



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

JUNE 2021 VOL. 25, No. 6 | FAIRVIEW, NC | fairviewtowncrier.com



INSIDE

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Help the Daltons Kick Cancer

Samantha Dalton, the wife of Justin Dalton, a paramedic with the Fairview Volunteer Fire Department, was recently diagnosed with a rare form of breast cancer. The fire department community is coming together to help with medical costs, and we hope the Fairview community will too. See page 11 for more about the family.

Presented by Ridin' On Faith Ministries, this family-friendly fundraiser will include a mix of horse- and non-horse competitions and a performance by the Ridin' on Faith drill team.

Horse competitions will include halter, lead line, go as you please (gaited and non-gaited), buddy pick up, Texas barrels, arena race, exhibition barrels and poles, and open barrels and poles. High Point Championship Buckle, Reserve High Point, and Third Runner Up High Point will be awarded to the top three participants with the most accumulated points at the end of the day. There will also be a Very Special Horsemanship competition, only for participants with special abilities, where all participants will receive a medal. Non-horse competitions will include a boot race, a stick horse race, and a dance off.

Fairview's Smokey & the Pig BBQ will be offering food for purchase, so come hungry! Among the many raffle items are a 2021

"Givin' Cancer the Boot"



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

**Saturday, June 12, starts at 11 am
Smoky Mountain Event Center
758 Crabtree Road, Waynesville**

6 foot x 12 foot trailer donated by Jim Campen Trailer Sales, a new Rock Island VR60 shotgun donated by Big Ivy Guns, and a new Stihl MS 170 chainsaw donated by 4X4 Country in Hendersonville. Raffle tickets are \$5 each or five for \$20, except for the trailer. There will only be 300 tickets for the trailer, \$20 each or six tickets for \$100. You do not have to be present to win.

For more information or to find out how to help, call or text Chief Jones (776-3940) or Jennifer Ingle (231-7902). 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.

Who's the A.C. in A.C. Reynolds?

by Clark Aycock

"A.C. Reynolds" are words I read and write in this paper and see elsewhere many times every month. But not until recently did I stop to ask myself who—or what—the "A.C." part of Reynolds was. I Googled to get started. A page on the high school's website told me A.C. was a person, and not a thing, and that he had a longtime role in the Buncombe County school system. Ok, I thought, but did he grow up here?

I found *The Heritage of old Buncombe County*, a book from 1981, on the Internet Archive site, in which his grandchildren filled in some history about his childhood in Sandy Mush. Ok, but why was this particular school named for him?

Finally, I visited the NC Room at Pack Library (now part of the Special Collections), where librarian Katherine Cutshall showed me newspaper clippings and county school records from the 1920s to 1940s. And then I had the full picture—or at least as much as I was going to get.

Alonzo Carlton Reynolds was born in 1870 in Sandy Mush, the fifth child of John and Sarah (Ferguson), who were farmers.

He walked to Sandy Mush Brick Church School every day it was in session, including the time it snowed 36 inches and he was the only one there. A gifted and committed student, he went to Weaver College and Peabody College, in Tennessee, and graduated with a learning certificate.

His first teaching job was in a one-room



IMAGE: WCU

schoolhouse in Sandy Mush with 80 students from 5 to 15 years old. He married a fellow teacher, Nannie Elizabeth

Woods, in 1899, and they had nine children. From 1905 to 1936, he served as the superintendent, principal or president (and always a teacher, too) of Buncombe County Schools, Cullowhee Normal and Industrial College (later WCU), Haywood County Schools and Biltmore College (later UNC-Asheville).

A.C. died in 1953. Soon after, in 1956, the high schools in Fairview, Haw Creek and Oakley, where he was principal when he retired in 1942, were consolidated and dedicated in Reynolds's name. In 1976, a new building (the current high school) was erected across the street and the original building became the middle school, also named after him.

The next time you think of the school, tip your hat to the local and longtime educator who inspired the name. If you have more information on A.C. Reynolds, please get in touch with me.

Clark Aycock is the managing editor of the Fairview Town Crier.

NC's Best Plays for Fairview

Congratulations to A.C. Reynolds High School senior Addie Porter on being named the NC High School Women's Soccer Player of the Year!



IMAGE: A.C. REYNOLDS SOCCER INSTAGRAM ACCOUNT @ac_reynolds_soccer

The Cicadas Are Coming!

Cicadas that haven't seen the light of day since 2004 will be appearing in WNC any day now. Think of how much has changed since then!

Even though there may be many, many of these bugs on your trees, you are in no danger: They don't bite or sting. But they do make a lot of noise. So close the windows and run your AC or just enjoy nature's white noise machine for a few weeks.

Kids can color their own cicada on page 21.



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JUNE 1 (TUESDAY)

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

JUNE 5 (SATURDAY)

LIVING IMAGES Opening
4–7 pm. Fairview artist Jaime Byrd will share her creations in person to kick off her exhibition. Beverages and light snacks will be provided. Masks are required, and COVID-19 safety protocols will be observed. See the ad on page 8 and the article on page 23. Trackside Studios, 375 Depot Street, Asheville.

Community Yard Sale
8 am–1 pm. The Place Fellowship Church will hold a yard sale with all proceeds going to their building fund. \$10 per table. Biscuits and drinks available for sale. 2 Laura Jackson Drive, Fairview. See ad on page 17.

JUNE 6 (SUNDAY)

Old Fairview Sharon Church Homecoming
Service at 11 am, singing in the afternoon. Bring a covered dish for lunch on the grounds. All are welcome. Those who have relatives buried in the cemetery are encouraged to come and share your memories. 291 Sharon Rd., Fairview.

JUNE 12 (SATURDAY)

The Light Center Fundraiser
11 am–4 pm. A celebration of wholeness through bodywork and sound to benefit the Light Center, a local nonprofit, non-denominational prayer center. Massage, reiki, labyrinth walk, chi gong, sound healing, children’s activities and more. For more information, call 669-6845 or go to urlight.org. 2196 Hwy 9 South, Black Mountain.



JUNE 14 (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.

JUNE 20 (SUNDAY)

Father’s Day
A day to celebrate all the living fathers and father figures and to honor those who are no longer with us.

JUNE 26 (SATURDAY)

VBS at Trinity of Fairview
ONE-DAY VBS
10 am–1 pm. One-day vacation Bible school at Trinity of Fairview for kids age 4 and up to 5th grade. Register online at trinityoffairview.com or call 628-1188. 646 Concord Rd., Fletcher. See ad on page 18.



IDENTIFICATION STATEMENT

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

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

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

Wherever
you’re going,
we can help
get you
there.

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UPDATES

Expanded Hours

Beginning June 15, Buncombe County Public Libraries will expand their hours at all library locations.

The new hours will be:

Tuesday, 10 am–8 pm

Wednesday, 10 am–6 pm

Thursday, 10 am–8 pm

Friday, 10 am–6 pm

Saturday, 10 am–5 pm

Sunday & Monday, Closed

Libraries will be open for browsing, checking out materials and computer use during these hours. The meeting rooms will be available for public use. We will begin phasing in programs over the following weeks.

In accordance with Governor Roy Cooper's Executive Order 215, social distancing requirements, capacity limits and mask mandates in most settings were lifted in Buncombe County on May 14. It's recommended that unvaccinated people continue to wear face coverings.

Connect with Your Library!



@fairviewpubliclibrary



@fairview.library



fairview.library@
buncombecounty.org

► Holiday Closing

The library will be closed for the Juneteenth Holiday on June 18 and June 19.

Sit and Stay Awhile

We have begun moving our furniture back into the library. Now you can come in, sit and relax. Newspaper and expanded magazine selections will start back up soon.

Check out a Laptop and/or a Hotspot from the Library

Need a computer? Need access to the internet? Laptops and hotspots are now available to check out from the library for 30-day periods.

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).

Donations

Fairview Public Library and the Friends of Fairview Public Library are accepting book donations again.



- One box per person
- Nothing moldy, mildewy or musty
- No textbooks
- No outdated nonfiction
- No Reader's Digest issues or other magazines

All donations can be brought to the library circulation desk during open hours. Please do not leave boxes of donations outside the library or in our exterior book drop.

PROGRAMS



Tails and Tales: Summer Learning Program

Buncombe County Public Libraries have a brand-new way of presenting summer reading festivities this year. Here's how it works: Pick up a Summer Activity Sheet at any of

the public libraries. Follow the directions for completing the activities. When you're finished, turn in your activity sheet to any public library. In exchange, a librarian will give you a small seed and dirt kit so you can grow your own flowers at home.

Fancy Nancy in Fairview

Throughout the month of June, drop by the Fairview Public Library and pick up your Fancy Nancy DIY Kit. In the kit, you'll find all kinds of fancy things—a fancy pencil and notebook, stickers, activities and more. In five of the kits, there is a special certificate that can be redeemed for a brand-new Fancy Nancy book the next time you visit the library. The certificates will be added to the kits randomly. The kits can be picked up in person at Fairview Public Library only. You can pick up kits only for the number of kids who live in your household, and kits cannot be requested in advance. Supplies are limited. Perfect for kids ages 5–12.

Book Club

The Book Club will be taking a break for June and July. We will start reading and meeting again in August.

Check out the July edition of the Town Crier for next year's reading list.

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



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PRIVATE LOG LODGE with 2 car garage & apartment, rustic quality throughout, in Cane Creek Valley, 10 acres rolling pasture and woods, beautiful creek, currently used as vacation rental, **\$1,250,000**, *MLS# 3673798*



ATTENTION BUILDERS! 10 acres w/ spectacular views, short-term rentals ok, corner Hwy 74A, Cedar Mtn Rd & Atherton, H2O, sewer, gas, elec, cable on lot, 10 homes allowed (more w/ zoning variance) **\$600,000** *MLS# 3637875*.



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

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3/2 FULLY RENOVATED KITCHEN & BATHS. Granite counters, new paint & carpet/flooring on acre lot. One level, handicap accessible. Gas log fireplace, carport with utility rm. **\$329.9K** Call Susan (828)301-1410.

OUTDOORSMANS PARADISE



10 AC - END OF THE ROAD, TOP OF CHESTNUT MTN! Unsurpassed views, community hiking trails, boulders, rocks, cliffs, creeks, reflection pools, rhododendron, wildflowers, huge trees and abundant wildlife. Underground elec. Approved 4 bdrm septic. Call 828-628-3088 **\$400K**

LONG RANGE VIEWS



MOUNTAIN ESTATE site work & driveway in place ready to build dream home. 11 acres! Incredible long-range yr-round views at 3500ft. No need for AC. Highly desirable southerly exposure **\$289K** Call Jenny 828-779-4473

GATED COMMUNITY



NEW HOME - The Crossing at Cane Creek, 4/3 on 1.6 ac. Gated, park/picnic area w/ gazebo's & playground on both sides of stocked, bold creek, trails & community park. All new homes. Distant mtn view. **\$700K** Call Allen (828)329-8400

PROPOSED BUILD



LAND/HOME PKG 3BD/2BTH 2564 sq ft modern farmhouse. 2 acre lot. Formal entry & dining rm open into open living area w/ raised ceilings. Lg kitch w/ views to rear porch, island/bar, pantry. Lg walk-in closets. Upstairs bonus room. **\$750K** (828)628-3082

NEW LISTING



CANDLER 3/2 2018 MODULAR. Well kept. Gorgeous country setting with rolling grassy fenced pasture in front of house. Possible 2nd build site. **\$325K** call Devon Satchell 828.747.2694

MOUNTAIN ESTATE



PRIVATE LOG LODGE ESTATE IN CANE CREEK VALLEY. Wraparound cvred porch on 3 sides w/ open deck in rear overlooking pastoral setting, creek w/ little falls. 2 car garage w/ apartment above & private deck. Call Allen Helmick (828) 329-8400. **\$1.25M**

FAIRVIEW FOREST



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

**THIS COULD BE
YOUR HOME HERE!**



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PROPOSED BUILD



3/2.5, 2-STORY W/CATHEDRAL CEILINGS. Open floor plan w/huge great room, dining area & kitch w/bfast bar. Master on main, walk-in closets. New agrihood subdivision in heart of Fairview. Many plans available. **\$480,000**

UNDER CONTRACT



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

DOWNTOWN LUXURY



RARE SALE - 1 bdrm Condo in elegant Battery Park bldg. Priced below tax value. Spacious, bonus room/office/2nd bdrm. Climate controlled deeded storage unit, secured basement prkg. Rooftop terrace, great views, fitness room, club room++ **\$650K** Call Omar Fakhuri (828)230-3647



17 ACRES SPECTACULAR SOUTH VIEW, privacy, wooded w/ level homesite on ridge. Paved road frontage, ideal for secluded estate or mult homes. Community has cascading waterfalls, 1200 ac of wilderness, hiking trails & stream. **\$275K** (828)628-3088.

PRICE REDUCED



WATERFRONT LOT Perfect for buyer seeking private, wooded lakefront property. Underground utilities, paved access. Home must be site built. **\$100K.** Call Karen Cernek 828.216.3998

PROPOSED BUILD



LAND/HOME PKG W/ CURB APPEAL! Modern farmhouse, 3 BRs w/ lg walk-in closets. Formal entry & dining rm, lg open living area, lg kitch w/ views to rear porch & island w/ bar, lg pantry. Bonus room/guest suite. **\$750K** Call 828-628-3082.

LAND FOR SALE

To see all our land listings visit
coolmountainrealty.com

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

OUTSTANDING, BEAUTIFUL, LARGE 2+ ACRE LOTS in Fairview. Running creek through the subdivision. Lots of amenities like underground power, city water and each lot has already been metered. Will be paved by seller. Call for more info 828.628.3088 **\$150K**

PRIVATE, WOODED CUL-DE-SAC LOT in Candler, the Cumbres subdivision is a peaceful neighborhood w/ plenty of buffer space between neighbors. Close to the Blue Ridge Pkwy & Mt.Pisgah.; 25 min to DT AVL. Call Devon 828.747.2694. **\$40K**

COMMUNITY AMENITIES in well-known Fairview gated community, nestled in Cane Creek Valley w/ mtn views. Security, gazebo, creek, green space, playground. Call the office for more info **\$63-64.5K**

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

3 PARCELS! 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**

VEWS! 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

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

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

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

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

AMENITIES Spectacular view, privacy buffer w/ paved access w/ all amenities of High Vista. Golf, tennis, pool and lovely country club on site. 3 lots sold together or separately (828)628-3088 **\$75K**

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

EASY TO BUILD ON SHUMONT LAKEFRONT home site, frontage on private inlet adjoining only 1 neighbor. Inc rights to Rumbling Bald resort & access to Lake Lure. Boat slips can be rented from the town. Call Karen (828)216-3998 **\$125K**

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

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

LAKEFRONT GATED BEAR CLIFF SUBDIVISION! Lake James Waterfront Community - Affordable 1.41 acres and all the Amenities of Lakeside Living at it's Best!! Hiking Trails, Black Bear Marina close by! Access to the Lake! Call Susan (828)301-1410 **\$34.9K**

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

HISTORIC WAREHOUSE busy Hwy 74A. Rough-sawn wood & metal roof. New bthn, septic drainfield, pump system installed, shared septic w/ neighboring prop. No water on property. **\$100K** Call Allen 828.329.3400

LONG RANGE VIEWS 6.5 ac cleared J&L level knoll w/ driveway installed ideal home site. Very private wooded tract (not steep slope zone) can inc 3.42 ac (exp 4 BR Perk) **\$375K** Call Karen 828.216.3998

MAJESTIC OAKS



LOT 6 0.51 \$64,500
LOT 9 0.521 \$63,000

**+ ALMOST 1/2 ACRE OF
GREEN SPACE!**

VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8

New Bethany Baptist Church of Broad River

I doubt that many people in Fairview or Broad River have ever heard of New Bethany Baptist Church. I received a copy of some of the church's meeting minutes from December 11, 1841 to January 16, 1849 from a man in Edneyville—I believe his name was Stuart Nanny—but this was over 35 years ago.

New Bethany was formed in 1833 in the Broad River section of what is now Buncombe County. In 1833, Broad River was part of Burke County. It then became part of McDowell County, and then part of Buncombe County in the mid-1920s. Partisan redistricting now is nothing compared to the past. Broad River was taken out of McDowell County and put in Buncombe County because it was so Republican that its voters almost defeated a powerful Old Fort Democrat in the General Assembly. McDowell County lost almost 100 years of property taxes to save one politician's seat.

The church was located somewhere between Flat Creek (Nesbitt's Chapel) and Bald Mountain. Rev. Bailey Bruce (1813–1886) was one of its pastors. He served at many churches within a 40-mile radius of Fairview.

The Church as Court

Few people know that the church acted as a court for troubles that occurred

between church members. The minutes taken on December 11, 1841 say the church took up charges against Joseph Craig. He was charged with rioting and frolicking. The case was presented to members of church. The church members listened to the evidence presented in the case and then voted to exclude Craig from the church.

Amos Ownbey vs. Amos Ownbey

On July 30, 1842, New Bethany Church met in session and found all was well except for a charge brought against brother Amos Ownbey against himself for getting angry. The church heard his acknowledgment and restored him to fellowship.

On November 12, 1842, the church met in session and inquired for fellowship and found all was well except for a charge against Isaiah Watkins for destroying J. W. Harris's fruit trees. A motion was made, and the church voted to exclude Harris.

Toward the end of the church's existence, members voted to appoint H. Gilliam and W. N. Williams as delegates to the Salem Baptist Association. Brother B. Wright wrote a letter that set forth the condition of the church to the association, asking them to appoint a committee to come and examine the church's condition and dissolve it if they thought best.



The gravestone of New Bethany Church member Madison Ownbey, located in the Ownbey-Moore Cemetery in Mills River. (Source: Findagrave.com)

Arthur Ownbey, Andrew Clements, James Bass, John A. Coxey, David Searcy and Jarret H. Freeman.

Female Church Members

Mary Gilliam, Mary Ownbey, Amelia Ownbey, Delila Ruff, Mary Hudgins, Susannah Hudgins, Mary Williams, Alziney Freeman, Sinthia Suttle, Anna Freeman, Drusilla Ownbey, Malinda Ledbetter, Catherine Ownbey, Barbara Ownbey, Mary Ownbey, Isabell Ownbey, Catherine Reed, Sarah Gilliam, Armintha Ownbey, Jane Ownbey, Nancy Ownbey, Elizabeth Clements, Sally Ownbey, Ann Searcy, Susannah Huggins, Belinda Ledbetter, Nancy Robinson and Elizabeth Ownbey.

The following are a list of people that were members of New Bethany Church during its brief existence.

Male Church Members

Harris Gilliam, Amos Ownbey, Joseph Ownbey, Joshua Ownbey, Ephraim Ownbey, John Hudgins, Josiah Hudgins, Charles Gilliam, Dobson B. Freeman, Isaac Suttle, Jarrett M. Freeman, Madison Ownbey, Jacob Reed, William Ownbey,

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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Council on Aging offers

RESOURCES, INFORMATION, ASSISTANCE

WALK THE TRACK WITH CORY AT SPRING MOUNTAIN COMMUNITY CENTER!

Tuesdays and Fridays, 12–1 pm
No RSVP required. See you there!
807 Old Fort Road, Fairview



CORY REAVIS
Fairview Aging
Services Navigator
828-277-8288 x1313



FOR MORE INFORMATION
Call 828-277-8288 or visit coabc.org

VACATION RENTAL PROPERTIES!

ANNIE’S CABIN



2BR | 2 BA

Pet-Friendly Cabin Rental in Fairview with Hot Tub, Deck, Grill, and Mountain Views!

LARSON’S LOOKOUT



3BR | 3.5 BA

Pet-Friendly Cabin Rental in Fairview with Hot Tub, Grill, Game Room, and Mountain Views!

RUSTLING RIDGE



4BR | 3BA

Pet-Friendly Rental in Fairview with Hot Tub, Terraced Yard with 2 Fire Pits, Game Room, and Mountain Views!

SEE MORE RENTALS AT GREYBEARDRENTALS.COM

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Greybeard’s real estate experts



Greybeard’s Property Management division

A Dry Spring So Far

It seems like the cool mornings of early May moderated somewhat and allowed the planting of warm-season plants and vegetables during the last half of the month. The old rule of thumb of planting tomatoes around Mother's Day is a pretty good rule, but this year was a bit cooler, with lows in the low to mid 40s even through the middle part of the month.

We are a little on the dry side this spring, with fewer showers and thunderstorms than usual through mid-May. We have had more of a west-to-northwest flow of air, which inhibits the influx of warm and humid air from the south and southeast. This pattern should break down a bit more over the next few weeks, and we should get into our more typical pattern of scattered showers and thunderstorms. We have gotten a few doses of rain right when we needed it so far. Temperatures in the low 80s and an average low temperature within a few degrees of 60. June, July and August comprise our "meteorological summer," which is the warmest three-month period on average during a given year.

Stay Cool

We should also notice an increase in the dew point temperature, which is the measure we use to denote how "muggy" or "uncomfortable" it feels outside. In the summer, a dew point of 70 or higher usually has one trying various ways of cooling off.

In terms of ocean water temperatures, warm waters



in parts of the tropical Pacific during our current El Niño season are starting to cool slightly, and we are likely to transition into a neutral pattern this summer. We'll have to wait and see how this will play out in relation to Atlantic hurricanes. However, as I usually say, it really doesn't matter how many hurricanes actually form. What's important is whether a hurricane will hit the US, and where?

While we can have a fairly decent forecast to predict the number of named storms, predicting track and intensity is still a short-range forecast activity. More info on hurricanes, research and general information and safety guideline can be found at nhc.noaa.gov.



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

WEATHER WONDER

What Is a Megacryometeor?

A megacryometeor is a very large chunk of ice that differs from a large hailstone. It is formed under unusual atmospheric conditions that clearly differ from those of the cumulonimbus cloud scenario (i.e., clear-sky conditions). They are sometimes called huge hailstones but do not need to form under thunderstorm conditions. For example, in January 2000, ice chunks weighing up to 6.6 pounds landed in Spain out of cloudless skies for 10 days.

More than 50 megacryometeors have been recorded since 2000. Some have been as small as about one pound, but one monstrous mass of ice that fell in Brazil weighed about 400 pounds and crashed through the roof of a Mercedes-Benz factory. Another recently made headlines in Oakland, California, weighing over 200 pounds and creating a dent in the earth that was three feet deep.

The process that creates megacryometeors is not completely understood, but it is documented that they do not form from airplane toilet leakage; the large chunks of ice that do occasionally fall from airliners are distinctly blue due to the disinfectant used (hence their common name of "blue ice"), but leaking water from airplanes hasn't been ruled out. You can read ongoing research about megacryometeors at weatherstreet.com/weather-questions/What-causes-megacryometeors.htm.

QUESTION of the MONTH

What is the coldest temperature recorded in June across WNC?

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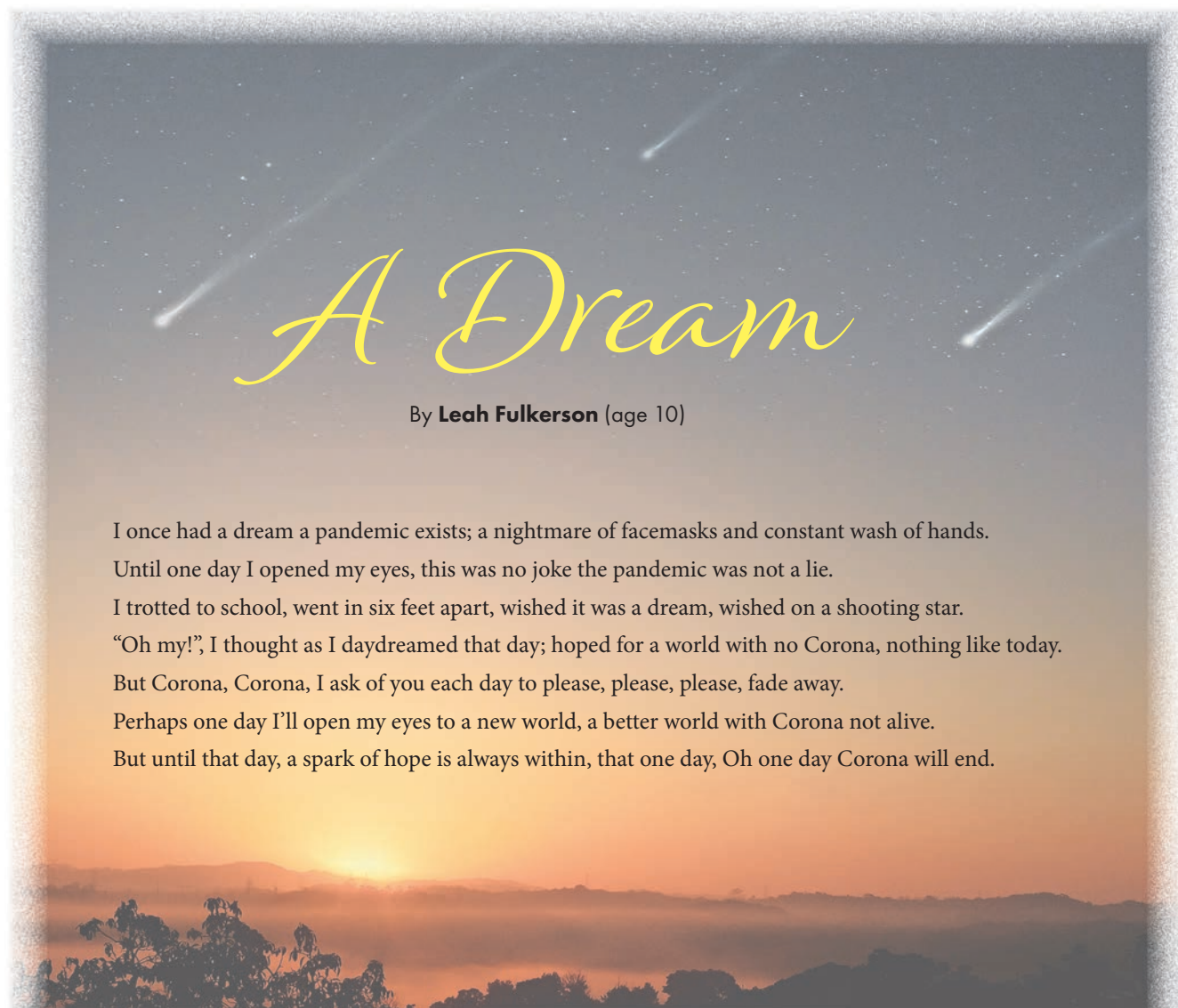
Poetry Contest Winners

Friends of Fairview Library (FOFL) would like to thank everyone who entered a poem in their contest. April was National Poetry Month, and FOFL asked entrants to submit a poem with a theme relating to the pandemic.

They received 21 entries, with 17 from adults and four from kids under 12. The judges had quite a challenge coming up with the winners.

In the adult category, "Face Mask" by Kit Schmeiser and "Now We are Learning This" by Faith Ryhne tied for first place. In the kids category, "A Dream" by Leah Fulkerson, age 10, was the winner. Schmeiser and Ryhne will each receive a copy of *The Hill We Climb* by Amanda Gorman. Fulkerson will receive a copy of *Words with Wings* by Nikki Grimes.

To see all of the poems submitted, go to bit.ly/fairviewpoetry21.





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NOW WE ARE LEARNING THIS

By Faith Ryhne

In whispers it came, hush and slow-spread
shaped as the voiceless sphere
of a dandelion,
cities lit at night under planes.

It did not come wriggling, slithering,
or crashing.

It came drifting, hanging like air,
caught in pearls of breath
sparkling over everything we sigh about,
settling.

Replicated in dark creases
inside our heads and chests,
the fibers of our hearts,
winter cold.

Silent streets,
jagged line graphs, rising numbers,
hospitals afloat in the harbors,
bright white bundles, rolls and rolls,
biohazard, poppy red,
mouthless grimace,
no toilet paper.

"Close down the schools," the order
came.

"Now we are learning this."

Tears of God and all Gods
fold the mountain, exhale fog,
as ghosts of the girdled
echo their fallings in the forest,
being morning breezes.

No more coffin wood, only bleak
sunlight,
no tooth-leaved shade.

Scurry squirrels,
dig and dig and dig.

"Forget the fallen," old hunger says.
"Now we are learning this."

Redbud procession, same as before,
only difference in details:
new branches, new blooms.

Creeks surge and wither, slightly
frogs begin chorusing
their one-season world.

Up through the parking lots
- empty elementary school,
empty pool -
uncautious shoots of new green rise
through soil made of dust,
bones, bark, rock worn to sand
under asphalt.

Once a giant, stubborn roots hold
tight.

Unnoticed on ridgelines,
small striving trees,
not yet choked out by blight,
grow, seeking the light
because - really -
what else is there to do?

Now we are learning this.



By Kit Schmeiser



Batman
Darth Vader
The Lone Ranger
Zorro

I feel like none of those masked men -
Neither a fighter for justice nor
walking
on the dark side.
A woman with

No bat cave.
No lightsaber.
No silver bullet.
No sword.

I don't leave home without a mask
and leave one dangling around my neck
for chance encounters.

I am afraid



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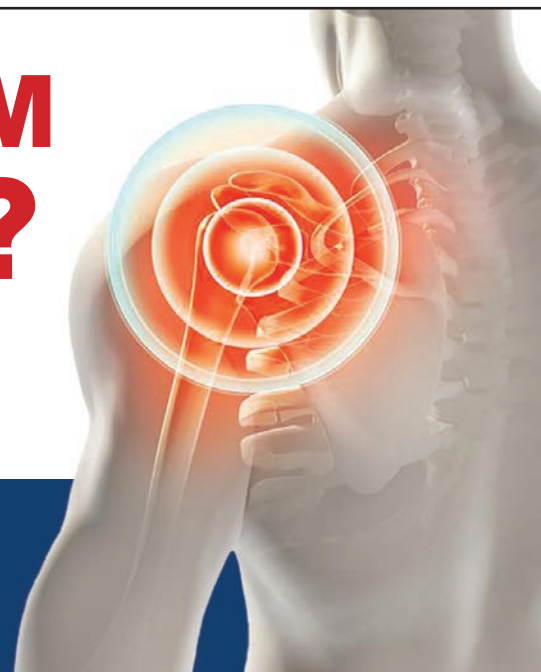
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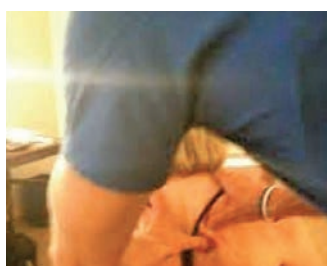
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"I started to experience a shoulder problem. It began gradually and eventually I couldn't lift my arm above my head. I was in constant pain and in an attempt to avoid surgery, I came to Dr. Reilly for his recommendations. Dr. Reilly used the scar tissue release and laser therapies to treat my shoulder. I felt relief after the first treatment. I would 100% recommend trying this treatment before considering surgery." —*Randy B.*

"I was in a very bad car wreck and seriously injured my shoulder. After seeing doctors and physical therapists and not getting any relief, I began to believe that nothing would ever get any better. After hearing about Dr. Reilly, I decided to give him a try. I am so glad I did! My treatments here helped immensely. They have improved my strength and function and decreased my discomfort. I would suggest to anyone, get assessed by Dr. Reilly, because it is really amazing what he can do!" —*Morgan C.*

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Meet Paramedic Jason Dalton

Justin and Samantha Dalton

are the center of attention right now at the fire department. They received the news that no one wants to hear: Samantha, at the young age of 30, was diagnosed with cancer in March. The fire department family immediately jumped into high gear to support this young family and stand with them during this journey. Justin made it very apparent how much he and his family appreciate the outpouring of support from the community. "We honestly do not know what we would do without this community backing us up," he said. "The news we received could really put us in debt and cripple us financially for life, but because of the community's support we feel we are going to be okay."

Justin was born in Fairview and has spent his entire life here. After graduating from Reynolds High School, he attended AB-Tech and received his EMS credentials. He then joined the Army Reserve as a medic for six years. At the same time, he was employed by Buncombe County EMS, where he worked for 8 years. He started working part-time for the Fairview Fire Department and has been a full-time employee for the last 2 years.

Justin is a known prankster and jokester



on shift, and co-workers have to be on their toes when he is around. But he is also usually the one to help cook dinner, which he loves to do and takes very seriously.

He and Samantha have been married for seven years, after meeting at Mission Hospital when she was a nurse there. Most of what they do now centers around

their five-year-old son, Mason. Justin's activities include working out, being outdoors, hunting, fishing and hanging out with his family. The Daltons' favorite place to vacation is Destin, Florida, but this year that will have to wait until Samantha's chemotherapy and radiation treatments are complete, which should be by March of next year. They are hoping to sneak away to Tennessee or Kentucky for a few days.

Justin said, "It's a true honor to serve this community." But I believe we are the ones that are honored and blessed to have him and his family here in Fairview.

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)."

Spring Update & Help Wanted

The pantry has been steadily serving its clients in the first part of the year. Here are the numbers.

January: 182 households (61 per week), 616 individuals. Due to the holidays, the pantry was only open three Mondays.

February: 195 households (49 per week), 616 individuals.

March: 188 households (38 per week), 541 individuals. The pantry was open on five Mondays.

April: 134 households (34 per week), 188 individuals.

The number of visits to the pantry typically goes down during the spring and summer. Reasons include that some households depend on seasonal employment, and some households received stimulus checks this year. Clients are very good about not coming to the pantry if they don't need assistance. They know this helps the pantry serve more people. This is one of the things that makes volunteering at the pantry so rewarding. It truly means the pantry is helping individuals, families and households who are in real need of food assistance.

We are seeking volunteers at the pantry for Monday afternoons and Tuesday mornings, as we operate with a skeleton crew most weeks. Monday is normally the day when clients are served, and Tuesday is the day when supplies are picked up at MANNA Foodbank and the shelves are

restocked. If you can lift a 20-pound box of food from a shopping cart for about three hours, we would welcome you to join us.

Anyone with a large SUV or pickup truck who could pick up the items at MANNA and bring them to the pantry between 8–10 am on Tuesdays would be especially appreciated. The pantry is still looking for a volunteer to assist the pantry manager. That would require being at the pantry on Monday afternoons and Tuesday mornings, computer skills, and a desire to assist the food-deficient population of Fairview.

I'd like to thank all the families from Fairview and the surrounding communities who donate their financial support, the volunteers who donate their time, and the people who donate items at the pantry's two collection locations (First Bank at 5 Olde Eastwood Boulevard, Asheville, and Americare Pharmacy at 1185 Charlotte Highway, Fairview). And thanks to local churches for their support, including a bi-weekly food drive and cash donations.

If you are looking to donate, remember that useful items are baby food, pet food (canned and dry), disposable diapers of any size, and personal care items.

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



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Top Triggers for Migraines

Migraine headaches affect over 37 million people in the US and are one of the top three reasons someone visits an emergency room. The combination of an intense headache, nausea, vomiting, mood swings, food cravings and unusual light, noise and smell sensitivity greatly impact the quality of one's life. Below are nine of the top triggers for migraines.

Vertical Scrolling When using computers, phones and tablets, we are not only exposing our system to high amounts of blue light but also spending time scrolling vertically versus horizontally. When we move our eyes up and down, we fire the part of our brainstem known as the midbrain. The midbrain controls everything from pupil contractions to our dopamine levels and, most importantly, pain modulation. The upper part of the brainstem is where our "fight or flight" response lives. If you primarily work via technology, limit your screen time to 30-minute increments and use blue-blocking glasses.

Inadequate Sleep The hypothalamus is the part of the brain responsible for regulating sleep and wake cycles, as well as our pain modulation. Another link between migraines and sleep is melatonin levels, which are produced by the pineal

gland in the brain. Simple changes, such as establishing a routine of consistent sleep and wake-up times, can reduce the likelihood of this trigger. You should aim to sleep seven to nine hours per night and remove any technology from the bedroom.

Food Sensitivities Several studies have found a link between immune reactions to food and migraine headaches. Food sensitivities can occur from genetics but also from "leaky gut syndrome," in which the protective barrier in the intestines allows food particles to leak through and cause an immune response. This can occur from chronic antibiotic use and even a hit to the head or a concussion. Keep a journal of what you eat and drink to find patterns. Elimination-based diets (even for just six weeks) have been shown to reduce the number of headache days for migraine-prone individuals.

Muscle Spasms Our eye muscles and neck muscles are deeply connected through our inner-ear-balance system, the vestibular system. When we move our eyes, we can feel the back of the upper neck (occiput) move because these muscles are linked. When we are unable to stabilize our gaze on a specific target, we are constantly firing these muscles and they become fatigued and inflamed. Working on gaze-stabilization exercises,

stretching the neck daily and receiving routine chiropractic care is recommended.

Excitotoxic Additives Check your labels for common FDA-approved food additives. Some can have damaging neurological effects and trigger migraines. These excitotoxins overstimulate the neurons whose job is to ensure proper communication within the brain. Try to avoid common food enhancers such as MSG (monosodium glutamate), which has been shown to cross the blood brain barrier and cause misfiring. Read labels for artificial sweeteners such as aspartame, which is found in low-calorie food products.

Head Trauma and Concussion Headaches are the most commonly reported side effect of a mild traumatic brain injury. Trauma-induced migraines occur most frequently among children and adolescents. These migraines can persist when individuals suffer from post-concussion syndrome, in which full recovery is not achieved after a hit to the head. Consider being evaluated for continued symptoms if your headache frequency and severity changed after a concussion, fall or motor vehicle accident. The "wait and see" approach is not always best.

Stress There are many ways that stress can interact with migraines in those who are predisposed. These attacks can occur from biochemical changes, such as cortisol that is being released in response to stress. Often, it is not the stressful situation itself but

rather our response. Pick up a stress-reducing habit, such as spending time outdoors, 1:2 breathing exercises, meditation practice or more in-depth brain training with neurofeedback.

Hormones Headaches, especially migraines, have been linked with the female hormone estrogen. This is largely because estrogen is not only a sex hormone but also controls the sensation and perception of pain. Hormone levels can shift due to many factors. If you notice that your migraines have changed along with other signs of hormonal changes (fatigue, joint pain, constipation, food cravings, acne), it may be time to check your estrogen levels.

Exercise Strenuous exercise can trigger migraines. Do not let this stop you from taking care of your physical health but rather create a more comfortable scenario. When picking the time or location, choose a temperature-controlled environment, such as indoors or early in the mornings in the summer. Exercising in hot and humid weather can increase the risk of developing a migraine due to dehydration or the inability to regulate body temperature (homeostasis).

Dr. Diana Tyler is an associate doctor of chiropractic at APEX Brain Centers, currently seeking post-graduate board certification in functional neurology. She can be reached at ApexBrainCenters.com or 708-5274.



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Be Careful When Restarting Summer Activities

Normally, this is the time of year when we all get back outdoors in full force. The weather is nice, the mountains are green, and the days are longer. But now, with the COVID-19 situation starting to get better, more and more people are finally getting outside and active again. But whatever you do—hiking, kayaking, tennis, walking, etc.—make sure to take it easy and let your body adjust. If you do too much too fast, especially as you get older, you may injure yourself.

A few years ago, a patient I'll call John came to see me. In the first game of his summer softball league, he had tried to stretch a single into a double but was tagged out when he pulled up with a sore leg.

He was very active when he was younger and had strains and sprains in the past, and they'd usually go away on their own in a few days. But he was older, and heavier, now, and his leg was still sore after a month.

The RICE Rule

John had Googled what to do right after the injury, and was reminded of a helpful acronym (which you should know as well). RICE stands for rest, ice, compression and elevation. John had stayed off the bad leg. He used a frozen bag of peas to keep down any swelling. He used an Ace bandage to

If you do too much too fast, especially as you get older, you may injure yourself.

wrap the sore area. And he kept the leg up when he watched TV. (A few tips on icing: use ice for 10–20 minutes up to four to five times per day. Put a towel between your skin and ice to prevent freezer burn and wait at least an hour before repeating.)

But his leg was still sore, and so he came to see me because he was frustrated and wanted to get back to doing what he enjoyed.

Sports injuries usually fall into one of two categories: acute sprains (ligaments) and strains (muscles and tendons), and repetitive strain injuries like shin splints. The most common injuries I see are plantar fasciitis, Achilles tendonitis, heel spurs, tennis or golfer elbow, knee tendonitis, rotator cuff syndrome and frozen shoulder.

There are many ways to treat an injury. For instance, if your injury is chronic in nature, such as tendonitis, heat might be more helpful than ice; whereas a soft-tissue release might be more helpful with repetitive-type injuries. Rest may or may not be helpful for some injuries. For self-rehab, stretching



With the Graston Technique, a physician uses stainless steel bars of different sizes to rub over a problem area.

followed by strengthening is usually the best approach, and many of these exercises can be found online.

Graston Technique

The most effective treatment will be different for everyone and dependent on conditions. Upon observing John, I noticed that he had a lot of scar tissue in the affected area and thought the Graston Technique would be the most effective treatment. In this technique, a physician uses stainless steel bars of different sizes to rub over a problem area. The bars can allow for a deeper, more intense soft tissue release, which can allow for the breakup of scar tissue and restoration of mobility and function.

Myofascial release can help when other

treatments fail, and the Graston Technique is an advanced form of myofascial release. With specialized training and the resulting credentialing, a doctor using the proper tools can often detect “hidden” areas of damaged tendons, ligaments and muscles. This technique can help rapidly break down these often difficult-to-treat areas, leading to fast results. Sometimes, the myofascial release can create temporary soreness or bruising as part of the healing process; but it can be effective when massage or other types of myofascial release has failed.

John got some initial relief after the first treatment. After a few more sessions and some stretching and strengthening, he recovered fully and was able to get back to playing softball with his friends.

So be careful as you get outdoors and active again. If you're treating an injury yourself and it's not getting better, it's time to get a professional evaluation before it gets worse.



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

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June Is Conservation Month

Sunny summer days provide wonderful weather to hike, picnic, get outdoors and celebrate all we love about the mountains. National Trails Day and Land Trust Day are celebrated on the first Saturday in June, and they raise awareness and support for both public trails and conservation land trust efforts to protect forest, farm and water resources across the landscape. Brilliant Catawba rhododendron blooms blanket the mountains in the Highlands of Roan, enticing crowds from near and far. Each year, Southern Appalachian Highlands Conservancy (SAHC) holds a “June Jamboree” to celebrate and educate people about land protection and resource management efforts in the Roan Highlands.

Straddling the Tennessee/North Carolina border, the tight cluster of peaks and ridges known as the Roan Massif is a showcase of globally significant biological diversity, punctuated by Appalachian grassy balds, rhododendron gardens, high-elevation rock outcrops, southern Appalachian bogs and rich spruce-fir forests. The ecosystems contain one of the richest repositories of temperate zone biodiversity on earth.

This year, SAHC is continuing the annual June Jamboree in an expanded format, with a week-long schedule of virtual events, as well as a month-long challenge to get people involved in citizen-science. This virtual format will allow us to host more special

guest speakers and give people a broader understanding of the Roan—from theories on how history shaped the Appalachian grassy balds to ongoing efforts by private and public agency partners to manage rare ecosystems in a changing world, and from updates on recent land protection efforts to tips on lesser-known places to take a day hike along the Appalachian Trail.

Starting off the week, Travis Knowles will give a live Zoom presentation about the history of the grassy balds and the natural and man-made forces that shaped them. Bring your questions! If you’ve ever wanted to ask an expert about these unique balds, here is your chance. According to Peter Weigl and Knowles in their research on “Megaherbivores and Southern Appalachian Grass Balds” (July 2006), “The persistence of the grass balds of the southern Appalachians represents an ecological enigma and a conservation dilemma. These high-altitude treeless expanses, well known to native Americans and later grazed by white settlers, are now undergoing rapid succession, which threatens a unique community of plants and animals.”

Next, take a tour of on-the-ground efforts to actively manage, restore and preserve the unique grassy balds, forests and high-elevation aquatic ecosystems of the Roan, hosted by SAHC’s Roan Stewardship Director Marquette Crockett and

June Jamboree Events

- **Monday, June 7, 12 pm** Lunch & Learn: The Ecological and Human History of the Roan Massif’s Grassy Balds, with Travis Knowles
 - **Tuesday, June 8** Three-part Video Tour of the Roan Highlands
 - **Wednesday, June 9, 12 pm** Lunch & Learn: 7,500 Acres in the Highlands of Roan. Now What?
 - **Thursday, June 10, 5:30 pm** June Jamboree Social via Zoom
 - **Friday, June 11** Virtual Hike Video Premiere via YouTube
- All month long! — iNaturalist Scavenger Hunt Challenge**

Roan Seasonal Ecologist Travis Bordley. Learn about a new 7,500-acre preserve, which will be donated to SAHC in the coming year and what it takes to make that happen. We’ll wrap up the week with a conservation celebration and the premiere of a new guided hike video. Throughout the month, you are encouraged to tap into the collective power of citizen-science and join SAHC’s iNaturalist scavenger hunt. For more detailed information and registration links for the June Jamboree events, which are free and open to the public, visit Appalachian.org/June-Jamboree-2021.

All of these critical land protection and active management efforts require funding. In celebration and support of conservation efforts, local businesses have stepped up to support SAHC, including local breweries and outdoor recreation gear outfitters. Wicked Weed Brewing Company is

matching all donations to SAHC during the month of June, up to \$10,000. In support of Land Trust Day, Mast General Store in Asheville and Waynesville will donate 20% of their proceeds from sales on Saturday, June 5 to SAHC. In addition, from June 1 through 6, shoppers can round up their purchase total when checking out, also benefiting SAHC. Second Gear will donate 1% of sales from the entire month of June and 10% of sales on Land Trust Day (June 5). On June 26, Highland Brewing Company will host a seasonal release party, with \$1 per pint sold of the new “Peachful Picnic” donated to support land and water conservation efforts through SAHC.

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

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Ready for Summer Break

Everybody remembers being a kid and counting down the days until the final school bell of the year, then running for home. After this last year, I think that everybody is ready for the final bell a little more than usual. I know I am.

This year has been harder than usual on everyone. For me, taking the SAT and the ACT and all that's involved with that wasn't fun, but adding other stressors on

teaching, learning new programs and new ways to get their curricula online. And throughout the school year, they've had to switch multiple times, from full virtual schooling, to A-day/B-day cohorts, to full in-person for everybody who wanted to come and full virtual for those who didn't—and each scenario required a changed lesson plan. Teachers have been expected to work at the same level as previous years, but with more stressors and more immediate changes. I'm the child of two educators, and during quarantine I've seen them struggling. My mom often

says she hates Zoom calls and how she misses having a full classroom full of kids, who she can offer support to in person. And I heard my dad say something that really put things in perspective for me: "I remember being a young teacher, and asking myself how teachers could ever get burnt out from doing this. But this year is almost over, and I'm looking back and thinking 'Oh. That's how.'"

With stressors coming from seemingly all sides, this year has been hard for teachers, students, and everyone else. Thankfully, the last bell of the year will give us all a much-needed rest. Take this time to sleep in, to relish doing exactly what you want to do, with no homework,

no classwork, no papers to grade, and no attendance to put in the computer.

I am so proud of us students for making it through this year. Even if your grades dropped a little from where they'd be in a normal year, even if every single grade was a hard-fought battle, you did it, and I'm so happy for you. And thanks to the teachers for trying your best to keep school "normal" with everything that went on during this year.

I hope everyone enjoys their summer. I think we all deserve it.

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



Avery Love
TEEN PERSPECTIVE

top of everything else was exhausting. It's been a real struggle to stay motivated. The last year has all blended together into a huge mush of wake up, do homework, go to work—wash, rinse, repeat. Since most big trips weren't safe, every day felt like the one before. It felt like there was nothing to look forward to, nothing to work for, and no reason to keep working hard. These last nine weeks have been the worst to slog through, and I couldn't be more thankful that summer break is here to give us a few months to rest and recharge.

However, it's not just students who struggled this school year. Teachers have had to adapt to an entirely new style of

ACRHS STUDENT OF THE MONTH

Ryan Paksoy



Nominator and math teacher Britton Taylor said, "Even before he was at ACRHS, Ryan has been proudly waiting to join the Rocket Family. He has a strong determination and a driven passion for education." Ryan has taken many business courses, five of them with Charles Furlow. "Ryan is one of the most dedicated students at ACRHS," said Furlow. "He is a leader in the classroom and has a genuine love for the world of business and marketing. He has an incredible work ethic and will go on to do great things after he leaves ACRHS. It has been my privilege to teach him in five classes, since he adds excellent insight to topics and helps move classroom conversation."

Beyond his excellent academic work, teachers such as science teacher Alexandra Houle praise him for his personality and warmth. "Ryan is a genuinely kind human who works hard, has really great spirit, and is someone I can rely on. Ryan is so kind to everyone and seems to be very liked by his peers," said Houle.

Winners receive a special mug from the Crier. Congratulations, Ryan!

Have fun now...



let us worry about the mess later!



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Congratulations GRADUATES 2021

The following students are on track to graduate from A.C. Reynolds High School on June 5, 2021.

Lamont James Rashad Alexander
Alesia Ashly Allen
Jereas Assef Alnasraween
Yonatan Oswaldo Amaya
Keira Annette Anders
Dasean James Anderson
Erica Lelamae Anneheim
Rebekah Elizabeth Arnold
Emerson Charles Balogh
Jackson Moran Baschnagel
Mary Berkleee Bell
Isaac Thomas Bishop
Nathanael Justin Blackburn
Asa Kai Blake
Avery Skye Blau
Zachery Bravington Bohn
Noah Joseph Brazeau
Brittany Shalise Buckner
Robert Steven Buehler
Bailey Jade Calloway
Sydney Lane Cameron
Rainey Victoria Campbell
Jevontae Garrion Carpenter
Malaki Nathaniel Carter
Sullivan Michael Case



Brandi Amari Cassada
Angelica Castillo
Isai Castro
Margeaux Elise Catlin
Isaiah O'Neal Chambers
Marelin Chavez-Binuelo
Christopher Kyle Clark
Haley Grace Clark
Gracie Mae Clayton
Katelyn Nicole Clubb
Brighton Alexander Coe
Aidan Robert Cole
Anna Katherine Cole
Bonnie Taylor Cole
David Mycal Coltrain
Taylor Lynn Connor
Omar Cortes-Gonzalez
Olivia Brynn Craig
Tyler James Crain
Savannah Leigh Crawford
Mackenzie Paige Davies
Cora Beth Davis
Dewey Christopher Davis
Trevor Ace Delia
Ashley Kate Denchfield
Aramis Micheal Meisenheimer Di Bella
Ash Carlos Meisenheimer Di Bella

Katherine Michelle Diavatis
Gerson David Diaz Villanueva
Evelyn Victoria Dirscherl
Timothy Clifton Dodson
Logan Grey Doster
Allie Mae Dotson
William James Doughty
Luciana Evelynne Doyle
Dylan Vance Draper
Matthew Trevor English
Jadyn Irene Erickson
Tyler Jacob Ernesty
Greyson Wayne Faircloth
Gavin Thomas Faulkner
Stephanie Hannah Field
Nathaniel Andrew-Van Fortner
Bailey Henley Fox
Madlyn Grace Fox
Dane Marshall Frellick
Alyssa Giavanna Giangrasso
Gabriel Reed Gibson
Jackson Paul Godfrey
Marc Andre Golden
Jackelyn Leslie Gonzalez
Aariana Alexis Graham
Skylar Marie Grayson
Ethan Tyler Grooms
Lisbeth Guerra
Jaiden Olivia Hackett
Samuel Ryan Hargrove
Brycen Marquise Harper
Lamarus Elmore Harper
Ada Cassidy Harris
Madelyn Juliet Woodworth Hayler
London Mercer Henderson
Olivia Rose Hennon
Thomas Lee Herbert
Edward Mark Hower
Leowyn Elizabeth Hilemon
Carlee Jordan Hill
Adam Kenneth Hockenberry
Kennedy Dylan Holgate
Nathaniel Thomas Honea
James Vincent Houston
Hannah Noelle Huntley
Claire Clements Isham
Tanner David Jackson
Jayden Alexander Johnson
Lily Belle Johnson
Na-Siyah Enga Johnson
Paige Marie Jordan
Ava Michala Kaiser
Meghan Amber Kearns
Tyler Matthew Kendall
Grace Marie Louise Kerr
Lillian Hammett Kight
Toma Alexander Kish



Gavin Justin Knapp
Steven Lam
Kamden Michael Theodore Lance
Eli Garrett Lang
Kaleb Cheyenne Larch
Andrew Jordan Lee
Alexxis Savanna Lefebvre
Anthony Omarion Lewis
Carter Stephen Lindsay
Aaron Joshua Lipsky
Zahria TyAngela Logan
Grace Olivia Lyons
Christian Hunter Mace
Alyssa Kendall Manley
Mycal Tyree McClure
Lachlan Hodge McDougald
Rachel Johanna McNulty
Timothy Dywane Meadows
Carlee Grace Mease
Lily Faye Merrill
Damien Scott Mestler
Havilynn Alexandra Mills
Ari Michael Moore
Ethan Lane Moore
Sarah Katheryn Moore
Messina Nevaeh Moore-Bryant
Tyler Jacob Morgan
James Robinson Morris
Noah Blake Morrow
Carter Singleton Mosby
Jurnee Emma Mary Mosley
Fahziah Nasirah Muhammad
James Anthony Mulvey
Canyon Silas Russell Naisang
Charles Willis Nance
Tyson Marcus Nelson
Amelia Mae Novak
Makayla Mae Ogle
Haley Caroline Oliver
Valerie Faith Oliver
Gavin Alexander Owens
Ryan Douglas Paksoy
Beatris Palma-Perez
Brenda Palma-Perez
Emma Beth Patton
Mandy Renee Patton
Daniel David Pearsall
Thandi Makayla Peek
Maxwell James Perkins
Dylan Alexandre Perotti

Lydia Carol Pierce
Molly Ruth Pierce
Maxwell Joseph Pirez
Sydney Louise Pittillo
Gabriel Augustus Plitt
Autumn Gale Plummer
Graham Elliott Podraza
Addison Marie Porter
John Kevin Ramirez-Godoy
Brandon Charles Redden
Benjamin Davis Reed
Rocio Dinkinska Reyes
Eli Jackson Rice
Erin Lynn Rigoni
Jarred Antwone Roberts
Jackson Andrew Rogers
Katie Stephanie Rojas-Rivas
Emily Jane Rollins
Jenna Christine Roscoe
Chloe Gabrielle Saladin
Carlito Emilio Salinas
Jannet Madai Salinas
Lincoln Bradley Schmitz
Angelo Teyvon Scott
Sarah Faith Sessions
Dominik Michael Siek
Oona Chaoli Silverstein
Aleighah Rhae Smith
Allura Sativa Smith
Chablis Xandera Smith
Jezeca Shamyra Smith
Patricia Hope Smith
Zachary Kenan Smith
George Joseph Smolski
Peyton Elizabeth Solesbee
Rachel Nicole Sorrells
Emerald Ivy Faye Spilman
Kayla Ann Starzyk
Emma Rose Suess
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Kelly Dwight Vess
Cynthia Keliana Walker
Makyia Cheri Walker
Arieana Lateigh Elizabeth Wallace
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Boyu Wen
Sierra Faith Whitaker
Joshua Joseph Williams
Seth Dennis Wilson
Aubrey Elaine Woehl
Harlan Blake Wolfe
Anna Marie Woodlee
Samuel Michael Woolley
Evan Cade Montagu Stuart Wortley
Jackson Parr Wright
Evan Meric Yazan
Charles Carlton Jennings Yoder

The History of Graduation Hats

By **SANDIE RHODES**

Of all the old-fashioned articles of clothing still worn today, the graduation hat (also called an academic cap, graduate cap, mortarboard or trencher) has to be one of the most unusual. Today, it is common at most graduation ceremonies, but its roots trace back to medieval times.



Scholars have worn caps since the 11th century, when the first universities were established. Historically, religion and education were closely tied. The caps of yore were quite different—round and brimless skullcaps called pileus caps worn by monks who had piously shaved their heads. By the late 1300s, these became more cylindrical, like a short chef's hat. This style, the pileus rotundus, was worn mostly by university students studying law, medicine and the sciences until the 16th century, when it was again restyled.

The pileus quadratus was a soft, square cap that required less fabric to make and was immediately adopted by the clergy. In time, the two styles became symbolic of varying prestige. Oxford University undergraduates kept the more traditional, rounded caps, and those with higher degrees wore the square version. By the mid-1600's, aristocratic undergraduates adopted the square caps, as well.

Today, American graduates in law, medicine, and philosophy don rounded caps, but undergraduates have held to a square cap or mortarboard.



Around the same time, the first American colleges were established. They were modeled after prestigious universities like Oxford and Cambridge University—including the tradition of formal academic dress. Today, American graduates in law, medicine, and philosophy don rounded caps, but undergraduates have held to a square cap or mortarboard, so named due to their resemblance to the square tray bricklayers use when applying mortar.

Now about those tassels... Graduation is a rite of passage, the end of years of hard work, and seniors commemorate it with a variety of graduation traditions. Although the square cap with a



Example of early academic squared hats. PHOTO COURTESY OF DISCOVER.COM

hanging tassel has a long history, new traditions have come into vogue in recent years. The tassel has always represented belonging to a specific class that has accomplished its goals. The color of the tassels are generally the color/colors of particular institutions. About 100 years ago, students began moving their tassel from the right side of their cap to the left after they received their degree.



While there are no formal rules on tassel placement, graduate college students generally move it from left to right. Whichever side goes first, moving it from one side to the other at commencement is almost universally done to represent the transition.

Throw that cap in the air...

Early American graduation ceremony guidelines stated caps had to be worn throughout the commencement, except during prayer. But on graduation day at the U.S. Naval Academy in 1912, when the midshipmen were given new officer caps at the end of the ceremony, they tossed their old hats into the air. Since then, sending caps flying into the air has become tradition.

This year's graduation ceremonies may look a bit different than past ceremonies, but the traditions and prestige of graduation day remain in everyone's heart.

Sandie Rhodes is the publisher of the Fairview Town Crier.

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Ready, Set, Read!

The students at Fairview Elementary are off to enjoy summer adventures with their family and friends, but many adventures can be had without even leaving home. The fun and adventure books offer, and the imagination they inspire, is unmeasurable.

Fairview Elementary (FES) would like to encourage parents to remind their young readers that reading is fun and a great way to keep moving forward in their reading goals. Purposeful reading habits over the summer can help prevent learning loss and position students to succeed in the coming school year. Reading lots of different books, silently or aloud with someone else, helps children build phonetic skills and read fluently, and answering questions and re-telling stories helps children develop their ability to understand language.

• **Participate in a Reading Challenge** The literacy team at FES has developed a reading challenge. All students, K through fourth grade, took home a special reading chart with fun suggestions. For example, students can choose to read to a stuffed animal, with a family member or over the phone with a friend. Rising first and second grade students who complete 20 of the suggested tasks and rising third through fifth graders who complete 25 of the suggested tasks will participate in a school-wide reading celebration in the new school year.

Copies of these charts are available on the school's website. Barnes & Noble also has a summer reading program in which kids can earn free books. More information can be found on their website.

• **Visit Fairview Library** (1 Taylor Road) There is no cost to take out books, and anyone may browse the shelves. The library has indoor and outdoor seating. It also has an online book catalog that allows you to reserve books to be picked up later or request books from other Buncombe County libraries, all for free. There are books, audiobooks, music, videos, maps and more. An after-hours return drop box is located outside. Sometimes, the Fairview Library has a summer reading challenge — be sure to ask when you stop by.

• **Enjoy a Book on Your Device** Many kids read on a handheld device, so Karen Yutzy, FES's librarian and media specialist, has developed some useful tips about how to access e-books. For more information, visit bit.ly/fesebooks.

Children who learn to love to read become lifelong learners. They increase their mental stimulation, reduce stress, gain knowledge, expand their vocabulary, learn to think analytically, improve their focus and concentration, develop better writing skills and so much more. Plus, they get to enjoy some free entertainment. Encourage your child to read or set a good example by reading yourself.

A Fond Farewell

It takes a village. That's something we've all heard, but when it comes to helping meet the needs of the staff and students at an elementary school, it's very true. The Parent-Teacher Association at Fairview Elementary is proud to support many programs and activities at the school, and even though the last couple of school years have not been traditional, the PTA has continued to support the school in big ways.

The PTA is a lot more than fundraising and party planning. It made up of parents who want the very best for all students and have time to help and support in the classroom and beyond. It's also teachers who want to build relationships with families and appreciate that educational support doesn't end when students leave the school building. And it's community volunteers who help with special school events.

This year, the PTA will say good bye to three very special board members and would like to extend a very special thank you to Andi Elliott, Rob Elliott and Kim Matyskiela.

Andi Elliot is one of the most gracious and kind people you could ever meet. She is a wonderful problem solver and has filled many big roles as a board member. She has organized volunteers for the fall

festival, planned a spring book fair, helped recruit members and fill leadership positions, and so much more. She has assisted with social events and membership drives and has always been willing to help out in any way needed. Best of all, Andi always takes things on with a smile on her face and encouraging words to share.

Rob Elliot is passionate and determined. He uses his voice to advocate for children and has been a leader in helping with programs such as the school garden and outdoor learning. He served as PTA president for two years and also served on the NC PTA board of directors. Rob continues to offer his commitment, accountability, respect and integrity as he collaborates with the PTA board and community about school-related issues.

Kim Matyskiela always tries to think outside the box and keep things fun, but she also makes things happen. She has organized every aspect of the fall festival, helped with staff appreciation happenings, assisted at general meetings and parent events, and so much more. Most recently, Kim served as the vice president of fundraising, making difficult decisions necessary to keep things afloat when the school's two biggest fundraisers weren't possible. Kim strives to do a great job and represent the PTA with a giving and helpful attitude and is always happy to make a difference at Fairview Elementary.

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

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Full STEAM Ahead: Summer Academy for County Schools

There's no question that COVID-19 has affected our kids' education in Buncombe County, just as it has across the state. And the nation. And for that matter, the world. "Learning loss" is the phrase that educators use to describe this phenomenon. Personally, I am just as concerned about the loss of joy in learning. Fortunately, the Buncombe County Schools' summer academy will address both concerns. With science, technology, arts, and math, it's full STEAM ahead.

This fun program, approved at the May School Board meeting, will be open to currently enrolled K-12 county school students from June 14 to July 27. It will be offered from 8 am to 3 pm across the county at 13 schools, and three of them are in our district: Fairview, Oakley and Reynolds High. Current Cane Creek and Reynolds Middle students will participate at Valley Springs and can catch a bus from their home school.

The summer curriculum for elementary through middle school is designed to be hands-on and based in real life. Students will solve fascinating problems that focus beyond the school walls, with challenges designed to build their reading, math and science skills. While following all recommended safety protocols, schools will invite community partners in to offer their real-world expertise along the way.



In addition to collaborative learning and problem-solving, students will learn social-emotional skills and also have time for PE, arts and other activities. There will be ESL teachers, as well as interpreters, for English language learners. Free breakfast, lunch and a snack will be provided for students at all levels.

At the high school, summer academy will look a little more like the regular school year, with opportunities to take new classes that will count toward graduation or take "credit recovery" classes if there are courses that students did not pass. Electives will also be offered, and the topics will be chosen based on the interest of enrolled students. This will be a great opportunity for students who have fallen

Examples of reality-based lessons:

- **Let's Go to the Fair:** design a roller coaster
- **Ocean Challenge:** how can we conserve our ocean environments?
- **Liquid Bonus:** you have lots of money to put a pool in the backyard... how do you do it?
- **An Overcrowded Outlook:** explore viable options for a new planet and a new world settlement
- **Turkey for All:** learn about local homelessness and create a shelter to prepare food for those who need it
- **Cartesian Golf:** design a mini-golf course

behind during the pandemic to catch up and still graduate on time and with their friends.

Buncombe County is not alone in offering an academic summer program to help make up for the pandemic. The bipartisan NC House Bill 82 (co-sponsored by Fairview's John Ager) mandates that all school systems "establish school extension learning recovery and enrichment programs in each local school administrative unit to mitigate the impacts of COVID-19 on at-risk students." In compliance with this bill, our system has invited students who are struggling, have failed classes or are identified as exceptional or homeless to participate in the summer academy. Buncombe County Schools students who

have not been specifically invited are also eligible. However, the programs have filled up fast. Parents should contact their child's school to inquire about openings, and students may be added to a waiting list.

As we wind up this incredibly challenging year, our schools recognize that next year will be here before we know it. We want our kids to be ready and have fun in the process.



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



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MAGIC WITH GREG

MATCHBOX MONTE

You'll need four matchboxes and a rubber band to wow your audience with this trick.

Preparation

- 1 Remove half of the matches from one matchbox. With another box, empty out the matches, cut some in half, and then tape them into one end of the box. If opened one way, the box looks empty; the other way, it looks full.
- 2 Matchbooks usually have a serial number printed on one end of the box. Use that to remember which end of the taped box has the matches showing.
- 3 Use the rubber band to fix the half-full box (not the taped one) to your wrist and then hide it under your sleeve. (A half-full box makes the right amount of noise for the trick.)

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

The trick

- 4 Place three matchboxes on a table (two full boxes and the taped box). Pick up each one and shake it with the arm that has the box attached to it. Use your whole arm to shake.
- 5 Dump the matches out of two of the boxes, close them and set them on the table. Open the taped box halfway to show the matches and then close it. Tell the audience to "follow the box with the matches" as you rearrange the boxes on the tabletop. Ask someone in the audience to point to the box that contains the matches.
- 6 You get to decide who wins and who loses. When you want to show a box that has matches, show the taped box with the end that has matches showing. You can shake the taped box with your opposite arm (the one without the box attached to it) if you want the audience to think it is empty.



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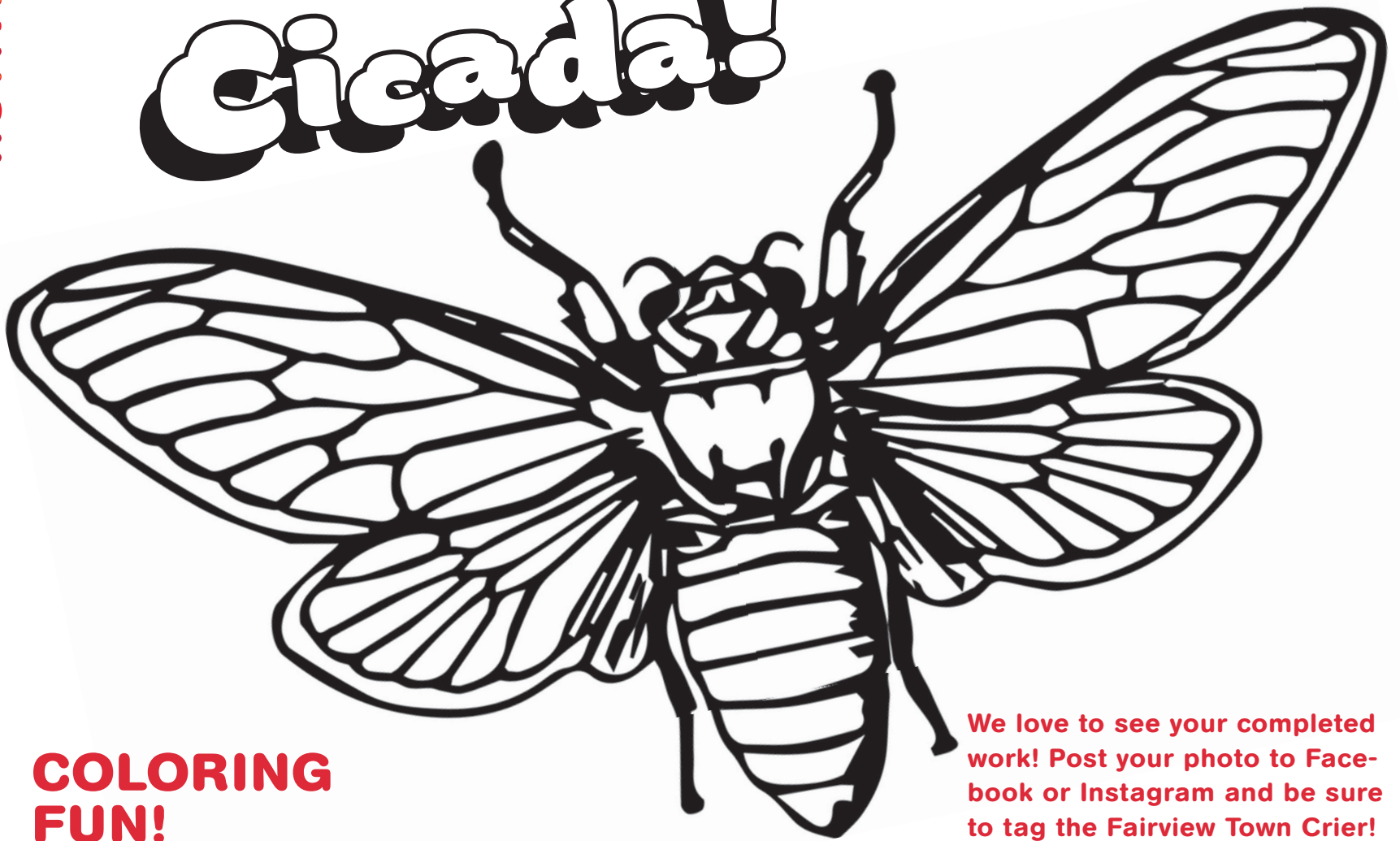
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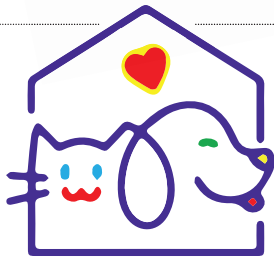
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^ **A** **Peppercorn** is a one-year-old shepherd mix who weighs about 50 pounds. She has been very nervous when first meeting people, but treats are the way to her heart. She has attended doggie play-groups and done well so far. *Humane Society*



^ **B** **Thelma** is a sweet 7-year-old girl looking for her new forever home. She can be a little shy at first, but with some coaxing will readily come out of bed for head bumps and neck scratches. *Charlie's Angels*



^ **C** **Tinker** is a very independent 5-year-old who also enjoys the company of people, on her own terms. She was an indoor/outdoor kitty in her previous home and would likely do best to continue that way. She would be a great, low-maintenance companion for the right cat-savvy family. *Humane Society*

< **D** **Copper** is a goofy, playful puppy waiting for his new home. He's super smart and anxious to learn. He's also incredibly loving and ridiculously adorable. *Charlie's Angels*

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County Election Judges Needed

According to the Buncombe County Board of Elections (BOE), the two main political parties are responsible for recommending poll judges for each precinct, who serve two-year terms and conduct every election for their precinct that occurs in their term. Judges must be of good moral character, as background checks are carried out and certain infractions will result in disqualification. Judges also need to be confident when working with laptop computers. The pay is \$210.

If you are interested in becoming a judge, your name needs to be submitted to the BOE by June 15. Contact your precinct chair to indicate your interest and be considered. (The precinct chair forwards the names to the BOE.)

Republicans should call 253-5800 or email buncombe.ncgop.office@gmail.com. Democrats should call 274-4482 or email info@buncombedems.org.

Bees Still Swarm in June



*A swarm of bees in May
Is worth a load of hay;
A swarm of bees in June
Is worth a silver spoon;
A swarm of bees in July
Is not worth a fly.*

If you see a cluster of honeybees hanging on a tree branch, in a shrub or even on a fence, call one of the Fairview beekeepers below to come and collect them. They would love to give them a new home in one of their bee boxes. And don't be afraid—the bees are just resting while finding a new place to live. This is how honeybees reproduce several times a year, mostly in April and May in Fairview. However, a swarm is valuable even in June (worth a silver spoon) because they will still have time to build up before winter.

Janet Peterson 628-1758
Scott Davis 628-3537
Ricky Manning 275-2486

You can also go to wnbees.org and click on "I think I have a bee swarm!" Click on the swarm photo and it will take you to a form to fill out. That form goes to all of the Buncombe County beekeepers who have agreed to be ready to catch a swarm.

Fairview Artist Works with Augmented Reality

By Lynn Stanley

Augmented Reality? What is that? It's a fascinating new expansion of the art-viewing experience, and we can all participate in this amazing innovation at Fairview resident Jaime Byrd's June exhibition at Traxside Studios. Bring your tablet or smartphone and headphones/pods for the optimal experience.

Living Images is an immersive art experience combining painting, filmmaking, animation and sound design with Augmented Reality (AR), bringing paintings to life with motion and sound, incorporating original paintings, music, sound designs, and films composed during Byrd's world travels.

"I have been a storyteller most of my life and my artwork is no different," said Byrd. "My paintings can now tell an even more complex story than before. I've merged [all of my] loves...into one immersive art experience by creating AR as part of my physical oil paintings. Through this and future technologies, I'm hoping to explore and innovate the way we experience artwork."

How Does It Work?

Guests can download the free app, called ARTIVIVE, then use their smartphones or tablets with headphones to view the 10 to 30 seconds of AR by pointing their camera at a painting. The experience is exhilarating, fun, even magical.

"Living Images focuses on calmness, tranquility, and peacefulness," Byrd added. "This collection of pieces that I have worked on over the last year reflects the need for being close to nature and to one another. The AR is



A demonstration of an augmented reality painting

about falling into my paintings and spending time in a place where I often go in my own mind—a place where I can relax and relieve anxiety in difficult times. I hope the viewer will be able to experience a similar effect.

"I'm excited to share these unique pieces of art and hopefully bring something positive into the lives of others. The AR is included in the purchase of each painting, to be taken home, shared and experienced for years to come." To see more of Jaime Byrd's artwork and to contact the artist, go to jaimebyrd.com.

The exhibition is open daily and runs through June 30 at Traxside Studios, 375 Depot Street in Asheville's River Arts District. For more information, see the ad on page 8 and the calendar entry on page 2.



DR. ASHLEY LUCAS

Your Weight & Alcohol: What's the Relationship?

With summer days and BBQs around the corner, along with a sense of hope and celebration for a better, healthier and more unrestrained summer, many will find good reason to have an "adult" beverage. I'm often asked if alcohol can be enjoyed while losing weight and if it can be incorporated into a healthy diet. Let's dive in to learn the answer!

Alcohol is processed through the liver. For four to eight hours after downing a single shot, the liver will stop burning fat to process the alcohol. While the liver is preoccupied, carbs from carb-heavy drinks like beer, sweetened drinks like cosmos and margaritas, or hard liquor with mixers (including tonic water) build up with nowhere to go but your fat stores. Alcohol is calorie dense, and unfortunately, has no nutritional value. It is the first fuel source to burn when ingested, which means that fat will not be utilized as long as alcohol is in the system. And every subsequent shot adds on exponentially. One night of heavy drinking—even low-carb beverages—could lead to one to two days of no fat burn. From an immunity standpoint, research shows that alcohol compromises the immune system and has the potential to increase your risk of poor health conditions. Thus, if your goal is weight loss (or enhanced immunity), it's best to steer clear.

If you choose to imbibe, there are better options that won't sabotage your efforts as significantly. Choose hard liquors mixed with seltzer and a squeeze of lemon or lime. Skip the simple syrup and sweet cocktails mentioned above. Sweeten instead with liquid stevia, monk fruit or allulose. Or go with dry white or red wine.

As always, no matter what you choose, be sure to enjoy responsibly.

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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Discuss Financial Goals with Your Family

June is Effective Communications Month. And it's a good idea to recognize the importance of good communications, because it plays a role in almost every aspect of living—including your finances. You'll want to clearly communicate your financial goals to your loved ones—and you'll want to hear theirs, too.

Let's look at some of the communications you might have with family members.

Your Spouse

You and your spouse may have different thoughts about a range of financial topics—how much to save, how much to spend, the level of debt with which you're comfortable and so on. Try to reach some type of consensus on these issues. However, in regard to investing, you don't necessarily have to act in unison all the time. You each may have different investment styles—one of you may be more aggressive, willing to take on more risk in exchange for potentially higher returns, while the other would rather invest with an eye toward mitigating risk, even it means accepting a lower return. Of course, there's nothing stopping each of you from pursuing your individual investment strategies in your own accounts—IRA, 401(k) and so on. Still, if you are going to work toward common

goals—especially toward a shared vision of your retirement lifestyle—you each may want to compromise in your investment choices. And this accommodation is even more necessary in your joint accounts.

Your Parents

If you may someday be involved with your parents' financial plans—which is highly likely—you should know in advance what to expect. This may not be the easiest conversation to have, but it's an important one. So, for example, ask your parents if they have a durable power of attorney, which allows them to designate someone to manage their financial affairs if they become physically or mentally incapacitated. You might also inquire if they have protected themselves against the potentially enormous costs of long-term care, such as an extended nursing home stay. If not, you might suggest that they contact a financial advisor, who can offer solutions. Once you begin communicating about these issues, you may well want to go further into your parents' estate plans to determine what other arrangements, if any, they have made. If it seems that their plans are not fully developed, you may want to encourage them to contact an attorney specializing in estate planning.

Your Grown Children

Just as you talk to your parents about their estate plans, you'll want to discuss the same topic with your own grown children. Let them know who you have named as a durable power of attorney, what's in your last will and testament and whether you've established a living trust. If you're already working with a financial advisor and an estate planning professional, make sure your children know how to contact these individuals. Of course, you don't have to confine your communications to estate plans—if you want to help your children

financially, such as loaning them money for a down payment on a home, let them know. By talking with your loved ones about key financial matters, everyone benefits. So, keep those lines of communication open.



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

April 2021 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
Homes Listed	8	750,000	289,900	519,950
Homes Sold	7	2,740,000	180,000	1,460,000
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COVID, Comprehensive Update

Hello, Fairview! As we head into summer, it feels like we are starting to return to our way of life pre-pandemic. The last year has not been easy; and, at times, very challenging and often isolating.

I have taken a long look at what I never would have gained had it not been for COVID-19. I have never had so much time to enjoy my family, especially my son, Wade. Knowing that he only has three more years before he graduates and heads to college, I have savored every minute I have had at home with him. I have also gotten to watch and listen to my husband, Derek, in action as a high school principal. Had it not been for stay-at-home orders, I would never have gotten to see how he leads with such compassion for the kids. I am not always one to find the silver lining in challenging times, so I am grateful for how pandemic life has forever changed me. I know the last year has impacted every one of us in so many ways.

While we are certainly not out of the woods with the coronavirus, I am more hopeful than I've been in a long time. Since December 22, Buncombe County Health & Human Services (BCHHS) has administered more than 90,000 total doses of the vaccine with support from Buncombe County Emergency Services. Nearly 49 percent of the county population (127,664)



Commissioner Edwards with her son, Wade

has received at least one dose, and almost 77 percent of people age 75 and older have received at least one dose, and 52 percent of NC adults have received at least one dose.

I was thrilled by the announcement that 12 to 15 year olds could receive the Pfizer vaccine. I took Wade to the walk-in clinic at A-B Tech and have never seen him so excited to get a shot. He said it was one step closer to normal. Locally, the 0-17 age group jumped 13 percentage points in first dose vaccines within a week of them becoming available.

All BCHHS vaccinations take place at the A-B Tech Conference Center, 16 Fernhurst Drive, Asheville, Monday, Wednesday, Thursday, and Friday, 9 am-4 pm. Additionally, appointments may be made at buncombeready.org or call 419-0095.

A few weeks ago, Governor Roy Cooper lifted social distancing requirements,

capacity limits and mask mandates in most settings. As the Board of Commissioners remains committed to aligning with these orders, requirements have also been lifted in Buncombe. Masks are still required in schools, healthcare, transportation, childcare, correctional and detention facilities and homeless service settings. In addition, private businesses may require face coverings for employees and guests. It is recommended that unvaccinated individuals continue to wear face coverings.

While the commissioners have met in person throughout the COVID-19 pandemic, public comment was limited to phone calls and Zoom. In-person public attendance for public comment returned at the May 18 meeting. It was nice to see members of our community back in chambers expressing their opinions.

One of the projects on the horizon that I am most excited about is our Comprehensive Plan that will begin in August. The plan's three primary goals are establishing a vision for the county's long-term growth and community needs; providing policy guidance for growth, development, and services; and creating broad action items to implement the long-term vision. The plan is essentially a long-term guide that helps us equitably and intentionally plan for important aspects of our community, including livable neighborhoods, access to jobs, infrastructure, clean and healthy environments, sustainability and conservation, and hazard mitigation.

A Steering Committee comprised of county residents will help guide the plan's development. The committee will also provide feedback and advice, assist the project team with community outreach and plan drafting, and act as community liaisons. Because it is a long-range plan, youth participation is a crucial component. To that end, we will be working with our school districts and higher education institutions to involve the youth community. I love engaging our future leaders, as they will inherit this plan.

Resident input is the essential backbone of the plan. The county will conduct broad public engagement activities. Our goal is to reach as many county residents as possible through virtual and in-person town halls. I will be sure to keep you all updated on those input opportunities quarterly.

The plan is vital to the growth and development of Buncombe County. We must do this work to plan and be intentional about what we want our future to be—for us and future generations. I can't wait to see what the future holds.



Amanda Edwards is one of the District 2 representatives, along with Jasmine Beach-Ferrara, on the Buncombe County Board of Commissioners. Reach her at amanda.edwards@buncombecounty.org

buncombecounty.org or 484-6385.

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Local Businesses Changing Hands

By Sandie Rhodes



■ If you love good ice cream, you've been waiting for Barb Borgersen's winter hiatus to end at **Hilltop Ice Cream Shop**. Amazing flavors, all home-made and delicious. So you'll share my disappointment to hear that Barb has retired! Happy for her, but what will we all do? No worries, though, as Hilltop's new owner, Spencer Hilgeman, inherited Barb's recipes and is more than qualified to continue her winning ice cream formula.

Spencer has been executive chef at the Village Hotel on Biltmore Estate for the past 5+ years. This is a lifestyle change to give him more time with his family. Spencer told me he is excited to get

started and be part of the Fairview business community. He said, "We don't plan on many changes, really just adding operating hours and updating signage, and down the road, possibly adding some items and expanding outdoor seating. We hope to continue to provide the best ice cream everyone has loved for the past 10 years and be a welcoming place for everyone to enjoy in Fairview."

For those of you who may not know Hilltop, it offers every traditional flavor plus unique

pairings like lavender honey (local, of course), as well as sorbet, vegan and sugar-free ice cream.

Hilltop is now open six days a week: Tuesday-Thursday, 12-8 pm and Friday-Sunday, 12-9 pm.

Hilltop Ice Cream Shop is located between Angelo's and Whistle Hop Brewery at 529 Old US Highway 74A. facebook.com/HilltopIceCreamShop



■ If you drive by **High Country Truck & Van** you won't notice a thing that has changed. If you stop in, however, you'll see some new faces. And Jim, Rick and Jennifer Cardillo aren't around. Seems this retirement idea is spreading.

The Cardillos have sold their family business, which started in Florida in the 1970s and came with them when they relocated to Fairview in 1996.

James Poole, head of HCTV Ventures, a family business, is the new owner and managing partner of the business. James said he "looks forward to continuing the legacy of the Cardillos and growing and expanding the business."

Jen said the Cardillos aren't going anywhere and Fairview is their home, so we're all sure to see them around town.



■ Speaking of retirement, a while back I reported that Phil and Bonnie Troyer of **Troyer's Country Amish Blatz** were selling their business, along with their wedding venue, their vacation rental, farm animals, etc. It appears I had that very wrong.

The Troyers are *only* selling the store. They will still operate the rest of the property and businesses. Seems like retirement won't exactly be complete, but without the store operation their workload will be greatly reduced.

Heard a rumor? Email me at sandie@fairviewtowncrier.com and I'll get to the truth.

Sandie Rhodes is the publisher of the Fairview Town Crier.

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Sunshine and Subs

By Shelby Emerson

Sitting in the sunshine eating scrumptious Subway sandwiches, May's FBA meeting was lighthearted as well as informative. We were lucky that the weather held out for us, but also that Raynetta Waters (owner of Subway and an FBA member) was generous enough to supply us with our lunches.

Everyone seems to be experiencing an uptick in business due to more people being vaccinated and getting out more, but that also brought up the growing problem that seems to be affecting loads of local businesses—the struggle to hire the employees needed to keep up. The FBA members discussed what could be causing the situation as well as how to use each other as resources to help solve the problem.

Another discussion was the FBA Facebook page and how to make our services more accessible to the people in our community. Make sure to check the page the next time you're looking for someone local to do a job for you. Members post regularly, so it's a great way to stay informed about any sales or deals that may be going on.

fairviewbusiness.com

Another handy resource is our website, fairviewbusiness.com, whose webmaster, Bill Scobie, is an FBA member. There you

Welcome, NEW MEMBERS!

- All-In Dumpster Rentals & Hauling
- Be Well Physical Therapy
- United Federal Credit Union

can search an easy-to-use list of our members and their services, as well as join the FBA yourself if you own a local business and would like to have the benefits that come from being involved with other local entrepreneurs.

Next Meeting

The next FBA meeting will be at Woof in the Woods (1451 Charlotte Highway, Fairview) on June 7 at 6 pm. We've been collecting the business cards of members in attendance for the chance to win \$100 toward another member's business! The drawing will be held at the July meeting, so the next two meetings are your last chances to get your card in the running.

Shelby Emerson is the secretary of the Fairview Business Association and the owner of To The Brim: Refill Store.

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Community Healing

For 10 years, we at Root Cause Farm (RCF) have created a space of safety, healing and collaboration centered around the persistent fact of hunger and the hope of community service to alleviate that fact. We have become a trusted source of nutritious and life-giving food, and we have also built bridges that feed people mentally, emotionally and spiritually. As the world begins to re-open after a very hard year of isolation, RCF is uniquely positioned to offer a glaring need: community healing. The trauma of the pandemic on top of the long-term weight of injustice and limited care for some of society's most

The need for personal and collective healing, a connection to the land in our historically rural valley, and access to fresh food is clear.

vulnerable require focused action in assisting people to nourish the self and broaden the understanding of each other across differences by creating safe, nonjudgmental physical spaces where people can give and receive in true community.

Our plan for leaning into the care labor of addressing the root causes of hunger is directly aligned with our ongoing work



in food production. The secret ingredient is the land. When people come together over food production and the work of gardening, they access a deep and innate understanding of self and purpose. Gardening has been shown to improve mental, physical and emotional health across age and levels of ability. When individuals can achieve greater overall health, they tap into a greater compassion for their fellow humans. Over 10 years of gardening with our volunteer base, we have observed that people are not only more at peace in the RCF garden, but they are more connected to each other.

The need for personal and collective healing, a connection to the land in our historically rural valley, and access to

fresh food is clear. In response, RCF is converting additional spaces on our land for community-wide use.

Sanctuary Space

In 2020, we broke ground on a Sanctuary Space, which we will continue to develop throughout this year, where any member of our community can come to seek refuge in nature, learn about plants, pollinators and food systems, or simply rest. And this year, we have established a pilot community garden, where people of all ages and skill levels can come to participate in the production of fresh vegetables and share in the harvested bounty. We are intentionally cultivating these spaces in a direct effort to call the community back to the land, and we have the room to grow these initiatives should they prove successful in 2021.

Our plan is to use the new community garden for learning, both as a container for a re-imagined Sprouts program for children and as an adult education initiative. It

will serve not only as a space for people to participate in their own education and nourishment, but also as a space to connect to others around them and begin to rebuild the community ties that bind.

At Root Cause Farm, we speak often of the many types of hunger, as physical hunger is but one of many ways in which individuals and communities suffer. With the addition of new and intentional community spaces post-COVID, we hope to lean all the way into our giving capacities. We will continue to grow and distribute food, while also facilitating the brave and needed collaborations and conversations that heal.

Join the Journey

We invite you, our neighbors, to join us on this journey. If you're interested in participating in the community garden, come out to the farm any Sunday between 3 and 5 pm and you can jump right in. If you are interested in supporting the community garden through a tool, supply or financial donation, please visit our website for a needs list and to get in touch.

As one volunteer at our first Community Garden work day said, "Gardening together is way more fun than gardening alone." We couldn't agree more.

Root Cause Farm is located at 26 Joe Jenkins Road, Fairview. For more information, call 276-1156 or go to rootcausefarm.org.



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High Appalachian Spring

An old friend who grew up in the Asheville area commented about the cool, wet weather cycles we have been having and said this was what his parents called a “traditional Appalachian spring”—always cool, wet and lush well into June. That lushness can provide for a wild edible menu that’s delicious and abundant.

Humans developed to eat a wide variety of foods, and it’s been proven in recent years that a diversified diet is one of the keys to health and vitality, so try adding some wild foods into your diet. And in addition to providing food, nature is a great healer. I was having a lot of heart issues, so I went into the forest and took it slow and easy. I sat on the lush, violet-covered forest floor for a long time, admiring all the beauty of trillium and chickweed flowers, false Solomon’s seal, and golden ragwort yellow beauties. I picked violet leaves to my heart’s content. By the time I left the woods, any health worries were gone and I felt



Wild Onion



Star Chickweed

refreshed and grateful to be alive.

Here are some of my favorite wild edibles available now.

Violets

Wild blue violets are everywhere in our lawn and in the woods. They are so abundant that they literally form carpets on the forest floor. I was out looking for morels and struck out, so I decided to pick a bag of violet leaves and a bunch of the purple-blue flowers, along with an equal amount of ramp leaves and a few handfuls of giant woodland chickweed to make my annual spring pesto. I find this wild mixture one of my favorites, and it is loaded with vitamins and minerals. The proportions are identical to traditional pesto and the flavor is out of this world. If you don’t have access to ramp leaves, you can use garlic or large amounts of wild onion grass (which is everywhere on our property, easy to snip with scissors, and quite flavorful).

Note: Golden ragwort is poisonous and its leaves are often mistaken for violets,

especially before they flower. They also often grow mixed together on the forest floor. Violet leaves are shaped more like a heart, with serrated edges, and golden ragwort leaves are more rounded with scalloped edges.

Flowers and Greens

With spring in full swing, you can now find mustard greens growing wild, as well as chickweed, henbit, hosta shoots, daylily shoots and flowers, garlic mustard and wood sorrel leaves. Most people weed these out of their flower and vegetable gardens, but you can eat them.

Orange Daylily

June will also bring another one of my favorites, wild orange daylilies. The flowers are great chopped into salads and, like squash blossoms, are delicious when stuffed with goat cheese and herbs.

Enjoy all of nature’s bounty, as well as the mystery of life. The day I struck out when hunting morels and gathered violet leaves and ramps instead, I went to check on a friend’s mail and house and found two huge, yellow morels under their deck.



Contact Roger at
rogerklinger@charter.net

Wild Pesto



2 cups chopped ramp leaves or wild onion leaves
3 cups wild violet leaves or chickweed leaves
½ cup ground parmesan or pecorino Romano cheese
½ cup walnuts (English or Black or pecans or sunflower seeds)
½–1 cup olive oil
Salt and pepper to taste

Using a food processor or mortar and pestle, add small batches of green leaves, drizzle some olive oil, add nuts and cheese, and thoroughly grind. It should resemble a coarse, cut paste. Repeat until all ingredients are used. Pesto freezes well or can be stored in the fridge in an airtight container with olive oil drizzled on top. It’s great added to soups, stir fries, omelets, or hors d’oeuvres—spread on crackers or sliced raw vegetables.

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If you use Gmail, you might want to get more comfortable with Google's 2-factor authentication. If you have ever gotten code numbers texted to you as part of logging into a bank or credit card site (along with typing in a password), you have experienced 2-factor authentication. Google is going to roll this out to all their users.

There are subsidies for broadband users with low incomes or those who lost income during the pandemic. Cable, fiber-to-the-home, DSL and fixed wireless ISPs are among the over 825 ISPs offering these discounts. Apply for up to \$50 per month by enrolling at getemergencybroadband.org and be ready with tax forms and ID documents. You should also be able to apply directly through your ISP—and remember, this is a temporary program.

Google Chrome version 90 users can now create links to a specific block of text on any web page: right-click and select "Copy link to highlight." However, like many Chrome features, this is being rolled out slowly. To get this feature, type "chrome://flags/#copy-link-to-text" into your search bar and then actively enable "Copy Link to Text."

Some of us have come to rely on Adobe products, such as Photoshop or InDesign, but find them too expensive for just basic use. There are alternatives that provide

base functionality without the high cost. For Photoshop alternatives, check out online editors such as Affinity Photo, Photopea or SumoPaint or downloaded applications such as GIMP, Glimpse Image Editor or Krita (download to install). To accomplish many Illustrator tasks, try Inkscape, and for InDesign-type work, look at Scribus. For Lightroom replacement, I know of RawTherapee and Darktable, but I cannot vouch for how far they will go. And if I had more time, I would love to play with DaVinci Resolve 17, an alternative for Premiere that I have never tried.

Microsoft is rolling out their next feature update to Windows 10, version 21H1 (also known as the May 2021 update) with a few exciting new features. Of course, some of you might like that Microsoft isn't changing much this time. Their next version, currently called Sun Valley and coming out in the fall, will feature more visual changes and some new tools that might turn out to be useful.



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

RED FOX



Lee James Pantas

////////// FUN FACTS //////////

- Red foxes are great jumpers and can leap over 6-foot high fences.
- They are denning animals and dig burrows in which they live and raise families.
- Their bushy tails aid them in balance.
- They have vertical pupils and can retract their claws, two physical characteristics they share with cats.
- They stalk their prey like cats, getting as close as they can and then pouncing. They have excellent hearing, especially for the low-frequency sounds produced by rodents digging underground.
- Female foxes are called vixens.
- Foxes have whiskers on their face and legs, which help them navigate.

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

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Too Good to be True

I've received a few calls from clients recently that went something like this. "I saw an advertisement that said that I could have a plan, costing nothing, that has free dental, eyeglasses and no copays for doctors or hospitals," they said. "How can I get one?"

In 2003, I received an invitation to a seminar by a company I'd never heard of about a new product called Medicare Advantage. It was advertised as being a game-changer for the Medicare landscape. Being curious, I went and found myself listening to a regional sales executive as he described the plan benefits, which seemed very promising. But then one thing he proudly said really made me sit up and take notice: there was no premium! My first thought was, "And pigs fly too. Nothing is free." My momma taught me that if something seems too good to be true, it probably is.

After further investigation, I confirmed that it was actually true. It seemed like a no-brainer to me, but convincing other people and their doctors wouldn't be easy. As it turns out, Medicare Advantage plans, with no qualifying health questions, have changed the game, offering many additional benefits not provided by Original Medicare—and some plans charge no additional plan premium. In addition, the plans are within reach financially for

people who can't qualify for or afford a supplement.

Over the years, specialized plans called Dual Special Needs Plans (D-SNP) have been developed, which work with state-run Medicaid programs. These plans, most of which have no plan premium, may have significantly greater benefits and many have little or no copays for doctor, hospital or prescription drug benefits. However, there are special qualifications to be eligible for these. The individual must be both Medicare and Medicaid eligible to participate. Qualifying for Medicaid is a complex, needs-based process determined by income and assets and is governed by a state's Medicaid law. Once qualified, these people have a special enrollment period that enables them to enroll in a plan throughout the year.

The ads my clients saw were targeting the population eligible for D-SNP plans. Most of my clients are not qualified, so the ads didn't pertain to them. I wonder how many other seniors are disappointed to discover that the plans are too good to be true for them too.



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



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