10–12 times.

Bridging



While lying on your back with knees bent and feet pulled close to buttocks, tighten

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continued from previous page

your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor. Hold, and then lower yourself and repeat. Adjust the height of your hip raise as needed to maintain a pain-free motion.

Clamshells

While lying on your side with your knees bent, raise your top knee upward while keeping your feet in contact the entire time. Lower back down and repeat 8–12 times. Perform on each side.

Physical therapy treatment for SIJ dysfunction includes the use of core stabilization exercises, strengthening the pelvic girdle and hip muscles, stretching, manual therapy, and other modalities. Manual therapy usually involves the application of muscle energy techniques to promote appropriate contractions of certain muscles that help balance the pelvis. As SIJ dysfunction also includes muscles that have been overworked, stretching and soft tissue mobilization are also very important for restoring balance. Once these balances have been restored, the joints can function properly and strong and full activity can be achieved without back pain.

Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. avorahealth.com. 226 Charlotte Highway, Asheville.

Different Allergies, Different Medicine

With warm spring weather inevitably come spring allergies. For some, this is a minor nuisance. For others, allergy symptoms can be debilitating and prevent you from actively enjoying the outdoors. Most of us are familiar with allergy symptoms, sometimes called “hay fever.” You might be bothered by itchy eyes, a runny or stuffy nose, and sneezing. Sometimes the extra mucous drainage can cause a sore throat. It is possible to have these symptoms at any time of the year, but people who experience them in the spring are usually reacting to pollen from trees, grasses or weeds. As the weather gets more humid, mold spores might also aggravate allergy symptoms.

Symptoms like these can obviously be problematic. There are many over-the-counter (OTC) medications available that can provide some relief. But what you may not know is that the best OTC medication for you probably depends on your symptoms.



For a runny nose, most people will reach for an OTC antihistamine such as Claritin, Zyrtec or Allegra. These medicines can certainly help, but the best medicine for treating a runny nose due to allergies is actually a steroid nasal spray, which includes products such as Flonase or Nasonex. One spray in each nostril daily during allergy

season can make a big difference in your symptoms. Simply breathe out, insert the tip of the sprayer into one nostril while closing off the other with your finger, then spray and inhale deeply through your nose at the same time. Make sure to repeat on the other side.

If itchy eyes are your problem, a simple saline eye drop can sometimes help. If that is not enough, using an OTC antihistamine such as Claritin, Zyrtec or Allegra can be helpful. This is also true for congestion. Other medicines for a stuffy nose are those like Sudafed or nasal sprays such as Afrin.


While these medications tend to work very well for allergies, there are some warnings you should be aware of. For example, antihistamines can make people

drowsy. The newer ones listed above tend not to make people as sleepy, but older antihistamines, such as Benadryl, can be very sedating—so much so that some people use it to help them sleep. You should be cautious about using medications like Benadryl for allergies or sleep because there are some long-term concerns, such as issues with your balance and memory.

Nasal decongestants such as Sudafed also work wonders for a stuffy nose, but people with high blood pressure should really be careful not to use this medication, as it can increase blood pressure. Nasal sprays might be a better option for congestion for people who cannot take Sudafed, but you should be careful not to use medications like Afrin for more than three days in a row or you run the risk of making your congestion worse.

Some people have more serious allergies that might even require shots, but for most of us, allergy symptoms are an annual nuisance that we can manage with OTC medications. Just remember that some medications are better than others depending on your symptoms, and possibly other medications you are taking and other medical conditions you have.

Irene Ulrich is a clinical pharmacist at MA-HEC Family Health Center at Cane Creek. 628-8250. 1542 Cane Creek Road, Fletcher.



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Bird-Friendly Yard Checklist

Spring is just around the corner, if it's not already here. Soon, bird activity in your yard will ramp up. Pam Torlina, the Southeast Stewardship Manager for Conserving Carolina, suggested these easy ways to make your yard more bird-friendly.

Plant native berry-producing trees and shrubs. This time of year, the birds are loving the berries on American Beautyberry, American Holly, Eastern Red Cedar, and Flowering Dogwood, to name a few. In the summer and fall, birds love the fresh fruit of our native blueberries, persimmons, serviceberries and blackberries.

Grow native plants to provide an insect buffet. Insects are highly specialized, and many will only feed on their specific native host plants. In the spring, the larvae of butterflies and moths are key to birds' diets while they

Nest boxes with predator guards also provide a relatively safe spot for birds to raise their young.

are feeding their young. Your native plants will bring you more butterflies and more birds.

Leaving the deadheads of summer flowering plants through the winter is very beneficial. For instance, American Goldfinches love the seeds of purple coneflowers and black-eyed Susans.

Feel free to put up bird feeders. They can be a fun way to watch birds. But keep in mind that birdseed can't



substitute for natural food sources from native plants. Birds don't feed birdseed to their young, and many kinds of birds don't come to feeders.

Make sure to provide clean water that is shallow enough for a bird to bathe in and allows access for drinking.

If you feed the birds in your yard, you want to be sure there is cover nearby, in case they need a quick escape—but not so close as to allow a predator to pounce on the bird as it feeds. This doesn't apply to winged predators such as hawks. We can't control their actions and, after all, if you've got a bird feeder out with seeds for songbirds, it also doubles as a hawk feeder.



Speaking of predators, keep cats indoors. Cats kill millions of wild birds each year in the US.

You can also construct and maintain loose brush piles in your yard, according to NC State University's Cooperative Extension Service. Brush piles offer shelter for birds all year, giving them a quick place to hide. They also house a source of bugs to eat, are a potential nesting spot, offer a staging spot to land first before heading over to a nearby feeder, and provide cover during heavy rain.

Nest boxes with predator guards also provide a relatively safe spot for birds to raise their young. You don't need a tree—a pole in the ground with a birdhouse up top and a metal skirt around the middle does fine.

If you're creating habitat where you live, you can register with the National Wildlife Federation to become a "Certified Backyard Wildlife Habitat." Be sure to share your knowledge and encourage neighbors to provide habitat, too. Multiple connected yards with good resources are much more effective at sustaining wildlife than a single lot. If neighborhood residents are on board, you can register your neighborhood with the National Wildlife Federation.

This checklist was adapted from an article by Pat Barcas, AmeriCorps Project Conserve Communications and Education Associate at Conserving Carolina, who lives in Fairview.



The Trombatore Trail takes you to Blue Ridge Pastures and beautiful views of the Hickory Nut Gorge. All photos courtesy Conserving Carolina

Take a Hike!

TROMBATORE TRAIL

Length: 2.4 miles one way, 4.8 round trip

Difficulty: Strenuous

How to Get to the Trombatore Trail

Heading east on Charlotte Highway (74A), climb up the mountain through the switchbacks into Gerton. Turn right on Bearwallow Mountain Road, which will change into a narrow dirt road. Continue on until you hit pavement again (around 2 miles), and then look for a parking spot on either side of the road. You should also be able to find the trailhead easily on your smartphone's map app. The trail starts across the road from the Bearwallow Mountain Trail. (Please respect the adjacent property owner by not blocking the gate, road, or driveway across from the parking area or using it to turn around.)

Hiking the Trail



After passing the trailhead kiosk, hike down toward Upper Brush Creek via a series of switchbacks. After about a half-mile, you can see a tree with a uniquely curved trunk. Only 100 yards past that, look below you to the right to spot a giant buckeye that is the largest, and likely the oldest, tree on the entire property. Its many burls may be the

reason that loggers who once timbered the tract chose to leave it standing.

At 1.1 miles, the single-track trail junctions with a grassy road. Turn right and follow the road uphill, following signs at several more junctions until the trail resumes as a single-track path at 1.8 miles. Another uphill climb will take you to the grassy meadow of Blue Ridge Pastures at 2.4 miles. Turn left and walk to the summit to enjoy panoramic views of the Hickory Nut Gorge, including Bearwallow Mountain, Florence Nature Preserve, Little Pisgah Mountain and Wildcat Rock. On a clear day, you can see Mt. Mitchell and the Black Mountains to the north.

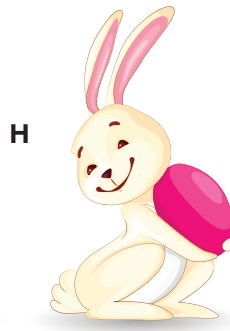
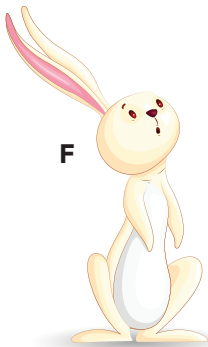
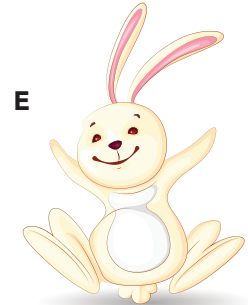
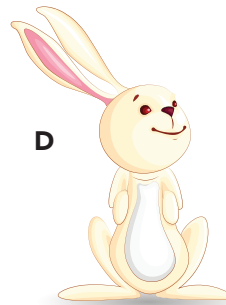
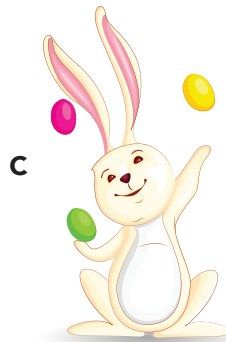
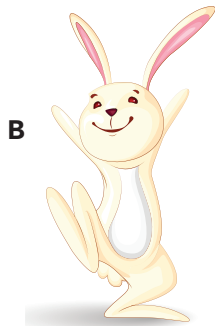
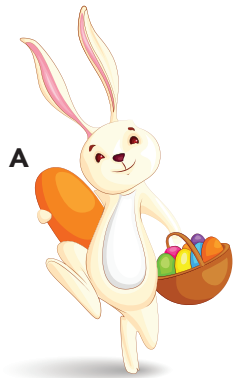
This is the end-point of the trail. Keep in mind that the return trip to the trailhead is also strenuous. Much of the elevation gain comes on the way back.

The Trombatore Trail is named for the Trombatore family, who donated a public trail easement across their land. The trail was designed and constructed by Conserving Carolina in 2013. (Trail description taken from Conserving Carolina's website. Visit there for more information.)

Conserving Carolina is a nonprofit that aims to protect land and water, restore our natural world and inspire people to care for nature. It maintains multiple properties and hiking trails in the greater Fairview area. For more information, go to conservingcarolina.org or call 697-5777.

bunny hunt!

These bunnies are hiding throughout the paper. See if you can find them all!



Bunny locations (page numbers only): A pg 31; B pg 3; C pg 9; D pg 16; E pg 13; F pg 18; G pg 23; H pg 10; I pg 20; J pg 26



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New Driveway at Fairview Elementary

Unless you're a kindergartner, big earth-moving equipment may not be your thing. And traffic counts don't usually rise to the level of headlines. Sounds pretty boring, right? But if you're sitting in traffic on Charlotte Highway and grinding your teeth, you'll be glad to know that work is underway to improve the traffic flow around Fairview Elementary School.

It's been two years since we got serious about improving the traffic situation at drop-off and pick-up times for Fairview. In April 2019, the NC Department of Transportation hired Davenport Engineering to conduct site evaluations and traffic counts and prepare a recommendation for the school system.

Davenport completed the process in two months and delivered their report in July, recommending that Buncombe County Schools (BCS) redirect traffic around and behind the school, pave Jeffery Lane at the end of Oak Hill Lane, and add a new road to connect the end of Jeffery Lane back around to the parking lot near the Community Center.

While looping traffic behind the school made sense, BCS Facilities and Planning had concerns about routing the traffic further on Oak Hill Lane and Jeffery Lane, both residential streets. This would have made it more difficult for those residents

to get to and from their homes during peak traffic hours.

In October 2019, we hired McGill Associates Engineering to provide survey work and right-of-way investigations for the new drive, somewhat closer to the school (see the design image), curving left off of Oak Hill Lane just past the bus drop-off driveway. In March 2020, we contracted with McGill to complete the design and permitting process for the new road.

Fortunately, the BCS Capital Fund Commission approved our request for the project in December 2020, and in February we contracted with APAC for nearly \$600,000 for the site work and construction. If all continues to go well with the construction, we expect the new drive to be ready when school opens in August.

We met with neighbors of the school in February to answer their questions and address any concerns. As a result, speed bumps will be added to Oak Hill Lane.



How Traffic Will Flow

Cars will enter at the light, drive up Oak Hill Lane and around behind the school, turn left between the Community Center and 74-A, becoming two lanes through the parking lot. The roadway will narrow back to one lane as drivers approach the front of the school. The school will be on the passenger side of cars as they approach so that students will not need to be crossing between cars.

To exit, all vehicles will rejoin the driveway on the other side of the Community Center and continue out the way they came around behind the school. The new entry drive will allow for two-way traffic.

Bus traffic will follow the same path as it does now, from Oak Hill Lane into the bus driveway and the circle turnaround, exiting back out Oak Hill Lane.

Principal Angie Jackson sums up the changes: "We are excited about the new drive at Fairview, as it will allow for a more efficient car rider line in both the morning and afternoon. It will alleviate the traffic back up on Highway 74, which will ease the morning and afternoon stress of our student drop-off and pick-ups. It will also help alleviate many safety concerns and allow our buses to arrive at school without waiting in a lengthy car line." Can't wait!



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Email her at cindy.mcmahon@bcsemail.org.

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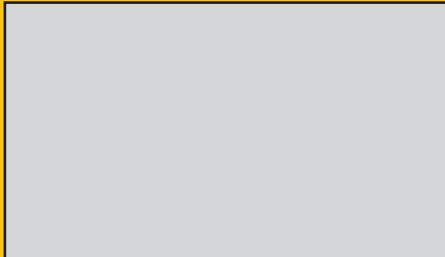
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ACRHS STUDENT OF THE MONTH
Madelyn Hayle



The A.C. Reynolds High School Student of the Month is Madelyn Hayler. Hayler's Spanish teacher Shannon Fields said, "Maddy is an extremely conscientious student. Her assignments are completed carefully and always on time." Her engagement and openness during class have set a positive example for her peers, especially during remote instruction. "Maddy joins each Zoom with enthusiasm and gusto for learning," Fields added. "She's not afraid to be the first person to share ideas with the class, which often gets discussions off to a nice start."

All winners receive a special mug from the *Town Crier*. Congratulations, Maddy!

Cardinals Back in the Nest

by Kenya Hoffart

There is nothing more fulfilling for a teacher than a room filled with students learning and interacting with their friends. The teachers at Fairview Elementary are thrilled to have students back in the school building. They're excited to watch them continue to grow and explore, and they are so happy to support them face-to-face. This year has been filled with uncertainties and questions, but the staff and students at FES are celebrating time together again.

While some students have chosen to remain virtual learners, the majority

"I feel like things are finally like they are supposed to be, and I am very thankful!"

Evana Brunner, FES third-grader

of students have returned to school for instruction. Kindergarten through third grades returned to Plan A on March 8. Fourth and fifth grades returned on March 15. Plan A provides for in-person instruction, five days a week.

Several precautions are still being taken to keep staff and students safe. Everyone is still required to wear a mask, and



students are encouraged to wash and sanitize their hands often. Students and staff are screened for symptoms, and their temperatures are taken before entering the building. Social distancing is still being observed in common areas like hallways and the cafeteria, and students are respecting the space of others in classrooms. Custodians are still sanitizing and deep cleaning student areas. Bus seats are limited to one student per seat unless they are siblings, and buses are sanitized at the end of each route. Every possible consideration has been made to help keep everyone safe.

Whitley Burleson, a kindergarten teacher at FES said, "Even though I only see their sweet faces in small increments throughout the day, I can see the joy



and excitement in our student's eyes." She added, "They are thrilled to be back at school forming new friendships and laughing and learning together." Evana Brunner, a third-grade student at FES, said, "I'm so happy to be back at school; I've missed my teachers and my friends." She added, "I feel like things are finally like they are supposed to be, and I am very thankful!"

So many lessons have been learned this year, and one thing the staff and students at FES have learned is that they are "Fairview Strong." They pull together, power through and support each other, no matter what may come their way.

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

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The Show Goes on at A.C. Reynolds High

When Robert Reid Goodson, the Theatre Arts teacher and director at ACRHS, sent us an announcement about his students putting on a production of "Little Shop of Horrors" in April, we had questions. What was it like to rehearse during a pandemic? How did you choose which show to do?

Goodson, known as "Mr. G" to his students, kindly filled us in on the production.

...

I was very hopeful that we would be able to produce a theatrical show of some sort this semester. I had the idea of doing an outdoor production, but when we returned in January and got guidelines from the county, I knew that it was a go for "Little Shop of Horrors." I picked the show because it only needs a minimum of 12 people, and with COVID-19 regulations I knew that our numbers had to be small.

I had a good turnout of students to audition, which was recorded virtually through Flipgrid [a video platform for educators and students]. Just



Valerie Oliver (Mushinich), left, and Graham Podraza (Seymour) rehearse a scene inside the flower shop.

like with an in-person audition, the students had to prepare a monologue of their choosing and audition with 18 bars from a song that highlighted their vocal talents in the same style as "Little Shop." Our rehearsals were a little bit different this year, including virtual workshops in hair, makeup and choreography. I did miss the thrill of the audition process with Mr. Haynie, and the nerves of students in the hallways or vocal runs drifting in from the dressing rooms. However, the process was very much the same.

We are following all of the county guidelines, which limits our in-person singing, dancing and overall blocking. And my directing style has had to include extra precautions. But it will still be a



Grace Parker (Audrey) poses for a picture during a costume fitting.

spectacular show, which the community has come to expect from Reynolds. The best part of this process is that my students and I are able to create again on a large scale. I am very proud of the work and dedication that all of my students have shown during this whirlwind of a year. I hope everyone gets a chance to support our theatre arts program, and more importantly, support the students who needed a creative outlet while honoring one of our spring semester traditions.



Top: Valerie chats with (l to r) Bethany Jones (Chiffon), Naya Zimmerman (Ronette) and Grace Lyons (Crystal). Bottom: Tech team members (l to r) Clara Coates, Amaya Casino and Lily Kromer work on the light grid for the show.

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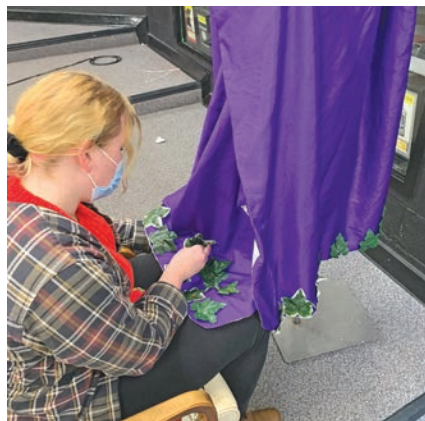

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Above: Students do a final position check before the finale number. Right: Sydney Pittilo works on a costume.



A Job? That I Like?

Last year, I didn't want a job. I told myself and the people around me that I was too busy for it, that I was too bad with social interaction, and that I just didn't want one. But I've been working since November. Funny how life works, isn't it?

While I'm still overwhelmed with my school responsibilities, my job hasn't interfered with it enough to matter. I've been taking all honors and AP classes consistently

theory. There are also two high schoolers at work I like, but they're not from A.C. Reynolds. It's so strange to think that, without this job, I would never have even known of their existence.

Going to work feels like a reprieve from all the weird stuff going on in the world right now, a small sense of normalcy. It's the same thing we would be doing in a normal year, just with a few more masks. Shae Austin, a junior at Reynolds, says that part of the reason she loves her job is that "the people at my workplace make working so much better because I know they're always there for me, and my paycheck gives me the freedom I wouldn't have otherwise."

And the same goes for me. And since we're missing out on shopping, going on adventures, or doing anything interesting, most of my salary gets deposited into a checking account. Once things chill out, I'll have the money to go a little wild.

I never expected my first job would be in the middle of a pandemic or that it would be a customer service job getting paid barely over minimum wage. And I certainly didn't expect that I would like it. But considering the circumstances, it's a good way to take a deep breath and keep going.

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



Avery Love
TEEN PERSPECTIVE

throughout high school, and I'm used to cranking out work even when I'm exhausted. The thing about my job, though, is that having these scheduled hours to work gives me a break from miserably staring blankly at my computer. It allows me to feel like I'm still being productive and to stop worrying about grades for a few hours. And I'm getting paid, which is a big win.

I've also had a chance to meet all sorts of wonderful people I never would have otherwise. One of my best friends at where I'm working currently is a 26-year-old with the same music taste as me; whenever the store is closed, he gives me advice about college and teaches me about music



Little Shop of Horrors

Friday, April 23, 7-9 pm

Due to COVID-19 regulations, the show will be streamed. It is not a live show; it will be recorded (according to county guidelines) and edited together as a full production. When

you purchase your ticket, you must include your email address for access. On the day of the show, a link will be sent to your email so you can view the show at your convenience. Due to licensing through MTI Shows, you will only be allowed access to the production for 24 hours.

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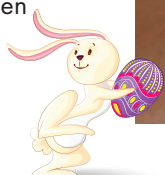
Here is a cool trick that uses two coins of the same size.

To prepare

Pennies or nickels work well for this trick. And you'll need a piece of a matchstick or toothpick that's cut to a length that matches the combined width of the coins you'll be using. Watch your angles on this one!

The trick

Lay the coins side by side on one hand, with the stick underneath them. Then pick them all up—the coins and the stick—between the thumb and forefinger of your other hand. When you hold up the coins, the hidden piece of wood supports them and allows you to hold them together in this mysterious manner. To the audience's surprise, the coins are balanced between your thumb and forefinger.



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

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Pet Health Maintenance at Home

Those of us with pets enjoy spending time with them, playing, going on hikes, sitting on the couch and reading a book, and watching them interact with their world. There are some things that you can do regularly to help them stay healthy and monitor them for abnormalities.

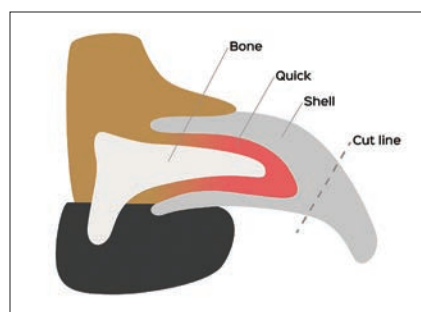
Most dogs, cats and other pets can be taught to tolerate nail trims, ear cleaning and toothbrushing. Try to work with your pet in short time increments and use treats and praise to make it a happy experience. There are vet offices and groomers who can help with these procedures if you cannot.

Nail trims: Most species need some help keeping their nails at a healthy length, be they cats, dogs, goats, guinea pigs, or others. There is similarity in all of their anatomy: bone is surrounded by tissue with the blood supply, then nail (see graphic at above right). In most nails, you can see the “quick” to avoid it, although it is more difficult when the nails are dark. Depending on the size of pet, nails can be cut with human toe nail clippers (small mammals or reptiles) or dog nail trimmers. I also recommend having some “quick stop” or styptic powder to stop bleeding in case you accidentally cut the quick. It can often help to have someone assist with holding your pet still, have good lighting, and use your glasses if you need them.



I prefer to cut small ruminant hooves with gardening hand trimmers/shears, as they are larger, sharper, and help with defining the conformation of the hoof. You will want to clean out dirt and mud and trim the overgrown outer and inner walls of the hoof that may have folded under the foot (see A and B in image above). You can also carefully trim the sole so that it is parallel to the hairline of the hoof (C). Stop trimming when it becomes pink (D), which indicates that you are close to the hoof's blood supply.

Ear cleaning: I often hear that people are afraid of damaging the eardrum when cleaning ears. If your pet is healthy and this is a routine cleaning, it is unlikely that you will harm their ears when using an ear wash. I do not recommend using



water or alcohol, but instead, a formulated veterinary ear wash with compounds that can break down wax and that has a drying agent. Regular ear cleaning is especially important for pets that have droopy or hairy ears (spaniels, poodles) and those that like to swim.

Dogs and cats have both vertical and horizontal ear canals. I like to get the wash into the horizontal canal—either by pouring it into the ear or saturating a cotton ball and putting that into the canal—and massage the base of the ear to loosen up debris. You can use your finger and a cotton pad to clean the grooves in their ears or a cotton swab for smaller pets. If you notice a smell in their ears, I recommend that you check with your veterinarian, as they may have an ear infection, which would require medication.

Toothbrushing: The gold standard for home toothcare is toothbrushing. If your pet will tolerate it, brushing should

ideally be done daily. Focus on brushing the outside aspect of the teeth. (You do not need to try to brush the insides of the teeth, as this is both difficult and risky for your fingers.) Pet toothpaste is ideal, and you can use any option of finger brush or pet or human toothbrush. Focus on cleaning at the gum line, especially at the canines and back teeth.

Most pets need regular, anesthetized dental cleaning, depending on genetics, diet and personal habits. It is the only way that your veterinarian can complete a thorough dental exam and check X-rays to evaluate tooth root health and underlying disease. It also allows for tooth extraction and cancer/gingival overgrowth evaluation.

Even exotics need dental care. Rodents have continually growing incisors, which sometimes need to be trimmed, and their molars need to be evaluated. They often need to be leveled out, just as horses need to have their teeth floated. Ferrets develop dental tartar just like dogs and cats, and even bearded dragons can have periodontal disease.

Your pets need regular health checks with their veterinarian, but we rely on all of you to help maintain their care at home, watch for changes in their condition, and let us know if you have any concerns.

Sarah Hargrove is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital. 184 Charlotte Highway, Fairview. 575-2430



ADOPT A PET!

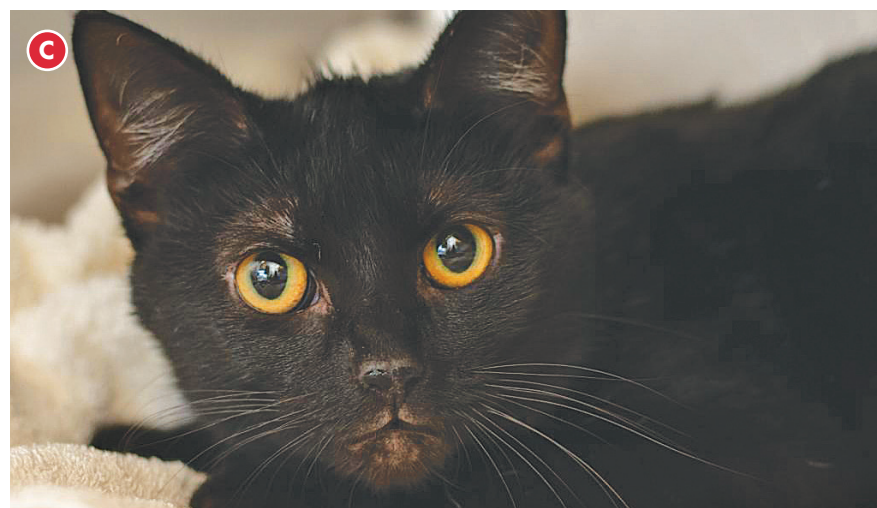
A Scooter is a sweet Akita/Siberian Husky mix who came to us when his previous owner could no longer care for him. Scooter knows the sit command and loves treats. He loves hiking, playing in streams and watching Planet Earth. Though he can be shy when first meeting strangers, he warms up pretty quickly with treats (especially little pieces of hot dogs). Scooter will be most successful in an adult home and would do best if he could meet any potential doggie roommates prior to living with them. Scooter spent his whole former life as an outside dog, and now deserves a warm and cozy home of his own. *Humane Society*



B Nina is a total cuddlebug in the home and is quite people-oriented when she is around her family. She loves to play, especially with her mousy kick-toys. She would prefer to be the only cat in the home. *Brother Wolf*



C Mars is an 8-month-old black cat. He lived with other cats in his previous home, so we think he'd enjoy living with feline siblings. While he tends to be shy, his foster family has been working hard to earn his trust and he has been allowing some head scratches. He runs to the door to greet them but is still working on his confidence. *Humane Society*



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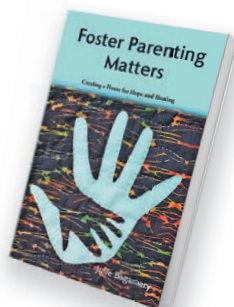
Sunday School 9:45 am

Sunday Preaching 11 am

Sunday Night 6 pm

Wednesday Night 7 pm

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Local Artist Pens First Book to Help Others

Julie Bagamary, a resident of Fairview since 1981, has published her first book, titled *Foster Parenting Matters: Creating a Home of Hope and Healing*. She writes about her 12 years as a therapeutic foster parent and the things she learned along the way about healing and personal growth. The book is full of heartfelt stories, practical advice and wisdom.

Bagamary is a mom of four and married to Randy, the love of her life for over four decades. She continues to create her quilted art and spend time with family. The *Crier* included Bagamary's work in our November 2019 issue in a feature on local fiber artists.

The book was published in February and can be purchased through Amazon. You can find out more about the author at juliebagamary.com

Fairview to the Moon

Kimberly Dow, a painter who lives in Fairview, will have two of her works included in a time capsule sent to the moon this year.

Her work and those of 1,200 other international artists—including the first female artists—will travel on the Peregrine Lunar Lander.

"One of the paintings is a portrait of my granddaughter, who lives in Swannanoa," Dow said. "So she will be one of very few people who can say her image is on the moon!"



Learning at Home
Jules Zoeller, who lives off Taylor Road, will continue to attend third-grade classes virtually at Fairview Elementary for the rest of the school year. (However, his twin brother has gone back to in-person instruction.) He saw a friend's picture in the *Crier* and wanted to be in the paper too. We are

very happy to oblige. Good luck with the rest of the year, Jules! Thanks to his grandmother, Tammy, for sending us the picture.

Special Fairview Athlete to Compete in Russia

By Michelle Shuford

For most people, March thoughts are turning to spring-like activities. But for one Fairview resident, all thoughts are still on snow skiing.

Stephen Foster has been involved with alpine skiing in the Special Olympics through Buncombe County Parks and Recreation since 2011, when he competed for the first time in the NC State and Regional Games at Appalachian Ski Mountain in Blowing Rock. In 2019, while competing in the advanced ski group, Stephen won gold and qualified to go to the 2021 Special Olympics World Winter Games, but those events were postponed due to COVID-19. He is still looking forward to the chance of a lifetime, as he will travel to Kazan, Russia in January 2022 to compete on the world stage against athletes from 108 nations.

Stephen has been a Special Olympics athlete since 2006, starting with track and field. He also enjoys disc golfing and bowling. He has been a league bowler since 2009 and has rolled a high score of 288. He likes to relax by going fishing in the southern United States. In September 2019, Stephen organized and led a four-wheel-drive vehicle trip to Hurricane Creek, North Carolina.

The athletes competing in the Special Olympics take an oath: "Let me win. But if I cannot win, let me brave in



the attempt." Join me in wishing Stephen success—and bravery—in Russia.

You can find more information on the Special Olympics World Winter Games by visiting the links on the *Crier's* website at fairviewtowncrier.com.

Michelle Shuford is the alpine ski coach for the Special Olympics for Buncombe County and all of NC, too.

Hope and Optimism

By Glenda Ploeger

I read an interesting article today about the difference between hope and optimism. In a nutshell, it said that optimism is expecting good things will happen and hope is the expectation that one can make good things happen. [T]he author said optimists tend to deny or avoid negative information.

I have a sign that has hung in every home I have made. It says, "Optimist On Duty!" And yes, as farmers we must deny and avoid negative information in order to even proceed with our occupation each spring. Otherwise, weeds, insect pests, blight, fungus, drought, excessive rainfall, heat, cold, frost, wildlife—the list goes on and on as to [what] could possibly deter us from even planting a crop. The bottom line is that my husband Robert and I are both hopeful and optimistic that each year will be a bountiful growing and harvest season.

As you go through life in this crazy world, keep the distinctions between hope and optimism in mind. The future is always uncertain and has been since the dawn of time. However, with uncertainty comes possibilities and the ability to be a part of something bigger than oneself. On our small, family farm, we say "Come on!" to the negative possibilities. We shall struggle through you and believe that we are capable of achieving our goal of growing a bountiful crop despite the challenges Mother Nature delivers. And we wish you hope and optimism in dealing with whatever situations you are facing in your life!

Robert and Glenda Ploeger have been farming and operating CaneCreekCSA, aka Cane Creek Asparagus & Company, along Cane Creek since 1993. CaneCreekCSA.com



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How Much Risk Should You Take Before Retirement?

If you're planning to retire in just a few years, you may be getting excited about this next phase of your life. However, your ability to enjoy retirement fully will depend, at least partially, on the resources you can draw from your investment portfolio. So, while you still have time to act, ask yourself if you're comfortable with your portfolio's risk level.

Your relationship with risk can change noticeably over time. When you started saving for retirement, you may have been willing to take on more investment risk, which translated into a relatively high percentage of stocks and stock-based mutual funds in your investment portfolio. As you know, stocks offer the potential for greater returns than other assets—such as bonds and certificates of deposit (CDs)—but they are also typically more volatile and carry more risk. But when you were many decades away from retirement, you had sufficient time to recover from market fluctuations. (Of course, there are no guarantees – it's possible that some stocks will lose value and never regain it.)

Now, fast forward to where you are now—closing in on retirement. Even at this stage of your life – and, in fact, even during your retirement—you will need some growth-oriented investments to help stay ahead of inflation. Over time, even a low inflation rate, such as we've had the past several years,

can erode your purchasing power. So, the issue isn't this: "Should I get rid of all my risk?" You shouldn't—and, in fact, you couldn't, because all investments, even the ones considered most "conservative," contain some type of risk, even if it isn't the risk of loss of principal. For

Your relationship with risk can change noticeably over time.

instance, some investments run the risk of not keeping up with inflation. Instead, ask yourself these questions: "How much risk should I take within my portfolio?" "How much risk do I actually need to achieve my goals in retirement?"

Of course, there are no one-size-fits-all answers. You'll need to look at your investment portfolio to see if it's positioned to provide you with the income you'll require in your retirement years. You might have initially based your financial strategy on a specific type of retirement lifestyle, but now that you're nearing retirement, perhaps you've changed your mind. Your anticipated new lifestyle might require either more or less income than you had originally projected—and if that's the case, you may need to adjust the risk level in your portfolio or make other adjustments.

For example, suppose you had initially envisioned a rather quiet retirement,

sticking around your home, volunteering and spending time with your grandchildren. But in recent years – and especially since the confinement many of us have felt during the COVID-19 pandemic – you may have thought that you'd now like to travel extensively. To achieve this goal, which will likely cost more than your original one, you may have to work longer, or invest more each year until you retire, or seek a higher return on your investments—which means accepting more risk.

As you can see, managing risk is a balancing act—and you may need to make

some tough choices. But as long as you're aware of how much risk you can take, and how much risk you may need to take to reach your goals, you can develop a strategy that aligns with your objectives.



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

February 2021 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
Homes Listed	7	699,000	250,000	471,500
Homes Sold	7	1,250,000	231,000	590,400
Land Listed	13	2,350,000	50,000	333,115
Land Sold	3	410,000	93,000	229,333

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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Hope in the Air and Help on the Way

In the past month, I've started to hear something I haven't heard in a while when I talk with community members: a renewed sense of optimism and hope. More and more people have completed their COVID-19 vaccines and are sharing stories about visits with grandparents, school and sports schedules resuming, and businesses expanding their hours. There's a growing sense that we—all together—are on our way to recovery. There is such joy in hearing these stories.

Continuing with the 3 Ws

This doesn't mean we can be any less vigilant about prevention, however. We still see many new cases of COVID-19, including new surges in a number of states. We are also seeing the emergence of variants that may not be as responsive to the vaccine. As a community, our work continues to prevent new cases of COVID-19. It's still important to wear masks, regularly wash your hands, and social distance. And it's also important to support family, friends and neighbors in getting vaccinated, which reduces your chances of getting sick from COVID-19. One of the clearest sources of information about the vaccine that I've seen can be found at this CDC page at cdc.gov/coronavirus/2019-ncov/vaccines/facts.html.

Every adult in North Carolina will be eligible for a vaccine as of April 7. The good news is that the growing supply,

including the new one-shot Johnson and Johnson vaccine, means you have more options about where and when to be vaccinated. The county continues to offer vaccinations, and many more providers, such as community health centers and pharmacies, are now offering them as well. The best way to see a full listing of your options is to go to myspot.nc.gov and search by zip codes around you.

The Stimulus Plan and Buncombe County Efforts

The other big recent news relates to how the American Rescue Plan, which recently passed Congress, will impact Buncombe County and WNC. As part of this stimulus and relief plan, Buncombe County will receive \$51 million in federal funding, the City of Asheville will receive \$26 million, and WNC will receive more than \$100 million. There is a two-year timeline to use the funding, and we are currently awaiting detailed guidelines about how the funds can be used. We do know, broadly, that funding can be used to address urgent community needs that have been exacerbated by COVID-19 and to fund certain capital and infrastructure projects. In the days, weeks and months ahead, the Buncombe County government will be working with partners across our community to determine the highest-priority and best use of this funding

Upcoming Public Meetings

Tuesday, April 6	3 pm, commissioner briefing; 5 pm, public meeting
Tuesday, April 20	3 pm, commissioner briefing; 5 pm, public meeting
Thursday, April 22	1:30–3:30 pm, budget work session #2
Tuesday, May 4	3 pm, commissioner briefing; 5 pm, public meeting
Tuesday, May 11	1:30–3:30 pm, budget work session #3
Tuesday, May 18	3 pm, commissioner briefing; 5 pm, public meeting
Tuesday, June 1	3 pm, commissioner briefing; 5 pm, public meeting
Tuesday, June 15	3 pm, commissioner briefing; 5 pm, public meeting

All meetings can be viewed live on Buncombe County's Facebook page at facebook.com/buncombeGov.

to help stimulate and support the ongoing economic recovery and to respond to very urgent needs in our community related to the economic downturn.

I invite you to follow this process by joining any of our upcoming public meetings, during which these issues will be discussed in depth. I also invite you to share your ideas and priorities through public comment or by contacting your commissioners.

In the months ahead, we will continue to work together to respond to the

challenges of this time and to begin the recovery process. As with the many challenges of the past year, this will require all of us pulling together.



Jasmine Beach-Ferrara is one of the District 2 representatives, along with Amanda Edwards, on the Buncombe County Board of Commissioners. Reach her at jasmine.beach-ferrara@buncombecounty.org or 250-4004.

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What's Going on with Troyer's?

By Sandie Rhodes

We noticed a few Facebook posts with multiple question marks asking... Is Troyer's selling??? We thought we'd go straight to the source and ask owner Phil Troyer to find out what's going on.

In short, the answer is "Yes." But the first point Phil wanted to make is, "We hope to keep it just the way it is." Phil and his wife Bonnie will be downsizing to a portion of their current large property. They intend to sell the larger portion, wedding venue and market to someone who will take over the business and recognize the vision and importance of it within the community. Phil and Bonnie will work with the new owners to establish connections with current suppliers of food items, furniture and other much-loved Troyer products.

Phil mentioned he is getting up in years (no one would believe he's going to be 76!), and like many of us, he and Bonnie are taking a hard look at priorities and what feeds their souls.

For many years, Phil has been active in the Mennonite Disaster Service, a volunteer network of churches helping



those in need that have been affected by disasters in the United States and Canada. This is the direction he wants to put his efforts toward. But the Troyers have never been ones to keep things simple, so Phil is also exploring bringing "tiny houses" to the Fairview market. And all we have to say is...stay tuned.

Sandie Rhodes is the publisher of the Fairview Town Crier.

EDITOR'S NOTE: We mistakenly left Troyer's Country Amish Blatz out of our guide to takeout food options last month. Deli items, groceries, sandwiches, baked goods and more are available.

Troyer's is located at 14 Bonn E Lane. Call 280-2381 to order. See menu orders online at troyerscountryamishblatz.com.

BUSINESS SHORTS



DIRECT CARE IN FAIRVIEW

Dr. Leslie Koretz has opened **Koretz Family Health**, a new medical provider in the Fairview area. Dr. Koretz offers the direct primary care model, which is a membership-based practice that does not accept insurance. Patients will pay a one-time annual fee to receive primary care services. (Members may still use their insurance

for everything else, including prescriptions, specialist visits, etc.) Dr. Koretz said she takes patients of all ages, from newborns to the elderly, including people with insurance, Medicaid, Medicare and those without insurance.

The new practice shares space with Twardon Family Care located at 135 Charlotte Highway, Asheville. You can get more details online at koretzfamilyhealth.com or call 220-0125.



MORE TIME FOR SWEET TREATS!

In a sure sign of warmer weather on the way, **Hilltop Ice Cream Shop** will be opening with expanded hours in mid-April. For more information, call 489-2506 or check Facebook at facebook.com/HilltopIceCreamShop.



JIM BUFF TEAM WELCOMES MCDADE

A third-generation Fairview native and longtime Fairview-area real estate agent, **Dawn McDade** is now on the Jim Buff Team for Keller Williams. You can reach her at the offices at 771-2310 or online at jimbuff.com. See her ad on page 22.



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FBA to Meet in Person this Month

Spring is here, the flowers are blooming and the FBA will be meeting in person again this month!

Next Meeting

Thursday, April 8 at 6 pm

April's meeting will be held at H&H Distillery, which is now called Cultivated Cocktails. FBA members will have a private tour of the warehouse at 204 Charlotte Highway. We'll be hosted by Taylor and Leah Howard, who have created a family-owned business of distilling gin, rum and vodka—and last year they pivoted to mass production of hand sanitizer. Cultivated Cocktails is known for blending science with art and finishing in their signature style of cultivated spirits.

Please bring a chair, as we will be meeting outside on the patio. Be ready to share what is new with your business and please wear your nametag. We look forward to seeing you there!

Our Mission

Our business directory is filled with practically every type of business; you'll never have to leave Fairview because you will find everything here. Remember our tag line: Keep it local with FBA members.

What you get when you join the FBA for one year for only \$60:

Welcome,

NEW MEMBERS!

- Cultivated Cocktails
- Fairview Boarding
- Signs of Hope

- Your company name and phone number will be included in the "Keep it Local with FBA Members" listing in the *Crier* for 12 months.
- You can display your business cards free of charge on the bulletin board outside the Fairview Post Office.
- You will be listed on fairviewbusiness.com (logo, photo, and link to email or website).
- Free attendance at monthly member meetings, as well as plenty of networking time and opportunity to present your company to members. The following month, a summary of the meeting is printed in the *Crier*.

Please Join Us

Visit fairviewbusiness.com and join online or by credit card and set up your profile so it will be displayed properly. If you need to pay another way, contact our treasurer, Brandy Lampert, at frameitasheville@gmail.com or 808-0923.

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Reconnecting to the Land and Our Values

We are holding you in our hearts and minds throughout this time. As the COVID-19 pandemic continues to unfold and impact us all in lasting and divergent ways, Root Cause Farm is using this pause to reconnect to our land and our core values.

At Root Cause Farm, the hardship of these times reminds us of the power of community that is embedded in our mission. Land-based connection is a form of refuge and hope, and gardening is a tangible way to show up for ourselves and our neighbors. If you are able, we ask for your financial support at this critical time so together we may center and respond as a farm built on a foundation of community.

The circumstances of 2020 allowed us to focus on the best ways to use this land in service. In an exciting first step, we are pleased to announce we will be launching a community garden pilot program. We are committed to using 2021 to center the core vision and values that informed the creation and stewardship of the farm while leaning into the creativity and vision we feel is required to boldly confront the challenges of our times.

The need for our work is significant, here in Fairview and in our wider region. According to data from MANNA FoodBank, the demand for hunger relief



Together, we grow fresh food for our neighbors and ourselves.

services in WNC has risen by as much as 75% since the beginning of the pandemic. You are part of the solution, not only because together we grow fresh food for our neighbors and ourselves, but also because together we strive to nourish relationships that meet the deepest human needs for community, justice, connection and hope.

Makers Market and Fundraising Raffle

Mark your calendars! RCF is partnering with Fairview Handmade Market to host a Makers Market on May 9 from 12-4 pm. This will be a COVID-19-conscious event that will also mark the grand opening of the Sanctuary Space and

The hardship of these times reminds us of the power of community that is embedded in our mission.

include a fundraising raffle (running until April 22) to benefit RCF. For complete details, visit rootcausefarm.org or fairviewhandmademarket.com.

Sanctuary Space Opens

Thanks to the commitment of many volunteers, staff and community leaders, we invite you to visit the land, sit in the space, and share your burdens and your joys. We seek innovative solutions to the diverse and layered challenges we face as individuals and a community. The realization of the Sanctuary Space is one way we are coming back to center and to the intention of this land in service to our community and justice.

Volunteer Plan

We have new volunteer opportunities and a new, simpler signup process. Visit our website to access the volunteer calendar and registration forms. We hope to see you in the garden.

Garden Activity

After a dreary, sleepy and isolated winter, the first few days of sunny, T-shirt weather

Spring Volunteer Opportunities

Special Prepapalooza on
April 14th from 10am - 12pm

Special Plantapalooza on
April 21st from 10am - 12pm

First Wednesday of the month starting
May 5th from 6- 8 pm

Every Thursday starting
April 8th from 10 - 12pm

Third Sunday of the month starting
April 18th from 1 - 3 pm

were so well received by the garden. On sunny days in late February, we were able to get our hands in the soil and start waking up microbes. We planted a bed of lettuce, a bed of cabbage and a bed of carrots. Soon to follow are other spring crops, such as beets, kale, onions and more. You can begin to plant your spring garden now, too.

Root Cause Farm is located at 26 Joe Jenkins Road, Fairview. rootcausefarm.org.

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Ramps and Morels

Spring in WNC is always a magical time of luscious rebirth and regeneration. Nature awakens from her slumber and puts on a spectacular show of beauty and grace that lasts for months. The whole earth is filled with flowers and new growth as the mountains shift from winter's stark beauty to a verdant green landscape and an explosion of new life. Wildflowers begin to carpet the good earth, male goldfinches have molted and become phosphorescent yellow, and I spend as much time as I possibly can in the woods, hunting morel mushrooms. One of the greatest delicacies the forest offers us, these unique fungi are considered choice edibles and are highly prized by chefs around the world for their smoky, earthy, rich flavor.

In many parts of the Blue Ridge, local folks call these mushrooms "mircles," short for miracles, as every year morels appear like magic on the forest floors, along logging and fire roads and at the borders of the forest. Sometimes, if one is lucky, the miracle happens right on your front lawn. Morels come in several colors, with the earlier black and grays followed by the beautiful yellow varieties. My general rule for finding them is to begin walking the woods when the tulip poplar trees are barely beginning to shine with their luminescent-green baby leaves.

Morels (*Morchella esculenta*) look like



Morels look like spongy, pockmarked mushrooms.

spongy, pockmarked mushrooms, ranging from 1 to 4 inches tall. They can be nearly invisible on the forest floor, as they blend in with the leaves. Even though morels belong to a group of mushrooms nicknamed the "infallible four," so named for their uniqueness and ease of identification, remember the wisdom of the old adage: There are old mushroom hunters and there are bold mushroom hunters, but there are no old, bold mushroom hunters. Never eat any wild plant, especially any wild mushroom, unless you have a 100% identification. Also, never pull morels by the root; simply cut the stalk with a knife so they will re-grow next year.

One year, I had a dream in which I was presented with a platter of morels. Two days later, while on a wildflower walk up the Blue Ridge Parkway, I found two large gray morels by my car before I had even

begun my hike. That's when the fever hit me—morel mania! On subsequent hikes, I drank in the beauty of all the bloodroot and budding trilliums, the glorious redbuds and wild violets, but my eyes were focused on the forest floor for these special delicacies. I always leave the first morel I find exactly where it dwells and say a private prayer of thanksgiving for this special gift, honoring its spirit and welcoming the hunt that begins anew each year.

That day, while enjoying the warm sunshine and splendor of seeing hundreds of purple wild delphiniums, along with a few flaming red wild columbine flowers, I also found about a dozen morels and, to my surprise, a few were beginning to dry out. Over the next few days, after hours in the woods, I came home with a few dozen gorgeous, large yellow morels, and I was ecstatic. Seeing the yellow morels meant the end of the season was upon us, since the yellows are the last to arrive. But I knew I would be heading up to higher elevations like Craggy Gardens and Mt. Mitchell, where spring was just beginning and my treasure hunt could continue for a little while longer.

That night, we had grilled asparagus with a morel sauce I made with chopped wild ramps, salt, butter, and a little cream, and it was ambrosia. The next morning, we had scrambled eggs with ramps and morels. I placed several sandwich bags with a few

Morels with Grilled Asparagus and Ramps

1 pound asparagus, trimmed and washed, coated in a mix of olive oil and crushed garlic

1 dozen morels, finely chopped

2 wild ramps or 2 cloves garlic, chopped

2 tsp butter or olive oil

2 tsp heavy cream

Salt and pepper to taste

Sauté morels in butter with ramps or garlic for several minutes. Add cream, salt and pepper and cook until slightly thickened. Set sauce aside. Grill asparagus until tender and pour morel sauce over them.

morels in them, a gift I call "forest gold," into the hands of a few friends and neighbors, and dehydrated the rest for special feasts in the future. Two weeks of nearly daily hikes landed about 75 morels. For me, that is a special gift of amazing grace.



Contact Roger at rogerklinger@charter.net



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Conservation and Climate Change

This month, we celebrate Earth Month, and a lot of people may be looking for ways to help care for the planet or make a difference. But what does that mean in the world of conservation? What do we mean by the term “climate resiliency”? In this context, resiliency refers to the ability of ecosystems, species or people to adapt and respond to change. Conservation helps make our landscape more resilient—with the ability to withstand changes and continue to support populations of people, plants and animals—by protecting critical resources and natural networks.

Southern Appalachian Highlands Conservancy (SAHC) protects forests through purchases of land or voluntary conservation easements with local landowners who are concerned about the future of their property and want to see it preserved. Protecting undeveloped forest lands, or concentrating development in specific areas, can lessen the potential for disasters such as landslides.

Conservation of land along streams and rivers also helps protect against pollution from run-off, erosion, and damage from flooding. Preserving the sources of springs and streams helps ensure that we have clean water for drinking and protects the water quality of rivers downstream. Stream shade in undeveloped areas along waterways also helps stabilize temperatures in the water, so aquatic species can continue

to thrive. When forests along streams are removed, the water temperature rises.

Prime soils are extremely rare in the mountains—about 3% of the total land mass. They are generally found along streams and low-lying valley areas, where the alluvial deposit from flooding over long periods of time has created areas of fertile soil. Unfortunately, the gentle topography of these areas also means that they are generally sought after for development as well; and once the land has been developed for other uses, these prime soils and their potential for sustaining local populations may be lost forever.

SAHC’s Farmland Protection Program works with farmers to protect their land, particularly areas of prime soils, which can sometimes qualify for conservation with federal or state grant funds.

As climate change occurs and temperatures change, protecting contiguous areas of land and networks of wildlife corridors ensures that species will be able to adapt to change by moving to other areas or higher elevations. Wildlife corridors also provide areas for large animal species to move through the landscape with less chance of interacting with humans.

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

WNC for the Planet

If you’re looking for more ways to connect with and help steward the earth, check out WNC for the Planet, which is a collective of local environmental organizations (including SAHC) that provides access to service, educational and recreational opportunities in recognition of Earth Month in April. We strive to unify our community to encourage and celebrate environmental stewardship for our planet and the region.

This partnership was created to make it easy for our community to have access to a variety of wonderful Earth Month events in one place and to support and lift up these outstanding organizations. WNC is a beautiful place, and its people have a special connection to our mountains and the rivers and streams that flow from pristine headwaters and wind their way around our villages, towns and cities. This love of earth and planet is deep, and it binds us to the fates and fortunes of people, plants and animals everywhere.

That’s why we celebrate Earth Day throughout the entire month of April by coming together to act locally and think globally.

Earth Month 2021

This year, celebrate with us by playing Earth Month bingo. The virtual bingo card features opportunities to engage with our partners through workshops, activities, service and more. Lend a hand cleaning up our rivers, restoring native plant and animal habitats, clearing invasive plants, learning how to compost, exploring nearby hiking trails and creating art and poetry. On April 1, access all of the wonderful Earth Month events in one place at wncfortheplanet.org and you may win a prize from one of the organizations and local businesses.



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Rx Workarounds

I recently got a call from one of my long-time clients. She was concerned about paying full price for a prescription she was taking and asked if I could help. She had enrolled in a Medicare Part D Rx Plan (PDP) a year ago, and I knew we had chosen one that covered all her prescriptions. So, what had changed?

The Problem

She was locked into her PDP and couldn't change her plan until the Open Enrollment Period, which was still many months away. When she first enrolled, we verified that each of her prescriptions was covered, except for one that wasn't covered by any plans at that time. It was inexpensive, anyway. But as with many prescriptions, it can be dispensed in different forms (pills, caps, powder, or extended release, among others), and the prices can vary dramatically. Over time, she tried them all and settled on one that worked best for her. Of course, the one that worked best was the most expensive form. Thus, the reason for her call.

When considering a prescription drug plan, it is especially important to verify each prescription and its form and dosage. For example, a plan may consider a tab to be covered but not a cap; it may move that cap to a different tier if it is extended release; or it may not cover specific dosages.

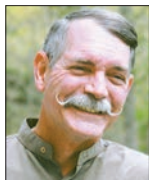
The Workaround

After our call ended, it nagged at me that I couldn't help my client with her plan, so I thought about other ways to help her save money. Though changing her plan was off the table for the time being, I discovered that there are now plans that cover her drug that we could consider in October.

Some strategies that occasionally work are switching to a 90-day mail order or having your doctor write a prescription in a double-the-dose size (e.g., 300 mg vs 150 mg) and then cutting the pill (or dose) in half. Neither of these strategies worked in her case.

Mission Accomplished

The workaround was a discount card or app. There are many, but my go-to is GoodRx. Plugging her drug into the app generated coupons and drug stores that accepted them in her zip code, saving her \$75 when ordered for 90 days. I called her back with the news. Happiness abounded. She saved money. I helped her save it. Mission accomplished!



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

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Managing Editor **Clark Aycock** editor@fairviewtowncrier.com
phone/text 828-771-6983

Art Director **Lisa Witle** ads@fairviewtowncrier.com

Office Manager **Elizabeth Trufant** office@fairviewtowncrier.com

Publisher **Sandie Rhodes** sandie@fairviewtowncrier.com

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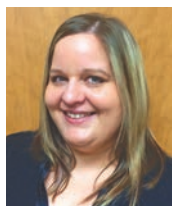
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