



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

MAY 2021 VOL. 25, No. 5 | FAIRVIEW, NC | fairviewtowncrier.com



INSIDE

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Fighting Cancer, One Blueberry at a Time

Did you know that there's a blueberry patch in Fairview that's helping to fight cancer?

When Sylvia Hatchell, the Hall of Fame women's basketball coach at UNC-Chapel Hill, bought some property on Flat Creek Road in 2000, there was already a blueberry patch on the property. She was also recovering from being treated for cancer at the UNC Lineberger Comprehensive



Cancer Center in Chapel Hill. At the time, the center didn't have dedicated exercise rooms, so she had walked endless loops of the center's halls to keep up her strength.

When thinking about the blueberries, she had an idea. She put up a sign, asking people through the honor system to pick blueberries and then mail in donations to the cancer center. The idea was a good one—and how! Donations from the patch come to around a few thousand dollars a year, and proceeds were used to build and equip two exercise rooms at the center.

The patch was not pruned last year because of COVID-19, so nearly 40 energetic volunteers gathered last month to clean things up. Coach Hatchell was there, as well as Amanda Whitaker,



Top: Amanda Whitaker, at left, with members of the ACRHS women's basketball team and others. Bottom: Sylvia Hatchell and Bill Cline, aka Mr. Blueberry, the blueberry extension horticulturist for NC.

coach of the women's basketball team at ACRHS, members of her team, basketball players from Montreat College, and other community members and people from as far away as Greensboro and Raleigh.

Hatchell plans to expand the patch. Every year, she gets plants for free from Lonnie Israel, of Jesse Israel & Sons Nursery in Asheville, and she plans to cut down trees on the property that block the sun.

The blueberries should be ready for picking in July. You can stop by 143 Flat Creek Road in Fairview to check. Signs are posted on the property with the address to mail your check.

Thanks to Fairview's Kathy Marlowe for inviting the Crier to the cleanup day.

SMCC Reopens for Rentals



Even though there's still a long ways to go in the fight against COVID-19, there are some things that are getting back to normal. Spring Mountain Community Center, at 807 Old Fort Road in Fairview, is open for rentals again, subject to the continuing NC COVID-19 guidance. The upper level has been deep cleaned and the floor is scheduled to be refurbished soon. New tables and chairs have been purchased for both levels.

If you use one of the spaces, make sure you clean up thoroughly after so that it is ready for the next group. You should also not assume that anything has been sanitized. It's up to you to keep yourself safe from possible germs.

If you're in charge of a community group that previously used the building regularly, contact Ruth Atkins at 628-1625 to get back on the calendar.

COVID-19 Update

As vaccinations continue and trends stabilize, the NC state government will lift more mandatory social distancing, capacity, and mass gathering restrictions by June 1. For the most up-to-date information on COVID-19 in Buncombe County, go to buncombecounty.org/covid-19 or call 419-0095.

The current situation in NC is as follows.

- All North Carolinians 16 and older can get a shot if they want one. To find a vaccine location, go to myspot.nc.gov (or visit Americare Pharmacy here in Fairview).
- The curfew on the sale of alcohol after 11 pm has been lifted.
- The limit for indoor mass gatherings has been increased to 50 people (and 100 people outdoors).
- Museums, aquariums, retail businesses and shops, and barbershops and salons can operate at 100% capacity.
- Indoor and outdoor activities at restaurants, breweries, wineries, amusement parks, gyms, and pools can operate at 75% capacity.



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MAY 4 (TUESDAY)

Prostate Cancer Support Group

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

MAY 8 (SATURDAY)

Signs for Hope Grand Opening

9 am - 5:30 pm. Purchase handmade gifts from Vietnam, Honduras, China, Nepal and many countries in Africa to support a nonprofit that helps to coordinate global deaf orphan adoptions. See page 26 for more info and their ad on page 3. 379A Charlotte Highway, Fairview.

Spring Fling Rose and Plant Sale

9 am - 3 pm. Sponsored by the Asheville Blue Ridge Rose Society and the Extension Master Gardener Volunteers of Buncombe County. For more information, go to buncombemastergardener.org or call 255-5522. Asheville Area Red Cross, 100 Edgewood Road, Asheville.

MAY 9 (SUNDAY)

Fairview Handmade Market

12 - 4 pm. This COVID-19-conscious event will feature a variety of local artisans selling their wares and a fundraising raffle to benefit Root Cause Farm. There are three collections of artisan goods to win (see one collection pictured above). For more information, including how to purchase raffle



tickets in advance, visit rootcausefarm.org or fairviewhandmademarket.com. 26 Joe Jenkins Rd., Fairview.

MAY 10 (MONDAY)

Fairview Area Art League

11 am. The league is meeting in person! They will gather at Spring Mountain Community Center (807 Old Fort Road, Fairview). Bring comfy chairs and look for them under the trees if sunny and under the picnic shelter if rainy. Bring a lunch and artwork you'd like to share. Email paula.entin@gmail.com if you have questions or would like to join the league.

UPDATES

Center for Art & Entertainment

May 15, psychic and medium Anthony Mikolajski; May 21-22, the life of Mrs.

Cole Porter starring Karen Covington-Yow. thecenterae.org. 697-8547. 125 S. Main St., Hendersonville.

Council on Aging

The Council on Aging of Buncombe County will hold free Medicare information classes via Zoom. May 12, 5:30-7:00 pm, and May 27, 2-3:30 pm. To register, visit coabc.org or call 277-8288. See their ad on page 12.

Garren Creek Fire Department

The Garren Creek Fire Department Auxiliary will hold a spring plant sale at the main station (10 Flat Creek Road) on April 30 (2 - 7 pm) and May 1 (8 am - 4 pm). We are selling locally grown plants, including hanging baskets, annual flats, perennial pots and garden veggie starters. Masks and

social distancing are required.

A regular board meeting will be held on May 13 at 7 pm at the main station. Residents are invited to attend. Masks and social distancing are required.

For more information on either event, call or text Elizabeth Simmonds at 230-3986.

Trinity Food Pantry

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

VBS at Trinity of Fairview

One-day vacation bible school at Trinity of Fairview. Register online at trinityoffairview.com or call 628-1188. See ad on page 11.

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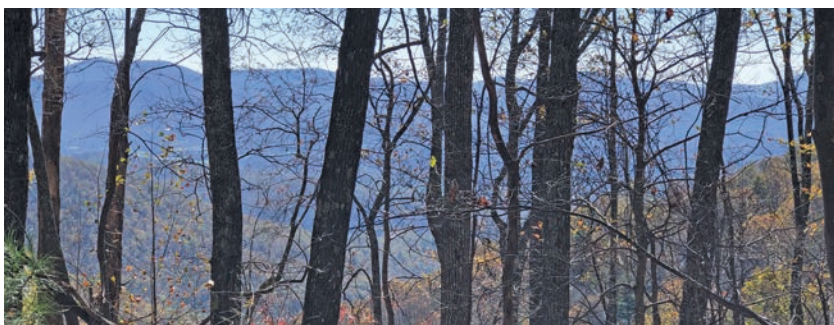
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17 ACRES FAIRVIEW FOREST, spectacular views from level home-site on private ridge, cascading rocky waterfalls, paved road frontage, ideal for secluded estate or multiple homes. \$275,000 MLS# 3632812

Get Connected: Laptops, Hotspots to Check Out

Now more than ever, access to broadband is critical to participate in online learning, access medical care via telehealth, search for jobs or simply stay in touch with family and friends. Buncombe County Public Libraries (BCPL), in partnership with Land of Sky Regional Council, is pleased to announce the launch of the Library Laptop Loan Program, as many in our community rely on their local library for connectivity.

With grant funding provided by the State Library of NC through the CARES Act, the library is responding to the needs of patrons during the coronavirus pandemic by bringing digital tools such as Wi-Fi and tablets into the community.

The library has laptops and hotspots or hotspots only for patrons 18 and over with a Buncombe County library card in good standing. Call 250-6484 to request a device. There is no charge for the service, but charges may be incurred for late returns or losses.

The Fine Print

- One unit per household (defined as laptop/hotspot combo or hotspot only).
- Only patrons 18 and over with a Buncombe County library card in good standing may check out a unit.
- One month checkout limit
- \$1/day that a unit is late

- \$100 charge for unreturned/lost laptop
- \$30 charge if hotspot is not returned, lost or returned damaged
- \$20 if power cord is lost or not returned
- Patrons must call to request a device.
- Borrowers will sign a user agreement before borrowing the equipment.
- Devices cannot be renewed and will be disabled when one-week overdue.
- Devices must be returned inside.
- Borrowers will be asked to fill out a survey upon the return of equipment.
- If laptop is stolen/unreturned after two weeks overdue, a police report will be filed.
- All laptops include Microsoft Office Suite and will have basic computer skills training videos and information loaded onto the desktop.

A BCPL technology support team will be available to assist patrons over the phone with any issues that come up with this equipment. The operational hours of this team will be from 9 am until the library closes each day.

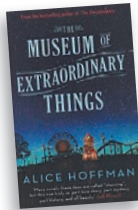
This program is made possible by funding from the federal Institute of Museum and Library Services (IMLS) under the provisions of the Library Services and Technology Act (LSTA) as administered by the State Library of North Carolina, a division of the NC Department of Natural and Cultural Resources (IMLS grant number LS-246551-OLS-20).

PROGRAMS

Library Storytime for Kids

May 1 at 3:30 pm on Zoom

Tune in for a second special preschool storytime via Zoom on May 1 at 3:30 pm. Stories! Songs! Activities! We can't wait to read with you! Registration is required to attend. Go to fairviewtowncrier.com/links to find the direct link to the registration.



Book Club

Fairview Evening Book Club will read *The Museum of Extraordinary Things* by Alice Hoffman for the month of May and discuss it May 18 at 7 pm via Zoom.

"With a sprinkling of magical realism, Hoffman...blends social realism, historical fiction, romance, and mystery in a fast-paced and dramatic novel filled with colorful characters and vivid scenes of life in New York more than a century ago."

~Library Journal

Book Club meets the third Tuesday of each month at 7 pm. If you would like more information or to attend one of our discussions, email jaime.mcdowell@buncombecounty.org.

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

Friends of Fairview Library Host Grab Bag Book Fair

● May 8 9 am - 3 pm
1 Taylor Rd, Fairview

This is your chance to pick up a bag full of your favorite genre: romance, mystery, fiction, children's books, nonfiction (gardening, history, cooking, etc.) and even audiobooks. You pick the bag, filled with 5 books, and in return, give any donation that suits you! It's fun, it supports the library, it makes a great Mother's Day gift (May 9), and you go home with a bag of books. (No peeking! It's a grab bag, so all bags are sealed). Masks and social distancing will be required.

Thanks to this year's business sponsors for their continued support of our library: Day Moon Coffee Bar, Fairview Animal Hospital, Hot Dog King, New Moon Marketplace and Rust & Found.

SIGNS FOR HOPE

Global Marketplace

GRAND OPENING MAY 8 • GRAND OPENING MAY 8 • GRAND OPENING MAY 8



Signs for Hope, Inc. was founded by Becky Lloyd to coordinate adoptions of Deaf orphans around the world and provide support for families and communities in the lifelong journey of adoption. Becky has traveled to many countries over the last ten years following these initiatives and has collected many international treasures along the way. This new Global Marketplace will feature these items, as well as other Fair Trade Federation unique, handmade products. The shop will offer hand-crafted items from Vietnam, Honduras, China, Nepal and many countries in Africa. Proceeds from the sales will support Signs for Hope's missions.

Please stop by to travel the world in our new gift shop and learn more about what we do.

Coming Soon... a new Fairview Welcome Center in the same space!

Signs for Hope, Inc. is a 501c3 non-profit

SIGNS FOR HOPE GLOBAL MARKETPLACE

828.222.2180

379A Charlotte Hwy in Fairview



[SignsforHopeMarketplace](https://www.facebook.com/SignsforHopeMarketplace)

Store hours:

Tuesday – Thursday, 10am - 5:30pm

Friday – Saturday, 9am - 5:30pm

Sunday & Monday - closed

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The 1870 Fairview Census Part 3

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

See my April column for more information about the census.

71. Whitaker, William Jr., 43 (son of William Whitaker Sr. and Susan Sumner); Mary (daughter of Josiah and Martha Whitaker Jenkins), 35; Jesse L., 7; Olive E., 4.
72. Whitaker, Manerva (Lanning), 42; Marcus E., 19; Mary Ann, 17; Henry, 15; George, 13; Susan, 11.
73. Whitaker, Noah, 39 (called Branch Noah to distinguish him from his brother-in-law, Noah. He was the son of William Whitaker Sr. and Susan Sumner); Martha L., 33 (Whitaker, daughter of William Whitaker Jr. and Rutha Williams); Washington, 9; William N., 7; Samuel M., 5; Jasper, 1.
74. Whitaker, Jane, 48; Dicy, 46. (Daughters of William and Susan Sumner Whitaker).
75. Whitaker, Lot, 56 (son of William and Susan Sumner Whitaker); Margaret (Pinkerton), 50; Frank, 25; Susan, 19; Amanda, 14; John, 9.
76. Shorter*, Richard, 25; Fanny, 20.
77. Lanning, Zelpha, 24; Emily, 38; Nancy Jenkins, 42; Rosilla, 19; James L., 16; Margaret, 15; Rosannah Barnwell, 40; Barzilla, 7 m.
78. Lytle, Thomas, 26; Elizabeth, 25; George H., 3; Mary, 2.
79. Reed, Henry, 43 (son of James Reed and Susan Grant); Susan, 46 (daughter of William and Susan Sumner Whitaker); Pinkney, 17; Marcus, 16; Rebecca, 15; Merion, 13; Joseph, 11; Willie (William), 9; Martha E., 5; Amanda, 3.
80. Lanning, Amos, 83; Elizabeth, 51; Sarah C., 16.
81. Reed, Milly, 35 (daughter of Robert Pinkerton Jr.); Elizabeth, 12; Harvey, 10; Delia Lilla, 10; John, 2.
82. Pittilo, Matilda, 50; Malinda, 25; Thomas J., 22; Robert, 18; Martha J., 18.
83. Grant, James, 26; Martha, 25 (daughter of Robert Pinkerton Jr.); Henry, 10; Marion, 7; Alice, 1.
84. Harper, Alexander, 55 (son of Lot Harper and Mariam Whitaker); Lucinda, (Sales), 53; James M., 19; Rosannah, 20; John, 17; Thomas, 14; Jerusha, 17; Elias F., 6.
85. Reed (n e Grant), Nancy, 61; Elizabeth (Reed) Thomas, 25; James, 20; John, 14; Sandy, 7 months.
86. Owenby, Oliver T., 45; Cynthia, 40; Erastus M., 16; Mary M., 14; Martha C., 9; Amanda R., 7. John A., 3; William J.
87. Mitchell, Joseph, 26; Rebecca, 22.
88. Lanning, John, 76; Susan (Gallimore), 68; Rebecca, 38.
89. Harper, Foster, 31; Sarah (Lanning), 29; Nancy, 7.
90. Doty, (name not legible), 50 (SC); Caroline, 40; Linoyl, 15 f; Roxane, 14; Thomas J., 12; Lucinda H., 10; Hessa Z., 8; James M., 6; Cordelia A., 3.
91. Penland, George N., 30; Sarah E., 34; Bertha E., 4/12 (4 months, born in February); Samuel Cheek, 14; John Cheek, 12.
92. Lanford, William, 45; Amanda, 40; Harvey, 21; Sarah, 17; Madrid M., 16 f; John L., 14; Ellen A., 12; Thomas E., 10; Willie N., 9; Lillie, 7; Samuel, 5; Leander, 3; Eugene, 1.
93. Lankford, Nathan, 81; Mary (Harper) Newton, 30.
94. Casey (pronounced Keezy) Henry, 53; Dicy, 52; John E., 25; Lilla, 6; Emma J., 3.
95. Carrel, Zilla, 36; John, 8; Frank, 6; Susan Bass, 40.
96. Bass, Jorden, 55; George, 23; Green, 21; James, 18.
97. Frady, James, 60; Rhoda, 65.
98. Wright, Elijah, 55; Penelope (Pulham), 53; Eliza, 38; Matilda, 25; Stradley, 22; Nelly, 20; Jane, 6; Alice, 3.
99. Wright, Blythe, 25 (son of Elijah); (Nancy) Abertine (Sumner), 26; John, 2; James, 2; Jane, 1/12 (1 month, born in July).
100. Casey (pronounced Keezy), Margaret (Williams), 75.
101. Lackman, William J., 30 (GA); Eliza, 19; Jacob, 4; John, 2; Jane, 4/12 (4 months, born in September).
102. Toms, James, 63; Manerva, 49; William J., 20; James F., 17; Susan P., 13; George*, 13; Alexander*, 9.
103. Lee, Thomas, 63 (TN); Virginia, 31 (TN); William R., 18 (TN); Anna M., 5 (TN); Mollie S., 3; Frances, 1; Ruth, 15; Sarah, 15.
104. McAbee, Jolly, 40 m; Matthew, 10; Thomas, 7; Asbury, 15.
105. McAbee, William, 22; Harriet, 30.
106. Moss, Henry D., 28; Martha, 30; Jane Carrell, 55.
107. Reed, Jacob, 68; Mary, 65; Ebro McAbee, 30; Samuel*, 8; Joseph*, 6. (The last three were listed as laborers.)
108. Merrill, John, 78; Henry Grant, 27; Susannah Merrill Grant, 41.
109. Sumner, Dempsey, 66; Rachel Vess, 30.
110. Whitaker, Joshua, 76 (son of William Whitaker Sr. and Mary Canady); Margaret Peggy (Ashworth), 73; Mahala, 31; Marcus, 25; Benjamin A., 8 (grandson).
111. Vess, Jasper, 25; Mary, 21; Margaret A., 3; Docia L., 1; Eliza, 30.
112. Garren, Rebecca, 55; John Bass, 27; Dicy (Garren) Owenby, 30; Minyard, 12; Marion, 10.
113. Wheelon, James, 35 (SC); Mary, 35; John Bartlett, 10; Joshua Wheelon, 75.
114. McDonnell, Mira, 45; Joseph McBrayer, 15; Nelson T., 13.

115. Huntsinger, Noah, 25; Malinda, 26; Lucilla, 9; Lonzo, 4.
116. Vehorn, Sibbie (Sybil Lankford), 45; Henry, 14; Robert, 12; Dock T., 10; Louisa Sparks, 7.
117. Guffey, Thomas T., 25; Margaret (Chatham), 22; John Guffey, 3/12 (3 months, born in August); Lucrecia Chatham, 52; Benoi Chatham, 11.
118. Clements, Preston, 60 (son of Andrew); Lucy (Pinkerton), 61; Mary, 25; Andrew, 22; Naomi, 14.
119. Whitaker, James, 35; Nancy, 27; Joseph, 4; Willis, 2.
120. Whitaker, Adolphus, 30; Rebecca, 40; Rowan, 15; Pinkney, 13; James, 11; Delitha, 9; Jane, 6.
121. Whitaker, Jesse L., 25 (son of Henry Whitaker and Jerusha Harper); Martha Rosilla (daughter of Joseph Garren and Bertha Russell), 20 (GA); Elizabeth, 2.
122. Whitaker, Henry, 59 (son of William Whitaker Sr. and Mary Canady); Jerusha (Harper, daughter of Lot Harper and Mariam Whitaker).
123. Mitchell, John C., 23; Margaret Whitaker (daughter of Henry and Jerusha Whitaker), 26; Merida, 1; Louisa Garren, 8.
124. Jenkins, Henry, 31; Amanda (Whitaker), 32; Columbus L., 4; Buel Augustus, 5; Sarah Jenkins, 69 (daughter of William Whitaker Sr. and Mary Canady).
125. Lytle, Millington, 61; Thomas Smart, 37; Mary (Lytle), 33; Rebecca, 12; John, 9; Millington, 5; Mahaly Norris, 18.
126. Littlefield*, Rich, 26 (SC); Perna, 16; Annie, 1; Kimsey Bobo*, 48; Jim*, 56.
127. Condry, Clarisa, 64; Jane, 33; Julius, 12; George, 3; Miles, 2.
128. Rickman, Nancy (Whitaker), 65; Elizabeth, 44; Rhoda, 32.
129. Pittillo, John K., 30; Amanda, 23; Thomas J., 1.
130. Trantham, James, 38; Hannah (Wright), 38; Margaret J. Grant, 15 (step-daughter); Susan A. Trantham, 12; Mary L. Trantham, 11; Martha, 10; Amanda, 10; Linda, 8; Miles, 8; Naomi E., 6; John Riley, 6.
131. Redmon, Peter A., 56; Nancy (Brevard), 45; Thomas Redmon, 20; Jane, 18; James, 16; Harriet, 13; Ruth, 12; Susan, 10; Minnie, 8; Joseph, 6.
132. Clayton*, Eliza, 53; Sally A., 15; Ellen Morris*, 9.
133. Clayton*, Samuel, 47; Harriet, 13; Alfred, 20.
134. Clayton*, Dick, 55; Silvey, 34 f; Jesse, 15 m; Jennie, 12; Henry, 10; Joseph, 6; Samuel, 3; Emma, 1.

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

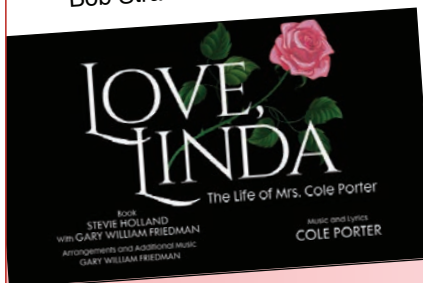
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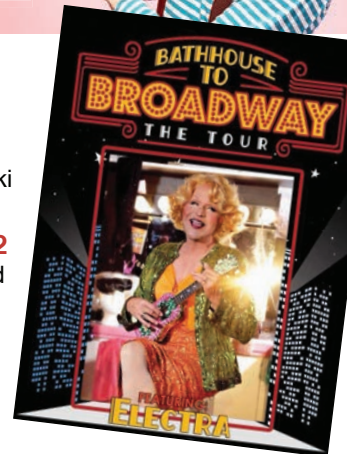
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Impersonator
Electra as *The
Divine Miss M*

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Movement Therapy Manipulation

OUR PATIENTS SAY...

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

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

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

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

Call for your FREE Helping Foot Pain consultation!



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



Edward Reilly, DC

Coming Up: Worms in Rain and Plants in Spring

I have been doing a fair amount of walking as our weather has been warming up, and I noticed an annual occurring event that tends to happen in wet conditions after a heavy rain or two. Where did all these worms come from?

For many years, scientists seemed to think the only reason earthworms came to the soil surface after a good rain was to not drown in their water-filled burrows, because oxygen diffuses about a thousand times slower through water than through air. But newer research indicates that earthworms breathe through their skin and actually require moisture in the soil to do so. Earthworms are unable to drown like a human would, and they can even survive for several days when fully submerged in water. Other researchers now think that earthworms surface during rain storms for migration purposes. Rain gives them an opportunity to move greater distances across the soil surface than they could through the drier sublayers.

May is the month when we can finally turn our attention to planting tender annuals and perennials. After two cold early April days with low temperatures near 20, the weather was more moderate during the remainder of the month. Typically, in the mountains, the rule of thumb is to plant tomatoes outside after Mother's Day. You can gamble and plant earlier, but we are



QUESTION of the MONTH What is a megacryometeor?

usually safe from widespread cold or frosts after that point. Also, soil temperatures really don't warm up enough for warm-season fruit and vegetable growth until that time. The optimal soil temperature growth for warm-weather veggies is 65 to 70.

Looking ahead, we should start to march toward summer's warmth, with May's normal high temperature generally in the mid-70s and average low in the low 50s. We usually get about five inches of rain for the month, falling on an average of 12 days. In any given May, we get seven to 10 thunderstorms. The long-range forecast from NOAA's Climate Prediction Center (cpc.ncep.noaa.gov) for May through July predicts slightly above-normal temperatures and precipitation. However, as you know, precipitation is a tricky forecast here in the mountains during the summer, due to the spotty nature of thunderstorms, which drench some areas while others remain dry.



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

WEATHER WONDER

How deep can hail actually accumulate?



In southeast New Mexico, around midnight on August 13, 2004, a hailstorm hit that will long be remembered. Hail accumulations reached 12 inches and were followed by as much as five inches of rain. So much rain fell in such a short period of time that the pea- and marble-sized hail was carried along first as a flood and then concentrated in a small drainage tributary. The hail began piling up behind a 12- to 16-inch culvert south of Clayton, NM. Hail filled the small draw as rain continued to flow across the fields, through the tons of ice, and onto the highway. It looked like a glacier in Union County. Hail had filled the draw to a height of approximately 15 feet. On Saturday morning, vertical ice cliffs as wide as 25 feet and 100 yards long framed the torrent of water flowing through the typically dry draw (see images above). Although hail is commonly formed in thunderstorms, the dimensions of this accumulation are unique. The ice remained for nearly a month in spite of long, sunny summer days and temperatures into the 80s.

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Make Room for 'SHROOMS

An Overview of Gardening with Mushrooms

By **NATALIE GERARDOT**

Are you interested in growing more food? Do you want to add year-round interest to your landscape? Do you want to build soil, aid water retention, sequester carbon, and recycle organic waste? Do you want access to fresh mushrooms but have no time to forage? Do you desire the skills to grow mushrooms but have no equipment or do not know where to start? Well, you can accomplish all of these things by adding edible and medicinal mushrooms into your existing landscape.

Mushrooms are the “fruit” of a fungal organism, or fungi, and work with your outdoor areas to benefit your table, health and ecosystem. By decomposing organic materials, fungi build soil and improve the water retention and nutrient-holding capacity of garden and forest areas. They, in turn, make plants more resistant to weather and disease stresses and even outcompete damaging fungal diseases.

If a gourmet edible or highly medicinal mushroom is paired with a spot that

is appropriate and a growing medium (substrate) that the mushroom enjoys, then not only is your soil improved, but your yard also provides fresh mushrooms. This can be a year-round addition if both cold-weather species (e.g., shiitake, enoki, oyster) and warm-weather species (e.g., reishi, blewit, agaricus) are incorporated.

Growing mushrooms outdoors is not hard or expensive. Fungi grow in almost every habitat. Many popular edible mushrooms are native to WNC and can be “transplanted” (cultured) from the wild. Commercially grown mushroom mycelium (spawn) can be purchased cheaply and in several forms from local companies. There are five growers just in Fairview! But how do you start?

Choose Your Spot

First, go outside and look at your yard. Fungi like moist, semi-shaded areas, usually on the cool side (with some exceptions). Do you have a spot where mushrooms naturally occur? Mushrooms can easily be added to mulched pathways, stumps, garden beds, raised bed borders,

edges of porches, creekbanks, under evergreens, in perennial borders, into logs, along fences, in greenhouses, or in old or new orchards.

Make a list of the places you can incorporate mushrooms into your yard. They will help, not hinder, your existing plantings.

Next, decide what type of cultivation fits these spots. Logs fit well along creeks or fences. Pathways lend themselves to logs with mulch in between. Garden beds pair well with mulch beds. A shady side of your house can house burlap sacks or buckets for growing.

Existing stumps are great places to add mushrooms and help remove the stump in a natural way without chemicals. Mulch beds, logs and stumps are the easiest to add. You can inoculate (add mushroom mycelium, the fungal body) without much equipment or specialized knowledge. The



type of cultivation you can fit and the climate of your spot determine the species you will be able to grow.

Most people think of logs when thinking of outdoor mushrooms, especially shiitake. It's the oldest known method of mushroom cultivation.

To grow on logs, cut trees of appropriate species and size to match your intended mushroom. Then, drill the logs with holes, “plug” the holes full of mycelium and cap with wax, and stack, teepee or stick the logs vertically in the ground. Mushrooms will come six to 18 months later. Since mushrooms like anywhere moist and shady, logs can border raised beds and pathways, make fences or fence filler (which will eventually rot) or be buried as rafts in the ground. Small ones can even be placed vertically as garden stakes. And it's not only shiitake: on hardwood logs (not

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locust or walnut) you can grow chestnut, lion's mane, reishi, oyster, enoki, maitake, and more. Our local hemlock will grow tsugae reishi.

Stumps can be removed over time using mushroom mycelium, and you get yummy mushrooms as the stumps decompose. Maitake, reishi, chicken of the woods and oysters all do well on stumps. You inoculate (introduce the mushroom spawn) by drilling holes and plugging, just like with logs.

The easiest, cheapest and low-tech way of adding mushrooms to your yard is in mulched beds, especially on shrub borders or around evergreen bushes for garden paths between large leaved plants such as squash or potatoes. Just place cardboard down, layer with hardwood mulch, inoculate with bought spawn or cardboard spawn and mix with the mulch, and cover with straw or cardboard. I wet each layer along the way and keep moist

Many popular edible mushrooms are native to WNC and can be transplanted (cultured) from the wild.

until the mycelium is established. You can see the white threads growing on the wood mulch. The beds, and logs, will need misting during hot or dry spells. Wince cap, king stropharia, blewit, shaggy mane, elm oyster, pearl oyster and blue oyster all



grow well this way.

If you have a greenhouse or sunroom with plant beds, you can grow mushrooms in there when it is too hot for your plants. Almond agaricus like hot plant beds and soil. Red reishi like it warm and moist as well. You can double the harvest of your space by harvesting the mushrooms right where you grow your plants.

Did you know you can add morels to your apple orchard or old apple or poplar areas? You can also add truffle trees. These two methods vary in success. Mushrooms logs and stumps fruit for years. Beds will continue to grow for years if "fed" with new mulch. Morels usually only fruit once, so you'll need to reintroduce them each fall. The other methods can be done any time of year with proper planning. Truffles take years to produce but go for



decades once begun.

Once you decide on your location, type of cultivation and type of species, you have to get a culture of the fungi. This can be done in several ways. You can find an oyster, shiitake, blewit, maitake, chicken of the woods, or shaggy mane and carefully sandwich a piece of the stem butt or ropey mycelium in a wet piece of corrugated cardboard. Placed in a plastic bag in the dark, the mycelium will grow over the cardboard in a couple of weeks. This cardboard can inoculate a mulch bed or box of plugs. Another inoculation method is to make spore mass slurries by submerging an old or fresh mushroom in a five-gallon bucket of water and then spreading that over morel beds, oyster beds and truffle tree roots.

You can also purchase spawn in the form of liquid culture, plugs or spawn bags. These should preferably be grown by a local mushroom cultivator and tried out in your area. This gives you a wider choice of species and assurance of a viable culture



Some common mushrooms include (left to right) lion s mane, shiitake (in a mulched bed) and oysters.

that will fruit mushrooms under cultivation. Your local grower will have growing instructions that are strain specific and can also offer advice and answer questions.

Finding a local grower, mushroom supplies and reliable advice can be easy. I do not recommend using Reddit or YouTube until you really know the farmer you are watching or following. But local farmer's markets, your favorite restaurant, ASAP (Appalachian Sustainable Agricultural Project), or your local mushroom club are all ways to connect with a local mushroom grower.

Natalie Gerardot is co-owner of Myco Rhizing, a small family farm off Garren Creek Road offering medicinal mushrooms and plants and mushroom-inspired art. For more information, text 989-2556, email natalie@mycorhizing.org or visit mycorhizing.org.

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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**

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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**

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

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

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Meet Another New Face at Fairview VFD

In our continuing efforts to introduce new staff members to the community, this month we'd like for you to get to know Emily Kocha, who has been on the B shift as a paramedic for a year. She is 24 years old, but don't let the youth fool you. She has all the credentials to serve our community well. Emily has earned certificates for Basic Life Support, Advanced Cardiac Life Support, Pre-hospital Trauma Life Support, Advanced Medical Life Support, Pediatric Education for Prehospital Professionals and Geriatric Education for EMS, each of which she obtained from Blue Ridge Community College in Flat Rock. She has been in EMS for four years, working previously in Transylvania County.



We are so glad she applied and came to work with us here in Fairview. She lives in Arden, where she was born and raised. She loves mountain life, and her favorite things to do outside of work are trail running and hiking with Koda, her Australian Shepherd.

Givin' Cancer the Boot: A Fundraiser for the Dalton Family

● **Saturday, June 12**

The Fairview Volunteer Fire Department is co-sponsoring a fundraiser with Ridin' On Faith Ministries to raise money for Samantha Dalton, the wife of one of our paramedics, Justin Dalton, who was recently diagnosed with cancer. This family-friendly fundraiser will include a mix of horse- and non-horse events, as we want as much attendance and support as we can possibly get for the Daltons.

We would love to have sponsors for the events (at the \$200 level) and donations from Fairview businesses to add to our raffles. A Fairview basket with some local, homemade goods would be wonderful. Contact Chief Jones (scottj@fairviewfire.com) or Robin Ramsey (robin.ramsey@icloud.com) if you're interested. Money donations are very welcome and can be dropped off at any of the fire stations in Fairview or at Smokey & the Pig at 913 Charlotte Highway, Fairview.

The all-day event will be held at the Smokey Mountain Event Center in Haywood County. Smokey & the Pig BBQ will be offering food for purchase at the event.

We'd like to thank Ridin' On Faith Ministries and Jennifer Ingle for their support in setting up all of the horse-related events and assisting with this fundraiser. For more information on this organization, which is doing great things in our community and region, go to ridinonfaithministries.org.

Please look for advertisements of the many items we are raffling and additional details as they become available. Our Facebook page (see below) is a great place to go for up-to-date information. There will be more information in next month's Crier as well.

Scott Jones is the fire chief of the Fairview Volunteer Fire Department. 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).

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Age-Related Physical Changes

Everyone ages. Our choices make the experience different for each of us. Our physical well-being can be observed and measured through five categories of fitness: posture, strength, balance, flexibility and endurance. As you age, subtle changes will lead to major alterations in physical performance capabilities, such as rising from a chair, standing without loss of balance or climbing stairs. This impacts your activities of daily living.

Posture

Most of us remember our mothers saying “stand up straight.” The erect posture of youth, at times, may change as early as the teen years. Symmetry is an important aspect of good posture. Your body should be aligned equally side-to-side and front to back. When your body is in balance, it requires less work to stay erect. If your body is asymmetrical, some areas work more in order for you to maintain an upright posture. When your body is not in alignment, there is more wear and tear as you age. Over the years, individuals have gone from farming to desk jobs. This means more prolonged sitting, using a computer, and carrying a heavy purse or briefcase, which may lead to changes in postural alignment, including a more forward head, rounded shoulders, an increase or decrease of spinal curve in the lower back and increased bending in the hips

and knees. Poor posture can be exacerbated by a weakening or tightening in the neck, back, chest, and stomach muscles.

Strength

The saying “use it or lose it” is true. Strength declines with age, due to a combination of decreases in muscle fiber size and amount, nerve supply to the muscle, and overall energy supply and circulation. Strength is a muscle’s ability to produce force or do work, such as lifting weight or climbing stairs. Generally, the larger the muscle, the greater its ability to produce force. Muscles develop mostly between birth and adolescence and generally peak in strength in one’s 30s, but with regular strength training, muscles can continue to grow despite advancing age. Strength loss associated with aging usually occurs slowly and often goes unnoticed until normal activities such as walking or picking up a child become difficult. Decreased activity means your body is challenged less and you adjust to a lower level of activity. You quit doing that activity, which results in you becoming weaker. You do not have to accept getting weaker as you age: you can perform exercises to make your muscles stronger.

Balance

The tightening and weakening of muscles and decreased range of movement of joints can alter the body’s ability to respond to a balance challenge. Decreased circulation

can affect the brain’s ability to help you stay balanced. A loss of nerve input causes a slowing in the body’s ability to respond to balance situations. A host of vision problems can lead to falls. Hearing problems, resulting from degeneration of the nerves between the brain and ears, may also decrease balance. Reduction of muscle strength may force you to work harder to obtain the same results that you used to achieve more easily. Reaction time may be delayed, which increases your chance of a fall. Decreased proprioception (your awareness of your postural alignment, movement and position change) may also affect your sense of balance.

Flexibility

Loss of flexibility results in changes in the body’s collagen structures. Collagen is a fibrous connective tissue that makes up about 30 percent of the protein in all of your body tissues (skin, muscle sheath, bone, tendons, ligament and cartilage). As you age, collagen fibers begin to stick together, causing connective tissue to become less elastic. This makes the movement harder when bending down to pick things up from the floor.

Endurance

Whether you are running a marathon, walking in a grocery store, or learning how to use a walker or cane, endurance enables you to do what you want for as long as you want. If you are less flexible and have weakened muscles, it takes more

energy to remain physically active. Thus, your body tires more quickly than it did when you were younger. A loss of elasticity in the lungs and slight stiffening of the air passageways can make breathing harder during endurance exercise. Changes in blood vessel elasticity and a decrease in the maximum heart rate may also lead to a potential loss in endurance. As you age, you have to work harder to maintain your current fitness level. The good news is if you work at it, you can improve your fitness level every day.

Daily Activity

To help with physical changes, aim to be physically active daily. Do activities that improve strength, flexibility, balance and endurance at least two days a week, for at least 150 minutes of moderate intensity activity a week, and reduce the time you are sitting and lying down. “Move, don’t sit” is a good motto to have. Keep doing exercises and activities that challenge your body and your ability. In the end, age is just a number.



Allison Fender is the co-owner of Unified Therapies, located at 145 Charlotte Highway, Suite 40, Asheville. She has a Doctorate of Science in Physical Therapy with a concentration in Neurology. For more information, go to unifiedtherapies.com or call 414-2368.

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CORY REAVIS Fairview Aging Services Navigator

I’ve been in public service for over 20 years — helping people is what I do! As Service Navigator, I connect people with invaluable resources to navigate life as an aging individual or family. I’m here to serve the Fairview Community and Buncombe County as a whole.

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Dietary Fat: Friend or Foe?

Over the last seven years, I've created thousands of meal plans for clients in my clinics to combat a plethora of maladies, such as chronic diarrhea, constipation, heartburn, joint pain, autoimmune conditions, weight gain and much more. One aspect that each meal plan has in common is a foundation based upon eating plenty of healthy dietary fat. While the amount and type of fat prescribed varies according to each individual, consuming adequate healthy fat is the key to successful weight loss, optimal wellness, and long-term weight loss maintenance.

Fear of Fat

In general, we see a deficit in dietary fat intake because, as a society, we fear fat. We have been inundated with the diet-heart hypothesis: we have been inaccurately taught that if we eat fat, we get fat. Because of these messages, we believe that eating fat causes our arteries to harden. You know how bacon grease hardens as we pour it down the drain? We think this is what happens inside the body, when in reality, this isn't the case at all. The correlation of dietary fat consumption causing heart disease is equivalent to saying that eating too many vegetables will turn us green. It just doesn't happen.

Our fear of dietary fat has its beginning in the 1960s, when a study was published by researcher Ancel Keys. He tracked dietary

fat consumption and heart disease in various nations. It was called the "seven countries study" because it was only in seven—out of the 22 he studied—that he saw an increase in heart disease from increased fat consumption. He conveniently omitted the data from the other 15 countries that didn't support his hypothesis. If he had included that data, his findings would have been altogether insignificant. However, since his adulterated findings supported the expectations of many in the scientific community at that time, it was adopted as part of the recommended dietary guidelines for the US. His inaccurate and faulty conclusions made it onto the cover of *Time* magazine, and as a result, our fear of dietary fat has made history.

From that point forward, our truly unfounded fear of consuming fat calories grew, as did our rates of obesity and inflammation. One published study after another attempted to support this diet-heart hypothesis, but the vast majority weakly stood (and continue to stand) on poor research design or the findings were completely unresponsive of the argument that fat is "bad" for you.

Many of these studies weren't publicized, and if they were, inaccurate

headlines were pushed to support the agenda that dietary fat is unhealthy. For example, a study published in 2012 went so far as to conclude that eggs are nearly as bad for you as cigarettes. "Egg Yolks Almost As Bad As Smoking" was the headline that went viral. If you were to take a deeper read, you would see that this was a poorly controlled observational study conducted by researchers who had ties to the statin industry. The researchers in this study quizzed



Might the poor old egg be the good guy?

a group of middle-aged and elderly stroke patients about their lifelong history of egg consumption and smoking history. Umm...do you remember what you ate last Wednesday? If you do, your memory is much better than mine!

We could actually stop our investigation right there, but let's go on. The study participants who ate the most eggs (and had the highest rates of carotid plaque buildup) were the oldest (on average about 70 years old, compared to the 55-year-olds who didn't eat as many eggs), smoked the most, and had the highest rate of diabetes. These are all factors that significantly influence arterial hardening and cardiovascular disease—egg-eating aside. The researchers also did not control for waist circumference or exercise, which are two of the main risk factors used to predict atherosclerosis of the carotid arterial wall. And the researchers didn't take into consideration

any other aspect of the participants' dietary intake. For example, most folks who eat eggs usually eat them in or with pancakes made with highly processed vegetable oils covered in sugar and paired with a side of Omega-6-filled processed meat products. Perhaps it could have been these other foods and/or maybe advanced age, smoking, diabetes, larger waist circumference, minimal exercise or heightened stress levels that caused the arterial hardening? Maybe, just maybe, the poor old egg was actually the good guy.

Despite this evidence, accepting the fact that dietary fat is healthy is difficult for many of us. It's a huge shift in mindset and our belief system: two things we don't love to change. However, I invite you to join me in being radically open-minded, give credence to the reality that we don't know much about nutrition, and consider that the messages we've been told might be very far from the truth. This "awakening" can be a frustrating process, but the sooner we can accept it, the faster we can become advocates for our own health and have the freedom to experience better health and longevity.



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

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Waste Not, Want Not

Before the pandemic, most of us probably only had one set of take-out containers in our fridge at a time. A bottle of disinfectant spray could last months. We never saw disposable masks outside of a doctor's office, and latex gloves were just something taking up more space under the sink.

During the pandemic, however, there have been trash cans full of only those things. Sometimes you can see one of each of these items in the same grocery store parking lot. The production of single-use plastics (items made to be used only one time and then thrown away) skyrocketed over the last year out of necessity, but unfortunately, the number of plastics recycled couldn't quite keep up—in fact, some recycling firms reported a 60% drop in the volume of materials brought through their doors. If you're like me and want to reduce your plastic waste, the good news is that it can help in other parts of your life as well.

Reuse It

The more uses something has, the longer it will stay out of the landfill. That may seem obvious, but we've all gotten used to just throwing something away when its original purpose is no longer needed. During the Great Depression, people would reuse everything until they just couldn't find another use for it. Old cookie tins became lunchboxes,

threadbare shirts and clothes were cut up and became cleaning rags, and a jar that was bought with sauce in it could then be reused and filled with kitchen grease or leftovers. Nowadays, it may take a bit more time and effort in some cases, but in a lot of ways, solutions like these are easier and end up saving a good bit of money.

Getting the whole family in on thinking of new ways to put your "trash" back into action can be a great way to introduce this new way of thinking to a younger generation. When I was in school, we would have whole days of crafts with empty plastic bottles and bags our parents sent in with us. We made bird feeders, plant waterers, piggy banks—all kinds of fun stuff. I encourage you to break out the glue sticks and give "plastic bottle crafts" a quick Google or Pinterest search to see what you can come up with.

Use Less

The best way to cut down on plastic waste is to simply use less of it. Plastic is in everything and we see it everywhere, so this might seem like a difficult task. But you'd be

Getting the whole family in on thinking of new ways to put your trash back into action can be a great way to introduce this new way of thinking to a younger generation.

surprised to learn that making tiny changes in your routines will eventually add up to large amounts of trash that will be saved from the landfills. And wouldn't you love to take fewer trips to the dump?

Using your own produce bags (usually made of cotton mesh) at the grocery store instead of all of those plastic ones they supply can save you a lot of room in your trash cans. Keeping a bamboo or reusable cutlery set in your car or at the office gives you the freedom to turn down plastic cutlery while ordering takeout or delivery food. Buying juice and dairy products in paper cartons or glass jugs can be a huge factor when it comes to the amount of plastic you keep in your fridge. Using silicone bowl covers and wax wraps (flexible cloth with a layer of wax that seals to itself) to store food can save you money on multiple boxes of cling wrap or tin foil. My family even makes a game of trying to find the groceries that we need in containers that can be reused or that don't use as much plastic in their packaging as their competitors. After a while, you might wonder why you did it any other way.

Join a Community Cleanup

Keeping garbage in the bags and bins can be a problem in our area. Between bears,

raccoons and opossums, we seem to be surrounded by many hungry creatures that love to eat our leftovers. This tends to leave noticeably large amounts of waste along the sides of our roads and in our woods and fields, especially since we've all created extra household garbage during quarantine. Now that it's warming up a bit, groups of concerned neighbors have come together and started Facebook groups (like Keep Fairview Clean) to safely pick up scattered trash on these stretches of roads. If you can't find a group in your immediate area, reach out to another local group for help organizing your own cleanup or ask Asheville Greenworks for help with supplies such as grabbers and safety vests.

Everyone Can Make a Difference

The only thing that will help our area recover from the increase in the amount of waste we've created in the last year is helping each other get back on track. Think of the small things you can change and start there, working your way toward a bigger goal. Saving money and gaining peace of mind are only a couple of the great side effects of creating a cleaner and more beautiful world.

Shelby Emerson, who lives off Garren Creek Road, is the owner of To The Brim: Refill Store. 145 Charlotte Highway, Suite 60, Asheville. 674-3438. tothebrimrefill.com.



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Salamanders in WNC

High up in the Swannanoa Mountains, Tom Ward enjoys a special appreciation for his family's permanently conserved land and the biological diversity it supports.

"My great-grandfather built a cabin on the property 95 years ago, and the property has been in my family ever since," Tom said. His family wanted to ensure that this special place was never developed, so they worked with Southern Appalachian Highlands Conservancy (SAHC) to permanently protect 114 acres with a conservation easement in 2011. A mile and a half of stream corridor through the property creates excellent habitat for salamanders. With a master's degree in biology, Tom has a particular interest in documenting species on the property and has reported his findings to the NC Natural Heritage Program, contributing to citizen science in the state. So far, he has identified 10 species of salamander on the family's protected land.

"With North Carolina being the center of biodiversity for salamanders, it is a great place to study salamanders," said Tom. "Amphibians are very sensitive to environmental changes, so salamanders are a good indicator species for the health of the mountain."

Last summer, Tom hiked his family's property at night, and discovered it was a wonderful time to photograph salamanders.

"They're nocturnal creatures, so night is a time you can find them out and about in their natural habitat," he said.

He described the salamander species he has documented: "The most aquatic one, which you hardly ever find out of the creek, is *Desmognathus quadramaculatus*—the black-bellied salamander. Also in the creek we find the seal salamander (*Desmognathus monticola*) and spring salamander (*Gyrinophilus porphyriticus*). A little further out you may find some Carolina mountain dusky salamanders (*Desmognathus carolinensis*), and the eft stage of the red-spotted newt (*Notophthalmus viridescens*) can be found all over, especially after a good rain. We have three species of *Plethodon*: the Blue Ridge gray-cheeked salamander (*Plethodon amplus*), which has a limited range; the white-spotted slimy salamander (*Plethodon cylindraceus*), which are ubiquitous in the upland parts of the mountain; and the Yonahlossee salamander (*Plethodon yonahlossee*), found among boulder fields and rock outcroppings. The Blue Ridge two-lined salamander (*Eurycea wilderae*, shown in photo above) gets about in the mountains in the summer and you don't see it as much, but in October it comes back to the creek to breed. The red salamander (*Pseudotriton ruber*) we've found only a few times—it prefers muddy areas."



PHOTO: TOM WARD

How to Search for Salamanders

It's best to search during periods of rainy weather, around twilight, especially in early spring.

They generally like cool, damp/wet areas, so look carefully under logs, rocks or leaf clumps.

Bring a clean, clear container for a viewing area.

Always put things back where you found them, and do so quickly to prevent stress/illness.

Make sure your hands are wet and clear of contaminants; wash between salamanders. It is best to avoid touching the salamanders directly.

Why Are Salamanders Important?

Salamanders are extremely sensitive to environmental change; this makes them important bioindicators, particularly of water quality. "Bioindicators" are what we call living organisms that are used to screen the health of an ecosystem, to help assess environmental health and changes taking place in the environment. Salamanders depend on water to live, just like we do. They hatch from gelatinous eggs and go through a larval stage in the water, breathing through gills. Some may stay in this larval stage forever. All salamanders breathe at least partially through their skin. There are seven families encompassing 63 species of salamander in NC, and the majority of these can be found in the mountains.

Many salamander species are in decline, due to habitat destruction, pollution,

disease, pet trade, climate change and invasive species. Did you know there are more endangered amphibian species than birds or mammals?

What Can You Do?

Leave salamanders in the wild! Create habitats in your yard or community if you have access to an outdoor space. Learn more about the salamanders in your area and share that information with your friends and family. And contribute to citizen science by reporting your observations through Herpmapper (herpmapper.org).

For more information on salamanders, go to the links at fairviewtowncrier.com.

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

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A Retreat for All in Fairview

by **CLARK AYCOCK**

Spread over seven acres dotted with gazebos, pergolas, covered shelters and a pond and stream, the new Pond Retreat Center just off Garren Mountain Road is available to individuals or small groups to gather for self-guided spiritual retreats, artist and writer workshops, and get-togethers for garden or birding clubs and other compassion-centered environmental organizations. There are no set fees to use the center, but a donation from you or your group is expected to help with maintenance.

Its creator, Lee Pantas, bought 25 acres in 1998 but has sold off parcels through the years. Early on, using his artistic skills, he started improving the land by adding gardens, art and structures.

“I created the retreat center because I love helping people in any way I can,” Pantas said. “My wife Elizabeth and I often talked about having small groups use the grounds and facilities for retreats but never got around to it. But after she died [in 2018], I realized that since I lived alone, it was now time to add the finishing touches and launch the project.”

And why did he feel the need to create a resource for the community? “I think it is needed because there are not a lot of smaller, affordable venues out there that offer privacy in a safe, beautiful outdoor setting for self-guided retreats, other than state and national parks,” he said. “And you cannot guarantee complete privacy in the parks unless you do some serious hiking.”

*The Pond Retreat Center, 18 Garren Mountain Lane 779-1569
leepantas.com/Retreat Center/retreat.htm*

Location and group seating capacity areas are available from 2 to 30+ people. The center is non-denominational and welcomes individuals and groups of faiths, traditions and points of view, both religious and secular. Available from mid-May through November.



“One day I was walking down the street I live off of and decided to wander down a nearby road I d never taken, and I found the Bamboo Grove in The Pond Retreat Center. There was no ‘private’ signage and it seemed to be designed to be for outsiders, with signs, plaques about trout and trees, etc. It touched me and I was curious to know more, so I walked toward the nearby house where the Cherry Studio sign was posted and found Lee coming down the driveway with a package to put in the mail. It was like he knew I was coming and was there just to greet me. He took me on a tour of the whole place and we spent over an hour together walking and talking about life, family, art and anything. He made me feel at home to be myself.”

Robyn Kick, Pond Center volunteer



Using all of the skills he s honed throughout his life, Lee Pantas created almost everything on site, from the signage to the sculptures to the koi pond.

Lee Pantas: A Man of Many Talents

Lee Pantas grew up in Stamford, Connecticut. His mom was an artist and art teacher and he enjoyed participating in track in high school, and both of these influences have continued throughout his life. He's worked as a research scientist, military officer, lecturer, parapsychologist, marketing director and realtor in places around the country and the world.

When he was in his mid-30s, he started to turn his attention to painting and drawing. He had no formal education, but that didn't stop him. Themes in his work include interstellar space, religion and the environmental crisis in our oceans caused by human activity. He has also completed over 2,000 pen-and-ink drawings of private residences, historic buildings, landscapes and animals. He did the home drawings for money pure and simple he said. I needed to find a way to earn income off my art. My animal drawings were a labor of love, and appreciation of and desire to share our natural world and for wild animals.

He and his wife Elizabeth moved to Fairview in 1989 from the New York City area, as they began to hear the call of the country. She was originally from NC and knew the Asheville area. We decided on Fairview when we found the 25 acres on Garren Creek Road, he said. He likes Fairview because of the wonderful, friendly people, spectacular natural setting and convenience to Asheville.

In 2005, he published a travel book on WNC. Nobody else had written a



guidebook to Asheville and the mountains at that time, he said, and I saw an opportunity to sell such a book, and include my pen-and-ink illustrations. I've sold over 30,000 copies and update it yearly. He also illustrated and published *The Wild & Furry Animals of the Southern Appalachian Mountains*, and the Crier has started to share the illustrations and animal facts from that book in our pages.

He has coached middle and high schoolers in the hurdles (and some sprints) for 25 years. I got involved in coaching when my daughter Susanna joined the middle school track team at Reynolds in 1996, he said. She was a phenom in the hurdles and as a dad I wanted to help her as much as I could, so I started coaching her on the side. After she moved on to high school I decided I wanted to continue to coach hurdles with young people and was asked to coach

at the middle school, and eventually at the high school with coaches Bill Abromitis and Buck Buchanan. My son Daniel also ran hurdles and I was able to coach him through high school. He's coached 88 conference champions in the hurdles and 21 state champions in the hurdles at the middle and high school levels.

Inspiring, educating, and giving back are important to Pantas. In 1978, he started a Catholic Christian soup kitchen in Stamford, Connecticut, called New Covenant House, that has evolved into a multi-faceted social services center serving the needs of street people and lower-income community members.

To learn more about Lee or order his art or books, go to leepantas.com



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Maggie Harvin: Reynolds District Teacher of the Year

Put yourself in this scene: It's a beautiful spring day at Fairview Elementary, with 22 fourth and fifth graders spread out on towels on the grass. They are all masked and arranged in small groups, limiting the potential spread of COVID. Their teacher, Maggie Harvin, reads aloud from a book about boy soldiers in the Civil War as the kids follow along in books on their laps. "How do you think the boys felt?" she asks the group. "Homesick," one boy replies.

What you can't hear is the background noise just across the road behind the class: a dump truck backing up with an ear-piercing BEEP-BEEP-BEEP and the slam of its tailgate when it dumps a load. There's also a grader, growling as it levels the ground for the new road I wrote about last month.

But the kids are oblivious to the noise, hanging on Harvin's every word as she brings the nonfiction story to life. Meanwhile, she gracefully orchestrates staggered "mask breaks" in each small group, never missing a beat. There's no question about why Harvin was chosen by her peers as the Teacher of the Year for all seven schools in the Reynolds District. She is phenomenal!

She grew up in Germany, spending most of her childhood at Spangdahlem Air Force Base, on the western side of Germany. By first grade, she knew she wanted to be a teacher like her mother.

Though her family is American, the first time Harvin lived on US soil was as a freshman at UNC-Asheville. She found her professors and the small campus to be welcoming, she said, so the transition was mostly an easy one. "I think one of the biggest shocks was just the selection of things in the store. The amount of toothpaste choices blew my mind."

From her student teaching at Estes Elementary, it was another easy transition to quickly becoming an instructional assistant, and then a teacher not long after. After seven years teaching at Estes, she applied for a teaching position in the United Arab Emirates "on a whim." "When I got the job," she said, "I thought it was meant to be."

Being the lead fourth grade teacher at Sheikh Zayed Private Academy for Boys in Abu Dhabi, where she went in 2016, was unlike any challenge Harvin had faced so far. She and her co-teachers, who were from all over the world, had to "build from the ground up" to create a curriculum based on Massachusetts teaching standards. The students could speak English, but Arabic was their first language. Arabic and Islamic classes took up half the students' time, so they only had half the time to learn the English curriculum. It was a wonderful adventure, but after two years, she was ready to return to the US.

She knew she wanted to come back to



Above: teaching outside; Right: Maggie Harvin and her parents in Bremen, Germany; Inset: in the UAE with a camel.



the mountains. With its student-focused reputation, Fairview Elementary was her top choice when she returned in 2018. Principal Angie Jackson is grateful to have her. "Ms. Harvin is a teacher leader who engages students in their learning through exploration and discovery," Jackson said. "She is warm, accessible, enthusiastic, and caring. Her knowledge of curriculum and how to deliver it to her students at their individual level is that of a master teacher."

But it's her students who really know what makes Harvin special. Maddox Sherrill, one of the fourth graders in the combined class, said, "Ms. Harvin is great! She is patient when we are learning new things, and always gives us extra time to work on things if we need it." And Fallon Pressley, one of the

fifth graders in the class, captured Harvin's spirit of teaching: "Ms. Harvin is one of the sweetest, funniest teachers you will ever meet! She always tries to make schoolwork more fun by turning it into a game."

Whether inside or out, it's the students that make every day interesting for Teacher of the Year Maggie Harvin. "I love working with kids and watching them discover and learn. I love their personalities. Every day is different and I love that," she said.



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

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FES Needs Bus Drivers and Substitute Teachers

by Kenya Hoffart

Fairview Elementary has some truly fantastic substitute teachers who step up and help out in the classroom when they are needed, but there is always room for more.

Substitute Teachers

Becoming a substitute teacher is easy. To start the process to become a substitute teacher, visit applitrac.com/buncombeschools/onlineapp. You will then take an online training course and complete a skills test. After that, you'll receive a certificate of completion and be asked to determine your preferences. You pick the schools you wish to sub at, the grade levels you wish to serve, and even the days you might be available. You will then receive automated calls or emails about open jobs and can very easily select to pass on a job or accept it. Once you accept a position, the teacher will leave detailed instructions about how their class does things, their schedules and their assignments, making it easy for you to enjoy a day of leading young minds at work. Substitute teachers must be at least 18 years old, hold a high school diploma or its equivalent, and pass a background check. Those who already hold an educator's license are exempt from the substitute teacher training course. Norma Hembree, a



Michelle Haney

substitute teacher, said, "I love helping out at FES, and everyone there always makes me feel welcome. It's very rewarding to spend a day helping kids learn."

Bus Drivers

Another way to help out your local schools is to become a bus driver, and FES currently has a need for substitutes. To become a bus driver, visit applitrac.com/buncombeschools/onlineapp/ to start your application. Then, call the transportation department for Buncombe County Schools at 232-4240 to enroll in an upcoming three-day class. Classes will conclude with a test and will be followed by three days of road training with a DMV School Bus Safety Trainer. Applicants must meet the NC DOT requirements to obtain



Norma Hembree

a commercial driver's license (CDL) with P (Passenger) and S (School Bus) endorsements, complete a DOT physical and pre-employment drug screening, and have a clear background check. Michelle Haney, a substitute bus driver at FES, said, "I'm always happy to help out when there is a need. The sweet kids on the bus are always excited to say hello, and it makes me feel happy knowing they all get home safely."

Substitute teachers and bus drivers are invaluable and very much appreciated at Fairview Elementary. If you have any questions, call the school at 628-3221.

In addition to having a child who attends Fairview Elementary, Kenya Hoffart is also a staff member and PTA Communications Chair at the school.

ACRHS STUDENT OF THE MONTH

Haley Clark



Haley's work ethic, humility, kindness, and dependability have all played roles in her success at

ACRHS. This came to the attention of her nominator, Key Club Adviser Beth Love, when Haley stepped up to run the club's Silent Auction to benefit MANNA FoodBank. Our annual silent auction requires a great deal of time to set up and monitor. Haley was there to help photograph the donated items; then once the auction went live, she kept the bids updated multiple times a day. She communicated regularly with bidders and did all the work to organize the items and prepare them for distribution once the auction ended. We raised over \$1,300 for MANNA, and she played a significant role in that accomplishment, said Love. Winners receive a special mug from the Crier. Congratulations, Haley!

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Tip

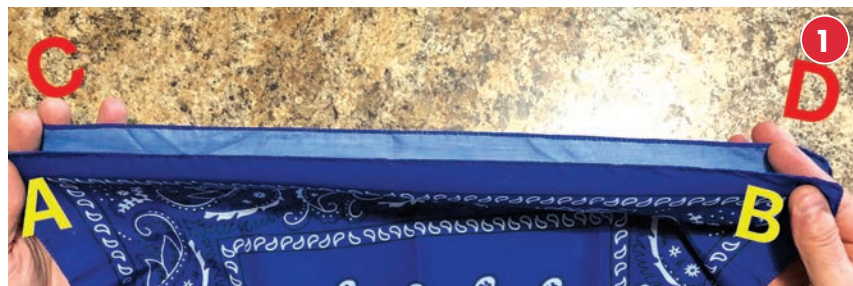
Use a handkerchief or bandanna that is the same color on both sides.
(The one shown in these pictures is used for explanation purposes.)

The trick

- 1 Fold the handkerchief in two. Hold corners A and B between your thumbs and your pointer fingers and hold corners C and D between your pointer and middle fingers.
- 2 Twirl the handkerchief toward you so the handkerchief goes around itself. You could show that the handkerchief has gotten longer.
- 3 Let go of corners A and D. Hold onto B and C and keep twirling. As you do, move your hands further apart and the silk seems to stretch.

magic!

Greg Phillips is a professional speaker, magician and comedian.
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Getting Back to Normal

We and our dogs just spent a year indoors with each other. Your dogs probably loved having you to themselves and being around you all the time. But that's not normal. As society opens back up, our dogs need to relearn—or learn—how to be alone at home and how to play well with other people and dogs outside.

Dogs, like humans, need structure and a set of rules to live by. Our pet partners need clarity, consistency and fairness from us as their owners. You'd hate it too if your boss kept changing the rules or yelled at you for no reason.

Below are some ways to help your dog re-adjust to "normal" life.

Structure

Provide them with consistent structure and help them stay on track to meet your expectations. Correct them if they go astray, show them the right way, and reward them for a job well done when they get it right.

Attention

Give them daily attention and nurturing. Don't lock them in a crate and deny them the attention they need daily. They need water, food, appropriate affection and lots of appropriate exercise. They want and need your attention and guidance on how to maneuver through life.

On/Off Switch

Teach them an on/off switch that corresponds to your rules and expectations. There is a time for play and a time for rest and calmness. Just seeing another person or dog does not mean they get to play with or jump on the person. If you leave your dog unattended in the yard for hours at a time where they are free to bark at anyone passing by, they will probably do the same when you take them to the park. If your dog gets the "zoomies" when you throw a ball around in the house, how are they to know that is not allowed when the extended family comes for a visit? Learn to gain control of situations with your dog and teach them to follow your lead and listen to you for what is appropriate at any given time or place.

Biting

If you allowed your cute puppy to give you "love bites," how are they expected to know that is not appropriate when they get older? There is no good reason to allow a dog to put its teeth on you. Stop



that behavior early on and give them the appropriate toys and chews instead.

Crating

Get past your personal feelings of what it would be like to be crated—you aren't a dog. Start over with crate training. At some point, your dog will need to be crated. Teach them early that a crate is a perfectly acceptable place to stay; they may even get special treats, chews and toys, as well as a very comfy bed to rest in. Crating is a great

way to help puppies learn to relax and be housebroken easily, to keep a nervous dog safe, or to keep a strong chewer away from electrical cords (yes, it happens a lot).

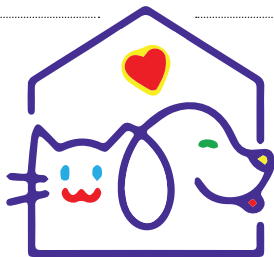
Work and Manners

Learn to give appropriate affection, attention and love to your pup rather than smothering them with love and kisses. Our dogs take on so many emotions from their owners, and they are sensitive to our ups and downs. Balance your love, attention, affection and moods with obedience work and manners for your dog—it will provide your dog with exercise for both their mind and their body. Dogs need a good job to do to keep them sane.

There are so many little things we can do as owners to help our dogs be great canine community members. We owe it to them to help them earn freedoms to be able to go places and do fun things with us. I will always vote yes to be able to take a well-behaved dog along for an adventure.



Tracy Peabody is the owner and head trainer of *Woof in the Woods* and *Specialized K9 training services*. For info on lessons, classes, and products, call 222-2222. 1451 Charlotte Highway, Fairview. woofinthewoods.com.



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B Azha is a sweet 9-year-old with an adorable underbite. He loves going on walks, playing fetch, and cuddling on the couch. He has lovely manners and is great walking on a leash with his harness. According to his foster mom, he quickly learns new commands and house rules. He is on lifelong medication for hypothyroidism, but he takes his medication pretty easily. He'd prefer to have his family all to himself. *Humane Society*



C Crepe was a stray. He has some allergies that require daily medication and a special diet to keep his skin healthy, but he has done very well with this management plan! He's also part of our hiking program and here's what the hikers had to say about him: He was wiggly with excitement while harnessing but easy to distract with treats. He sat and allowed pets from his hiker during water breaks and rode great in the car. Overall, very friendly boy! Crepe would like to meet any potential doggie roommates before moving in. *Humane Society*

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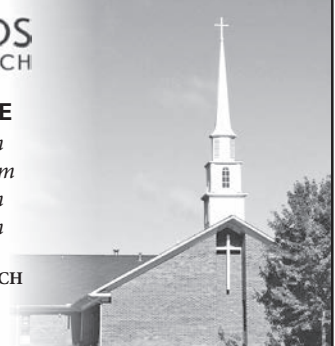
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Memorial Day

by Kit Schmeiser

Never was it intended as a day to celebrate with barbecues, hot dogs on a grill, warm potato salad, and ketchup squeezed on top of burgers and fries. The opening of swimming pools. Storewide sales. A round of golf. Treks to beaches to float in the sea.

Always was it intended as a day to mourn and honor fallen military. Their blood remains on America's soil, soldiers wearing blue or gray ~ Fort Sumter, Bull Run, Shiloh, Memphis, New Orleans, Chickamauga, Antietam, Vicksburg, Harpers Ferry, Gettysburg, Hatteras Inlet, Atlanta, Chattanooga, Appomattox. Treks to beaches to die along the eastern shores.

Always was it intended as a day to remember those who died defending America and the world. Their blood remains on foreign soils and in seas – France, Belgium, Vietnam, Korea, Iraq, Bataan, Laos, Crete, Afghanistan, Cambodia, Iowa Jima, Egypt, Italy, Philippines, Burma, Pearl Harbor. Treks to beaches in Normandy where bodies floated in the sea.

Remembrance ... never forgotten

Fairview's Kit Schmeiser has been writing poetry since high school and is a member of—and has been published by—the Georgia Poetry Society. From April through August 2020, she wrote a poem every day to reflect life during the COVID pandemic.

Isaak Raises Over \$300 (So Far)

In our February issue, we told you about Isaak Starr, a Fairview teen who designed a magnet to raise money for charity as part of a high school service project. Last month, Isaak presented the first proceeds from his fundraising efforts to MANNA Foodbank.

Mary Nesbitt, the chief development officer of MANNA, said, We are so humbled by Isaak s determination to assist food-insecure individuals in WNC. As a result of this project, Isaak is helping MANNA provide 12 meals for every magnet sold. All proceeds from the magnets go directly to MANNA FoodBank. To date, this project has already raised \$321, helping us provide 1,284 meals to our neighbors in need in WNC.

Magnets are still available for \$3 at Trout Lily Deli & Market (1297 Charlotte Highway) and another design will be available soon.



New Hiking Trail Opens in Lake Lure



PHOTO: CONSERVING CAROLINA

If you've hiked all the nearby trails during the pandemic, there's good news. A new 2.1-mile (one way) trail just opened at Youngs Mountain, offering views of Lake Lure, Rumbling Bald, Weed Patch Mountain and the lower Hickory Nut Gorge. The trail passes through land owned by Conserving Carolina, a local nonprofit, as well as the Youngs Mountain Trail Park, which is owned by Rutherford County.

The trail design includes frequent rises, dips, and curves that shed water off the trail. In the steepest sections, hundreds of sturdy stone and log steps prevent erosion. In addition, the trail includes creative features as it takes you over rocks and streams and out to dramatic outcrops.


Because the trail goes to the tops of cliffs and precarious outcrops, hikers are advised to use great caution. This out-and-back trail is also quite steep and strenuous, with over 300 stone and log steps. Hikers can opt to take only the lower, more moderate section, which ends at views from the first rock outcrops.

Currently, only a very small parking area is available at the trailhead, which is in the gated Tatanka neighborhood north of Lake Lure. Because parking is so limited, trail users must register for a free parking day pass at conservingcarolina.org/youngs-mountain. Conserving Carolina plans to extend the trail in the future to connect to a larger parking area outside of the gated neighborhood.

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Financial Tips for the Self-employed

Being self-employed has some benefits: You get to choose your own hours, you don't have to count "vacation days" and you'll never worry about getting downsized. On the other hand, you're truly on your own—there's no employer-sponsored retirement plan and no benefits package. So, if you've recently started a business or become a "gig worker," possibly due to the COVID-19 pandemic, what can you do to get on the road to financial security?

There are several steps you can take, including the following:

- Establish a budget. When you're self-employed—and especially when you're first starting out—you need to keep tight control over where your money is going. So, establish a budget and stick to it.
- Open a retirement plan. As a self-employed individual, you can choose a retirement plan, such as a SEP-IRA, a SIMPLE-IRA or an "owner-only" 401(k). When your earnings are limited, you can contribute modest amounts to any of these plans, but when your income rises, you can boost your contributions. While these retirement plans have some things in common, including tax-deferred growth of earnings, they differ in other areas, such as contribution limits, and one plan may be more suitable for you than another, depending on whether you have employees. You may want to consult with a financial advisor to determine which plan is best for your needs.
- Build an emergency fund. When you work for a business or other organization, your income is predictable—but that's usually not the case when you're self-employed. And when your earnings are uneven, you can be vulnerable to financial stress when you face an unexpected expense. To help protect yourself from these threats, try to gradually build an emergency fund containing a few months' worth of living expenses, with the money kept in a liquid, low-risk account.
- Pay down your debts. Some debts, such as loans to help your business, may be unavoidable—and even productive. But other debts, especially those that can't be deducted from your taxes and carry a high interest rate, are far less useful, so you may want to set up a repayment plan. With your other expenses, you might not be able to whittle these debts down as fast you'd like, but, over time, your efforts can pay off.
- Put money aside for taxes. Because no employer is withholding taxes from your paychecks, you will likely have to make quarterly estimated payments. Plus, you're responsible for all your Social

Security taxes, which, if you worked for someone else, would be split between you and your employer. To make sure you've got enough money available to pay your taxes, you might want to set up a special account—one that's not used for any other purpose.

- Get proper insurance. Depending on the nature of your work, you may or may not need some type of business insurance, but if you have a family, you should certainly consider the need for life insurance, and you may also want to consider disability insurance.

Self-employment can be quite fulfilling—and you'll find it even more rewarding when you make the right financial moves.



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.

March 2021 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
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Rocking in Raleigh

Your state government is fully engaged in its legislative duties. Contrary to public perception, you won't see two armed camps lobbying insults in your General Assembly. In fact, most of the bills voted out of the House have been strongly bipartisan. The GOP is still in control of the bill flow, and Governor Cooper still has veto power. There will be some bills designed to energize voters rather than solve real problems, but I suppose that is just how politics plays out.

The Long Session is organized with a series of deadlines to manage the bills that members put forward. The General Assembly hires a large staff of lawyers, with specialties in different areas of legislation. There is a deadline to get bills to the staff, and a deadline to have the bills filed (officially presented for a first reading and given a number.) The big deadline on May 13 is called "Crossover" — when a bill must be voted out of either the House or the Senate to remain viable (with some exceptions).

The heavy lifting of the Long Session will be the budget for the Biennium (2021–2022). There was no budget for the prior two years, as there was a political face-off between the governor and the GOP leadership. In that situation, the budget reverts to the prior two years of "recurring" expenditures. (The state budget also has a lot of "non-recurring," one-time budget items). Contrary to expectations

from a year ago, NC will have the funds to move the state forward. Investments in building a diversified economy, such as Research Triangle Park, have saved the state from painful revenue losses. Also, the stimulus funds and huge Coronavirus payments from Washington DC have kept many families afloat during the pandemic.

The first crack at a budget comes from the governor, but it is never the last word. Roy Cooper's budget came out in March. In it, teacher pay would be increased by 10%. Schools would receive more nurses and social workers to address post-pandemic issues. Early childhood (pre-K) would be better funded. If you want to enhance a child's future, quality pre-K is the best approach. It also allows parents to go back to work. Money would be made available for school construction, which is usually the duty of the county government. Broadband expansion is included for telemedicine, Zoom meetings and remote teaching. Other state employees and retirees would receive raises. There would be funding for more trails, greenways, land conservation, renewable energy incentives, clean water initiatives and much more.

The General Assembly is hard at work putting together its own budget, which this time originates in the Senate. It is a massive document that lays out about \$25 billion in state spending. I serve on an appropriations

committee called Agriculture, Natural, Cultural, and Economic (Commerce and Labor) Resources (AGNER). For weeks, we hear from different departments about budgeting priorities in order to build that part of the budget. I hope to present a passed budget in my next article. The next budget, if approved, would go into effect on July 1.

Much of the legislative efforts have involved the state response to the pandemic and spending the funding from Washington. One bill questions whether or not our state should exempt the federal government's Pay-check Protection Program loans from being taxed for 2020, as the federal government has done. Since the employee expenses these loans covered can be deducted, exempting the loans is a double dip. Many legislators have received these loans, and would benefit personally from having them be tax free.

Finance Committee Chair Julia Howard took a strong stand against the bill, and held it up from being presented to her committee. She is a 17-term (34-year) veteran of the NC House. She and Speaker Moore, both Republicans, faced off on the issue, and in the end Howard lost her chair of this powerful committee. The bill finally passed the House with only one no vote (guess who), after adding a provision the Democrats wanted that would exempt the first \$10,200 of unemployment compensation. The bill moved to the Senate, where they have not promised to pass it before May 15.

While politics in Raleigh is not as anger-ridden as people might think, I am

still worried about the ability of the government to lead our country through these troubled times. My job as your representative is to create policies and appropriate your tax money to enhance the lives of the more than 10 million people of NC. I am an ordinary citizen, trying to understand the complicated policies that can affect my neighbors.

Last month, I spoke with a gentleman out fishing who was having trouble with a bill I helped pass in 2019. He was a turkey hunter, and the bill did not allow hunting within 300 yards of any corn feeding. His neighbor, who loves to attract wildlife to his property, feeds corn along the edge of his property, which makes it illegal for him to hunt on much of his own property. That seems unfair to me and is probably an unintended consequence of the policy.

This story emphasizes the difficulty of governing well. I find the anti-government rhetoric seeping out of from many dark places to be disturbing, and ultimately think it will harm the sensible management of our effort to govern wisely and effectively. The changes we all face, mostly technological, are unsettling, but we will need leaders who are willing to manage that change carefully to minimize unintended consequences.



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By Sandie Rhodes

■ **Daymoon Coffeebar** plans to be open for indoor service by the start of this month. Owner Devin Walsh posted that his goal was to have “all staff vaccinated and for it to be warm enough to routinely have windows and doors open and pull some chairs” to reduce capacity to meet restrictions. In other news, customers are going to see a lot of changes, with a new hardwood bar and to-go station, new comfy chairs and barstools, and new art and bookshelves stocked with books for sale. Even the name will be slightly changed to Daymoon Coffeebar and Booksellers. Devin welcomes your ideas and suggestions about what you’d like to see in a local bookstore.

Special note: Anyone with barista/café experience looking for work, please stop by and see Devin at 381 Old Charlotte Highway, Fairview.

■ It was over a year ago that **Fairview Barbershop** had to close, and we hear that the iconic round building (next to Asheville Tropicals on Charlotte Highway) will soon house a hair salon. More information to come as details emerge, but we’re thrilled to say, “Hair today, hair tomorrow.”

■ I checked in with Nan Cole, who passed the year in quarantine renovating the old **Ecclesia Baptist Church** building at 15 Spivey Lake Drive. When she and husband Jeff Cole saw the place, it was in pretty bad shape, but they envisioned what it could become and went for it. And that turns out to be somewhat prophetic, as Nan’s new business will be called Re.Imagine. It will include artist studio spaces, a furniture and art/crafts gallery, an upholstery workshop (eventually with upholstery classes) and meeting/classroom rental space.

In the future, Nan plans to have outdoor art shows and just about anything creative you can imagine—or Re.Imagine. Most of the heavy work has been done, but the next few months are needed to wrap things up. You will be amazed at the transformation.

Special note: We would love to hear from anyone who remembers this old building in a past incarnation (a roller rink, a bar/lounge and then Ecclesia Baptist Church) to get a bit more history (please contact Sandie via email at sandie@fairviewtowncrier.com).

■ And yes, Dunkin’ Donuts is open! And yes, Sonic Drive-in is still “temporarily” closed.

Sandie Rhodes is the publisher of the Fairview Town Crier.

BUSINESS SHORTS

The new building next to Daymoon Coffeebar has been rented by the non-profit Signs for Hope, Inc. and will house the **Signs for Hope Global Marketplace**, featuring gift items from around the world. Signs for Hope founder Becky Lloyd has made over 24 trips to near and far, coordinating deaf orphan adoptions and partnerships with families and communities in the lifelong journey of adoption. During these trips she had time to shop and collect handcrafted treasures from many different cultures. It’s these finds and merchandise from the Fair Trade Federation that will fill the shelves of the new Signs for Hope Global Marketplace in Fairview. You’ll find hand-made gifts from Vietnam, Honduras, China, Nepal and many countries in Africa. Becky and staff hope Fairview and the greater community will stop by and shop, knowing their purchase is going to a greater good.

Going forward, she envisions adding a small Welcome to Fairview section to support local businesses and crafters. Becky and her husband Charles, of Fairview Animal Hospital, have lived in and served the Fairview community for 37 years.

The shop had a soft opening in late April with the grand opening set for May 8 from 9 am - 5:30 pm.

Signs for Hope Global Marketplace is located at 379A Charlotte Highway in Fairview. See the ad on page 3.



Southeastern Physical Therapy has named Dr. Maggie Parker, PT, DPT the primary provider at its Fairview location (1356 Charlotte Highway, Fairview, next to the post office). She received her Doctorate of Physical Therapy in 2018 from Elon University. Her interests in physical therapy include orthopedics and manual therapy. She is an Asheville native and attended A.C. Reynolds High School. She is happy to return to the mountains and serve the community where she was raised.



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—Trevor G., February 2021



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—Gary G., September 2020



Photos from the April Meeting

April's meeting was held at Cultivated Cocktails at 204 Charlotte Highway. Owners Taylor and Leah Howard walked us through the process of distilling gin, rum and vodka.

Next month's meeting will take place outdoors on May 10 from 11:30 am to 1 pm at Subway (4 Olde Eastwood Village Boulevard, #206). We hope to see you there.



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For more information, visit www.FairviewBusiness.com

Communities Germinate with Collective Care

We use food as a tool to care for one another in connection and action, growing organic produce for our neighbors and ourselves. Our dear garden friend and fellow land steward, Jim Carillon, wrote a poem about the practices that Root Cause Farm (RCF) has of nourishing both the relationships and land that we love. May it bring feelings of hope and energy as your imagination is stirred.

“The Root Cause Farm”

*Our community garden is a wondrous place where we
Turn compost and soils into sharing organic foods,
Turn loneliness and lost souls into deep friendships,
Turn new faces and old veterans into helpful neighbors.*

*Where we invite tears of joy or sorrow along with the rain,
Where we grow children into caring youth and adults,
Where we develop interns into ambassadors for peace,
Where we turn donors and volunteers into community leaders.*

*Where we share our lives as we share pot-luck dinners,
Where we spread caring along with the compost and mulch,
Where we pull each other up as together we pull weeds,
Where we enrich our relationships as we enrich the soil.*

*Where we turn givers and receivers into caring neighbors,
Where we support each other as we support climbing plants,
Where we work not for but with each other growing fruits,
Where we grow community as well as healthy vegetables.*

*Where we welcome everyone along with all the pollinators,
Where handshakes and hugs turn blossoms into harvests,
Where we feed those in need with healthy food and caring,
Where flowers and community together organically bloom.*

Care to join this adventure of growing community for all?

Volunteer Season

Our volunteer season is in full swing. Visit rootcausefarm.org for more information about opportunities and to sign up. We hope to see you in the garden.

Chop and Drop



Have you ever heard of the chop and drop gardening method? This is a low-till method we learned from Susan Sides, the former garden manager. If you planted cover crop in the fall, this method makes planting spring and summer plant starts a breeze. We typically plant our beds with a mix of crimson clover, austrian winter pea, hairy vetch, and oats around August to October. Come this time of year, they are tall and lush, have fixed nitrogen into the soil all winter, held the soil in place, attracted many beneficial insects and pollinators, and have hopefully outcompeted most other weeds. Instead

of simply pulling out this growth or tilling it under, we chop and drop it. Using a serrated garden knife or hand sickle, we cut the biomass right where the plants meet the soil, all the way down the bed, then lay it back onto the bed to act as a mulch holding in moisture and suppressing weeds. You can then arrange the biomass by opening up holes, adding soil amendments and compost, and planting starts directly into it. This chop and drop method will help reduce weeds, retain soil moisture, support the microbial life in the soil by not tilling extensively, increase water flow passageways from decaying cover crop roots, and save you a lot of time and energy planting in the spring.

Fairview Handmade Market

On Sunday, May 9 from 12–4 pm, RCF is partnering with Fairview Handmade Market to host a Makers Market. This COVID-19-conscious event will feature a variety of local artisans selling their wares and a fundraising raffle to benefit RCF. There are three amazing collections of artisan goods to win. For complete details, including how to purchase raffle tickets in advance, visit fairviewhandmademarket.com or rootcausefarm.org.

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



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Plantain: The Miracle Plant

Last month, I was at a small gathering at the lake with several friends when one was bitten by a horsefly. I gave him a plantain leaf to chew on and then had him smear it on the sting site to stop the pain. Plantain, nature's first aid kit, is readily available most of the year. It's a prolific and tough weed.

One time, while sitting on a bench, I noticed a juicy batch of weeds thriving by my feet; narrow leaf plantain had gone to seed and there were clusters of tall seedpods perfectly formed and mature. I begin picking a few, wrapping the stem carefully around the seed head and shooting the seed head into the streets, as I had done so many times as a child—it was nature's perfect bottle rocket. I smiled at memories of my childhood, as kids back then were easily entertained with the natural wonders of the world that were all around us. How we loved to see who could shoot these seed heads the furthest! Even though there wasn't a bang at the end, they provided us kids with endless entertainment and great fun. And they are great bottle rockets now; I get the same delight watching the seed heads snap and rocket five feet into the street.

There are two types of plantain that grow prolifically in WNC: broadleaf plantain (*Plantago major*) and narrowleaf or English plantain, with the shooting stars. Many people find these invasive

plants a noxious weed, but others know it is a miracle plant, prized for its wild edible and medicinal properties.

Even though I love and respect the plant, I know it as a weed, too. Recently, I was out in my driveway doing what I call the Rambo form of weeding—walking around with my torch hooked up to a gas grill tank and dolly, pointing a flame thrower at grass and plantain in the driveway and scorching them; once they go to seed, they make zillions of babies. I try my best to keep them at bay in the flower and vegetable gardens so they don't take over that fertile soil.

Years ago, I encountered an elderly Russian couple down on the ground in a meadow, picking bags of some mystery plant that turned out to be plantain leaves. They loved eating them in salads and using the tender leaves as a cooked potherb. Being adventurous, I decided to try them, too. I stopped after trying one leaf, as it has a very strong flavor. I decided it was an acquired taste (too medicinal), but I have never forgotten the flavor. The woman smiled and told me that they also used the leaves and roots to make a salve, mixed with lard, which was a wonderful healing antidote for cuts, burns and insect bites.

And indeed, the salve works wonders, is easy to make and there is always an endless supply of plantain leaves around in the spring and summer months. The quickest



Plantains are prized for their wild edible and medicinal properties.

way to make the salve is to grab a few plantain leaves, chew them in your mouth and immediately apply the chewed leaf juices to the bite or skin irritation. If you gather the leaves and steep them in boiling water, the tea is a great soothing remedy for sunburn or chaffing. I haven't tried it yet on poison ivy but am willing to bet it might help. A simple salve can be made by adding oil and beeswax to a pan and then hot oil, plantain, calendula blossoms and comfrey leaves. It keeps well in a tin, and it's free!

The leaves and seeds are highly nutritious, as they are loaded with vitamins and antioxidants. The seeds have similar properties to psyllium, which can be used to relieve symptoms of constipation and diarrhea.

Plantain also goes by the names "hen plant," as chickens love it, and "white man's footsteps," as Native Americans noticed that wherever the white people went, plantain followed. But the natives quickly recognized the virtues of these new plants from Europe, incorporating them into their extensive pharmacopeia; they used the plant for lung problems, respiratory ailments, cuts, bruises and warts, as well as a food source.

The other night, as I was leaving my friends' ridgetop oasis, I noticed about 100 small plantain plants clustered in one section of their driveway where nothing else grew. It was like a wild magical garden, as they formed an exquisite mandala in the driest, most barren gravelly dirt. We call these plants "weeds," which really means a plant that can and does multiply and thrive even in adverse conditions. A dear friend of mine who is now 90, when asked how he is doing, always replies, "weeds never die." It's a great lesson because we have a lot to learn from the common weeds that co-inhabit the earth we love so dearly.



Contact Roger at rogerklinger@charter.net



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Clean Out Your Coat Closet

Now that the warmer weather is upon us, it is time to clean out your coat closet and put the memories of cold weather away.

Coats Take out each winter coat or hanging item and look at it. If you wore it and plan to keep it (and do not plan to wear it again until next winter), wash it or bring it to the cleaner. You want to clean each worn coat, sweater, etc. so that moths are not attracted and it will be ready to wear next fall.

If you did not wear it this past winter, think about why not. If it doesn't fit, donate it. If you plan to wear it in the future, hang it back in the closet. Remember to go through all the pockets and remove any items.

Shoes and Boots Take out all your shoes and boots. Before anything else, sweep and vacuum out the space. If you have a lot of boots, you might need a boot tray. Inspect each shoe and boot and brush off dirt or salt with a soft-bristled brush. If things are smelly or dirty, do a web search on the best way to clean and deodorize shoes and boots.

Scarves, Hats and Gloves Review each scarf, hat and pair of gloves. If they are dirty, clean them. If you haven't worn an item and don't plan on wearing it next season, donate it. Throw away any single gloves.

Once you review everything, group similar items, place them in a box—preferably clear plastic—and label the box. Then

place the box on a shelf above the coats, if your closet has one.

Miscellaneous The top shelf of a coat closet usually has a lot of items that shouldn't be there. **Lightbulbs:** Remove them and place them elsewhere, such as in the linen closet or the garage. **Tools:** Try to store them in a small box in order to take up as little room as possible or relocate them to the garage. **Sports equipment:** Try to find another place to store them or place them in a small container on the floor of the closet to keep them contained. **Paper towels/toilet paper:** Is it possible to add another shelf above the existing shelf? There might be a lot of dead space above the existing shelf that can be used for extra bulk storage. (This would be handy for luggage, too.)

Tips

Door hooks can add storage for umbrellas, hats/caps, bags, etc. Attach baskets to the door to hold anything you need easy access to. Over-the-door shoe storage can be used to store anything from shoes to gloves to pet supplies. Schedule a similar review either seasonally or twice a year to keep your closet organized and easy to access.

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

Has Your Data Been Exposed?

Chrome is rolling out a new desktop browser feature, Live Captions, to auto-transcribe audio to text for nearly any streaming audio, even if the audio is muted. It seems like a wonderful way to “watch” a video while “listening” to one more video meeting. In all seriousness, it is a great accessibility feature for hearing impaired people. This feature, available in Chrome 89 or newer, needs to be turned on. Go to Settings, Advanced, Accessibility, and slide on Live Caption. Let it download the speech recognition files and then try it. It is not always perfect, and it won't surprise you that highly accented English might be less accurately transcribed.

It's time to again visit the “Have I Been Pwned” site (haveibeenpwned.com), this time to see if your phone number was revealed in the big data scrape from Facebook. It happened two years ago but we're just learning about it now. It would also be a good time to see where else your information might have been leaked since you last checked (or check it for the first time). You may have already changed your password at some of these places, and not all entries in this database show passwords that are being leaked.

I love any new excuse for turning off my webcam in video meetings. Researchers from Purdue, Yale and MIT have shown that webcam usage contributes to carbon

emissions and increased water usage, which is surprising, as we don't tend to think of Zoom as emitting carbon. But roughly eight hours of Zoom at high-def quality is equivalent to burning a gallon of gasoline.

For people who depend on YouTube, you might want to check out the desktop browser extension called “Improve YouTube,” available for Chrome and Firefox. It offers better control and layout options, including blocking ads and comments, avoiding unwanted channel recommendations, changing video autoplay settings, limiting bandwidth and much more. Find out more at improvedtube.com.

Something I am still trying to understand is this new craze for non-fungible tokens (NFT), most publicly seen in a \$69 million payment for a GIF. I am not going to be able to describe what NFTs are in 50 words or less. Think of it as owning the digital certificate of authenticity to a particular digital image at a particular digital place on the internet. If that makes sense, that's good enough. But you can read more in Ars Technica's (arstechnica.com) guide to NFTs.



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

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I want my health insurance plan to work well every time, everywhere and every day. Imagine if all of our healthcare experiences met or exceeded our expectations. It may seem like a pipe dream to achieve that high standard of care, but your input could help move your plan in that direction.

Centers for Medicare and Medicaid Services (CMS) is the government agency that manages the Medicare program. Medicare Advantage companies are part of that program. From March through July, health insurance companies randomly ask consumers with insurance (both Medicare and Medicaid plans) to participate in the Consumer Assessment of Healthcare Providers and Systems (CAHPS) and the Health Outcomes Survey (HOS).

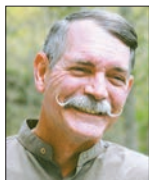
CMS develops, implements and administers several different patient experience surveys. These ask patients (or in some cases their families) about their experiences with, and ratings of, their health care providers and plans, including hospitals, home health care agencies, doctors and health and drug plans, among others. The surveys focus on matters that patients themselves say are important to them and for which patients are the best and/or only source of information. CMS publicly reports the results of its patient experience surveys, and some surveys

affect payments to CMS providers.

Patient experience surveys are sometimes mistaken for customer satisfaction surveys, but they focus on how patients experience or perceive key aspects of their care, not how satisfied they are with their care. Surveys focus on asking patients whether or how often they experience critical aspects of health care, including communication with their doctors, understanding their medication instructions, and the coordination of their healthcare needs. These surveys do not focus on amenities.

CAHPS surveys are an integral part of CMS's efforts to improve healthcare in the US. Some CAHPS surveys are used in value-based purchasing (pay for performance) initiatives. These initiatives represent a change in the way CMS pays for services. Instead of only paying for the number of services provided, CMS also pays for providing high-quality services. The quality of services is measured clinically, administratively, and through the use of patient experience of care surveys.

If you are asked, participating in these surveys will help improve not only yours but everyone's healthcare experiences and save lives too.



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

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The Fairview Town Crier

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

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

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



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