



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

# The Fairview Town Crier

JULY 2021 VOL. 25, No. 7 | FAIRVIEW, NC | fairviewtowncrier.com



happy 4<sup>TH</sup> of JULY!



INSIDE

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## Get Thrifty and Support Pets

If you love animals and love a bargain—and that's almost everybody—you'll be delighted to learn that you now have two new local opportunities to shop and support organizations that help animals.

### Humane Society Store in River Ridge



Fairview's Nan Cole, who serves on the board of the Asheville Humane Society, told us that the nonprofit on July 1 will move its thrift store to a bigger location, right down the road from Fairview in the River Ridge Marketplace shopping center, between Weight Watchers and Mr. K's Used Books.

"In addition to their usual fabulous assortment of new or gently used designer handbags and clothing, vintage and fine jewelry, furniture, housewares and more, something even more special will be available," said Cole. "Thanks to

an especially generous donation by a high-end design store in Biltmore Village, the store will be offering a variety of brand-new designer furniture at a fraction of retail cost, and you won't want to miss it."

Store hours at the new location are Monday–Saturday, 10 am–6 pm, with  
*continued on page 11*

### Charlie's Angels Store, Hendersonville Road

Late last month, Charlie's Angels Animal Rescue opened its new thrift store at 235 St. John Road in the St. John's Marketplace. To get there from Fairview, take Cane Creek Road all the way down to Hendersonville Road, turn right, and then the store is on the left just before Ingles.

This is a big step for the small, local shelter. It began as a foster-based program in 2009 and opened its shelter at 5526 Hendersonville Road in Fletcher in 2012.

"We work closely with our municipal shelter partners that are often at capacity, so they can avoid euthanasia," said Kim Smith, the president of Charlie's Angels. "Everything we do is to...give these animals a second chance at a better life."

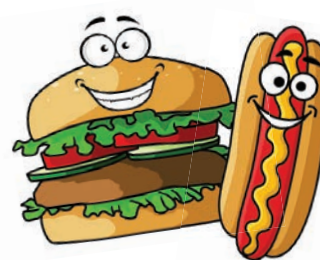
Like the Humane Society, Charlie's Angels doesn't receive any kind of government funding, and Smith said grants have become very difficult to get. "The proceeds from the store will provide much-needed funding for the care of the animals [and] enable us to...place more animals in more homes," she said.

The non-profit was affected by COVID-19 as much as any other non-profit, and many outreach programs were put on hold. However, they were able to start an emergency medical fund and a pet food bank to help people who needed financial help to feed their pets. The proceeds from the new store will help fund more projects like these.

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

## Fairview, Let's Grill and Chill!

Last year, we learned the importance of being together—with family and friends, but also as a community. This month, there are two local events designed to let Fairview gather together again safely. And if you've been nervous about getting out there again after being vaccinated, outside options at these events might make it the right opportunity for you.



### Community Cookout

July 4 starting at 6:30 pm

Upper Hickory Nut Gap  
Community Center  
4730 Gerton Highway, Gerton

The UHNGCC will re-open with a community cookout of hamburgers, hot dogs and veggie burgers with accompanying cheese, sliced tomatoes and lettuce. Individual packets of condiments will also be available. Donations are requested.

*Neighbors may eat inside (as space is available) or outside.* Bring a blanket to picnic on Chestnut Hill or sit in your own chair around the center building. There will be picnic tables available out back on the creekside. Bring your own sides—fruit, dessert, whatever you like—and UHNGCC will provide the main course.

Come out to gather, talk and celebrate with your neighbors again!



### Old-fashioned Ice Cream Social

July 25 from 4-6 pm

Spring Mountain  
Community Center  
807 Old Fort Road, Fairview

Come meet your neighbors, family and friends for ice cream—*rain or shine, with seating inside or under the pavilion*. In addition to goodies, there will be yard and board games, music and other activities.

Do you have a favorite homemade ice cream recipe? Churn up a batch and bring it to share. Or bring a box of your favorite store-bought frozen confection, a dessert that pairs well with ice cream—or just come. The main thing is to celebrate being together again.

This free event is sponsored by Buncombe County Council on Aging and the SMCC. You are asked to follow any current state guidelines for COVID-19.

## What Happened to the Geese?

As the *Crier* was going to press, we saw reports of geese being removed from the grounds of the TE plant. We don't know the details of what happened to them at this point. We encourage you to check other news sources, such as WLOS, and to join the "for the LOVE of Fairview geese" group on Facebook for more updates.



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### JULY 10 (SATURDAY)

#### Fairview Arts and Crafts Show

9 am to 3 pm. Local artists and craftspeople. See the classified ad on page 31 for more information. 379 Old Charlotte Highway.

### JULY 17 (SATURDAY)

#### Car Show Fundraiser

4-7 pm. The Place Fellowship Church will hold a fundraiser featuring a car show and vendor and craft show. Entry fee is \$10. For more information, call 301-7368 or 691-6700. 2 Laura Jackson Dr., Fairview. See the ad on page 8.

#### Yardsale Fundraiser

9 am-1 pm. A fundraiser to help with the costs of Susan McLeod's heart transplant. You can drop off donated items to sell until July 16. Call 782-1947 for more information. Spring Mountain Community Center, 807 Old Fort Rd., Fairview. See the ad on page 26.

### JULY 18 (SUNDAY)

#### Ethical Humanist Meeting

2:30-4 pm. A presentation about the effects of urban renewal will be given by Patrick Bahls. Vaccinated individuals may attend in-person at 227 Edgewood Road, Asheville. All others may attend via Zoom. Link and more information at EHSAsheville.org or call 687-7759.

### JULY 20 (TUESDAY)

#### Health Seminar

6:30 pm. A free health seminar from a physical therapist about trigger points and who can benefit from treating them. Limited space, so RSVP to 490-7371. For more information, visit bewellphysicaltherapy.com. 1961 Cane Creek Rd., Fletcher.

### JULY 24 (SATURDAY)

#### Old Fairview Sharon Church Workday

8 am-4 pm. Bring your own lunch. Volunteers will prep the church for painting and work in the graveyard. Please bring your own tools. 291 Sharon Rd., Fairview.

### JULY 31 (SATURDAY)

#### VBS at Brush Creek Baptist Church

9 am-12 pm. A free vacation bible school, held outdoors and free for all. Lunch provided. For more information, call Pastor Tom Whitlock at 577-2600. 323 Upper Brush Creek Rd., Fairview. See the ad on page 5.

## UPDATES

#### COVID-19 Vaccine Lottery

Four North Carolinians 18 and older will win \$1 million each, and four North Carolinians ages 12 to 17 will win tuition for post-secondary education. There will be four drawings, from June 23 through

## School Bus Drivers Needed

Cane Creek Middle School desperately needs bus drivers. Drivers can earn up to \$15.94 per hour. Free training is provided.

For more information, call 775-3275 or email [amberle.dalton@bcsemail.org](mailto:amberle.dalton@bcsemail.org) or. Apply online at [buncombcountyschools.org](http://buncombcountyschools.org).



August 4. Entries will be drawn from the state's COVID-19 vaccination records. To be entered, a record of at least one dose of vaccine must be in the state's system by 11:59 pm on the Sunday prior to the drawing. For more information, go to [covid19.ncdhhs.gov/summervaxcash](http://covid19.ncdhhs.gov/summervaxcash).

#### Trinity Food Pantry

Open every Tuesday from 9 am-12 pm. For more information, call the church at 628-1188. 646 Concord Rd., Fletcher, in the back of the church grounds (follow the signs).

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



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**Tails & Tales: Library Summer Learning Program 2021 Continues**  
Buncombe County Public Libraries have a 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.

SUMMER READING AT FAIRVIEW LIBRARY



**Star Wars Jedi Training Academy Take Home Kit**  
Throughout July, drop by the library and

pick up your Jedi Training Academy DIY kit. You'll get everything you need to graduate from the academy: pencil notebook, stickers, activities and more.  
In five of the kits, there will be a special certificate that can be redeemed for a new Star Wars book the next time you visit the library. The certificates will be added to the kits randomly.  
The Jedi DIY kits can only be picked up in person at the Fairview library. Limited to one kit per child. Kits can't be placed on hold. Supplies are limited. Appropriate for children ages 5–12.

UPDATES

**Meeting Room Now Available**  
The Community Room at the library is available once again for rent to community organizations and, with our new expanded hours, there are more options than before. Call the library at 250-6484 for more information or to reserve the space.

**Book Sale**  
Friends of Fairview Library have once again opened up their book sale. Stop by the library anytime it is open to shop. All of the proceeds from the book sale go to benefit the Fairview Library and community.

**Expanded Hours**  
The library's new operating hours are:

- 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

**Newspapers Are Back**  
Newspaper subscriptions are back. Take a seat, relax, and catch up on the day's events.

**Check Out a Magazine**  
All of the library's magazines are now available to check out and take home, and we will be adding more titles (both for kids and adults) to our selection soon.



**Check Out a Laptop and/or a Hotspot**  
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

**Connect with Your Library!**

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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 Friends of Fairview Library are accepting book donations again.  
• One box per person per week  
• Nothing moldy, mildewy or musty  
• No textbooks  
• No outdated nonfiction  
• No Reader's Digest or 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.

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

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# A Bloody Night in Downtown Asheville, Part 1

The morning of Tuesday, November 13, 1906, was gray and cold. Snow clouds were gradually moving in. A muscular young man walked up South Main (now Biltmore Avenue). He walked across Pack Square to North Main (Broadway) and entered the Swartzberg and Son store. J.R. Roberts, a clerk at the store, met him and asked the man if he could help him. The man told him he was interested in overalls and walked over to a table stacked high with blue bib overalls.

Roberts later estimated that the man was about 160 pounds. He was stocky, short and tough-looking. Roberts went over to another pile of overalls and pulled a pair out of the stack. He told the man, "These would be about your size." The man took them and put them under his arm. He told Roberts that he wanted a pair of shoes.

The clerk took the man across the store to an area where shoes were stacked to the ceiling on shelves. The customer sat in a chair and pulled off his shoes. Roberts started to measure the man's foot. The man stopped him and told the clerk "nine and a half." The clerk asked what kind of shoe he was interested in. The man told him "yellow brogans."

Roberts got a pair of brogans and handed them to the man. The man put on the high-topped, yellowish-tan shoes and laced them up. He stamped his feet on the floor.

**The man said, "I want a rifle and a box of shells." "What kind of rifle?" Finkelstein asked. The man told him "high-powered."**

He was satisfied with the way they felt. He then handed the overalls back to the clerk and asked for a size larger. Roberts took the pants back and got a larger size. The man picked up a pair of dark pants and a brown coat while the clerk was gone.

When Roberts returned with the overalls, the man handed the clerk the coat and pants and asked for the total for all of them. "\$32 dollars," the clerk told him. The man pulled out a large roll of bills and paid the bill.

Roberts thanked the man and asked if he wanted him to put his old shoes in a box. The man told Roberts to throw them away. He then left the store with what he bought.

The man crossed back over Pack Square and went down South Main to Finkelstein's pawn shop. Finkelstein greeted the man and asked if there was anything he could help him with. The man said, "I want a rifle and a box of shells." "What kind of rifle?" Finkelstein asked. The man told him "high-powered."

Finkelstein showed him a 303-caliber Savage that someone had pawned. The man hefted the gun to his shoulder and sighted

along the barrel. The store owner could tell he was familiar with rifles. He told the store owner, "I'll take it." Finkelstein put a box of 20 steel-nosed cartridges on the store counter. The man reached in his pocket pulled out the large roll of bills to pay. He picked up the items he purchased and left the store. The man, who called himself Will Harris, went to Pearl Maxwell's place next.

Pearl Maxwell lived in a basement apartment of a home on Valley Street, near its intersection with Eagle Street. She knew this person who called himself Will Harris and was afraid of him. He claimed to be from Charlotte. Pearl knew him by a different name: James Harvey from Forest City, Virginia. Pearl's sister, Mollie, met him in Virginia the year before and lived with him for a short time. She lived in Hendersonville now.

Pearl was home when Will Harris/James Harvey came to her apartment. He was carrying a bundle of clothes, a rifle and a bottle of whiskey. Pearl could see that he had already drank a couple of inches out of the bottle. The way Harvey handled the rifle frightened Pearl. He would point it at her and say "Bang!" She pretended to laugh, even though she was scared of what he might do to her. He wanted to know where Mollie was. Pearl thought about telling him, in hopes of getting rid of him, but she was afraid of what he might do to her sister.

Pearl fixed supper for the both of them. He just played with his food. He ate a little but was more interested in drinking the whiskey. It made him moody and less talkative. Around 9:30 pm, Pearl's boyfriend Tony Johnson came home. She met him at the door and introduced him to the other man as "James Harvey." This angered Harvey, who gave them a frightening look and said his name was Will Harris and that he was from Charlotte.

Johnson had heard of Harris. He knew he was a murderer who had escaped the NC State Prison. Harris had been serving a 20-year term for robbery and arson in Charlotte. Johnson had heard that Harris killed several men and had been declared an outlaw by both the state and Mecklenburg County. This meant Harris could be shot on sight by any person, whether they were law enforcement or not. Johnson tried to make the best out of a frightening situation.

Harris was only interested in drinking his whiskey. Around 11:30 pm, Harris/Harvey tried to grab Pearl. Johnson yelled for him to leave her alone. Harris/Harvey turned on Johnson and reached for his rifle. Johnson ran out the front door and fell off the porch. Then he jumped up and ran for the police station.

*Part 2 will be in next month's Crier.*

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

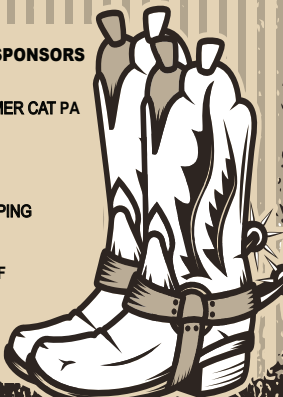
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9 am-12 pm — weather permitting!

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**Brush Creek Chapel Baptist Church** 1323 Upper Brush Creek Rd, Fairview



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### OUR PATIENTS SAY...

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

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

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

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

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It's Shower and Thundershower Season

During the summer months, our precipitation tends to be spotty and directly related to where the showers and thundershowers pop up on a daily basis. This changes from day to day and week to week, depending on the particular upper air pattern.

There are days in which most of the thunderstorms are concentrated near the I-26 corridor, and other days when thundershowers occur on either side of Route 74. It is very difficult to pinpoint where these storms will form. It is much easier to predict a case of no rain vs. a thundershower or shower day because sometimes the atmosphere gets "capped." This is when a ridge of high pressure builds and inhibits the daily buildup of thunderstorms. If this

?

QUESTION of the MONTH

What is a severe thunderstorm and how many usually occur during the summertime?

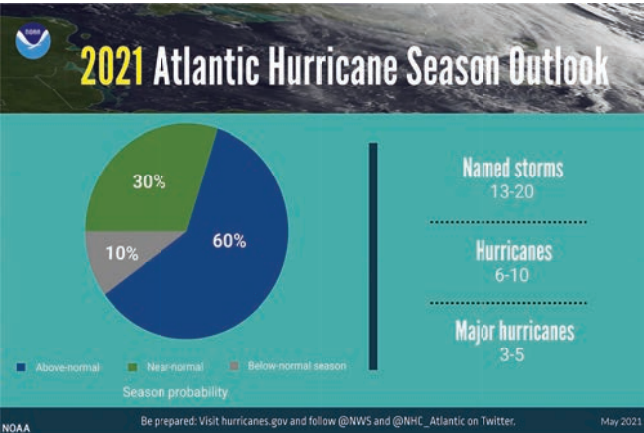
happens frequently during the summer, it can lead to hot temperatures and heat waves often associated with rain-free stretches of one to two weeks and local drought conditions.

In fact, we have had several long, dry spells across the mountains of WNC. The longest dry spell was 39 days from September 26 through November 3, 2000. The top five droughts on record in this area were longer than 30 days and occurred mainly in parts of September, October and early November. But this does not seem to be the pattern this year. The Climate Prediction Center ([cpc.ncep.noaa.gov](http://cpc.ncep.noaa.gov)) does not forecast

WEATHER WONDER

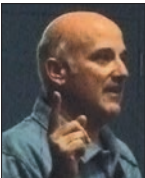
What is the coldest temperature recorded in June across WNC?

That is a cool question for a warm time of year. Based on the records in Asheville, which include both the city office and airport locations, the coldest June temperature was 35 degrees on June 2, 1966. For a comparison, Mt. Mitchell's coldest June reading was 28 degrees.



WNC being in a drought advisory through mid-August. For most of the next three months (July, August and the first part of September), you could put out a general forecast: partly sunny and warm with a 40% chance of an afternoon or evening thundershower. And on a fair amount of those days, you would be right. But what does "40% chance of rain or a thundershower" really mean? We actually covered that in detail back in July 2015 (you can read that issue at [fairviewtowncrier.com/archives/](http://fairviewtowncrier.com/archives/)). The odds are for precipitation to fall on any place in the area covered by the forecast. This means that the probability could be low—say 30%—yet you have hard rain for a few hours. In this case, the forecast isn't wrong; you're just one of the unlucky

people who happened to be in the small part of the region that got wet that day. Or if your lawn and garden needed the rain, you were one of the lucky ones. Your friend a couple of miles away who needs the rain can't complain about the forecast since rain did fall on at least one place in the area. For meteorologists, 10-20% is a slight chance, 30-50% is a chance and 60-70% is likely. Now you know when you'll truly need an umbrella.



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

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[localfirstbank.com/personal](http://localfirstbank.com/personal)



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# How to Organize Your Linen Closet

How many sets of sheets and towels do you really need? The same goes with blankets and pillowcases. As a professional organizer, I love to tackle a linen closet because it is one of the easiest areas to organize. Most linen closets are stuffed with worn-out sheets, towels and other things, and once those items are removed it is easy to organize the items that are being kept.

### Bedding

The first thing you need to know before you tackle the closet is the sizes of the beds in your home. Once you have that information, take out and sort all of the sheets by size. At this time, you might want to take a permanent marker and place a T, F, Q, K on the corner label so you can easily identify the size of the sheet. It makes it a lot easier to identify when folding and storing in the future. Toss sheets that have been replaced and that you no longer use. Toss faded or worn sheets. Most people keep their old sheets and never use them once they are replaced by new sets. Be honest with yourself and purge those that you don't use anymore. Keep two to three sets of sheets per bed (size). Fold the sheet set and place them in the corresponding pillowcase. Place sheets and towels front and center in the closet. You can label the shelf so you know where each size is

located. Flannel or out-of-season sheets can be stored behind current sheets. Use the same sorting and purging technique with blankets. Say goodbye to worn, stained and not recently used blankets. Store out-of-season blankets up high if they are not in use. Tightly fold or roll bulky blankets. Often, there is room at the top of the closet to add another shelf. If there is, it's worth adding another shelf for this purpose. Place your most frequently used items at the front and center of your linen closet for easy access and relegate off-season or little-used items to the top shelf or back of the closet.

### Towels

Who knew there could be so many towels? Take all of the towels out of the closet and sort them: beach towels, dish towels, bath and hand towels, washcloths, hair towels, etc. Toss worn, ripped and old towels and neatly fold those you choose to keep into assorted piles. Display them on a center shelf in whichever way you prefer to see them (by color, size, etc.) in separate piles.

### Kitchen Linens

While going through your linen closet, review your table linens and kitchen towels, too. They are often stained and unsightly, and many are never used. Discard these items and purchase new kitchen towels and tablecloths for a fresh look.



You will be amazed how many sheets and towels you end up getting rid of. Animal shelters would love to take your old towels, sheets and blankets so they can be used to dry off animals or to make a cage more comfortable.

If your linen closet looks like this one, organize it so you can instantly see and grab exactly what you need. PHOTO: PAUL GORMAN/FICKR

### Bulk Items

Linen closets often house many bulk items that are not able to be stored in the bathroom, such as toilet paper, tissues and extra toiletries. These items can be placed on the floor of the closet or on a high shelf. Designating mini storage zones keeps everything neat and easy to locate. Purchase inexpensive rectangular containers (I prefer clear ones) and place like items together. For example, place cans and bottles of items that are not actively used in one container, such as bug spray, sunscreen, calamine lotion, etc. Label another container for over-the-counter medications, such as aspirin, allergy medicine, cold medicine, etc. Place shampoo, conditioner, hair spray, and soap in another, feminine supplies in another, etc.

Most importantly, label the containers so you can easily find what you're looking for. The next time you go to your newly organized linen closet for a towel, sheet or toiletry, you will enjoy reaching in and instantly grabbing exactly what you need.

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



"Grapefruit on a Plate" painting by Sandy Herrault. Violinist and Visual Artist in the Asheville Area. [www.sandytheviolinist.com](http://www.sandytheviolinist.com)

July might seem like the perfect time to retreat to the beach, but it's also a great time to consider starting on some cleanup and scheduling repairs if you are thinking of selling.

Deciding to sell your home is not always easy. Most owners worry about when the right time to sell is. Consult with me to make an informed decision. I'll dig in deep to provide marketing tools, neighborhood expertise, home staging advice and a national network to find you a qualified buyer.

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# BEADING THERAPY LEADS TO MUSEUM PIECE

By **NATALIE FURNISS**

Sara Hall has been inspired by the beautiful mountains of Fairview for the last nine years. She and her husband David enjoyed weekends in their serene mountain home, with the plan to one day retire permanently to our community. In 2019, they moved from Burlington, NC to Fairview, where Sara enjoyed working from home. When COVID-19 began wreaking havoc on most industries in 2020, she found herself abruptly unemployed after a 32-year career designing fabrics for a large international textile manufacturer. "I struggled with depression after losing my job. Over this past winter, I had reached a point where I didn't want to get out of bed in the morning. So much of my identity was tied to my career that when I lost my job, it felt like I lost myself," she said.

Although beading had been an enjoyable hobby for Sara for the last 25 years, she hadn't planned on the hobby being her emotional healer as well. "I wanted to reinvigorate my beading hobby and was actively searching for a beading community online; that's when I ran across a call for entries to the Museum of Beadwork's "MOB Challenge" competition in Portland, Maine," she said. "I had never before entered a juried show, but I chose

Sara Hall (right) and her granddaughter (far right) with her submission, "Petalura."



this because it had a tight entry deadline and I needed something that would hold me accountable. Making that commitment really helped pull me out of my dark cloud. From January through April, I made the project my full-time job!"

The competition is titled "Wings and Stings: Exploring the World of Beaded Bugs," and all entries had to convey an insect-inspired theme to qualify. Sara has always loved dragonflies, so she started looking into the majestic insect as a possibility. "As I was researching dragonflies, I learned that in many cultures they symbolize growth, transformation and adaptability, which really resonated with me, given my state of transition," she said. She designed each wing individually



with a graphics program, then used beadwork-specific software to convert the drawings to printed patterns she followed line-by-line while stitching the beads together. Once all the wings were complete, she assembled them into a freestanding vessel lit from within. Over 275 yards of thread, more than 47,000 seed beads, and 450 hours of labor later, her piece known as "Petalura" was born.

The first step in the competition was to submit photos and an application. Artists from around the world entered, and to her delight, Sara's piece was chosen as a finalist. Now the actual piece has to arrive at the museum by July 15 for final judging. Not trusting any other method of delivery,



Sara and her husband will be making a road trip to hand-deliver it. Final winners will be announced on August 1, and the museum's 2022

grand opening will feature the exhibition. "It doesn't even matter to me if I win anything," she said. "I'm just so excited to be part of a museum exhibit."

Sara doesn't sell her beadwork but rather uses the artistic process as a form of meditation. "By the time I complete a complex piece, I have so much time invested that I would have a difficult time parting with it," she said. Now that Petalura is complete, Sara is working on some smaller-scale bead pieces and home decor projects, doing some tapestry weaving, and actively volunteering with the Keep Fairview Clean roadside cleanup group. She has also recently joined the Fairview Area Art League and enjoys being inspired by its members.

If you would like to view the finalists and follow the winners, go to [museumofbeadwork.org/pages/museum-of-beadwork-challenge](https://museumofbeadwork.org/pages/museum-of-beadwork-challenge).

## SUSAN MCLEOD'S YARDSALE FUNDRAISER

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We are having a yard sale to help with the high costs associated with Susan McLeod's heart transplant. She has been a good friend to us all and a bright spot in our community. We are accepting any and all unwanted "stuff" that's in decent shape (e.g.: various electronics, furniture, tools, clothing, artwork and household items). Drop these items off anytime between now and July 16th. If you wish to donate, please contact Allison at (828)782-1947 for more details.

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**HISTORIC CABIN** Unique home w/ Hope Diamond legend! Huge rock FP, entertaining area. End of road privacy. Mins to DT AVL, RAD, greenway! NOT in city limits, parcel lg enough for 2nd build site. Call Karen 828-216-3998.

### 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

### NEW LISTING



**PRIVATE CABIN RETREAT** Enjoy solitude on amazing decks! Fab winter views w/ potential for yr round. Open floor plan, vaulted ceiling in great rm. Wood FP, fin basement. Much more - MUST SEE! Call Jenny 828-779-4473. **\$425K**

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**TOP OF THE WORLD VIEWS** 10 Ac in The Summit of Asheville. New dev, gated & convenient to Asheville & Waynesville. Comm Garden, Horseback & Hiking trails, Mtn Creeks / Cascades + Wildlife. Perfect private equestrian estate, 2nd home, or family compound. Call Justin 828-450-9578. **\$229K**

**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**

**READY TO BUILD LOT** in Fairview Forest. Driveway & home site in place, house plans available. Borders green space, walking trails & bold creek. Nice trail on prop. Community hiking trails, creek & clubhouse w/ full kitchen. Call Jenny 828-779-4473. **\$59K**

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

**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**

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

**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

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

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### MOUNTAIN ESTATE



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

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**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

### 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

### 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.



**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.

### NEW CONSTRUCTION



**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

### UNDER CONTRACT



**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.

### 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** 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

### 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 aghood subdivision in heart of Fairview. Many plans available. **\$480,000**

### 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.



donations accepted until 5 pm on those same days. The new location will have a clearly marked separate entrance for donations to the left of the main entrance.

Asheville Humane Society Thrift Store welcomes donations in good working condition of baby and children's in-season clothing, toys, and games with all the pieces; in-season clothing, accessories, costume jewelry and linens in great condition; fine jewelry in any condition; most electronics and appliances; newer exercise equipment and sporting goods; furniture, housewares, home décor, and kitchen items—almost anything that is not broken or does not have rips, tears, odors, or stains; outdoor furniture, lawn equipment and garden items in non-rusty condition; books, DVDs, CDs, vinyl records and video games; pet supplies; seasonally-appropriate décor; and antique, vintage and collectible items.

The store is able to sell a limited number of vehicles each year, and they love to receive vehicles in great working condition. If you are interested in donating your vehicle to be

sold at the store, please email [thrift@ashevillehumane.org](mailto:thrift@ashevillehumane.org) and include a photo of the vehicle (if possible), along with the year, make, model and mileage. If you're unable to email, please call 761-2002 or stop by the store for details.

The store also offers furniture pickup whenever possible, but due to limited pickup availability they are unable to pick up small items at this time. To schedule a furniture pickup, email [thrift@ashevillehumane.org](mailto:thrift@ashevillehumane.org) (include photos of the items you'd like to donate if available) or call 761-2002.

As a private nonprofit, the Humane Society relies on donations from individuals, foundations and local businesses to fund their lifesaving medical and rehabilitation programs for over 9,000 local animals each year and receives no local, state or federal tax money. Because the store is staffed primarily by volunteers, 100% of the proceeds from your purchases or donations go to help animals.

For more information, go to [ashevillehumane.org](http://ashevillehumane.org).

# Meet a Fire Engine Driver

Firefighter Ross Garren, at the young age of 35, has been in the fire service since he was in high school at North Henderson. He has worked with the Fairview Volunteer Fire Department for the past five years on the A Shift. He still lives in Hendersonville, where he was born and raised. After graduating from high school, he attended Blue Ridge Community College and completed his training to become an engineer (he drives the fire trucks). In addition to driving, he is certified in Basic Life Support, Level I and Level II Fire Fighting, Aerial (the ladder truck), Technical Rescue, Agriculture Rescue (which comes in handy in rural Fairview), Fire Officer One, Swift Water and Basic Wildland.

Ross loves to travel out west, where he has done some training for wildland firefighting. In his spare time, he loves to target practice, play pool, listen to live country or honkytonk music, and work with farmers. The job is stressful, so "it is important to downshift and take your mind off of work and that pager," he said.

The Fundraiser for Samantha Dalton was held on June 12 at the Haywood County Fairgrounds. The event was a wonderful success, with over 200 people in attendance. A huge thank you to all who bought raffle tickets, made desserts,



Ross sitting on Big Bertha, with the cartoon character that looks remarkably like him.

attended, donated auction items, worked the event, and donated money. Ridin' On Faith Ministries did a wonderful job with their performance and running the games and classes. If you ever have a chance to see them perform, do it! Chief Jones said that everyone helped who was asked to. It was truly amazing to see the community and folks from all across WNC step up to help.

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](http://fairviewfire.com) and Facebook—search for "Fairview VFD (Buncombe County)."

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# Does Running Cause Arthritis?

**R**unning is a great form of exercise that provides many health benefits. It improves cardiovascular function, increases bone mineral density, releases hormones, improves muscle strength, and reduces the risk of diabetes, heart disease, obesity and high blood pressure. These benefits are gained by the novice jogger who runs once a week and the seasoned runner who accumulates over 50 miles a week. No matter what type of runner you are, it brings health and longevity benefits. Running can be an inexpensive activity and can be done in many different settings.

There is a misunderstanding or mistaken belief that running causes arthritis. This is not true. Arthritis is one of the most debilitating diseases, and it affects millions of people. It develops from an injury to a joint or a systemic disease that affects a joint. Normal running without any muscle imbalances does not injure the knees. In fact, it has been shown that moderate-intensity running reduces joint swelling and has a protective effect on cartilage, which is a strong connective tissue layer that protects the ends of the bones in a joint. Running on healthy knees will not cause them to deteriorate, become injured or develop arthritis.

In order to maintain a proper running style, it is important that muscle



The health benefits of running are gained by both novice joggers and seasoned runners.

imbalances do not develop. There are several key points to consider when participating in a running program.

- Minimize excessive joint loading—Consider what type of surface you are running on to reduce the amount of joint impact. Dirt, mulched trails and asphalt are softer surfaces than concrete.
- Correct running technique—Small changes in your running technique can alter the amount of joint loading and reduce the chance of developing muscle imbalances.
- Change running shoes every 300–400 miles or every six months.
- Be consistent with warming up and performing stretches before and after running.

- Health benefits have been shown to occur with people who jog slowly once a week for 50 minutes.
- Start small and gradually increase time and distances. You do not want to suddenly increase running mileage or intensity.
- Like any other exercise program, it is important to be consistent and allow enough rest in between running days.
- Running has not been shown to cause arthritis, but it can aggravate a previous injury.
- If pain develops, stop and cross-train to keep active until the pain subsides.
- If pain persists, consult with a physical therapist for a strength and flexibility assessment to check for any muscle imbalances.

Another important question is, “Can I run if I have arthritis?” The answer is yes. Light to moderate intensity, self-selective running, and determining your own pace, distance and intensity has been shown to reduce the level of pain complaints and does not cause the progression of joint deterioration as detected by X-rays. A study from the Osteoarthritis Initiative stated that running does not increase symptoms or structural progression in people with knee osteoarthritis. It is not recommended to continue running if it causes an increase in joint pain. Cross-training on off days is beneficial for

the entire body to keep moving. As with most cardiovascular exercises, such as running, it is also recommended to perform strength training exercises two to three times a week to increase muscle strength, power and endurance. Increased muscle strength assists in reducing the increased joint forces that occur during running.

If you visit a physical therapist, they may have the capability of performing running assessments utilizing wearable technology. The data collected will reveal any imbalances that may be occurring. The metrics collected can include ground reaction forces, acceleration due to gravity, ground contact time, speed, distance and running cadence. These metrics will help the therapist determine where muscle imbalances are occurring, provide the proper exercise prescription, and suggest alterations in running technique. If the sensors are wearable, the running assessment can take place on your preferred running surface.

Arthritis or the fear of developing arthritis should not cause you to refrain from participating in a great form of exercise that you enjoy doing.

*Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. [avorahealth.com](http://avorahealth.com). 226 Charlotte Highway, Asheville.*



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# The Link Between COVID and Depression

It is no surprise that over the past year, there has been a rise in the number of people suffering from depression and anxiety. Most recently, I have read two studies that reported an astounding seven-fold increase in people who self-identify as having felt depressed during the COVID-19 outbreak.

Depression is like a dark undercurrent that affects how people feel. By formal definition, according to the American Psychiatric Association, it is a feeling of sadness, hopelessness and/or having little pleasure in doing things for greater than two weeks. Depression can present as increased fatigue, changes in appetite, changes in sleep, difficulty concentrating and, in the most severe cases, suicidal thoughts and actions. These symptoms must represent a change in the previous level of functioning for a diagnosis to be made.

Statistically, depression is most prevalent among women; however, it affects all people in all age groups. We are seeing depression in young children who have been separated from their friends and removed from the safety of the school routine. There are those whose careers have been derailed and are facing times of uncertainty. Some became used to their new lives at home and returning to their places of business seems daunting and



Some young children, separated from their friends and removed from their school routines, are showing signs of depression.

uncomfortable. The elderly, who have been devastated by isolation, illness and so much death, are finding it difficult to feel hopeful again. Others struggle with trauma that occurred long before 2020. In my own experience, I have seen a spike in depression in young adults, ages 18–30 years old. This group grapples with self-identity, pressures to do well in school or attend college, starting careers, becoming financially independent, and transitioning into adulthood.

Over time, we have become less fearful of the stigmas specifically associated with mental health and depression. We are more open to talking about our

feelings and struggles. Unfortunately, we are still not great at it. Sarah Ketchen Lipson, a Boston University mental health researcher and co-principal investigator of a nationwide survey that was administered in 2020, found that “94 percent of students say that they wouldn’t judge someone for seeking out help for mental health, although, paradoxically, almost half of students say they perceive that others may

think more poorly of them if they did seek help.” In other words, we have become more accepting of others but not yet comfortable enough ourselves.

Depression is highly treatable with cognitive behavioral therapy (CBT) and medications. CBT is a style of counseling that helps reshape repetitive (and often negative) thoughts, feelings and behaviors in a way that makes room for positive self-talk, strategic problem solving and new coping skills.

Medications are also available to assist with feelings of depression. The first line of medications are selective serotonin reuptake inhibitors (SSRIs). These

medications keep serotonin, or “happy neurotransmitters,” in our brains longer, allowing for positive chemical changes to occur. There are some you may have heard of: Lexapro, Zoloft, Effexor, Paxil, or Prozac.

You may have also heard about negative side effects from these medications. While what you may have heard can be true for some, this is a large class of medications. What is important to know is that these medications work differently for each individual, and when the right medication is paired with the right person, it can truly be life changing.

The most essential takeaway is that depression is an illness. It is common and it can be treated. It often comes on gradually and subtly. It sneaks up, making it difficult to identify in ourselves and in our loved ones.

What to do? Be aware. Look for it in yourself and others. Talk about it and normalize it so that all those suffering will consider treatment without shame or fear. And most important of all, be kind to others. You never know what burdens others carry. Ask for help by contacting your local primary care provider.

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



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# Conservation and Wildlife Corridors

Encounters with wildlife in our backyards are common throughout the area—and seem to be increasing as the human population in WNC continues to grow. You’ve probably experienced black bears trying to raid a garbage can or seen a flock of wild turkeys wandering through your yard. Projects like the Bear Aware campaign help promote safe practices for people to coexist with wildlife, but loss and fragmentation of habitat continue to push people and animals closer together.

The southern Appalachian mountains fall directly within the Eastern Wildway, an extensive wildlife corridor linking eastern Canada to the Gulf of Mexico, as described by The Wildlands Network. With increasing fragmentation of previously undeveloped areas, permanent conservation of land for animals to move, forage or nest safely becomes more and more important. Southern Appalachian Highlands Conservancy (SAHC) works to secure wildlife corridors of protected land that enable animals to move between larger habitat areas, such as national forests or state game lands. These conserved lands may be permanently protected conservation easements (which remain privately owned land), preserves owned and managed by a nonprofit organization



like SAHC, or tracts added to public lands and managed by state or federal agencies. Preserving land contiguous to existing areas of protected habitat creates important links in securing a permanently protected network for wildlife to move and live within. Ridgelines and waterways, forests and fields are all important for



The Urban/Suburban Bear Project studies the movement patterns of bears in the Eastern Wildway.  
PHOTOS: TRAVIS BORDLEY

wildlife. We need many links to succeed in securing these wildlife corridors.

Tracking projects of migrating birds and widely ranging mammals have demonstrated that wildlife move a lot each year. They may even fly across the continent or walk a 100-mile excursion. The Urban/Suburban Bear Project (which is now in its second research phase in the Asheville area), the Eastern Golden Eagle Working Group (a collaboration of biologists and wildlife managers from the US and Canada), and researchers in the Golden-winged Warbler Working Group (working to stop the decline of migratory songbirds that nest in the Southern

Appalachians and winter in Central and South America) all study the movement patterns of wildlife in this important Eastern Wildway, among other things. Conservation of habitat—particularly habitat that helps create a network for wildlife movement—remains a critical concern for the future of many species.

Look up online any of the organizations and projects mentioned in this column to learn more.

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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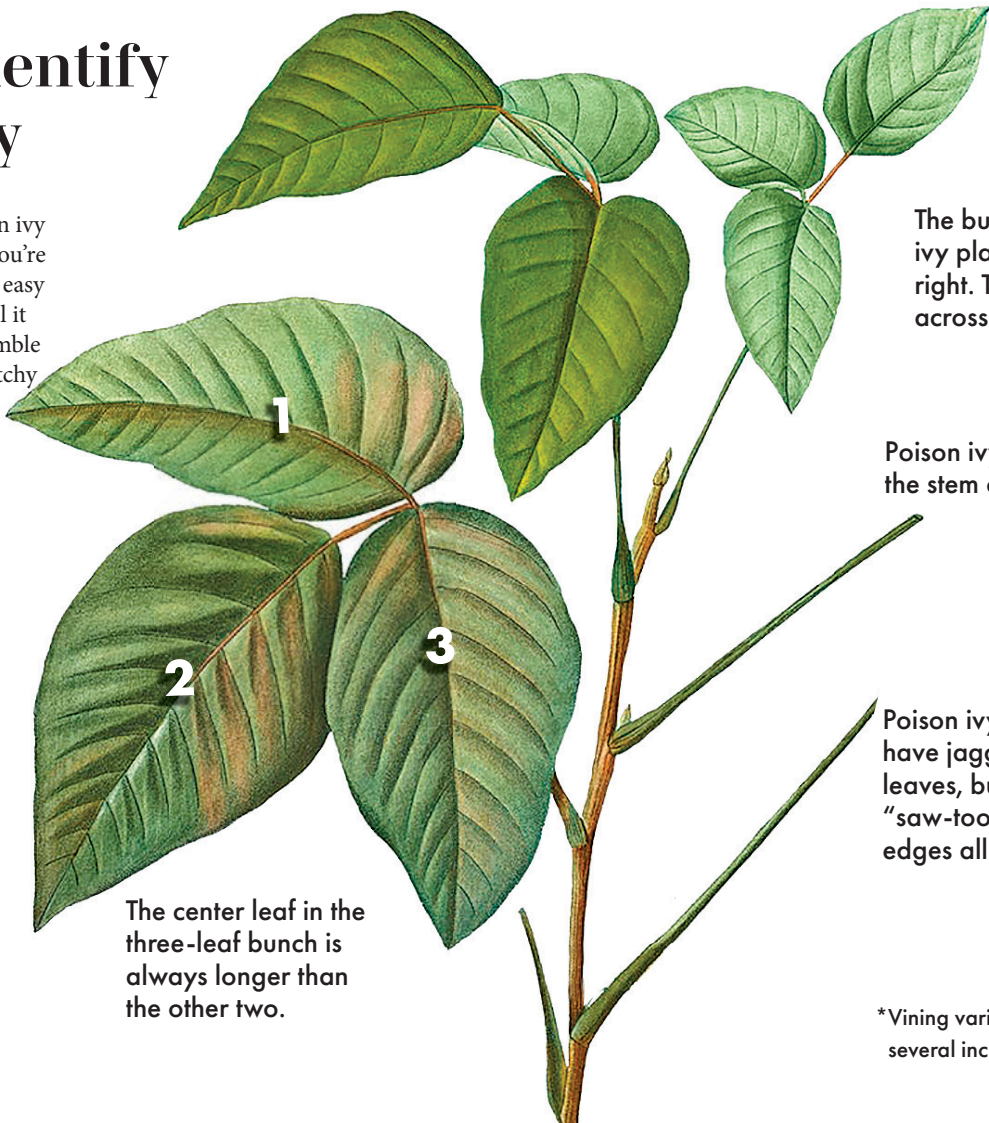
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# How to Identify Poison Ivy

It's easy to run across poison ivy during the summer when you're more active. Here are some easy ways to ID the plant and tell it apart from others that resemble it. We hope you avoid any itchy situations this summer.

Poison ivy only has three leaves.

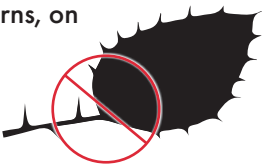


The center leaf in the three-leaf bunch is always longer than the other two.

The bunches of leaves on a poison ivy plant always grow left then right. They never grow directly across from each other.



Poison ivy never has thorns, on the stem or leaves.\*



Poison ivy may occasionally have jagged edges on parts of its leaves, but the leaves never have "saw-toothed" or scalloped edges all the way around.



\*Vining varieties have dark-brown, hairy roots up to several inches wide that attach to trees.



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# Tuning into Good Vibrations in Fairview

There are things you can find out about a place before you move there, from travel shows or the Internet. And then there are things you only find out after you move.

Blaine Greenfield was born and lived in the NYC area for most of his life. He was the editor of his high school newspaper and college yearbook. He taught at high school in New Jersey and then as a professor of marketing at Bucks County Community College (in Pennsylvania) for 40 years.

But after growing tired of the harsh winters, he and his wife Cynthia, a retired school guidance counselor, were looking to move, and Asheville was on their radar. They loved the mountains and scenery in WNC. Cynthia—"my beautiful bride," as Blaine calls her—was interested in spiritual and holistic practices, "so she punched that in the computer and Asheville, of course, came up," he said.

They came to Asheville for one long weekend and loved it. Then they came back for a longer trip in 2009 and "ended up buying in Biltmore Lake on our second day before we had even listed our home in New Jersey," he said.

It wasn't until after they moved to WNC that they learned what so many of the rest of us know: It was so easy to meet nice people and make friends. "We'd be walking



Blaine and his wife, Cynthia—above, and at right with Spencer Hilgerman, the new owner of Hilltop Ice Cream. Below right, Blaine hosts his Facebook Live/radio show.

downtown and see somebody eating something that looked good," said Blaine. "We'd strike up a conversation, and the person would actually offer us a taste test of what they were eating!"

Eventually, though, they wanted a larger home with more land and moved to Fairview, near Root Cause Farm, in September of last year. And they love it even more than Asheville.

## Friendly Folks

I asked Blaine to name things he loves about living in Fairview, and he sent a long

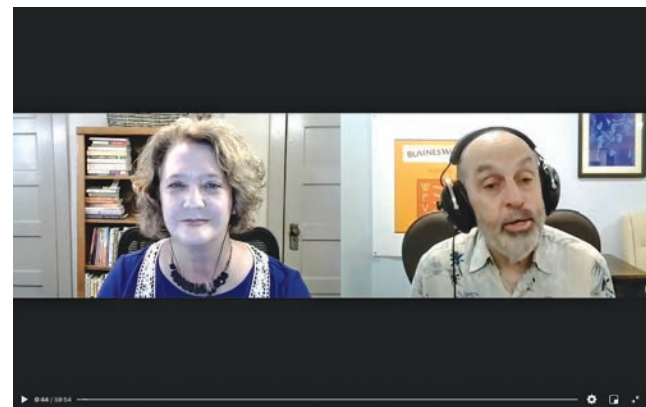
list. "A terrific home, beautiful scenery, and friendly folks," he said. "And our good friends live just off Charlotte Highway, just 10 minutes away."

He is an active volunteer in community organizations, including Asheville SCORE and AB-Tech's Small Business Center and Mountain Mediation Services, and he is on the national advisory board for the Dementia Society of America. He is also active in the dispute resolution community, having served as a mediator and arbitrator for over 2,000 cases. In addition, he serves on the board of directors for radio station WPVM.

## BLAINESWORLD

But his main focus now is on BLAINESWORLD, his weekly radio/Facebook Live show and blog. He started the blog in 1996, which is a long time ago in blog-time. "It's a way to share information with friends," he said. "A chance to publicize the good that folks do, and an opportunity to share some smiles." He currently has 1,100 subscribers, and was named "Best Blogger" by Mountain XPress the last time it was featured as a category in its Best of WNC awards. A typical blog contains jokes, quotes, links to videos and websites, local news and events, and reviews of shows, movies and books. (You can subscribe by sending an email to bginbc@aol.com and putting "subscribe" in the subject line.)

Blaine began his radio/Facebook Live show in 2017. It started through his "desire to help promote both the theater and business non-profit communities of WNC. The show airs on Wednesdays from 9–10 am, and you can watch it live on Facebook at facebook.com/



wpvm.103.7/videos. You can also follow him on Facebook to stay up to date.

I told you he had a long list of things he loves about Fairview. He added: "We love the quietude of the area, our neighbors, and walking in the neighborhood." And he and Cynthia love local stores and restaurants, with favorites including Hilltop Ice Cream, Angelo's, Sky Mountain Pizza and Americare.

## Fairview Studio

And, importantly, because of the focus of his show, Fairview "is perfect for my radio/Facebook Live studio, where I now do my show. I used to do it at the WPVM studio, but because of COVID, I started doing it from home. And I plan to continue doing it from my Fairview home—or as I call it, my Fairview studio."

It sounds like Blaine is tuned into the right frequency and experiencing the good vibrations we all feel here in Fairview.



Clark Aycock is the editor of The Fairview Town Crier.





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## Tech Updates for July

**W**indows 10 always wants to market new ideas, and a new one is called News and Interests. As part of May's Super Tuesday update, Microsoft put in a new widget to "surface news, sports scores, and stocks based upon your interests," and it may show up on your taskbar. To get rid of it, right-click on an empty portion of your taskbar, select News and Interests, and then click Turn off.

### Unsubscribe Junk

Junk mail is the bane of email, and legitimate senders (if there is such a thing) include an unsubscribe link at the bottom of their emails. This feature is often leveraged by scammers to "verify" that you actually read to the bottom of their email and thus might read more junk emails. And a newer type of email is making the rounds; one that looks like those email subscription confirmations that we have been getting used to but instead come from places we might not recognize. So, what to do? Emails that come from well-known companies "should" be safe to unsubscribe from, but skip the others.

### Amazon's Shared WiFi

Is it worth participating in Amazon's Echo internet sharing? Amazon has

**A newer type of spam email is making the rounds; one that looks like those email subscription confirmations that we have been getting used to but instead come from places we might not recognize.**

enabled low-power, small, public WiFi networks on their Echo devices—almost any Echo sold in the past five years. The first reaction most people have is, "Absolutely not! How do I turn it off?" I'll get to that, but first, here are the details.

Sidewalk might use up to 500 MB of data each month and 80 Kbps of bandwidth at any given moment. It is also a network for certain low-powered internet features over Bluetooth, like being able to use a Ring device that isn't close enough to your WiFi network; instead, it could use your neighbor's Sidewalk-enabled Amazon device. If you don't want to allow this feature, open up your Alexa mobile phone app, go into Settings, then Account Settings, then Amazon Sidewalk (if you don't see this choice, you might need to update your Alexa app) and turn off either or both Community Finding and Amazon Sidewalk.

### Venmo Privacy

Venmo is an easy way to get or send money to friends and family, but it defaults to sharing all your transactions with the world. There are two settings you should change, if you want to keep your transactions private. Open the Venmo app and click into the three-line menu icon in the upper right. Tap Settings (you might have to scroll down) then Privacy, where you can change your default privacy setting to Private. This only affects transactions going forward. To protect your previous activity, tap on Past Transactions and tap Change all to Private. While you're at it, take a look at the section labeled Friends List, where you can limit how you show up to other Venmo users.

### Edge Coupons

If you like Microsoft Edge but wonder why it keeps offering coupons, you might want to turn off its shopping notifications. Start by clicking on the triple dot icon in the upper right of the Edge window, then click on Settings, then click Privacy, search, and services in the left-hand column, and then scroll to the bottom of the right-hand page for the Services section, where you can turn off the shopping feature. You might want to review your other privacy settings while you're there.

### Don't Forget to Remember

Feeling trapped by those Apple iPhone/iPad free trial apps that you forget to cancel when your free trial period ended? You can find the subscriptions by going into the App Store; tap on your "face" icon in the upper right corner and you should see the Subscriptions choice to tap. Wait for it to load and fill in all your subscriptions, and then use the Cancel button accordingly.

### Norton Crypto

Norton Lifelock, through its early adopter program, is testing a feature to allow their subscribers to mine Ethereum cryptocurrency while the computer is idle (if you have an NVIDIA 1050 graphics card with 3+ GB of RAM). If that means nothing to you, don't worry; Norton is testing how to let people make cryptocurrency without having their antivirus software complain about malicious software running in the background. Not surprisingly, Norton takes a sizable 15% administrative cut of what you have mined when you pay or cash out.



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# Fairview Elementary Welcomes New Teachers

by Kenya Hoffart

**Fairview Elementary recently** welcomed several new teachers to its staff. Each of these fine educators is eager to meet students in August and celebrate being part of a wonderful school community.

Staci Barnhouse and Kelsey Townsley have joined the fifth-grade teaching team. Barnhouse discovered her love for helping kids learn when she worked at a preschool while in high school. This is what led to her decision to become a teacher. She attended college in Bolivar, Missouri, and will be finishing her master's degree soon. She just moved to WNC from Florida to be closer to family, experience the culture of the area, and enjoy the beautiful mountains. Her husband is also a teacher and will be teaching at A.C. Reynolds High School this fall. They share a love for teaching, traveling and their two cats.

Barnhouse has been teaching for nine years, from kindergarten through fourth grade. She loves teaching social studies and is fascinated by maps, geography and learning about different people and places.

**Each of these teachers will make a great addition to the amazing teaching staff at Fairview Elementary and are already proud to be Cardinals.**

Her teaching mantra is one she borrowed from Ms. Frizzle of the Magic School Bus series: "Take chances, make mistakes, get messy."

Townsley strives to be an inspiration to her students, just as her fifth-grade teacher was to her. In fact, he is the reason Townsley decided to become a teacher. She attended college in Boulder, Colorado, and earned her bachelor's degree in psychology with an elementary teaching license. She taught in El Cajon, California, for the last seven years and has worked with students in kindergarten through fifth grade. At FES, fifth grade has a heavy science curriculum, and Townsley is looking forward to the hands-on learning that students enjoy during science time.

Townsley relocated to WNC to be closer to family. She makes her home in Saluda with her husband, two daughters and two French bulldogs. Her personal mantra is, "Dream big, and live life to the fullest!"

Joining the fourth-grade teaching team are Kristen Legg and Jesame McClellan. Legg cannot remember a time when she did not want to be a teacher and has many fond memories of playing school with her



Staci Barnhouse



Kaleigh Dillon



Virginia Lage



Kristen Legg



Jesame McClellan



Kelsey Townsley

sisters while they were growing up. She received her bachelor's degree in elementary education from UNC-Wilmington. She is currently pursuing her master's degree at East Carolina University. Legg has been teaching fourth grade for four years and loves to challenge her students to reach their full potential, both academically and socially. She especially loves to share her love of reading with her students. Legg and her fiancé will get married in September. They love the atmosphere and culture of this area and are excited to make a new home here with their two dogs.

Having come from a family of educators, McClellan has always been drawn to children. She worked at many afterschool and summer programs and as a nanny for several families and said it just seemed natural for her to become a teacher. She graduated from UNC-Asheville with a bachelor's degree in psychology with an elementary teaching license. She has been teaching for seven years; the last four in fourth grade. She loves exploring numbers and how they work, scientific concepts, and the world around her through literature and history.

McClellan and her husband have two kids, two dogs and a rabbit. Her personal philosophy, which she carries into the classroom, is to embrace each day to its fullest and relish the small moments as much as the large ones. She also likes to celebrate each moment and continually learn, grow and make her time spent meaningful.

Kaleigh Dillon is already a familiar face at FES, as she finished her student teaching here earlier this year. She will be joining the second-grade team. She knew as a small child and student at FES that one day she wanted to teach there. She believes "teaching is a work of heart" and plans to put her whole heart into every day while

she provides her students with the love and support they need to succeed.

Dillon is a recent graduate of Appalachian State, and even though this will be her first year teaching, she has a lot of experience with children as a preschool worker, nanny, tutor and intern. Dillon has always called Fairview home and is so excited to be able to stay close to family. She has incredibly supportive parents, an older brother, a precious little niece, and a boyfriend who plays basketball for the Tar Heels.

Virginia Lage is also a familiar face at FES, as she just finished a year as a second-grade interim teacher. She accepted a permanent position and joined the first-grade teaching team. This will be Lage's 25th year of teaching, and she loves to help young children become lifelong learners. She very much enjoys teaching reading and math and believes that every day is a new day and opportunity to learn.

Lage spent her childhood traveling to North Carolina to visit her grandparents. After attending colleges in West Virginia and Virginia, she started her career and raised her two children. A couple of years ago, she made the move to North Carolina and lives in Black Mountain. She enjoys being outdoors, gardening, walking, music and spending time with her fiancé.

Each of these teachers will make a great addition to the amazing teaching staff at Fairview Elementary and are already proud to be Cardinals. Everyone at FES is looking ahead to a great school year and will be excited to be back together again, with new friends and faces to welcome to the family.

*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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MAGIC WITH GREG

# TURN WATER INTO ICE

This trick is perfect for this hot time of year! It is part magic and part science experiment.

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- A couple of bottles of water. Purified water works best, but you can also use some types of sodas or juices. Have fun experimenting!
- A freezer
- Something flat and cold to pour the liquid onto (a flat ice pack or ice cubes work well).

## Preparation

Take the bottles of water and place them in the freezer, then take them out after two hours.

## Performance

Carefully open a bottle of water and slowly pour it on to the cold surface. Watch as the liquid turns to ice. Adding food coloring can make for interesting results!

**magic!**

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



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# Teaching Your Dog to Be Left Alone

The COVID-19 virus forced many of us to stay home for an extended amount of time, which thrilled our dogs. However, now that restrictions have been lifted, many people are having to return to offices and workplaces, and our dogs are having a hard time learning to be alone again.

While some dogs are happy to be left alone for short periods, others may become stressed when separated from their owner. Research suggests that almost half of all pet dogs react badly to being left alone at some point during their lives. Contrary to popular belief, dogs are not doing this because they are trying to “pay their owners back.” In most cases, they are simply distressed about being separated from their owner.



A “Kong” stuffed with food can help keep your pup happy while you’re away.

These dogs may bark, howl, potty indoors or be destructive when left alone. It may not be obvious that your dog becomes anxious. You may be unaware that your dog has been suffering unless you find evidence of destructive behavior when you return home or receive complaints from your neighbors about your dog’s excessive barking.

Separation anxiety is a common reason for dogs to land in shelters or rescues, but it is important to remember that dogs re-homed from rescues are no more likely to develop this behavior than dogs that come from other backgrounds. There are a

number of different reasons why a dog might show this type of behavior, so if you notice signs that your dog is showing anxiety, you should talk to your vet or contact a veterinary behaviorist. A veterinary behaviorist will be able to identify the underlying cause of the problem and treat it accordingly.

The length of time a dog can be left alone depends on the dog, but it’s advised that they are left for no longer than four hours so they have opportunities to exercise, go potty, and spend time with people. Studies have found that if you gradually introduce your dog to being left alone when they come to live with you, then you are less likely to have a problem later on.

## Teach Aloneness

One of the most effective ways of preventing your dog from ever becoming anxious when they are left alone is to teach them right from the start that being alone is fun. To do this, you need to gradually increase the time that you leave your dog alone so that it is never a frightening experience and always associated with something pleasant. The speed that you progress will depend on your dog’s reaction. Never leave your dog so long that they start to become distressed.

Reward your dog for being relaxed when left alone. Rewards can be toys, treats or praise. A long-lasting treat is ideal because you can tell that your dog is worried if they don’t finish something that they would normally enjoy munching. If your dog becomes anxious and does not remain quietly in their bed eating the treat, do not offer a reward. Instead, simply go back a stage and try leaving them for a shorter period next time.

Repeat each of the following stages below until you are sure your dog is happy before progressing. How quickly you progress depends on how well your dog responds.

- Start by encouraging your dog to go to their bed or crate and stay there with you present for a short time. Reward your dog for remaining quietly in their bed.
- Next, ask your dog to stay in their bed as you move away, then return and reward.
- Move progressively further away and for a longer period of time. The distance/time increase on each occasion will depend on

your dog. If your dog reacts or moves, don’t reward but go back to the previous stage.

- Start going out through the door before returning. Then go out and shut the door, and then go out for longer periods of time. When you get to this point, start to vary the length of time that you are out.

Once you reach the stage where your dog is happy to be left for up to an hour, you should then have no problems leaving them for longer periods. To avoid boredom, which may lead to mischief, remember to give your dog something to occupy them while you are out.

## Avoid Boredom

There are a number of things you can leave for your dog while you’re away:

- A safe, suitable toy or bone. Make sure it is special by only giving it to them when you go out or when they are separated from you in another room in the house.
- Something your dog really loves, such as a “Kong” stuffed with food (peanut butter or plain yogurt mixed with dog biscuits are popular) or a meat-flavored chew.
- A treat ball or cube that you can fill with dried treats so they will have to work to get them out.

All of these things will give your dog mental stimulation and prevent them from becoming bored. It’s important that any treats be taken out of your dog’s daily food allowance, as overfeeding can lead to obesity that can cause serious health problems. Remember that when you return home, these special items should be put away.

## Feeding and Exercise

Your dog will be more inclined to relax when left alone if they have had an appropriate amount of exercise and been fed before you go out.

Always try to exercise your dog before leaving them. Take them for a walk, returning home half an hour before you are due to leave. Feed them a small meal shortly before leaving. And always ensure your dog goes potty before being left alone.

## Avoid Punishment

If your dog misbehaves while you are out of the house, it is vital that you do not react badly when you come home. The

behavior will just get worse.

This is because the punishment will be linked with your return instead of the destruction, barking or pottying that occurred while you were out. Your dog will then become anxious about what you will do when you return the next time they are left alone. As a result of this increased anxiety, the dog is more likely to chew or lose bladder control.

Dogs who have been yelled at in the past when their owners returned home frequently make themselves as small as possible, lowering their head and putting their ears back and their tail between their legs. Unfortunately, owners often think that the dog looks guilty and punish them because they know they have done wrong. Even if you take your dog to the scene of the crime, they will not be able to associate your anger with their behavior hours earlier. Your dog will simply become more anxious the next time you go out.

We only recommend the use of positive, reward-based training methods. Although it is not easy, if you do find a mess when you come home, it is essential that you never physically punish or yell at your dog. Try to even avoid letting your dog see that you are annoyed; let them go outside before cleaning up.

## Find a Veterinary Behaviorist

If these tips don’t help with your dog’s anxiety, please contact your veterinarian or a veterinary behaviorist. A veterinary behaviorist receives specialized education that allows them to identify the cause of your dog’s problem and can formulate a treatment plan that will work for you and your dog.

To locate a veterinary behaviorist near you, go to the American College of Veterinary Behaviorists at [dacvb.com](http://dacvb.com) and click “find a behaviorist.”



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



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# Choose the Right Dog

Last month, I came home with a foster puppy, solidifying the fact that puppy season has arrived. Fortunately, my family is just a stop along this puppy's journey to his final home, as we are not the right family for a border collie puppy who needs some extra socialization. With teenagers, a business and seven other pets, we cannot possibly give this puppy what he needs in the long run, even though this is my all-time favorite breed and he is ridiculously cute. We are already his third stop. He was bred on a farm, purchased by a person who quickly discovered she was not the right owner, and then brought to me. He has a home waiting for him, where they are prepared for his behavior and breed needs. He is a lucky dog, and I have every confidence that in a few months, he will be the confident, smart border collie he was born to be. This is due, in no small part, to an owner who was kind enough to realize that he needed a different home. The love she showed when she sought out the right spot for him was selfless.

As a veterinarian, I cannot stress enough the importance of choosing your dog wisely. Dogs have been bred for thousands of years to demonstrate specific behaviors, to look certain ways, and to survive in different climates. Every puppy that comes into this world has some predetermined needs beyond food, love

and shelter. Additionally, each puppy will develop preferences and aversions based on its individual experiences. As an owner, you need to be able to handle all of these traits to provide the kind of life that will allow your new puppy to flourish. We frequently meet owners who have dogs that don't fit in their households well, and generally, neither the dog nor the owner is happy. What is rarely said, though, is that it is okay to work with a reputable rescue group to find a new home for your dog if that is the case. Having made this decision for a dog does not mean you should not own another dog, but it does mean you should clearly define what type of dog you can happily own.

The great news is that there are resources to help you figure out what dog would best fit your needs and wants. My first recommendation is to meet with a good rescue group and have a discussion with one of their adoption coordinators about what traits you want in a dog. They can then direct you to any dogs in their care that may fit your needs. If you have an open mind about what the dog looks like, you will very likely wind up with a best friend who fits beautifully into your life.

If you have a specific breed in mind, call a rescue group for that breed and discuss your needs and wants, as they will also have some dogs in mind. Your



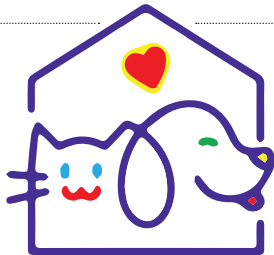
Grace, Dr. Moncure's daughter, enjoying one of the perks of being a vet's kid and socializing the newest foster puppy.

veterinarian is a great resource for pre-adoption counseling too. Schedule an appointment to discuss your needs and wants and the expected medical problems of different breeds. (For instance, the less purebred a dog is, the fewer health problems it is likely to have.) If you are planning on purchasing a dog, make sure you are purchasing from a reputable breeder. Some hallmarks of reputable breeders are that they counsel the owners before purchase, they have the parents of the puppies or know them well, they might place you on a

waitlist prior to the actual breeding, and they have a well-established relationship with a veterinarian.

If the goal is to find a best friend for the next 10-15 years, please do the work before you get a dog. If you already have a dog that you cannot adequately care for, please take the kind, selfless route and seek help to re-home it. Every owner and every dog deserves a happy relationship.

*Margaret Moncure is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital. 184 Charlotte Highway. 527-2430.*



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**Ellie** is a charming, high-energy 5-year-old. She enjoys going for runs and staying active, and also loves her snacks. Bonding with her people is super important to her, and once you've become best friends, she promises to always stick by your side. No cats, and she should be in an adult-only household. *Brother Wolf*



**Harley** is calm, docile, and friendly. As a senior cat, she is content to lead a quiet life of snoozing, slowly exploring the house, and looking out the window. She would do best in a quiet, predictable household without young children. She lets you pick her up and will lay beside you while you're reading or watching TV. *Humane Society*



**Lincoln** is a 10-year-old who came to us as a stray. He enjoys sniffing, eating treats and leisurely walks. He has been in our doggie playgroups and is described as a mellow wanderer. Don't let his age fool you, as this guy still has energy and love to give. *Humane Society*

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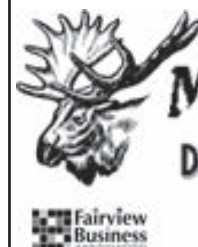
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## UHNGCC Cleans Up Gerton

The Upper Hickory Nut Gorge Community Center in Gerton hosted a litter sweep on June 4. The total bag count—nine bags plus nine recyclable bags—was less than last year's tally. A good direction in which to move!



Front Row: Pete Reese, Ellen Boyle, Sara Fletcher, Karen Gamble. Back Row: Sylvia Sane, Stan Mobley, Jim Earnhardt, Charles Gamble, Mike Reandeau, Chuck Mallory, Steve Jones, JoAnn DeAmbra. Mike Hamlin took the picture.

## Lasagna Love in Fairview

Bonnie Judkins, who has lived in Fairview for 15 years, learned about Lasagna Love while visiting friends in San Francisco.

The organization is a nationwide grassroots movement that aims to connect neighbors with neighbors through homemade meal delivery. It also wants to make it easier for people to ask for help, especially moms.

When Judkins returned home, she “was happy to find out we had it right here in Fairview, as I think it’s an amazing way to support my community. I think it’s a lot of fun to cook a meal and deliver it to people who can use a little support—especially during the dark times we’ve been going through.”

If you’re interested in helping, Bonnie said the commitment can be minimal. “I deliver a lasagna to one Fairview family about once every three weeks,” she said. No special cooking or kitchen skills are needed. And the reward: “So much gratitude,” she said.

If you want to deliver or receive lasagna, email [lasagnawnc@gmail.com](mailto:lasagnawnc@gmail.com) or visit [lasagnalove.org](http://lasagnalove.org).



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### How to Burn Fat

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fault. It is not a personality flaw or a lack of willpower and discipline. It’s simply how your body responds to various nutrients.

Top signs that you are eating above your carb tolerance level include hunger, cravings, weight gain, trouble losing weight, bloating/GI discomfort, high blood sugar/prediabetes/Type 2 diabetes and inflammation (e.g., joint pain, fatigue).

Becoming aware of your carbohydrate intake doesn’t necessarily mean you have to remove them from your diet. You aren’t restricted to following a defined dietary protocol (e.g., Ketogenic, Atkins, Whole 30, etc.). What it means is that you need to investigate your unique carbohydrate tolerance level and eat to support what your unique body can tolerate. Consider reducing your carbohydrate intake, make sure you are eating adequate protein throughout the day, and increase your dietary fat until hunger and cravings disappear.

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](http://myphdweightloss.com).



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# Redesigns, Reopenings and New Stores—Business Is Hopping!

By Sandie Rhodes

We're all starting to get out and about more, which I guess is why there were rumors flying left and right this past month. Sit back and enjoy the ride.

Recently, I was reaching for the 2% organic milk at **Food Lion** and... it wasn't where it had always been. I looked around and realized there was a lot of unusual activity going on in the dairy aisle. This prompted me to seek out Scott Prince (the store's previous manager), who is currently the RSS. (He told me, "I'll be back.") He introduced me to the current store manager, James Pruitt, who explained things. It's all good news!

Food Lion is getting a facelift, a tummy tuck, knee and hip replacements, and a nip and tuck everywhere else... when it's done, it will be a brand-spanking-new store! Those of you who are loyal shoppers and can walk through the store blindfolded will have to open your eyes once it's done. Just about everything is moving, not only into new cases, but to new locations in the store. And there will be a lot of new



New Food Lion store manager, James Pruitt

sections and services, such as a fresh fruit department with a full-time staffer cutting fruit all day. I was told, "You won't recognize the deli." James also told me the "new" store will have room for a wider variety of products, as well as Western Union, the lottery, and a host of other new services and features.

And the best part is that they will accomplish this task while keeping the store open! So, please, be patient and understanding as they transition.

I guess you're all wondering when the store will be finished. October, if all goes well, but we'll all surely be giving thanks by Thanksgiving. Can you say gobble gobble?

Speaking of new, the **Kounty Line** station in Reynolds will have a new food purveyor by the time this issue is in your hands. New, but no stranger: it is now **Smokey's Sandwich and Organic Smoothies**. Yes, Smokey's as in **Smokey & the Pig**. Smokey's Becky Brewer will oversee the new breakfast and lunch restaurant. She's excited to expand further into the sustainable world. She said all to-go packaging will be biodegradable/compostable. Smoothies will be made with only organic fruits and other ingredients. It will be a quick grab-and-go, healthy alternative in the Reynolds area.

When Becky and I spoke, I was surprised to hear she had time for another restaurant, which is when I found out that their daughter Brandy was leaving her framing business to work catering with Becky, since that part of Smokey's business has also expanded. All that and still time for fire department fundraisers and more.

By the way, Becky shared that safe practices are in play at all their businesses and events. The Brewers have made sure everyone working at

Smokey & the Pig has been vaccinated against COVID-19. They have also all trained to receive their ServSafe certification, which ensures food-handling safety to avoid food-borne illnesses. The certifications are displayed in the front window (right next to one of their darling pigs and John Deere).

It's been an exciting time for me, and others, as businesses are able to open more fully. **Piazza's** indoor dining is now open. Check out their new menu at [piazzaeast.com](http://piazzaeast.com) or stop by in person to see it. Another business that is now fully open is **Rust & Found**, and Brandi Lytle is pulling



out all of the fantastic finds stored away over the past year. Maybe even a jukebox complete

with records? (Can you guess who was the longest-ranked No. 1 singing sensation from 1950-1958? Yes, you're correct. It was Elvis Presley.)

## Have fun now...



let us worry about the mess later!



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867-A CHARLOTTE HIGHWAY IN FAIRVIEW



■ With all of the restaurants opening up, logic says we'll need to increase our focus on staying fit. And our greater Fairview community will have two local facilities to help in that cause. Crystal Snelson, a Fairview native, has opened **Specialized Fitness & Nutrition** in a large building behind KD's One Stop on Charlotte Highway. Crystal played softball and ran cross country at ACRHS and competed in diving at



the NAIA level in college. This love of fitness made her pursue a degree in physical education and exercise science. After working for eight years in the field and continuing her own training in bodybuilding and CrossFit (she actually became a national qualifying "strongwoman"), Crystal knew she wanted to help women in her own community live a healthier lifestyle and achieve their fitness goals. As she puts it, "to help each become the best version of herself."

To start, Specialized Fitness & Nutrition will offer private training sessions, group fitness classes and personalized nutrition plans. See the ad on page 20 for more information.

The other facility opening is more than a rumor, but it's so new we don't have any solid information on it yet—other than Shelby Emerson of To The Brim mentioning that a new fitness facility was opening in her building complex on Charlotte Highway in Reynolds. Keep your eyes peeled.

(After I typed that expression, I thought, hmmm...Why do we say "keep your eyes peeled"? So, I looked it up. It dates back to the 1820s in Britain, when Robert Peel established the first organized police force. The officers were known as Peelers or Bobbies. It's amazing what you find out by reading the *Crier*, isn't it?)

■ I ran into the *Crier's* volunteer labeling coordinator Diana Soll the other day, and she mentioned that her business, **Grand Solutions LLC**, would be featured at **First Bank**. I picked up the phone to call First Bank's assistant manager, Liz Waltemade, and she told me about their "Support Local Businesses"



program. In an effort to do just that, every Friday, First Bank will feature two business customers by presenting their literature and giveaways—and the staff will even wear the company's T-shirts, if provided. Pictured above is the lovely Jenny Moore modeling a **Fairview Landscaping** T-shirt. Stop by any Friday to learn more about some of your community businesses and thank First Bank for supporting them.

■ I had an email from Lisa Cole, asking me to track down a rumor. She wrote, "I'm wanting to know what happened and what is going to happen with Sonic?" Rumors certainly have been flying around about the "what happened" part, but let's jump forward to the sign currently outside the drive-through, which reads: "Hiring. Paying \$250 an Hour." Well,

we doubt they pay *that* much. Staying away from the variety of not-so-pleasant rumors of what happened and instead focusing on the fact that **Sonic Drive-In**, like just about every other business around, has not been able to hire reliable help, I did find out a few things.

The restaurant has been for sale for a year or so, and when I contacted the listing agent I did not get a reply. The next week the hiring sign went out. On their job board, they list openings



for assistant manager and car hops, which leads me to believe there is a new

manager in place. Fingers crossed that we'll see them open sometime soon and we can all get our Super-Sonic bacon double cheeseburger fix... and then join one of those new fitness places I mentioned!

**Heard a rumor? Email me at [sandie@fairviewtowncrier.com](mailto:sandie@fairviewtowncrier.com) and I'll get to the truth.**

*Sandie Rhodes is the publisher of the Fairview Town Crier.*

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# Declare Your Financial Freedom

Independence Day is almost here. And as we make progress in moving past the COVID-19 pandemic, more of us will be able to enjoy Fourth of July activities. However you observe the holiday, it's important to recognize all the liberties we enjoy in this country. But you may still need to work at one particular type of freedom—and that's financial freedom. How can you achieve it?

There's no one instant solution. But you can work toward financial independence by addressing these areas:

• **Retirement savings**—Approximately 45% of Americans think the ideal retirement involves “enjoying my well-earned freedom,” according to the March 2021 Edward Jones/Age Wave Four Pillars of the New Retirement study. But when you're retired, the risk to this freedom is obvious—the paychecks have stopped but the bills haven't. Furthermore, you could spend two or three decades in retirement. That's why it's so important to contribute as much as you can afford to your tax-advantaged retirement accounts, such as your IRA and your 401(k) or another employer-sponsored plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. Whenever your salary goes up, try to increase the annual amount you put in your 401(k)

or similar plan. And if appropriate, make sure you have a reasonable percentage of growth-oriented investments within your 401(k) and IRA. Most people don't “max out” on their IRA and 401(k) each year, but, if you can consistently afford to do so, and you still have money you could invest, you may want to explore other retirement savings vehicles.

• **Illness or injury**—If you were to become seriously ill or sustain a significant injury and you couldn't work for an extended period, the loss of income could jeopardize your ability to achieve financial independence. Your employer may offer disability insurance as an employee benefit, but this coverage is typically quite limited, both in duration and in the amount of income being replaced. Consequently, you may want to consider purchasing private disability insurance. Keep in mind that this coverage, also, will have an end date and it probably won't replace all the income lost while you're out of work, but it will likely be more expansive and generous than the plan provided by your employer.

• **Long-term care**—Individuals turning 65 have about a 70% chance of eventually needing some type of long-term care, such as a nursing home stay or the assistance of a home health aide, according to the U.S. Department of Health and Human Services. And these services are quite

expensive—the average annual cost for a private room in a nursing home is more than \$100,000, according to Genworth, an insurance company. Medicare typically covers only a small part of these expenses, so, to avoid depleting your savings and investments (and possibly subjecting your grown children to a financial burden), you may want to consider long-term care insurance or life insurance with a long-term care component. A financial advisor can help you choose a plan that's appropriate for your needs.

By addressing these areas, you can go a long way toward attaining your financial independence. It will be a long-term pursuit, but the end goal is worth it.



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

## May 2021 Fairview Real Estate Statistics

		Max \$	Lowest \$	Average \$
Homes Listed	10	1,595,000	239,000	917,000
Homes Sold	11	2,150,000	200,000	1,175,000
Land Listed	9	204,900	39,000	121,950
Land Sold	5	200,000	41,500	120,750

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# Wagging Tongues and Tails

by Shelby Emerson

June's FBA meeting took place on the shady deck of Woof in the Woods, a dog training and boarding facility. Two playful canine trainees watched us from the side yard and leaped high enough for quick pats from members. There was a great turnout this month, so after chatting a bit, we all grabbed a beverage and snack from the large assortment supplied by owner Tracy Peabody and settled into our lawn chairs to catch up on FBA business.

As everyone is moving into the busier summer months, we briefly touched on the difficulty in hiring enough employees to keep up with demand. The announcement of recently lower numbers in people needing food from the Food for Fairview pantry was great to hear, and we all had questions about APEX Brain Center's hyperbaric chamber therapy. Our business cards were collected for not only the FBA \$100 gift certificate giveaway happening at July's meeting but also for some generous door prizes from our hosts at Woof in the Woods.

After the bulk of the meeting, we got an amazing presentation from Rob, one of the senior trainers at Woof in the Woods. He and a beautiful Australian Shepherd, Abby, showed us the types of training taught at the facility. He stressed that their techniques train the owners as well as the dogs.

## Welcome, NEW MEMBERS!

- New Moon Marketplace
- The Pond Retreat Center
- Tyrconnell House

Abby knew not only when to perform certain actions (triggered by voice or hand signals), but also when not to, something that doesn't always cross our minds when we think of teaching a dog new tricks.

We gave them both a round of applause and then moved inside to see the shop area. There are plenty of healthy, natural dog foods and treats to choose from, as well as accessories like useful brushes and fun collars. Tracy and her team are full of knowledge and can help you choose what will be best for your pups. We are so thankful to them for hosting June's meeting.

Next Meeting

The meeting for July will be held at The Pond Retreat Center, 18 Garren Mountain Lane, Fairview, on July 7 at 6 pm.

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

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## Building Soil, Building Connections

Last month, I started my summer internship at Root Cause Farm. Right away, I felt a strong sense of connections: with this red-earthed land, with the plants that provide this community with food and medicine, and with all the people who take care of them. I've come to recognize many of the ways in which we all are connected, and that we all depend on one another to fill the many types of hunger we experience in life.

Shortly after I began, I started experiencing some car troubles. I found myself needing assistance getting to and from the farm. As soon as I expressed this need, I was met with an outpouring of support from fellow interns who were happy to go out of their way to help me get to work each day. I didn't expect so many offers for help because I live further away from the farm than many of the other interns, but it felt like everyone had something to offer. In the last few weeks, I've seen how hard the farm's team members work to support the operation as well as one another through offering whatever they can give.

Another form of interdependence I've observed at the farm is the connection between us, as farmers, and the plants



One small portion of the thistle infestation at Root Cause Farm.

we grow, including fruits, vegetables, and herbs. As a team, we work tirelessly to provide the best possible care for our plants. From engaging in various practices that build soil health to following the biodynamic calendar, an incredible amount of love and work goes into all the produce grown at Root Cause Farm. In exchange, we get to enjoy the literal fruits of our labor as a community, by helping to fill the gaps in people's nutrition with delicious, fresh food.

Even in the most difficult moments in farming, such as when I'm at my wit's end

with the Canada thistle, I remember that it is telling us something. Canada thistle (if you've spent any time at Root Cause, I'm sure you know it well!) loves growing in compacted and recently disturbed soil. To avoid getting pricked by its needle-like spines when weeding, I've found that I require two pairs of gloves. Despite the trials and tribulations encountered when weeding these thistles, we can depend on them to give us insights about our soil. Mother Nature doesn't leave surfaces uncovered, so the thistles remind us to

plant nitrogen-fixing cover crops when beds aren't in use. Thanks to their large tap-roots, these thistles are dynamic accumulators, meaning they can draw up minerals like iron and magnesium from deep in the

**The farm's team members work to support the operation as well as one another through offering whatever they can give.**

ground, where shallow roots can't reach. This means that they make a great mulch because as they break down, they provide other plants with these nutrients. In these ways, we can find a sense of reliance in even the most noxious of weeds.

We are also dependent on our community for their hearts and labor. If you're interested in pulling some thistles, being involved in helping the vegetables and herbs grow, or just getting your hands in the dirt, check out the calendar on our website to find a volunteer day that works for you. We hope to see you soon!

*Olivea Kapadia is a summer intern at Root Cause Farm, which is located at 26 Joe Jenkins Road, Fairview. [rootcausefarm.org](http://rootcausefarm.org).*



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## A Wild Edible Menu for Summer

Summertime was a bit late in arriving, but it is here, and our forests and meadows are overflowing with nature's wonderful bounty. What's out and about on the wild edible menu for July?

July is a favorite month for me, as it's the beginning of chanterelle season here in the Blue Ridge. Unlike in my former home in Virginia's Shenandoah Valley, it is much cooler here, which is a welcomed gift. We still have a few pounds of chanterelles



cooked and preserved in sealed packages in our freezer. This spring was a near total bust for me with morels. Perhaps there were too many late hard freezes, including a blackberry frost, but nature has cycles and that's certainly true with mushrooms.

I am a big fan of the common chanterelles, as their size and bright orange coloration makes them easy to spot. And as long as you are careful and willing to pay attention and learn, they are fairly easy to distinguish from poisonous species like jack-o-lanterns, which are also common in these mountains. In the 13 years we have lived in WNC, we have always found an abundance of these delectable mushrooms, which are so highly prized in France and by chefs, as their flavor and texture is simply superb. After I harvest them and brush off any dirt, I preserve the bulk by sautéing in a mix of butter and olive oil, along with sea salt, black pepper and a splash of cooking wine and soy sauce. All wild mushrooms need to be cooked thoroughly, as they are indigestible raw.



And please remember, do not eat any wild mushrooms unless you are 100% sure of what you have found.

I love to add chanterelles to omelets and quiches and make special sauces for chicken or steak. Like morels, they are also delectable just sautéed in butter and salt and served over toast. A good friend gave me a recipe for a fabulous "chanterelle pâté," which is a special treat with a rich, complex flavor that is heavenly when served on a good, crusty bread.

Later in July, we'll get a bonus, as another species of chanterelle appear—the tiny red Cinnabar chanterelles. These are beautiful, but you definitely have to work a lot harder to enjoy them. They often grow in little families, and you can usually get enough to add to some pasta or make a sauce. Their fiery, red-orange color holds up in cooking so one gets a bit of a visual feast as well.

There is a third species of chanterelles that I don't often find. But friends have their secret spots staked out to find the "black trumpets." Another July favorite is the lobster

mushroom, which is actually the result of one mushroom parasitizing another; and what emerges is delicious, strange and beautiful. It is quite meaty and delicate and is definitely in my top five wild mushrooms. Its season ranges from late June to August, depending on the weather. Last year there were multiple flushes of both orange and red chanterelles well into August.

On the vegetative front, one of my favorite edible flowers is the Rose of Sharon, which is a shrub we cultivate that escapes into the wild. The medium-sized, hibiscus-like flowers are delicate in flavor and wonderful additions to any salad. And like daylilies or squash blossoms, they are great stuffed with goat cheese and garlic or herbs, but a good friend says that "everything tastes good with goat cheese." Both the lovely flowers and the leaves make a nice tea that is calming for the stomach and pleasant tasting. I like it best when mixed with aromatic mints like spearmint or lemon balm.

Enjoy the beauty of summer with its long days and remember to always celebrate the gifts of life living in this wonderful oasis we all share in the mountains.



Contact Roger at  
rogerklinger@charter.net.

### Chanterelle Pâté

6 T butter, room temperature  
2 T extra-virgin olive oil  
4 cups fresh chanterelles, cleaned, coarsely chopped  
2 garlic cloves, minced  
¼ cup imported dry Marsala (optional)  
1 T fresh lemon juice  
1 t (packed) finely grated lemon peel  
2 T fresh Italian parsley, chopped  
Toasted baguette slices

Sauté all ingredients for 5–7 minutes in a melted butter/olive oil mix, let cool and run through a food processor. Serve room temperature on freshly sliced baguette rounds. Make this up to five days in advance and refrigerate in a sealed container.



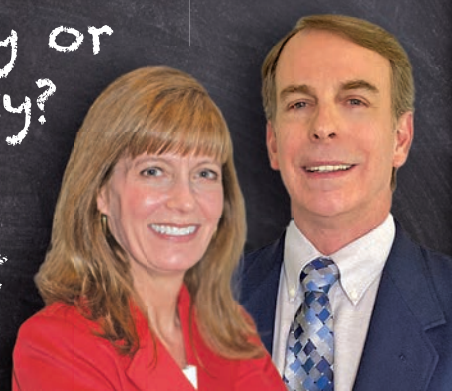
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# Good Fire: A Controlled Burn in Gerton

In 2016, we saw major forest fires burning out of control here in WNC. Forest fires can be dangerous and destructive. However, fire can also be good for our forests and our communities.

For years, Conserving Carolina has been hoping for a controlled burn in Florence Nature Preserve. After the 2017 Party Rock Fire in Lake Lure, which is about 10 miles away, there was even more urgency to do the burn. And in April, we were finally able to do it. Our goals with this fire were to promote biodiversity, enhance wildlife habitat, and prevent catastrophic wildfires. We are happy to report that the burn was safe and successful, and we look forward to seeing the resulting changes in the forest.

## Managing a Burn

On April 7, the North Carolina Forest Service, in partnership with Conserving Carolina and The Nature Conservancy, conducted the controlled burn in the northern portion of the property, within the meadow area. In total, the burn area was 57 acres and it took eight hours to complete.

Sections of Little Pisgah Road and the trail network that surrounds the burn area were used as a fire line. A fire line is an area of exposed soil that serves to stop fire in its place, which prevents it from spreading to areas that are not part of the controlled burn area. In the week leading up to the burn, The Nature Conservancy

sent out a crew to prepare the fire line. They created the fire line by removing debris from the trail and cutting down dead trees near or sticking out into the trail. Removing natural debris like leaves, sticks, and logs from the trail protects the rest of the forest by ensuring that there is no fuel for the fire to consume once it reaches the fire line.

In contrast to an unmanaged wildfire, a controlled burn contains low-lying flames that only reach a foot off the ground, keeping the fire from climbing up into the tree canopy.

## Fire in the Mountains

Fire is natural and has always played an important role in the way our environment works. In the Southern US, before human settlement, grasslands were created and maintained by lightning-ignited fires, giving way to endemic species found only in southern grassland ecosystems. Later, these grasslands expanded under indigenous burning to create open spaces for human development.

By the late-19th and early-20th century, fire was a common occurrence in WNC. Small fires were ignited by trains used to transport timber, and inhabitants of the region used fire to create pastureland and promote early successional growth in previously logged areas. During this time, forest regeneration was lacking due to a

combination of timber harvest and intentional burning.

To solve this problem, the Forest Service and the Department of Agriculture needed to suppress burning efforts to allow the previously logged areas to regenerate. However, the suppression of fire continued well into the mid-20th century, and fire was incorrectly labeled as a destructive force instead of a regenerative one.

## Why We Need Fire

In the Southern Appalachians, species of oak and pine, such as the Table Mountain Pine, are adapted to withstand fire. These species also rely on fire and other disturbances to expand their network and have therefore been unable to reproduce and expand as frequently as they once did. As a result, species such as rhododendron and red maple are now taking over the understory, which has led to a decrease in biodiversity and limited habitat for animals in the region.

Thankfully, fire can be used as a tool to increase biodiversity. It provides continued competition on the forest floor and can reduce the number of nonnative plants. Nutrient-rich soil is also important for plants and the animals that rely on them. Fire speeds up the natural cycle of decomposition of dead matter.



PHOTO: LAURA ANDERSON

## Where Do the Animals Go?

Animals are smart and capable of understanding threats that they encounter. Fast-moving animals like deer, bear, and birds flee to other parts of the forest, while slower animals like turtles, frogs, and worms bury themselves in the ground.

Fire actually improves habitat for many of these animals; it clears leaf litter and allows seeds to emerge. And newly emerging plants provide foraging opportunities and new structural cover.

Our AmeriCorps members visited the burn site a couple hours in and were happy to report that they observed birds flying in and out of the burn site, looking for emerging worms and other insects.

You can read the full article and see more photos at [conservingcarolina.org/controlled-burn-at-florence-nature-preserve](http://conservingcarolina.org/controlled-burn-at-florence-nature-preserve).

Sarah Sussman is an AmeriCorps Project Conserve Restoration Associate at Conserving Carolina.



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# What to Do When You're Eligible

**S**o you are over 65, still working (with employer-based medical benefits), eligible for Medicare, and thinking of retiring. Now what? I'm currently working with a husband and wife who are facing this situation, and they've enlisted my help to guide them through the transition.

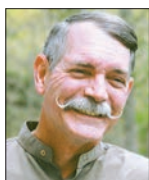
Many folks are facing this same scenario. On the surface, it may seem like a simple process: just retire, leave behind the employer-sponsored benefits, pick up Medicare, and choose a supplement or Advantage plan. But there are questions that must be answered first, and your answers may determine when or if you should retire. Will any of your employer-based benefits carry over into retirement? If so, what are they and what is the cost (if any)? Are you eligible for both Part A and B of Medicare? Do your current health providers accept Medicare? If your spouse is unemployed, how will their health insurance be affected? Will there be a change of residence? How will Social Security affect planning?

My clients both are over 65 and are automatically eligible for Medicare Part A hospital benefits. He is still working; she isn't and is a dependent on his health plan. There are no other dependents on his plan. They both opted out of Part B doctors' benefits, which was allowable by Medicare because their current employer-based

plan is equal to or better than Medicare's benefits. This allowed them to save the Part B monthly premium (\$145.50 each) and preserve a guaranteed issue open enrollment period for Supplemental and Advantage plans upon full enrollment in both Part A and B. None of their benefits will carry over into retirement. Neither of them are taking any medications.

The target retirement date is the middle of October. Their first task is to contact Social Security to verify their Part A eligibility and to enroll in Part B with an effective date of October 1. Secondly, he will have to contact his HR department to obtain a letter acknowledging that the current coverage meets Medicare's requirements as creditable insurance coverage to prevent any late enrollment penalties. Verification of providers will take place at the time of enrollment. They can enroll in an Advantage or MedSup plan three or six months prior to the October 1 effective date, respectively.

Peace of mind comes in many forms, and timely and informed planning is an essential ingredient.



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

## CLASSIFIED

### SERVICES

#### HELP WANTED

**LAWN HELP** Mowing/Weed Eating/Hedge Trimming. Cane Creek Road, Fairview. Good Pay to Start! 828-628-3589 (Leave Message).

#### ACCOUNTING/TAXES

**BOB WILLIAMSON, CPA** has served Fairview and surrounding areas for over 12 years. His office is at 1349 Charlotte Highway in Fairview. Bob is looking forward to helping the community with tax and accounting needs. Phone 828.338.0314

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**DOWNSIZING** – Saturday July 10, 2021. 8-1 pm. Good Stuff, no junk, Fair priced, Mantis tiller. 206 Cedarview Drive, Asheville. Turn at Avondale Rd. light – follow signs.

### NOTICES

**ARTS & CRAFTS SHOW** 379 Old Charlotte Hwy. 7/10, 8/14, 9/11, 10/9. 9 am to 3 pm. Interested in becoming a vendor? Contact Phillip plongwell@bellsouth.net

#### NOTICE OF PUBLIC SALE

Thursday, July 8, 2021 at 10:00 AM. Fairview Storage Units. 1612 Charlotte Highway. Fairview, NC 28730

#### ITEMS

1. Pontoon Boat and Trailer
2. Closed Trailer



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

## The Fairview Town Crier

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

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

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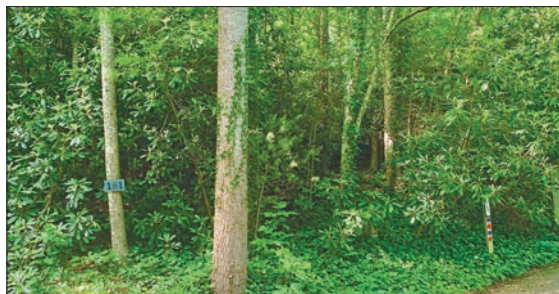
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**Ashley Nelson**  
Office/Listing  
Manager



**Rebecca Guy**  
Office  
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994 Riceville Rd.....	Pending in 7 days	2 First Street.....	Pending in 1 day
234 Brickton Village ....	Pending in 1 day	39 Tampa Ave.....	Pending in 1 day
310 Foxhall Rd .....	Pending in 13 days	131 Vinewood Circle....	Pending in 7 days
37 Beechwood Rd .....	Pending in 2 days	4 Cub Rd .....	Pending in 4 days
87 Huntington Drive.....	Pending in 10 days	51 Florian Lane.....	Pending in 6 days
1445 Newstock Rd .....	Pending in 2 days	44 Pharis Place.....	Pending in 8 days
103 Cimarron Drive .....	Pending in 4 days	61 & 63 Salem Ave.....	Pending in 1 day

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