



The Fairview Town Crier

MARCH 2022 VOL. 26, No. 3

FAIRVIEW, NC

fairviewtowncrier.com



INSIDE

Quarter Midget Racing Family p21 // A Fairview Murder-Mystery p23 // New Businesses in Fairview 26

Support Your Local Softballers



A few members of the ACRHS softball team. Clockwise from top left: Bailey Payne, Kendall Morman, Hailey Draper and Lila Redden

The A.C. Reynolds Athletics Booster Club will be hosting a fundraiser this month to raise funds for a new press box, with a concession stand, for the Mary J. Mash softball field. Interested in showing your support? The community can take part in a number of ways.

Turn to page 9 for details

Patrick Graff Joins Crier Staff

The *Town Crier* is pleased to announce that Patrick Graff has taken on our billing and bookkeeping. A member of the Fairview community for nearly seven years, Patrick has worn many hats, from being a realtor to a farmer, and is currently studying accounting and finance.



"I love reading the *Town Crier* every month and am excited to be a part of the team," he said. And we're excited about that too!

We are still deciding on his regular schedule, but you can always reach him with any questions or issues

at office@fairviewtowncrier.com or 628-2211.



"Fairview in Winter" Photo Contest

See pgs. 16-17 for entries and winners

David Weiner sent in this photo of Fairview from the trail at the top of 74A by the Continental Divide.

Goose Update at TE Plant

As spring is just around the corner and many wild animals are entering their breeding season, we reached out to TE Connectivity about an update to the Canada geese situation on their property and received the response below.

"The TE Connectivity manufacturing facility in Fairview makes mission-critical products used in aerospace, defense and marine applications. In recent years, the location has seen an increase in the population of Canadian geese, resulting in goose droppings that spread diseases and contaminate the manufacturing area. The geese also aggressively attacked several employees during nesting season. For the health and safety of TE employees and to maintain strict cleanliness standards required by TE customers, plant management has consulted with experts on a new plan to control the goose population at the site.

"In addition to getting a quote for a fence around the pond on the property and potentially replacing the mulch/woodchips with stone in areas where the birds nest, the plant has partnered with Flyaway Geese, the industry leader in humane goose man-

agement. Flyaway Geese utilizes highly trained border collies to gently persuade the geese to live elsewhere. The dogs are under handler control at all times and are certified for goose control by The North American Goosedog Association. This method of goose control is fully supported by People for the Ethical Treatment of Animals (PETA) and The Humane Society of the US. The dogs will be on site a few times a day through March, in order to make the environment unappealing to geese during peak nesting season."

TE Memories?

The *Crier* is also working with TE on an article about the history of the Fairview plant and its place in the community. To share memories of the plant (whether it was called TE Connectivity, Tyco, CII or C.P. Clare), please email the editor at clark@fairviewtowncrier.com or text/call 828-771-6983.



Thanks to Betty Cunningham for the newsletter from 1959, when the plant was owned by C.P. Clare & Co.

DAYLIGHT SAVING TIME is nearly here!



It's time to

Spring Ahead

Set your clocks **FORWARD** one hour on Sunday, March 13.

The Fairview Town Crier
P. O. Box 1862
Fairview, NC 28730

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MARCH 19 (SATURDAY)

Fairview Area Art League Class

11 am–12:30 pm. Learn the creative acrylic pour painting style. \$10. At Re.Imagine, 15 Spivey Lake Drive, Fairview. See page 23 for more information.

UPDATES

Cane Creek Valley Farm

Reopening on March 16. 1448 Cane Creek Rd., Fletcher. See their ad on page 21.

Keep Fairview Clean

Join volunteers every other week to remove roadside litter. Vests, trash grabbers, bags, gloves and great conversation are provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations or contact Natalie at keepfairviewclean@gmail.com or call 222-3659.

Root Cause Farm

Garden Volunteer Workdays
Sundays from 1–5 pm

Foraging and Cooking with Wild Spring Greens Workshop

March 27, 1–5pm

Learn to identify some wild spring greens and how to incorporate them into your favorite dishes. We will be making a chickweed based pesto and a violet syrup and then sharing a potluck. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

Quilting Bee at SMCC

A quilting bee is held at Spring Mountain Community Center on the second Tuesday of each month from 10 am–2 pm. For more information, call Kay at 628-7900. 807 Old Fort Rd., Fairview.

Trinity Food Pantry

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

Virtual Medicare Class

The Council on Aging of Buncombe County will hold a free, in-person Medicare information class. March 11, 2–4 pm OLLI/Reuter Center, 300 Campus View Rd., Asheville. To register, visit coabc.org or call 277-8288.

SAVE THE DATE

Celebrate Recovery Session

Starts April 5 at Trinity of Fairview. Register at trinityoffairview.com or call 628-1188. See ad on page 25.

Community Block Party

April 16 at Signs for Hope, 379 Old Charlotte Hwy., Fairview. See ad on page 3.

Fairview Business Assoc. Expo

April 3 at Turgua Brewing. Free event, with giveaways, raffles and music. Food and beer to purchase. See ad on page 9.

Hope for the Journey Conference

April 22-24 and May 19-21, presented by Signs for Hope and Trinity of Fairview. Register at signsforhope.org. Email registration@signsforhope.org. See ad on page 13.

Rusty Dog Arts & Crafts Show

Second Saturday from April to November, 9 am–3 pm. 379 Old Charlotte Hwy., Fairview. See ad on page 5.

Baseball, Softball League Seeks Sponsors

The local baseball and softball season is beginning in March at the fields at Fairview Elementary School. The Fairview Athletic Association is looking for local businesses to advertise to help with much-needed improvements to the fields.

Scoreboard Sponsor. The association will replace four outdoor baseball scoreboards, at a cost of \$5,000 each. Sponsor name will be displayed for the life of the scoreboard. (Indoor basketball scoreboard sponsorship is also available at \$6,000.)

Banner Sponsor. 3' x 5' banners that will hang on the field fencing for the season, which includes practices, regular season games, and league and regional tournament games, are available for \$350 each.

Email NCFairviewAthletics@gmail.com for more information or call 222-3659.

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, NC.

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

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

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

2021 TOP AGENT OF THE YEAR

Call Allen! **329-8400**

ALLEN HELMICK
FAIRVIEW REALTOR FOR 38 YEARS

SOLD hundreds of homes
SOLD thousands of acres
SOLD numerous commercial

COOL MOUNTAIN
REALTY & CONSTRUCTION



PRIVATE ESTATE, FIRST TIME OFFERED on 14 acres, currently used as a short-term rental. 13" Montana logs, wooded & pastoral setting w babbling creek. 2-car garage w apartment above. **\$2,150,000** MLS#3827860



ONLY 2 LOTS LEFT ON CHESTNUT MOUNTAIN! Spectacular long-range views, 2 to 3.76 acres, paved drives, miles of hiking trails through boulders, rocks, rhodos, springs, very close in, **\$95,000+** MLS#3640080



ATTENTION BUILDERS! 10 acres on 5-lane hwy, short-term rentals ok, corner Hwy 74A + Cedar Mtn Rd, water, sewer, gas, elect, cable, 3 miles to I-40. 10 homes allowed or 3 large multi-family apts/condos w zoning variance. **\$600,000** MLS#3644935



HISTORIC COMMERCIAL BUILDING ON SCENIC HIGHWAY 74A SOUTHEAST, metal roof, rough sawn lumber and block, new bathroom and septic, needs well. Make offer, seller serious! **\$100,000** MLS#3811093

UPDATES

Take & Play Games and Puzzles

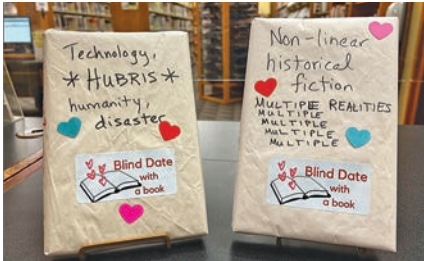


Fairview Public Library now has a wide range of games and puzzles available to check out (similar to how you would

with a book), and there is something for everyone. Explore a wide variety of games perfect for enhancing at-home learning or for creating new family night traditions. Discover new games like Count Your Chickens or play old favorites like Canasta or Clue. The library's Take & Play puzzles range in style from Thomas Kinkadee to Cow Yoga, and from 70 to 1,500 pieces.

Blind Date with a Book

Have you gone on a blind date yet? Our Blind Date books will be up for one more month. Don't miss your chance to discover the book love of your life!



FAMILY PROGRAMMING

Craft Kits

Tired of cold, drizzly weather? Ready for fun and sun? Get a head start on Mother Nature when you stop by the library to pick up a tissue paper flower DIY craft kit. Easy, cheerful and beautiful, these craft kits are great for kids 5 years old and up, and can be done in the library or taken home.

ADULT PROGRAMS



Flash Fiction Creative Writing

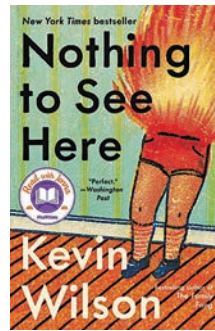
Workshop with Fairview author and teacher, Dr. Beth Keefauver: Online via zoom

Revising for the Iceberg Effect
March 2 at 10:30 am

Explores the tension between lyrical and narrative elements in flash.

Note: Though not required, this session works best if participants bring one or two stories.

Registration is required. All spots are full, but if you would like to be put on the wait list, email jaime.mcdowell@buncombecounty.org or call 250-6484. This series is sponsored in part by the Friends of Fairview Library.



Book Club

We will be reading *Nothing to See Here* by Kevin Wilson for the month of March and discussing it on March 15 at 7 pm via Zoom.

"Wilson turns a bizarre premise into a beguiling novel about unexpected motherhood." ~ *Publishers Weekly*

The Fairview Evening Book Club meets via Zoom the third Tuesday of each month at 7 pm.

Email the library branch manager at jaime.mcdowell@buncombecounty.org if you would like more information or would like to attend one of our discussions.

Future Books and Book Club Dates:

April 19—*Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann

May 17—*The Sparrow* by Mary Doria Russell

COMING SOON

A Panel Discussion on Solar Panels

April 5 at 11 am via Zoom

Join community experts, including Buncombe County's Sustainability Officer Jeremiah LeRoy, for an informative discussion on solar panels. Learn about the

Connect with Your Library!



library's solar panel project and have your questions about solar panels answered by the experts.

Registration is required to attend this event. Call the library or visit the library website to sign up.

Friends of the Library Information

The next meeting of the Friends of the Fairview Library will be held on March 8 at 7 pm. A new slate of officers will be nominated and voted on at this meeting. The nomination committee has met and approved a slate of officers except for a secretary, so we need a volunteer for that position. If you are interested, please contact Annie Ager. We will also accept nominations from the floor at the meeting in March.

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

community
BLOCK PARTY

Signs for Hope invites you to join as they raise awareness for Fairview organizations!



APRIL 16

4pm - 7pm

**379 Old Charlotte Hwy,
Fairview NC 28730**



On the grassy area between the Marketplace and the coffee shop!



**Family Health Center
at Cane Creek**

Care for the entire family



1542 Cane Creek Road
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SOLD \$400K



3 BR | 3 BA | 1,392 SF

Fairview 31 Bear Trail

Surrounded by woods in an ideal, private setting. Winter views, fenced yard, and gas fireplace make this home perfect any time of year. The mature landscaping delights with a wall of daylilies in spring and vibrant burning bushes in fall. The two-car garage has a bonus room upstairs, perfect for storage or additional space. New roof installed in 2020. Central location to Black Mountain, Asheville, or Lake Lure. MLS 3780371



SOLD January 14, 2022 for \$400,000 by Rachel Sudnik and Danielle Morgan

ACTIVE LISTINGS

Asheville



2 BR | 2 BA | 2,084 SF

117 Wandering Oaks Way, Asheville
\$1,650,000 | MLS CAR3818370

Black Mountain



1 BR | 1 BA | .34 ACRES

2946 US 70 Highway, Black Mountain
\$239,500 | MLS 3824983

Weaverville

UNDER CONTRACT



2 BR | 2 BA | .49 ACRES

649 Locust Grove, Weaverville
\$310,000 | MLS 3826083

FAIRVIEW REAL ESTATE JANUARY 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
Under \$300K	1	\$185,000	6	100
\$300K-599K	6	\$461,000	46	96.9
\$600K-899K	4	\$691,000	65	99.5
\$900K+	1	\$1,215,000	56	94

Data is sourced from Canopy MLS and compiled by Greybeard Realty Broker Sara McGee.

Agent Spotlight SARA MCGEE



- Master's in Math Teaching & Learning; served WNC Public Schools for 19 years.
- Member, Fairview Business Association and the Institute of Luxury Home Marketing.
- Volunteer, Food for Fairview, and Asheville's Walk to End Alzheimer's.

CONTACT SARA TODAY!
828-532-2216 | sara@greybeardrealty.com

When Theodore Roosevelt Visited Asheville

Theodore Roosevelt became president after the murder of William McKinley. President McKinley was visiting the Pan-American Exposition in Buffalo, NY, when he was shot by Leon Czolgosz on September 6, 1901, and died eight days later. Roosevelt was the youngest man to become president. (John Kennedy was the youngest man elected president). Previously, Roosevelt had been the governor of New York, the Assistant Secretary of the Navy, a member of the New York General Assembly and a member of the New York City Board of Police Commissioners.

President Roosevelt almost did not make it to Asheville. When he was in Pittsfield, MA, a few days before his planned visit to Asheville, his carriage was hit by a speeding electric streetcar. A secret service agent, the carriage driver, and the horses pulling the carriage were all killed. The president's face was injured. (It's my guess the streetcar driver was fired.)

Roosevelt was traveling in a private railcar, which parked for the night in Hot Springs after visiting Chattanooga and Knoxville, TN. September 9, 1902 was a pretty day in Asheville, with rain stopping early in the morning.

A speaker's platform had been built—40 feet by 60 feet and 5 feet tall—in front of the Vance memorial downtown, facing west down Patton Avenue. A large picture of

Roosevelt was placed behind the platform. Thousands of people were waiting around Pack Square, as well as along Clingman Avenue, Depot Street and Patton Avenue. Huge American flags were stretched across both South Main (Biltmore Avenue) and North Main (Broadway). All the stores downtown were decorated with flags and red, white and blue banners.

Carriages lined up in front of the depot. A shrill blast of a train whistle was heard, and locomotive number 304 pulled five train cars into the station. President Roosevelt's private car, "Riva," was at the rear. Just in front of the president's car was "The Atlanta," said to be the "handsomest club car in existence." The train arrived exactly on time at 9:30 am.

North Carolina senator Jeter Connelly Pritchard, the head of the reception committee, and its chairman, Charles McNamee (George Vanderbilt's attorney), were waiting on the platform. Pritchard and McNamee entered the president's car first, then welcomed in the rest of the reception committee. Roosevelt greeted each of the men individually. The committee members then greeted the people from the other railroad cars.

Roosevelt and his party walked through the train station and came out on Depot Street. A loud cheer went up, and the president waved and smiled at the crowd.

Company F and K of the North Carolina State Guard were waiting outside.

Roosevelt got in his carriage with Asheville Mayor F. M. Miller and Senator Pritchard. The carriage moved out, led by mounted marshals and followed by Civil War veterans.

When the party reached the (original) Battery Park Hotel, school children stood in a group and sang "Columbia, the Gem of the Ocean." The president saluted them with his hand. Roosevelt said to the mayor, "I always make a point to speak to all the children. They appreciate it so much." The party then headed back to Patton Avenue on the way to Pack Square.

The crowds on Patton Avenue were so large that the police and Company F of the NC State Guard had a hard time clearing a path. H. A. Gudger, a former state senator, introduced the president. Gudger gave a long speech, after which the crowd cheered thunderously. Whether it was for Roosevelt or for Gudger finally ending his speech was a matter of opinion.

The president spoke about the Mecklenburg Declaration of Independence and of his ancestors fighting for independence in the Revolutionary War. He mentioned they fought at Kings Mountain and Cowpens.

Roosevelt said he had visited Chattanooga and the battlefield at Chickamauga, the site of a great battle during the Civil War. The battle

was fought both in Tennessee and Roosevelt's mother's home state of Georgia. He said a delegation of young men came to him there and presented him with a walking stick, made from a tree from the battlefield, that had the names of three generals from the north and three generals from the south that fought in the battle. One of the Union generals, General Boykin, showed him around the battlefield. One of the Confederate generals, General Joe Wheeler, had been his commander in the Spanish-American War. Roosevelt said it was a good thing for a president to travel through different sections of the country in order to realize how trivial are the points of difference between Americans. A good American is a good American whether he is from the north, south, east or west.

Roosevelt toured the Biltmore House after his speech and then returned to the train station. J. F. Lowe, the train conductor, looked at his watch and said, "Four minutes to spare." The president waved to the crowd and entered the train. He went to his private car's rear platform and bent down to shake hands with the crowd. The train pulled out of the station as the president waved. He smiled and bowed his head to the crowd as the train left the station.

You can Google "Teddy Roosevelt Asheville" to find photos from the visit.

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



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RUSTY DOG



ARTS & CRAFTS SHOW

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April through October**

9am to 3pm

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Now is the time to prepare your home for sale. Small projects can bring more money for your home. Call one of our expert agents today to find out what you should do to be ready to sell now or in the spring.

NEW LISTING



PRIME LOCATION WITHIN WALKING DISTANCE OF DOWNTOWN ASHEVILLE with western mountain views 2BD/1BA with hardwood floors throughout. Fenced in yard with great outdoor space for entertaining. **\$447K**

UNDER CONTRACT



PRICE REDUCED Prime Haw Creek loc, 5 min to DT. Main lvl lg BR w/en-suite & gran counters. Lg LR w/ corn stove. High-end finishes & cherry cabinets in kitch. Upper lvl 2 BRs/1 BTH. Partially fin bsmt, gar w/storage. **\$420K**. Call Sophia 828-691-0311

PRICE REDUCED



BEAUTIFUL BRICK 3/1 RANCH HOME IN MARION! SS appliances, dining area, hardwood floors throughout. 1100 SF partially fin heated (wood stove) basement. Flat 1.21 AC. Attached carport. New windows w/ 25 yr warranty. **\$275K**. Call Susan 828-301-1410.

UNDER CONTRACT



CANE CREEK VALLEY 1.55 acres flat prop. High ceilings, org wood floors. Roof, HVAC, water htr replaced in last 5 yrs. Septic permit perked for 3 BD. Fin bsmt w/ 1bd/1ba, kitchenette. Short-term rentals ok! Huge outldg. **\$700K**. Call Jen 828-575-8276

5 UNRESTRICTED ACRES



PEACEFUL, QUIET & SERENE! 5 ac in Cane Creek Valley. Gently sloping, private estate or family compound. Easy access, underbrushed + surveyed. Soil/Perk tests done. 2+ build sites + small spring, winter views. **\$400K**. Call Jenny 828-779-4473

8 ACRES IN CANDLER



FRESHLY DIVIDED & DEVELOPABLE 7.91 acres w/ access rd in Candler. Clear trees for yr round views of Mt Pisgah! Easy access off 151, perk for priv estate, compound, or subdivision. Bk of prop in steep slope. **\$200K**. Call Justin 828-450-9578

NOW INCLUDING 14 ACRES



PRIVATE LOG LODGE ESTATE in Cane Creek Valley. Wraparound cvred porch on 3 sides w/ open deck in rear, overlooks pastoral setting, creek w/falls. 2 car gar w/ apt above & private deck. Call Allen (828) 329-8400. **\$2.15M**

UNDER CONTRACT IN 1 DAY!



CONVENIENT & PRIVATE CONDO in Woodfield only 10 min from DT AVL. One-level living on main. Primary BR on main or upper floor. Lg open fam rm & kitch, lg fireplace. Pool, tennis courts, lawn maintenance, trash pick up. **\$350K** Call Devon 828-747-2694

LAND/HOME PACKAGE



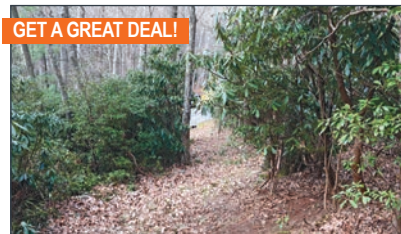
ARTS & CRAFTS STYLE HOME with open floor plan, 3BR/2BA on one level. Vaulted ceiling in living area, covered back porch. Master suite w/ lg tub & sep shower. Real wood floors. 1565 sq ft on 1/2 acre. **\$534K**. Call 828-628-3088.

UNDER CONTRACT



6.57 ACRES OF PASTURE LAND W/ CREEK FRONTAGE, trout fish on your own property! Rolling hills, picturesque landscape. In 100 yr flood plain. Shed for animals. Residential/ farm or commercial use. **\$225K**, call Jenny 828-779-4473.

GET A GREAT DEAL!



FABULOUS BRUSH CREEK AREA. Get a deal—owner will consider financing **after** drastically reducing price. Paved access at end of shared driveway. Small creek, lush laurel & rhododendro. **\$34,700!** Call Karen Cernek 828.216.3998

LAND/HOME PACKAGE



WATERFORD LAKES wonderful views, landscaped subdivision w/ ponds in fab Cane Creek. 3 bd/2.5 ba mod farmhouse. Formal entry, dining rm, lg open living area, lg kitch. Fin bonus space above gar + 800SF fin bsmt. **\$1.5M** Call Jenny 828-779-4473

LAND FOR SALE

To see all our land listings visit coolmountainrealty.com

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**

MOUNTAIN LOT WITH STREAM & WATERFALL. Paved access. Hard to find, easy access w/ topo for easier site prep. Perfect for mtn retreat. Lush wooded area of Fairview. Call Allen 828-329-8400. **\$50K**

3.72 AC VIEW OF CEDAR CLIFF MOUNTAIN. Over a mile of hiking trails thru 88 acres of wilderness, lg hardwoods, flora, boulders, cliffs, spring fed streams w/ reflection pools. Site evaluation for a 4 BR home. Call Allen 828-329-8400. **\$60K**

REDUCED BY \$25K 3.26 ACRES on Top of the World! Spectacular views, overlooking Reynolds, E Asheville! Close up views of Cedar Cliff Mountain. Site Evaluation for 4 BR home. Call Allen 828-329-8400. **\$150K**

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**

5+ ACRES W/ NEW SURVEY. Several possible build sites. Sloping wooded lot, potential for great views. Perk & Soil test complete. Convenient to Asheville yet private. Call Jenny 828-779-4473. **\$400K**

EXCEPTIONAL 2.27 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

5.2 ACRES IN FAIRVIEW w/ spectacular views, high elevation & end of rd privacy. These are 2 properties surrounded by large wooded lots. Call Karen 828-216-3998. **\$150K**.

INVESTMENT OPPORTUNITY! CASH INVESTOR WANTED FOR JOINT VENTURE. Ideal for 3 lg multi-family units w/ lower & upper parking areas. Public water, sewer, gas, elec, cable & phone available on prime corner, 1800 ft rd frontage. Call Allen 828-329-8400. **\$600K**.

REDUCED \$29K! LAKEFRONT GATED BEAR CLIFF SUBDIVISION! Lake James Waterfront Community - Affordable 1.41 acres and all the Amenities of Lakeside Living at it's Best!! Hiking Trails, Black Bear Marina close by! Access to the Lake! Call Susan (828)301-1410 **\$34.9K**

UNDER CONTRACT INCREDIBLE VIEWS! 11Ac-3 parcels, ready to build amazing private mtn estate or compound. Comm has clubhouse, hiking trails, forests & creek. Call Jenny 828-779-4473. **\$349K**

MAJESTIC OAKS



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

+ ALMOST 1/2 ACRE OF GREEN SPACE!

VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8

It's Almost Time to Save Some Daylight

Daylight Saving Time (DST) begins at 2 am on March 13. This is a contentious topic for some. But did you know that there is a proposed bill in Congress called The Sunshine Protection Act that would establish a permanent daylight savings time in the United States. This would lead to later sunrises and sunsets during the four months in which most of the US currently observes standard time, resulting in less sunlight in the morning hours and more sunlight in the evening ones. The bill would not mandate that the states and territories that observe permanent standard time switch to permanent DST.

In 1974, president Richard Nixon briefly enacted a permanent DST in response to the 1973 oil crisis. The proposal was initially supported by an estimated 79% of the public. But that support dropped to 42% after the first winter, owing to the harshness of dark winter mornings that permanent DST creates. In the state of Florida alone, at least six school children were killed by motorists due to the dark mornings created by the new law. The new permanent DST was retracted within the year.

I doubt we will go very far in March without feeling the warmth of spring. I have mentioned several times in this column that my greatest weather fear is for

QUESTION of the MONTH
How extreme is our April weather?

the atmosphere to warm up too quickly each spring. Many of you would be quite happy with early warm temperatures, but it is not good for farmers.

An early spring can lead to premature bud burst on plants and trees. If plants and trees bloom too early, then the new vegetative growth will not be cold-hardy and will be quite susceptible to mid- and late-season frosts and freezes in April. I had daffodils pop up their greenery in January during our warm spells. Fortunately, they have been on a hold position for four to six weeks and have not budded. Hopefully, they will be blooming and showing their yellow glory around Fairview this month. I have had numerous "bad" springs when my plants flushed out early. Our region is notorious for late freezes in the middle and latter half of April.

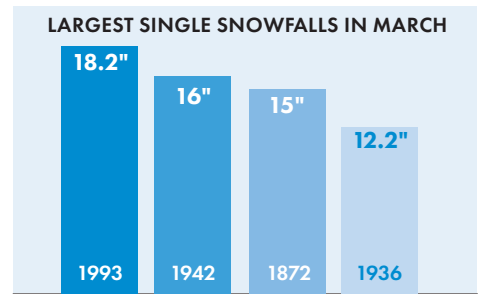


Meteorologist Tom Ross managed the Climate Database Modernization Program at the National Climatic Data Center.

WEATHER WONDER

Why is March's weather so changeable?

It is in Earth's middle latitudes, between roughly 30° to 60° North and South, that a significant portion of "weather" can be said to happen—that is, it may be warm, sunny and calm one day and then cold, overcast and stormy the next.



This is the zone where weather folklore seems to work best. The old saying "in like a lion, out like a lamb" has always seemed like a straightforward proverb to me: when March starts, it's still winter; and by the end of the month, spring has begun in the northern hemisphere. However, spring has just sprung, and in many places winter isn't really over yet. In terms of temperature, because of the increasing amount of solar radiation received in March, our average daily temperature changes quite a bit during the month. On March 1, we receive 11 hours and 26 minutes of sun, with an average high and low of 54 and 31, respectively. By the 31st, we'll get 12 hours and 33 minutes of sunshine, with an average high and low of 63 and 38. So, we gain an hour of daylight during the month. Since March also averages between four to five inches of precipitation, we can get some heavy snowfalls if the pattern is just right. In fact, 10 of our largest 25 snowfalls have occurred in March. One of the most famous events was the Blizzard of '93 from March 12 to 14, when 1 1/2 to 2 feet of snow fell with some drifts as high as four feet in the Fairview area.

CAN REGENERATIVE THERAPIES HELP WITH:

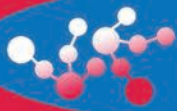
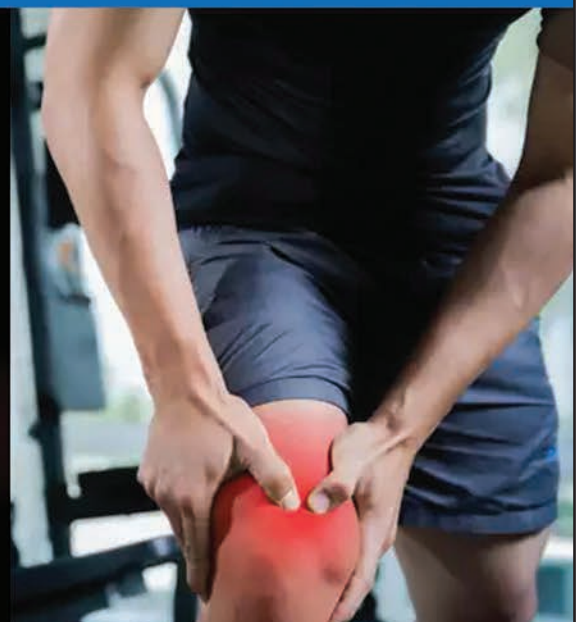
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Gmail Changes; Saving Space

Did you finally get used to the last round of changes to Gmail's website? More changes are coming, slowly rolling out, primarily to better incorporate Google Chat (to compete with Slack) and Google Meet (to compete with Zoom.) There will be another sidebar with these options, and Google has said that by summer 2022 this will be the new look for all Gmail web users.

QR codes and shortened URLs are ubiquitous, but the FBI said malicious QR codes can be used to steal your money. For QR codes on Android devices, you can use TrendMicro's QR Scanner (search for "QR Scanner-Safe QR Code Reader" at play.google.com), and on iOS devices, consider "Kaspersky QR Scanner." For undoing shortened URLs, try pasting the short URL into unshorten.it to find out more about where you will end up before going there.

Another way to "trim the fat" in Windows 11, which is especially useful if you don't use the Microsoft Teams part of Microsoft 365, is to uninstall it. Just having it there, unused, uses RAM. On the other hand, Microsoft claims their Teams software now uses 50% less energy than it did nine months ago.

Are you doing your bit to keep electronics out of the landfill by using an older iPhone or iPad with iOS 14 or just wanting to stick

with the tried-and-true system of Version 14? Your time is running out. Apple is finally ending all security updates for iOS 14, and if your device can run iOS 15 you will have to install it if you want further security updates.

You might be able to clear a lot of space on your iPhone by just deleting Message attachments, especially if you receive or send many photos and movie clips. Assuming you are using iOS 15, go to Settings, General, iPhone Storage, Messages. Review the Photos and Videos by tapping on them and the deleting the ones you no longer need. If you clear any of the Top Conversations that are part of a group, you may need to be reinvited to those group chats.

For a relaxing set of sounds from around the Earth, spin the globe and listen to part of the "Sounds of Earth" section on the Voyager 1 and 2 Interstellar missions (soundsofearth.eco).

If you have had issues getting the latest Windows updates, for 10 or 11, Microsoft has admitted that devices need to be online for at least eight hours to correctly install the latest updates.



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

New Humor Column



During these stressful times, the Crier thinks we could all use a few laughs whenever we can get them. If you've heard or read something funny, send it to Blaine at the email listed below, along with your name (or call 215-208-0646), and he may include it in his next column.

I never thought I'd be the kind of person who'd wake up early in the morning to exercise...And I was right.

Now that I've lived through an actual plague, I totally understand why Italian Renaissance paintings are full of fat people laying on couches.

"I love being married. It's so great to find that one special person you want to annoy for the rest of your life." —Rita Rudner

Shoutout to everyone who can still remember their childhood phone number but can't remember the password they created yesterday. You are my people.

I hate it when people act all intellectual and talk about Mozart while they've never even seen one of his paintings...

My grandson was visiting one day when he asked, "Grandpa, do you know how you and God are alike?" ... I mentally polished

my halo and inquired, "No, how are we alike?" "You're both old," he replied.

I had just gotten a second job as a personal trainer, but I had to turn in my too weak notice.

Dove chocolate tastes way better than their soap.

Q: Why can't cats play poker in the jungle?
A: Too many cheetahs!

"Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes."
—Jack Handey

A senility prayer:
God grant me the senility to forget those people I never liked anyway, the good fortune to run into those I do like and the eyesight to tell the difference. Amen.



Blaine Greenfield is host of the BLAINESWORLD radio/Facebook Live show on WPVM, and he publishes an award-winning blog with the same name. He can be reached at bginbc@aol.com.



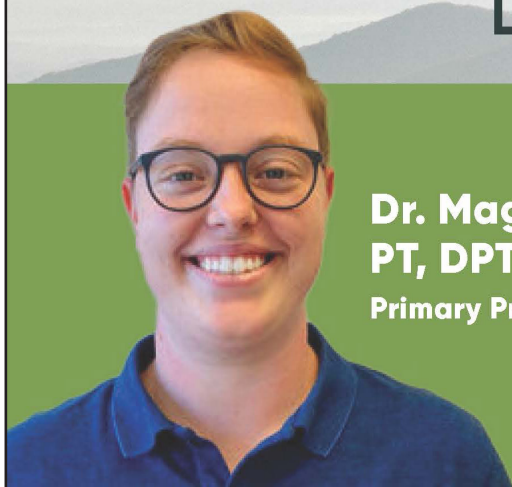
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Here's How to Support Your ACRHS Softballers

Car Show

March 19, 10 am-2 pm
(rain or shine)

Vendors, food trucks, concessions, raffles and giveaways—and cars, of course. Free to attend. \$25 to enter a car, but pre-registration is encouraged and discounted to \$20.

Checks (payable to "ACR Boosters") can be sent to 1 Rocket Drive, Asheville, NC 28803 with name and car information. Vendors will include Botanical Tortoise Co., Looking Glass Apothecary, This & That, Basile Wraps, Offset Clarity, Blue Ridge Plant Company and more.

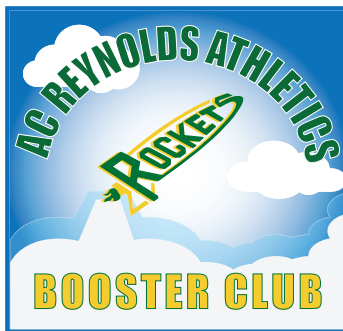
Development Camp

March 19, 10 am-12 pm

The 2022 softball team will offer a camp from 10 am-12 pm; the cost is \$25 per participant and all proceeds will go to the press box project. For more information, call Chad Pressley at 279-7507.

Buy a Brick

Members of the community can purchase a commemorative brick that will be used in the construction of the press box.



The limited number of bricks can be purchased in two sizes: 4" x 8" (\$150) and 8" x 8" (\$500). To purchase a brick, go to rockets-softball.paperform.co. Each brick can be inscribed with your personal message and will tentatively be installed in 2022. For

more information, call 582.8334 or email acrboosters@gmail.com.

Alumni Recognition

Along with raising funds for the press box, the 2022 season will be dedicated to recognizing former players.

Game Date Graduating Classes

March 2	1975-1989
March 4	1990-1999
March 8	2000-2009
March 22	2010-2019
March 25	2020-2021

In addition to these dates, there will be two other special game days on March 31 and April 7. Students wearing team jerseys from AC Reynolds Middle and Cane Creek Middle will get in free with a paying adult.



The press box, which will include a concession stand, will be built on the space pictured here. To support the effort, you can attend the car show, send your kid to a development camp, or buy a commemorative brick.



ACRHS Boosters front, l to r: Johnny McKay, Lewis Anderson, Patrick Pohl, Mike Anderson, Travis Clayton, Brooke Hefner; back, l to r: Heather Guest, Angi Welch, Rebecca Ikeme, Chad Pressley, Deana Gardner. Not Pictured: Angie Parker

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WHERE COMMERCE MEETS COMMUNITY

What Kinds of Birds Call Fairview Home?

Many of us in Fairview enjoy being closer to nature—we have wildlife neighbors in addition to people. Birds are among the most popular of Fairview’s wild residents. It’s a rare day when an outdoor walk doesn’t involve a brilliant red cardinal, a busy little flock of chickadees or a hawk circling in the sky. Typically, the more you look, the more you see.

Along with these familiar birds, what others call Fairview home? Which ones breed here? Which of the others are seasonal residents or migrants just passing through? Learning the answers is important because of a documented 26% drop in bird populations nationwide. A five-year study called the North Carolina Bird Atlas will answer questions like these to help keep our state’s bird populations healthy. Results are summarized in eBird (ebird.org), a worldwide online database of bird sightings.

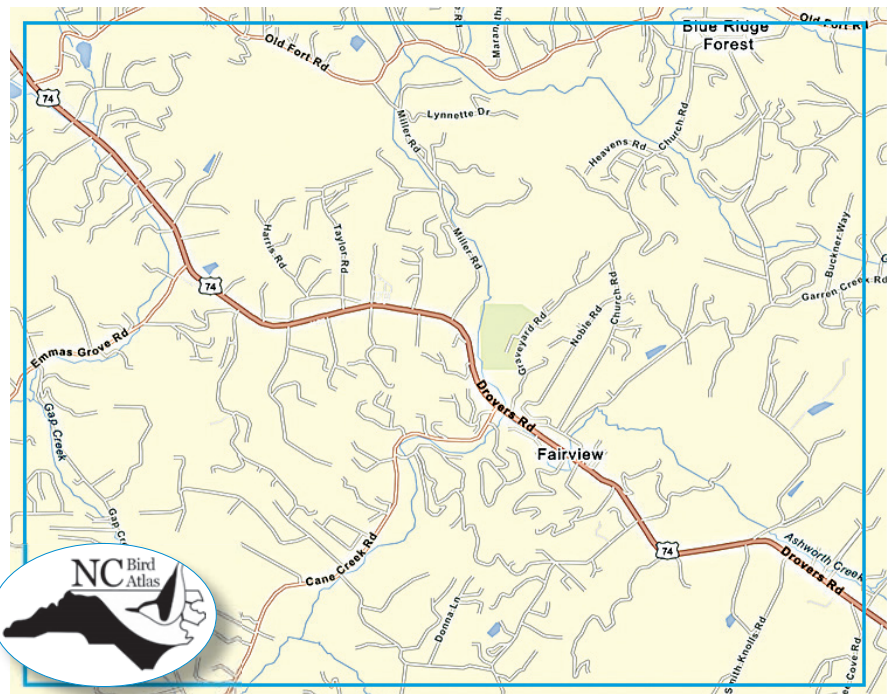
Bird observations are being compiled on a sample of ten-square-mile blocks across the state. One of the priority blocks centers on Fairview (see map). Year one has already produced some impressive results: 12 birders identified 117 different bird species in our priority block, 40 of which showed possible nesting and breeding behavior. Who knew? (See fairviewtowncrier.com/links for a listing of species spotted locally.)



Great egrets are uncommon visitors to the area, but this one spent three weeks in Fairview. Will it return next year?

PHOTO BY BRENDA GRIFFIN

What have we learned about our Fairview bird neighbors thus far? For one, there can be surprises. Consider the great egret, a bird of the coastal marshes that is uncommon this far inland. This egret first appeared in July, hunting in suburban and farm ponds and roosting along Cane Creek. It would fly off to explore Fairview’s waters each day, then return nightly to the same wet woods to roost. This bird was



The Oteen SE Study area, which contains much of Fairview, is a priority monitoring block for birds in the five-year North Carolina Bird Atlas Project.

reported for over three weeks by multiple birders in our priority block. Why was this normally coastal bird here? Apparently, after great egrets conclude their spring nesting, some “empty nesters” travel far and wide to new habitats. Hmmm...sound familiar?

Confirming where birds successfully breed is a top priority, but this can be more challenging than basic identification and listing. Many nesting birds are harder to find during breeding season. To help volunteer birders, the eBird checklist offers a list of bird behaviors that are clues of local breeding. These are far more varied than just seeing an active nest. Examples include carrying nesting material, defending nesting territory, courting behavior, and a singing male in suitable habitat. Bird checklists that include breeding behavior codes are the most valued contributions to the atlas effort. (See fairviewtowncrier.com/links for a link to the eBird checklist and breeding behavior codes.)

Sometimes, slowing down and focusing on behavior is all it takes for a great find. For instance, following an unusual call led to a colorful blue-headed vireo’s nest near Cane Creek.

Three other factors account for Fairview’s impressive showing in year one:

- **Diversity of natural habitats.** Fairview’s outdoors include a variety of streams, wetlands, ponds, fields and forests. Were our priority block composed of only open fields or only forests, we would see nowhere near this variety of birds.
- **Migration routes.** Large annual migrations follow the Appalachians to northern breeding habitats in spring and southern wintering grounds in the fall. Birds depend on healthy migratory habitats like ours to survive their twice-yearly treks.
- **Fairview residents enjoy birds.** The Fairview community likes its bird



A blue-headed vireo nest in the Cane Creek valley. PHOTO BY BRENDA GRIFFIN

neighbors. Where else but Fairview can you find a microbrewery (Turgua) that names its beers after birds? In fact, Buncombe County led all 100 counties in atlas participation. With four years still ahead, there will be many opportunities to watch, learn and enjoy our bird neighbors.

The Bird Atlas project is being spearheaded by NC Wildlife Resources Commission in cooperation with universities, agencies, private organizations and many volunteer birders. This team will verify distribution and abundance of the state’s birds and confirm areas where each bird species breeds. For more information, visit ncbirdatlas.org. To report nesting or unusual birds within Fairview, email dougnorton99@gmail.com or directly submit the sighting at ebird.org.

Doug Norton is a retired watershed ecologist and online science educator who lives in Fairview.



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Organizing Seniors: Aging in Place

As we age, our organizing needs change. Young children bring their own set of organizing needs, from outgrowing clothes at lightning speed to the accumulation of toys that come with quickly changing growth. Many of these items find new homes within a short period of time, especially when there is little storage in the house and when other family and friends can use the same items for their growing families.

Once our children mature into young adults, we continue to deal with “stuff” that comes into our house, whether it be from purchasing items ourselves or years of gifts that accumulate for birthdays and holidays, as well as items that other people want us to have. It is difficult to say no to presents, and often we store and put away things we don’t even like. Our closets grow crowded, our kitchen cabinets have little space for growth, and clothing drawers are packed with years of clothing that might not fit or are outdated.

You can understand why it is so hard for many of our older population to keep themselves organized, especially when there is little room for storage after years of living. If you have room for things to be stored easily, you most likely will put them away. Most of my senior clients have accumulated so much over the years that there is nowhere to put anything—and so piles develop on table tops, in drawers and in closets.

Many adult children now live hours away from their parents. Our independent seniors have no interest in downsizing or moving. They prefer to stay in their homes but might require adjustments to continue living there. Most importantly, you need to make sure the house is safe.

Some Easy Precautions

- Remove scatter rugs from the floor – they are very easy to trip over.
- Add safety bars in the bath and shower.
- Add hand bars on the staircase (even if there are a few steps) and outside.
- Rent an emergency call button in case of a medical emergency and make sure they wear it! (My mother was one of the casualties because she refused to use it.)
- Add nightlights in rooms and hallways.
- Remove extension cords that can cause tripping hazards.
- Have emergency numbers and medical information printed and displayed on the refrigerator.
- Research cameras that can be monitored on phones so that family members can check in to see that everything is ok.

It is important that storage areas are clutter-free so that everyday living is manageable. When attempting to make these changes, there should be two people working together who can reach, stand on ladders, etc.

In the Kitchen

- Most kitchen items should be within reach so there is no need for a step ladder.
- When you open a cabinet, it should be easy to access with room to store without



Expired prescriptions should be disposed of properly. More room in the medicine cabinet means fewer items on the sink top.

cramming items in. If you can, get rid of items you no longer use (such as an extra set of dishes, large serving plates and pans, etc.). If you are not willing to purge what you rarely use, store everyday items on the bottom shelf.

- Clean out expired cans of food and items you purchased long ago that you haven’t touched in years.
- Clean out overstuffed refrigerators. There is likely food that is no longer good and open jars that have not been touched for some time.
- Clean out lower cabinets so you can easily access pots and pans, utensils, etc.
- Purge large pans for things like turkeys or cupcakes if you do not cook for large gatherings any more.

Bathroom Organization

Medicine cabinets should be revisited at least once a year.

- All expired prescriptions should be disposed of properly.
- Throw out bottles of over-the-counter medicine that has expired.
- Make-up that’s more than a year old should be purged.
- Remove all bathmats and make sure grab bars are accessible near the toilet and shower.
- If there is more room in the medicine cabinet, then there will be fewer items on the sink top.

Bedroom Closets and Drawers

When reviewing bedroom closets and drawers, two people need to be present to assist in the removal of clothing, etc.

- If the closet is packed, you can try to remove items that you have not worn in a certain time period—whether it be a year, 10 years or even 50!
- Remove shoes that are no longer used so that there is not a tripping hazard when entering the closet.
- Install a light to see clothing easily.
- Move items to the bottom shelf so that a step ladder is not needed.
- Empty dressers one drawer at a time.

Place all like items in a pile on the bed and decide what you don’t need or wear anymore. You will see that once you remove many of those items, you will have easier access to the drawers.

- Take out like items from the linen closet (like bath towels). You will be amazed at how many have accumulated over the years. Discard worn, ripped and faded towels and keep only those that you enjoy using. The same goes with bed sheets. People find sheets in the closet for a bed that left the house years ago. Bring these old linens to any animal shelter.

The Paper Chase

One of the most difficult items for seniors to organize is paper. Papers accumulate from flyers, catalogs, bills, financial documents, junk mail, etc. Many times we find that papers are piled on surfaces throughout the house is because there is no designated place to put them. We find papers in clothing drawers, kitchen cabinets and shopping bags, packed neatly in closets and boxes, and starting to accumulate in corners or under tables.

One of the first steps is to recycle the paper that does not need to be kept, from flyers to junk mail to scraps of paper that once were important. Once all of the recycled paper is gone, decisions need to be made on how to file the remaining papers.

A filing system must be designed in order to keep papers from getting out of control. Whether it be a metal file cabinet, a cardboard or plastic filer, several large envelopes or a box that can be divided and organized, there needs to be a designated place to put documents that need to be kept. This can be a big job, and having a second person in the room can help provide focus when reviewing the papers.

Deciding what to name the files and how to store them can be difficult. Asking a professional to help design a system that will work for the individual might be best. Once it is set up, it will bring a sense of peace and order to your life. The papers will be gone from the surfaces and you will know where all of your important documents are.

So where do you begin? Start small. Clean out a medicine cabinet. Review a sock drawer, purge old drinking glasses, say goodbye to the mountains of mugs that have accumulated. I assure you that once you start letting go, you will have plenty of room for living in the future.

For information on finding a professional organizer, go to napo.net.

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

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How to Boost Stroke Recovery

For years, neurologists believed that survivors of stroke had a six-month window to recover. After that, individuals would be stuck with whatever physical and cognitive limitations they had. That view has changed dramatically because of neuroplasticity, which is the brain's ability to modify, change and adapt both structure and function as a result of an experience. This allows the brain to form new neural pathways after others have been disrupted in order for a stroke victim to begin to speak, learn, move or even walk. While patients may not regain all abilities they had before the stroke, they can recover some.

Knowing the signs of a stroke and getting help quickly may result in the victim only suffering a mild stroke.

Signs of a Stroke

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body;
 - Sudden confusion, trouble speaking or difficulty understanding speech;
 - Sudden trouble seeing in one or both eyes;
 - Sudden trouble walking, dizziness, loss of balance or lack of coordination;
 - Sudden severe headache with no known cause.
- If signs are present, act FAST (see box).

Using the "FAST" Test

- F: Face** Ask the person to smile. Does one side of the face droop?
A: Arms Ask the person to raise both arms. Does one drift downward?
S: Speech Ask the person to repeat a simple phrase. Is the speech slurred or strange?
T: Time If you see any of these signs, call 911 immediately.

After noticing symptoms of a stroke, time is crucial. Clot-busting drugs such as tPA and clot retrieval procedures can dramatically improve stroke-related deficits, but they need to be used as soon as possible to be effective, usually within three hours of the first symptoms. Most survivors of a stroke regain the greatest improvement within the first few weeks, but improvements can be made even if rehabilitation is delayed.

Best Steps for Maximum Recovery

Individuals should start therapy immediately in the hospital to have the best outcome. Networks in their brain can be rewired immediately after a stroke has occurred to allow the brain to begin to navigate around the area(s) that the stroke has affected.

In an ideal world, individuals would be

able to continue with physical therapy, occupational therapy and speech therapy for as long as possible so they could reach their full potential. However, private insurance caps the number of sessions individuals may have on their plan. The key to recovery is practicing tasks over and over. This is the reason therapists stress home exercises throughout the day, several times a day, to start the repetition process.

Don't let a pandemic stop your recovery. There is telemedicine that allows a therapist to guide exercises and give advice.

Many individuals think of the body and mind as two different systems. But they work together to balance the individual. Cognitive improvements can help the body physically recover.

A major roadblock to adjusting to life after a stroke is depression, which is three times higher than in the general population. Brain changes brought on by a stroke can contribute to depression, as can ongoing dependence and relying on others for caregiving.

The tendency to avoid doing things that are difficult is counterproductive after a stroke. For example, an individual with limited mobility in one hand who uses only the stronger hand will never strengthen the weaker hand. A rehabilitation technique known as constraint induced movement therapy is designed to

isolate the weaker limb. Patients put their strong limb in a splint and intensively use the weaker limb for many hours a day for several weeks.

Life After a Stroke

Although life may change after a stroke, individuals can continue with favorite activities but do them in a new way. Individuals should find the right therapy, the right equipment and the right kind of support in order to return to what they enjoy.

Individuals need to establish small and realistic goals to accomplish every couple of weeks in order to measure progress.

Stroke recovery will be a lifelong process. There may be times that individuals see a lot of progress and then plateau. That usually means the brain and body need a chance to rewire a pathway to accomplish more. Take the time to adjust and then return to therapy for new challenges. Never give up on progress. Motivation can help drive the recovery.



Allison Fender is the co-owner of Unified Therapies, 145 Charlotte Hwy, Suite 40, Asheville. She has a Doctorate of Science in Physical Therapy with a concentration in Neurology. Visit unifiedtherapies.com or call 414-2368.

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Why You Should Read to Your Kids

It's eight o'clock at night. You've worked all day, picked up the kiddos from day care, whipped together a meal, and just finished the evening baths. You are all exhausted and now you are supposed to read together?

Good Night Moon might put you to sleep. Should you skip the book and go to bed?

The short answer is no. The importance of reading aloud to a child is profound. In fact, reading to a newborn until school age is arguably one of the most meaningful and important acts a parent or caregiver can do for a child.

Starting Early

While it might seem nonessential to read to a newborn or even to a toddler, there are both emotional and physiological benefits.

It begins with the first year of life. This is a crucial time of development. During the first year, there are more than a million neural connections forming each second, which is more than any other time of life. The brain development in the first year serves as a base for attachment as well as enduring emotional and social growth. Babies love to hear the voices of their parents and caregivers. It is a comforting sound. And while they may not comprehend most of what you are

saying, they do appreciate the sounds when you read, as well as the rise and fall of your tone when a plot escalates and then comes to an end. This is their first introduction to story structure and where the love of reading begins.

Development from birth to 8 years builds a foundation for future learning and provides a firm footing toward healthy, capable and successful adults. Reading aloud to preschool children significantly influences their reading development. Early reading helps children learn vocabulary and story structure, increases language exposure and improves receptive and expressive vocabulary levels. Early readers learn healthy behaviors of school readiness, such as listening and taking turns. This later manifests as success in school. It also improves verbal comprehension and vocabulary scores in later academic testing.

Children relish this comforting time. Reading together stimulates much needed



physical and verbal interaction between children and their parents or caregivers. It is a time of important closeness and bonding. Being close provides comfort and relaxation. Reading has

been shown to lower heart rates and release tension. This precious time should be consistent and protected. Ideally, it would be every night and be used to really look and listen to each other. Loving routines are extremely soothing for children. It is nurturing and creates a feeling of safety and security, and thereby improves self-esteem. Furthermore, these positive childhood experiences mitigate the effects of adverse childhood events and/or daily stressors.

Consistency is Key

A key to success is consistency. It is the routine—or “evening dance,” as I like to call it—that is so important to a child's sense of wellbeing. But whose life is consistent? A late day at work, a particularly

stressful time or a flat tire on the way home can all throw off a night. Of course there will be exceptions, but it is important to minimize these as much as possible. We can usually find 15 to 30 minutes in a day to squeeze in what we value. Think about your morning coffee or social media time. Make reading time one of those things. Pick a shorter book and squeeze it in, even when you don't want to.

Hello Dolly!

Access to books can sometimes be tricky. Let me tell you about this really incredible thing that Dolly Parton does. As if she wasn't cool enough, she has a program called Dolly Parton's Imagination Library (imaginationlibrary.com). It is a book-gifting program that mails a free, age-appropriate book to children every month from birth until they begin school. Kiddos love this. They look forward to getting something in the mail each month, and it gives you fresh material for your evening reads.

So let's do it. Introduce the pleasure of reading to a little person you know and love and set them up for early success.

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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Velvet Cook

“Well, we wanted to get back to the area,” Velvet Cook said about living in Fairview. She and her husband are from WNC originally, but they had been living in South Carolina since her graduation from Clemson University in 1988. “We moved here in 1996, before the 74A expansion. We’ve been here ever since,” she said.

Across the room, hand-painted garden totems, in various stages of design, stand waiting for completion. Artist brushes of all sizes are within reach, cleaned and ready for their next task. Some are so tiny, they could only be measured in millimeters; others, large enough to paint a base coat on a totem, canvas or mural. Transparent containers hold paints in every color, organized by type—glass, wood, multi-surface.

“I majored in industrial engineering,” Cook said. “It’s all about logistics, space

utilization and efficiency.” Engineering? That seems an odd degree for an artist. “Yes, well, I would have majored in architecture,” she explained, “but the housing market was tough at that time and my dad discouraged me.”

Early Talent

Cook’s dad, Robert (Bob) Moody (1936-2001), owner of Waynesville-Moody Design architectural firm, recognized his daughter’s talent early. Even as a child, she would study his trade magazines, taking in the photos of elaborate houses. Then, 10-year-old Velvet would reproduce the pictures in her sketch book. So later, when Moody’s firm was contacted by Frances Layfield, a local artist, he bartered with her: art lessons for Velvet in exchange for house plans for Layfield. For the next 18 months or so Cook, by then a middle schooler, studied drawing and painting with Layfield. She learned about



light and shadow, perspective and color theory, along with other technical aspects of her craft.

The journey from art lessons to engineer to professional artist had its share of detours. Cook continued drawing through high school, but focused on other priorities during and following college: studies, career, new marriage, baby girl. But when Cook began volunteering at her daughter’s schools, lending her artistry to backdrops, school murals and more, she became known locally for her talent. Soon, her volunteer gigs led to profitable commissions.

Business Growth

Cook’s art business grew through personal referral at first and later through social media. Her specialties include custom Christmas ornaments, hand-painted signs and the garden totems that decorate her workspace. “I saw the totems advertised for over \$400,” she said, and thought, ‘I can make those and I can do it for a lot less.’” (Hers range from \$100-\$220.) “They’re fun to do,” she said. “Unless the customer has a special request, I just do whatever. It’s almost like doodling,” she said, though most folks would say her doodling is someone else’s masterpiece. “Of course, sometimes, I like to be told what to do and that’s when I enjoy the ornaments. They are very precise and exact; the opposite of the totems.” Lest her engineering side feel neglected, she has the signs. “They require strict measurement and mathematical accuracy,” she said with an almost apologetic laugh. “And I love that too!”

Last summer, Cook’s daughter convinced her to place more energy in establishing an Etsy shop online. She had placed a few things on Etsy in the past, but had not done much with it. So, in June 2021, she added some new items to her shop, Handcrafted by Velvet. Orders trickled in, increasing as Christmas approached. A nice steady pace—until Thanksgiving week. That’s when things got a bit crazy. She was getting orders so often it was starting to look like she might have too much work. Indeed, in one day alone, she received 14 orders.

“I’m just one person doing this and



people naturally wanted Christmas delivery. I had to shut the store down,” Cook recalled. She tried to get it closed, but kept running into problems. Meanwhile, the orders kept coming. She reached out to her daughter who promised to get back to her later. “No,” Cook explained to her, “You’ve got to close it now!” Thankfully, her daughter got it offline and Cook was able to get all the items completed and delivered by Christmas. She opened the shop back up before Christmas, with the warning that any new orders could not be delivered by December 25. By the end of the holiday rush, Cook had sold more than 60 garden totems and over 175 ornaments.

That would be a push for anyone to manage, but in addition to her work as an artist, Cook works as a fitness instructor (she teaches 10 classes a week), a contractor with her husband (Cook Renovations and Plumbing), and a server at the Venue. Plus, she does all the accounting for the businesses she and her husband run.

Seems like being an efficiency expert has really paid off for this local Jane-of-all-trades.

Rev. Dr. Aileen Mitchell Lawrimore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Road. She blogs regularly at aileengoeson.com.

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How to Improve Your Nature Photography, Part 2

The following is part 2 of my interview with Travis Bordley, Roan Ecologist with the Southern Appalachian Highlands Conservancy. In leading photography hikes for SAHC, what is your favorite part?

Photography hikes are exciting to me because so many people are interested in photography now. With the technology improvements in phone cameras and social shares, a lot of folks find they enjoy it and have an interest in taking better photos. Participants often bring a long list of questions, and I find it very gratifying to help people improve on a hobby that brings them joy.

If you're taking photos with people vs. landscape or animals or flowers, what are the differences in how you approach the content?

Actually, I would think more about the similarities between them. The quality of the photo will revolve around the subject, and your focus should always be on that subject—whether it's a really big landscape or small subject (like a bee).

Think about the composition of your subject. The rule of thirds is the composition tip that most people have heard about, but triangles and symmetry can also be powerful composition concepts. People are drawn to triangles, which create movement within your composition. For example, a figure reaching up into the blue sky creates



PHOTO © TRAVIS BORDLEY

triangular space in a photograph. You may have found yourself subconsciously drawn to such photos without realizing why. Symmetry can also be powerful when used in the right context, such as parallel lines drawing you deeper into or out of a landscape. Those three ideas in composition can really take you a long way.

If you don't have access to a fancy camera, can you still get a good image?

There's an old saying that the best camera is the camera that you have, and that's really true. Pursuit of good lighting, knowledge of proper composition techniques, etc. go a long way in how your pics look. Lighting, composition, being in the right place at the right time—your ability as a photographer is not limited to the price of your camera.

What are some of your favorite images?

Some of my favorite images are the photos I've taken that have been featured in shows

or won awards; the ones that are beautiful to the most people. But other favorites are those that are important on a personal level because they are frozen in place and time. I love those images that bring me back to a particular experience. You can never quite encapsulate all of that moment or experience, but a good photo can capture a lot of it.

What else would you recommend to folks?

I would recommend that people accept photography in their life as more of a lifelong pursuit for the collection of photos rather than a skill to master. Persistence is the key to creating a full, beautiful library. Even if you're not really into it now, as you continue to shoot through the course of your life you will create a massive catalog, and within that will be some spectacular nature images. You may not get a great photo today, but over the course of years you'll have one terrific image one year and then maybe another really amazing shot in another couple of years. And eventually you will have a collection of beautiful images.

Visit travisbordleyphotography.com or Instagram @travis_bordley.

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.

Taking Great Nature Photos

Lighting Interesting lighting (early morning or late afternoon) can drastically change a photo. Overcast days can be good for some subjects, as bright sunlight can cause deeper shadows and stark contrast. Soft, cloudy days give more control in post-processing and can be good for details. Position yourself so the light source is at your shoulder; if the light source is in front of you, your subject matter will be backlit, obscuring details. In some circumstances, this works well—such as a sunset silhouetting a hiker on a mountain ridge.

Composition Certain compositions, such as the rule of thirds, can help make for more dynamic images. For example, imagine a rectangular box divided into thirds horizontally and vertically. Try to line up subject content where those lines cross (many cameras or post-processing tools incorporate this grid as a tool).

Subject matter Choose varied subjects to diversify your portfolio. Try going micro or macro by getting really close or zoomed into content to alternate with those big-sky shots.

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PHOTO CONTEST

Winners!

Last month, I asked our readers to send in photographs that captured “Fairview in winter.” And once again, you delivered, as almost 30 people responded! Thanks so much to all who did.

I worried that we’d have a lot of photos that looked the same since our winters can be mainly white and gray, especially after the big snow storm in January. But the images were as diverse as the people who took them, while still capturing the objects and views we all know and love—fields, yards, houses, barns, farms, streams and woods.

We had a very hard time picking a winner. So hard, in fact, that Lisa, our art director, and I ended up picking one each. So we have two winners. **Congratulations to May Rhea and Rebekah Michel!** They will each receive a copy of Ken Abbott’s *Useful Work: Photographs of Hickory Nut Gap Farm*. —Clark Aycock

You can find all of the submitted photos on our Facebook page (@fairviewtc).



PHOTO: **REBEKAH MICHEL**

Clark (managing editor): It was very hard to choose a favorite among so many good entries. But when forced, I tried to find a photo that had what I think are Fairview elements. Many places have snow-covered houses or trees without leaves and a gray sky, or frozen streams. I thought Rebekah’s photo captured the semi-rural nature of Fairview—the barbed-wire fence in the foreground and wooden fence posts in the distance; the farm buildings; the sloping land; the water running through the middle; and the wildlife (the ducks) that are always present here. To me, this felt like Fairview in winter. Nice shot, Rebekah!



“Flat Top Mountain Road” — **MAY RHEA**

Lisa (art director): May’s photo is a stunning, quintessential, winter-in-the-mountains picture. The curvy road vanishing in the distance paired with the contrast of the snow-covered branches against the brilliant, Carolina-blue sky makes for a striking image.



PHOTO: **AMBER**

“That’s our dog Bingo enjoying winter Fairview-style.”
—**KIMBER**



"From the January storm!" — **SYLVIA HARROW**



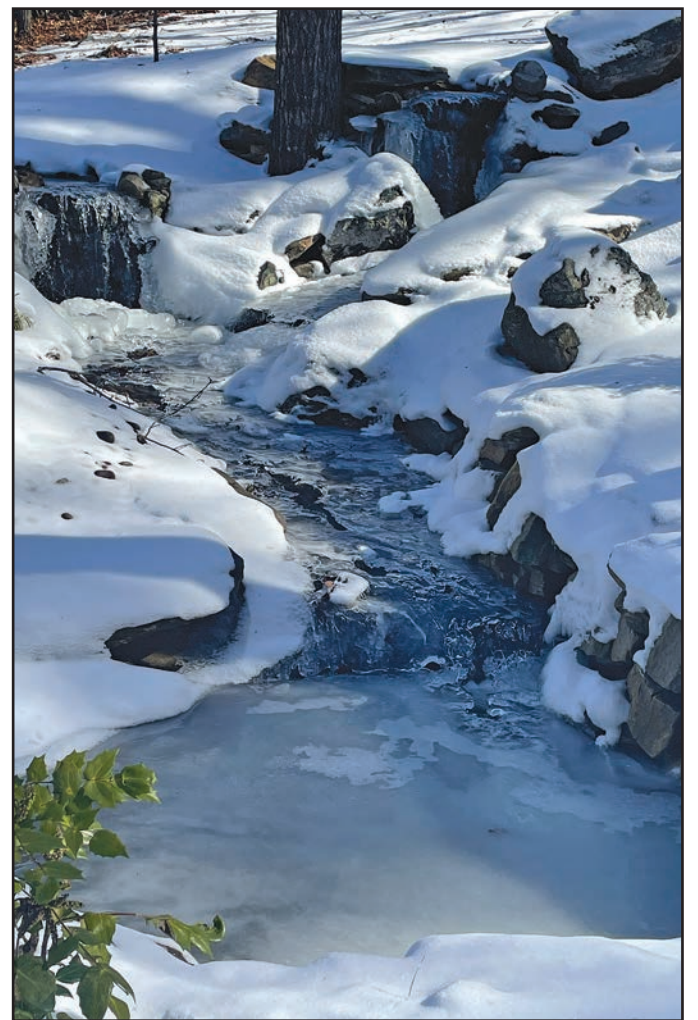
PHOTO: **CAROLYN MARLOWE**



PHOTO: **KAREN WARREN**



"I've always admired how this mailbox in my neighborhood hosts a sea of life on it. After the snow a few weeks ago, I thought it even more captivating." — **DANIEL STONE**



"Backyard waterfalls" — **TERESA LEE**



PHOTO: **LISA LUNSFORD**

Calling All Rising Kindergarteners

By Kenya Hoffart

Kindergarten registration at Fairview Elementary is on March 30. Appointments are available throughout the day from 7:45 am until 2:45 pm and typically take about 30 minutes. Students will spend one-on-one time with a kindergarten teacher, which will allow them to observe how students use their fine motor skills, if they recognize letters and shapes, their agility with simple physical activities, and more. In order to enroll in kindergarten, a student must be at least 5 years old on or before August 31.

Enroll Online. While students are with teachers, parents will complete necessary paperwork. A lot of this can be done beforehand at buncombeschools.org/enrollment.

Come Prepared. At registration, parents will need to provide one proof of residency, such as a power, gas, or water bill or a mortgage statement, rental-lease agreement, land deed or homeowner's insurance policy. If a parent is living with someone and does not have a proof of residence in their name, they must complete a Statement of Residency form and have it notarized. Parents will also need to supply an official copy of the rising kindergartener's birth certificate and immunization record,

as well as the North Carolina Health Assessment. Most pediatrician's offices have a copy of the health assessment they need to complete. Copies of all of these documents can be emailed to the FES data manager at kenya.hoffart@bcsemail.org if they are available prior to the registration appointment.

Learn More. Fairview families were recently invited to attend tours of the school building. They had an opportunity to meet administration and kindergarten teachers, learn about an average day for a kindergarten student, and hear about techniques teachers use to keep children excited and engaged while they learn things like letters, sounds, syllables and numbers. They also heard how teachers help students with skills such as listening, showing empathy and problem solving. Parents also learned how their student's growth in reading and math will be monitored daily so that all needs are met, and how science and social studies lessons are integrated throughout the day. They were also reminded about important information, like how Fairview Elementary is a nut-free school and that any treats sent in for birthday celebrations must be store-bought. If a family was not able to attend one of these tours, they are welcome to call the school to schedule a personal tour.



Dreams begin at Fairview Elementary, as can be seen looking at these three students.

Out of District? If a student does not live in the Fairview Elementary school district but does live in Buncombe County and their parents would like them to attend FES because of childcare or work proximity, parents can complete a Discretionary Admission/Release (DAR) application

and pay a \$20 processing fee. Approval is subject to the school principal's discretion. This application should be submitted by May 31, as the processing fee increases after this date.

What's Next?

After all kindergarten students are assigned a classroom, teachers will send personal letters to them later in the summer welcoming them to their class. If protocols allow, they may also be invited to participate in activities that will let them meet some of their new friends before school starts. The first day of school will be August 29.

Dreams begin at Fairview Elementary, and the school's staff is very excited to meet the new class of proud FES Cardinals and watch them soar. Remember to make an appointment for kindergarten registration by calling 628-2732. Everyone entering the school building for registration will be required to wear a facemask and observe safety protocols. Families are encouraged to follow the Fairview Elementary Facebook page (facebook.com/FairviewElementary) and website (fes.buncombeschools.org) for updates.

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

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ACRHS Prom Dress Exchange

The A. C. Reynolds High School prom is scheduled for April 30, 2022. Prom can be fun, but it can also be expensive, and no one wants to add to landfill waste. Please donate any prom dresses in your closets to the ACRHS Prom Dress Exchange. Dresses may be dropped off in the Counselors Office at the high school. In mid-March, a Saturday morning will be scheduled for Reynolds students to come in and try on dresses. A board member will make the necessary alterations. There will be jewelry and fingernail polish to choose from but no shoes.

Cane Creek Champs!



The Cane Creek Middle School girls basketball team, coached by Gina Schweitzer and Robbie Wright, went undefeated in the regular season with a record of 14-0 to get them into the championship game. They ended up as the runner-up in the championship against North Buncombe.

ACRHS STUDENT OF THE MONTH

Ian Marlowe



Ian's strong work ethic is evident both in his school activities and in his part-time job. He's an active member of the school's JROTC program and competes with the Raider Team.

Ian's Drone Technology teacher, Joan Hoffman, said that "Ian has a positive attitude and wears a smile in all things he does, even through challenging times. He is always willing to lend a hand, help a peer or ask a question. His

perseverance and kindness will serve him well as he graduates from ACRHS and moves on to new challenges."

The entire Rocket community congratulates Ian and wishes him well in his last semester of high school and beyond.

Winners receive a special mug from the Crier. A hearty congratulations to you, Ian!

Spring Festival at Fairview Elementary

Fairview Elementary School's Parent-Teacher Association is planning a Spring Festival and invites you to reserve a booth. The festival will take place on Friday, April 22, from 4 to 7 pm. The cost to rent a booth is \$50, with

100% of that fee going directly to benefit the staff and the students at FES. Spaces are limited, and the deadline to apply is March 31.

Contact Becky Hines at rschines@gmail.com to reserve a spot.

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Effect

The magician threads a piece of string through a drinking straw and then folds the straw in half, making an acute angle. Taking a pair of scissors, he or she cuts the straw in two pieces just below the angle. It is obvious that the string too must have been cut in half. But, with a wave of his hand, the magician pulls the two halves of the straw apart, revealing the string is in one piece!



The Secret

The straw is prepared by cutting a small slit about 2 inches long in the side of the straw at the center. When the straw is bent, this slit should be on the underside of the straw and out of sight. With a gentle tug, the string will come out of the slit, allowing you to put the scissors above the string but cutting the straw in two. The visible part of the string is easily concealed by the hand that holds the straw during the cutting.



magic!

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

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MIDGET RACERS THE 2022 RACING SEASON IS FINALLY HERE!

Each year motorsports enthusiasts across the country celebrate spring as the start of another season of racing. Whether a fan of sports cars, NASCAR racing or IndyCar, February and March bring relief to those who have endured another long winter offseason with little or no on track action. This is true for many enthusiasts in our Fairview community and especially for the Hungerford family.

Last year, Hungerford Family Racing, with 8-year-old Anthony Hungerford (with trophy at right) behind the wheel, competed in their rookie season of quarter midget racing in Salisbury, NC. The cars are approximately one-quarter the size of a full-size midget car. And the cars, rules and safety procedures are designed specifically for kids. The cars vary in size but are around 80" long and 43" high. Weight limits vary by class but start at 265 pounds, including both car and driver.

As members of the North Carolina Quarter Midget Association (NCQMA), this Fairview family participated in a full season of racing at the 1/20th-mile track in Salisbury founded by NASCAR hall of famer Bobby Labonte. Having successfully completed both "red rookie" and "blue rookie" classes, Anthony will graduate this year to the more competitive Junior Honda class—meaning a bigger engine and higher speeds—and



compete for a track championship. With a new car for the 2022 season, Anthony has simple goals: "Get better every race and win as many as I can," he said.

Anthony's father, Joe, said, "Youth racing is all about family. We prepare, travel, and compete together as a family against other families that share similar values and passion for motorsports."

Anthony's mother, Maria, added, "It's a real commitment in preparing the car, packing and unpacking for events, and just doing everything we have to do to at the track to have a successful weekend. But it's also a great opportunity for us to spend time together camping at the track,

making new friends, attending events in the Charlotte area, and just make memories together as a family."

"ARRIVE AND DRIVE"

Although Joe participated in both NASCAR and Sports Car Club of America competitions years ago, the family didn't really know how to get started with quarter midgets until they attended a "demo day" hosted by NCQMA in 2019. These events, conducted three to four times per year, are "arrive and drive" events designed to give kids ages 5 to 15 the opportunity to drive some laps and experience racing from the driver's seat while connecting parents to the club members and families that participate throughout the season.



"Racing is somewhat unique in that you spend a lot of time and money trying to beat your competitors, and yet those competitors are the first to offer a hand or advice while you're getting started and when you find yourself struggling," Joe said. "It's a process of continuous learning for the kids and the parents with the NCQMA families and fellow competitors, becoming a support network throughout."

NCQMA's 2022 season starts on March 26 and admission is free for spectators. For more information on the club, season, and upcoming demo days go to ncqma.org.





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Affiliated with the Presbyterian Church in America



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September-May
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Evening Worship	6:00
Wednesday Evening	7:00



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Fairview, NC 28730
828 628-2908
www.fbc1806.org
contact us @fbc1806.org

SUNDAYS
Morning Life Groups 9:45 am &
Sunday Worship 11 am
Evening Life Groups & SPK Kids 6 pm

WEDNESDAYS
Family Night Supper 5:45 pm
A.M.P. Ministry 6:15 pm
Team Kids - X180 - High School - Adults
Wednesday Night Worship 7 pm



REYNOLDS BAPTIST CHURCH

SERVICE SCHEDULE
Sunday School 9:45 am
Worship 11:00 am
Sunday Evening 5:30 pm
Wednesday 7:00 pm



REYNOLDS BAPTIST CHURCH
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ReynoldsBaptistChurch.org
828.779.9783




Trinity of Fairview
Rev. Stacey Harris, Senior Pastor

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Two Sessions: 9:15 to 10:30 a.m. & 10:45 a.m. to Noon

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CEDAR MOUNTAIN BAPTIST CHURCH



SERVICES
Sunday School 9:45 am
Sunday Preaching 11 am
Sunday Night 6 pm
Wednesday Night 7 pm

27 REEDS CREEK ROAD, FAIRVIEW, NC 28730

IN MEMORIAM

Charles Vernon Schoof



Charles Vernon Schoof, 78, passed away on January 26, 2022, at the Charles George VA Medical Center in Asheville.

Charles was born May 2, 1943, in Raleigh, NC, to the late Herbert and Beulah Weathers Schoof. The family later moved to Atlanta, GA, and then Savannah. Charles studied business administration at the Georgia Military College and served as mail clerk in the US Army's 527th Personnel Service Company in Vietnam. Afterward, he worked as a certified gemologist in jewelry sales and

later as a life insurance salesman in Asheville. After retirement, he worked part time at Alan's Jewelry and Pawn.

He was preceded in death by his first wife, Susan Kertesz Schoof, who died in 2003. He is survived by his second wife, Norma Buckingham; son, Stephen Schoof and his wife Leslie; and his granddaughter, Alyssa Kertesz Schoof.

Charles had a lifelong love of the outdoors, hiking and traveling. He was also interested in meteorology, railroads, photography and gardening, and in recent years he took great pleasure playing in the handbell choir at Groce United Methodist Church, where he was a member. He was a social person who loved spending time with family and friends.

A memorial service was held at Groce with the Rev. Gerald Davis officiating. Interment with military honors will follow at the Western Carolina State Veterans Cemetery.

In lieu of flowers, memorials may be made to The Michael J. Fox Foundation for Parkinson's Research.

The Town Crier profiled Charles Schoof in our June 2020 issue. To read that online, visit tinyurl.com/3db9cjjt.

Local Nurse Recognized

Kathey Avery is among four local women to be named recipients of the annual Rosa Parks Award, given by the Dr. Martin Luther King, Jr. Association of Asheville and Buncombe County.

The award honors women who have fostered a culture of inclusion in the Asheville community, worked to achieve a just society for the disadvantaged, exemplified a nonviolent philosophy in pursuit of a better life for non-majority people, and inspired direct action in the cause of social justice.

The association said Avery has been "relentless in her efforts to combat COVID-19 in the community by educating the public about the virus and the benefits of getting vaccinated."

You can read more about Avery in the *Crier's* August 2021 issue.



► Fairview Area Art League Class

March 19, 11 am–12:30 pm \$10

Learn the creative acrylic pour painting style in FAAL's class. It's a relaxing and fun painting technique that anyone can do. Learn how to mix your paint and several different techniques you can use for different results. All supplies included. This class will get your creative juices flowing. Contact Janet Link at wscjanetlink@yahoo.com to sign up: At Re.Imagine, 15 Spivey Lake Drive, Fairview.

New Book about Local Murder Case

Fresh out of medical residency, Dr. Benjamin Gilmer, now an Albert Schweitzer Fellow for Life and associate professor in the department of family medicine at the UNC–Chapel Hill, joined the MAHEC clinic at Cane Creek. And he found that its previous doctor shared his last name. Dr. Vince Gilmer was loved and respected by the community until he became involved in a criminal investigation in 2004. The deeper Benjamin looked into Vince's case, the more he became obsessed with discovering what pushed a good man toward darkness.

In Benjamin's new book, *The Other Dr. Gilmer: Two Men, a Murder, and an Unlikely Fight for Justice*, you'll learn about the intertwined lives of these two local doctors. Benjamin told the *Crier* that the book "is about our community and is a memoir that tells the medical mystery-murder story of me following in the footsteps of another Dr. Gilmer who was a presumed murderer. But it's really a story about perseverance and social justice."

In case you didn't catch the latest update to this story, Vince was pardoned



PHOTO: ERIN BRETHAUER (BENJAMIN); ANDRE TEAGUE/BRISTOL HERALD COURIER/ASSOCIATED PRESS

and released from prison on January 13 and will be admitted into a medical or psychiatric facility. But don't let that stop you from reading the whole story, which is about much more than just one case. Among other things, as Benjamin noted, it's a story about our community, with mentions of people and places you might know. The *Crier* even gets a mention.

You can now find the book at local bookstores or any place you buy books online.



DR. ASHLEY LUCAS

Five Tips for Weight Loss and Better Health

Are you ready to make a change to your health? Perhaps you're interested in dropping a bit of weight, slimming down your waistline, reducing inflammation throughout your body and feeling great?

Here are five simple tips to push you in the direction you want to go.

The source of your calories matters. You can eat 700 calories of French fries or 700 calories of steak and salad with full-fat dressing. One "meal" will cause inflammation, hunger and cravings for days, while the other will keep you full, satisfied and strong (not to mention provide you with necessary vitamins and minerals).

Health doesn't come in a pill or injection. There is no way around the fact that your health comes from the way you eat, the way you move, the way you treat others and your overall habits and behaviors that comprise your lifestyle. Focus on these aspects and you'll find you can likely drop the fancy supplements and medications.

Plants and meat are good for you, and even better when you mix the two together.

Exercise is medicine. We have been told that moving more equates to weight loss, but the fact is that exercise isn't a huge weight loss tool. Exercise is, however, a great wellness tool that you want to be sure to take advantage of. It helps with your stress, sleep, mood and overall wellbeing. When in doubt, move! The best movement? Walk as much as you can, lift something heavy often, and sprint once in a while if you can.

Take responsibility for your own health. You can have all the motivation in the world, but it's useless if you don't have the discipline to work it. No one can change your body and mind but you.

Ashley Lucas 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.

Estate Plans Let You Control Your Legacy

When you hear “estate planning,” what do you think of? For many people, these words evoke images of immense wealth. But estate planning isn’t just for the wealthy—it’s for everyone. And it’s about more than preserving wealth—it’s about putting you in control of your own legacy. But how can you achieve this worthy goal?

You can start by identifying your estate planning objectives. Here are some of the most common ones:

- **Controlling movement of assets to beneficiaries.** During and after your lifetime, you will want to ensure your loved ones receive what you want them to have, and when. Through documents such as a will and a living trust, and techniques involving life insurance and using proper beneficiary designations, you—not the courts—will control the movement of your assets to the desired recipients.

- **Naming someone to make decisions for you if you become incapacitated.** Naturally, you hope to stay in good physical and mental shape throughout your life and remain capable of making your own financial and health care decisions. But the future is not ours to see, so, to protect your interests and those of your loved ones, you may want to consider creating arrangements such as a power of attorney, health care directive and a

living will. In this way, you’ll still be able to control the key choices that may lie ahead.

- **Providing for minor children or dependents.** If you have young children or other dependents, you’ll want to be sure they’ll be looked after if you aren’t around. In your estate plans, you can name a guardian for them. You can also use various estate planning tools, such as life insurance, beneficiary designations and the establishment of a trust to provide the necessary financial resources for your loved ones.

- **Supporting charitable organizations.** Leaving something behind for your family is obviously an enormous part of your legacy—but it may also be important to you to provide support for charitable groups whose work you’ve admired. Of course, you can contribute to these organizations while you’re alive, but through strategies such as donor-advised funds and charitable remainder trusts, you can include these groups in your estate plans.

- **Managing taxes efficiently.** If you’re likely to have a large estate, your heirs may need to be concerned with income and estate taxes. To help control these taxes, you can take a number of steps, such as making outright gifts to your family during your lifetime, establishing an irrevocable life insurance trust, creating a family limited partnership and making charitable donations.

All the estate-planning strategies and techniques mentioned here can be complex—so, to implement them, you’ll need to work with an estate planning attorney and a tax professional. You may also want to include your financial advisor, who can help ensure your estate planning objectives align with your important financial goals, such as living comfortably in retirement and providing for your children’s or grandchildren’s education.

By identifying your objectives and

working with your professional team, you can create an effective estate plan—and help yourself maintain control of your legacy.



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.

January 2022 Fairview Real Estate Statistics

AVG DAYS ON MKT: 0		Max \$	Lowest \$	Average \$
Homes Listed	0	--	--	--
Homes Sold	12	1,215,000	185,000	570,000
Land Listed	0	--	--	--
Land Sold	4	635,000	130,000	311,000

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). When selecting a real estate company, remember to shop local. The total number of homes and land listings are down. Now's the time to sell and get top dollar before the interest rates go up. Keep and multiply the dollars in your local community's economy.

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Leslie Koretz, D.O.

Be a Part of the Plan

Buncombe County is tackling the future, and we want you to provide your input for our first-ever long-range Comprehensive Plan. The plan looks 20 years into the future by asking you what you love about your community now and the things you want to see changed or improved going forward.

The Buncombe 2043 Comprehensive Plan provides the framework for growth in unincorporated Buncombe County and addresses other quality of life matters for the county as a whole. The plan will take a regional approach, being mindful of other plans, such as the City of



Asheville and the Town of Black Mountain plans. The plan looks at the relationships between land uses, infrastructure—such as roads and utilities—and community

needs, and can impact how and where a community grows over time. It seeks to include broad, equitable and diverse public engagement from residents across all areas of the county. Additionally, a

comprehensive plan is required by the state for a local government to have zoning regulations.

The plan will have an impact on all residents of the county—current and future—and it is important that we share our voices to create a shared vision. The finished plan will be used by Buncombe County in all sorts of ways that impact how a community evolves over time. For example, the plan can be used to make budget and policy decisions, create neighborhood-level plans, apply for grants, and create new regulations and ordinances.

I am looking forward to using the plan to help guide my work on the Affordable Housing subcommittee.

You can provide your input by participating in a virtual session on March 14 from 4 to 6 pm or March 19 from 10 am to 12 pm.

You may sign up at engage.buncombe-county.org. Scroll until you see “Comprehensive Plan 2043” and then click on the “Participate” button to register for the date you want to attend by clicking on that event date and selecting the register button.

The plan meetings will focus on learning more about changes and issues that impact residents now and in the future. They will also help create a community vision and priorities for

Buncombe County. In the next stages of plan development, the information shared during this initial set of meetings will help identify potential solutions and actions, upon which the community will provide feedback.

Tell your friends, family, neighbors and coworkers about this vital opportunity to shape our community's future. This is our time to shape the future of Buncombe County, and we need to hear from as many people as possible, including our children. So, bring them with you to the meeting. My son, Wade, has already shared what he thinks is important with me.

County staff created specific activity kits to engage our youth, and there is a survey/poll for them to share their views as well. Those can also be found at engage.buncombecounty.org.

I look forward to seeing many of you at the input sessions and hearing your great ideas for the future of our beautiful county.



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

IMPORTANT COMMUNITY CONTACTS

PUBLIC SERVICE

Sheriff's Department 250-6670
Fairview Fire Department 628-2001
Garren Creek Fire Dept. 669-0024
Gerton Fire & Rescue 625-2779

SCHOOLS

Cane Creek Middle 628-0824
Fairview Elementary 628-2732
A.C. Reynolds Middle 298-7484
A.C. Reynolds High 298-2500

COMMUNITY CENTERS

Cane Creek 768-2218
Fairview 338-9005
Spring Mountain 545-9092
Upper Hickory Nut Gorge 625-0264

POST OFFICES

Fairview Post Office 628-7838
Fletcher Post Office 684-6376
Gerton Post Office 625-4080

MISCELLANEOUS

Fairview Business Assn 585-7414
Fairview Library 250-6484
Food for Fairview 628-4322
Meals on Wheels 253-5286
Root Cause Farm 628-3688



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Fairview Is for the Birds

by Clark Aycock

Driving south on Cane Creek Road, just past Flesher's, you could easily think you're in a different country—or maybe on a different continent.

There's a blue pigeon walking around. You're not tipsy; it really is blue, with red eyes. The blue crowned pigeon—the world's largest pigeon—is native to New Guinea. A red crested turaco, from Africa, looks like the missing link between birds and dinosaurs. And there are amazingly colorful birds from South America and Australia, too.

C.A.R.E.

But these aren't just pretty birds. Some are endangered, and one of the blue crowned pigeons is missing an eye.

In the middle of all of these feathers is Leeann Shearouse, the owner and one-woman show behind the newly opened Carolina Avian Research & Education (C.A.R.E.).

She gives sanctuary to birds with special needs, and rare and endangered birds from around the world are bred and studied at C.A.R.E. And, just as important to her, she wants to teach others about birds, horticulture and nature.

Leeann has 30 years of experience with birds, and used to own a wild animal hospital in Florida. She moved to Asheville for a reason—which I'll get to later—and then moved to Fairview in 2018



At left, Leeann and Jack, the Harris's Hawk. The Lady Gouldian Finch (above), one of many colorful birds at C.A.R.E., is now threatened in its homeland of Australia.

for the peace of the country and the space to expand her bird habitats.

In addition to the songbirds and other exotics, she also has a special needs hawk to care for—so it's good she's also a master falconer. Jack, a Harris's hawk, is missing one eye. The Harris's hawk is the only raptor to hunt in packs, so Leeann is literally his wingman (or wingwoman?). She beats the brush to scare up prey and makes herself visible so that he knows his "pack" is with him.

As you can imagine, this business, which is also a labor of love, is not an inexpensive undertaking. Leeann supports herself through classes, plant sales and speaking engagements.



Canna Leopardess, one of Leeann's unique varieties

Classes Offered

She'll offer four classes, including "The Wonderful World Of Birds," which includes a tour of the property and special attention given to a few birds of the customer's choice. The class will last up to two hours depending on participation and the number of questions. The cost is \$25 per person, and \$12 for children under 12.

Leeann, who is an internationally recognized plant hybridizer, also sells her own unique varieties of pond plants, canna lilies and daylilies. She chose Asheville when moving from Florida because it's the farthest north that lilies can grow. She said her many, many lilies should be in bloom by early April.

For more information on Leeann and her birds, flowers and classes, visit her website at carebird.org, email her at lilygirl95@me.com or call 561-281-4483 (M to F, 9 am–6 pm).



Changes and Fake News

By Sandie Rhodes

Rumors are flying every which way this month, but we only have space for a few quick updates.

■ **CVS** in Reynolds will be closing as of November, and Ingles plans on rebuilding—not remodeling—with a new Super Ingles taking over that space. It will include a pharmacy and gas pumps, if feasible. More later.

■ **Fairview Boarding** has added grooming and bathing services, including nails, ear cleaning, style cuts, natural products and more. Grooming dropoffs are Monday–Friday, and boarding is available seven days a week. They also offer daycare. Visit fairviewgrooming.com or call 628-1997 for information/appointment.

■ Phil Troyer asked us to quash the ill-informed rumor that **Troyer's Amish Country Blatz** is closing. They are open and as busy as ever. Ask him.

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

Sandie Rhodes is the board chair of the Fairview Town Crier.

Community Gets New Art, Conference and Event Space

By Nan Cole

For longer than I care to think about, we have been renovating the old Ecclesia Baptist Church building off of 74-A and Old Fort Road, by the Spivey Carp Lake. But we're almost done with what we're calling Re.Imagine. The building will incorporate resident artists' studios (one space is still available), a retail gallery to display the work of local artists and crafters, a limited number of spec and custom upholstery pieces, a conference room for meetings and various fun workshops and classes, an upholstery workroom, a breakroom and coffee bar, and a large outdoor space that can be rented for community events. The building will also serve as the home base for the Fairview Area Art League (FAAL).

Plans are to hold a soft opening this coming spring or early summer. Stay tuned for the exact date. Our first major event may well involve puppies. In the meantime, FAAL will be holding a series of mini-workshops throughout May 2022. Plans also include holding at least one event or class



each month throughout 2022, beginning in June. We already have one vendor who will be displaying Celtic-inspired jewelry, with more talented artists to come.

If you would like more information about displaying your work on consignment or possible upcoming events, please contact me at jnfairview@gmail.com. Our website and Facebook page will be up and running soon, so keep an eye on the *Town Crier's* Facebook page for additional announcements.



We look forward to helping you "Re.Imagine" your décor—and maybe even your life.

The website for Re.Imagine is still in the works, so you can call Nan at 628-8715 for more information.

BIZ SHORTS



Southeastern Physical Therapy is now **SEPT Physical Therapy**. Their Fairview location is at 1356 Charlotte Highway, Fairview (next to the post office).

First Bank has launched its Project Launch contest, created to accelerate ideas and support solutions for overcoming educational challenges in the community. Every month in 2022, First Bank will select a winner, who will receive funding and support to move forward with their project. Enter your idea and get more information at localfirstbank.com/projectlaunch. The local branch is at 1348 Charlotte Highway, Fairview.

Members Met to Learn about Digital Marketing

The FBA meeting at the Fairview Library was a great way to kick off the new year. Twenty-five members



attended a presentation by Frank DeMarco and Lauren Schwartz from Outside the Box Interactive, who shared their knowledge of digital marketing and social media. The informal discussion offered tips and a wealth of information that many members were unaware of. Those who are interested in learning more about how to get their business on the internet or expanding their presence on social media may contact them for a free consultation. After the meeting, several new and current members moved to Whistle Hop (another FBA member) for drinks and networking. Our next meeting will take place on March 8 at Angelo's Family Restaurant on 1226 Charlotte Highway. A discounted \$5 lunch will be offered to members for this meeting (12-1:30

pm) that is open only to FBA members. Members of Buncombe County's Planning and Development staff will provide an overview of current trends in the county and talk specifically about the issues important to the Fairview community. Members will need to RSVP in advance with their choice of sandwich. Call Diana Soll with any questions and your food order at 516-238-6979.

The FBA is expanding in 2022. Members will participate in fundraising efforts for local non-profits, partner with fellow members to support each other, and rally together to work on special projects that will assist individuals in the community.

For more information on the FBA, visit fairviewbusiness.com.

Diana Soll is the president of the FBA and is a Certified Professional Organizer. Contact her at diana@grandsolutions.net.

► FBA Business Expo

Sunday, April 3, 3-5pm

FREE and open to all!

Turgua Brewing
3131 Cane Creek Road, Fairview

Come meet local business owners while enjoying a food truck, delicious beer, free giveaways, raffles and music provided by Zoe and Cloyd!

FBA members can email Brandy Lampert (FBA.vicepresident@gmail.com) with questions about booths, set-up, etc.

For more information, visit fairviewbusiness.com.



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ACCOUNTANT

Bob Williamson, CPA 338-0314

ARCHITECTURE & DESIGN

Rueger Riley 407-0437

ART/ANTIQUES

Abba's Vintage Resurrections 865-567-7549

M. Moore Woodturning 365-8787

Tyrconnell House 774-3662

AUTO SERVICE/ TRUCK SALES

High Country Truck & Van 222-2308

BANKING/ FINANCIAL SERVICES

Edward Jones—Stephen Herbert 777-7094

Edward Jones—Katherine Morosani 628-1546

First Bank—Heather Ward 298-8711

BUILDER/ CONTRACTOR

Grace Homes 222-4567

BUILDING & MAINTENANCE

AA Diamond Tile 450-3900

All Season Heating & AC 651-9998

Cane Creek Concrete 230-3022

Daylight Asheville 778-0279

BREWERIES/ DISTILLERIES/ CIDERIES

Barn Door Ciderworks 484-1586

Turgua Brewery 338-0218

Whistle Hop Brewery 338-9447

BUSINESS SERVICES

gk, Inc. 222-4567

Rising Workplace 214-7827

CLEANING SERVICES

Steam Master Carpet & Upholstery 628-9495

COMPUTER SERVICES

Integrity Audio and Video 915-929-3732

macWorks 777-8639

Scobie.net 628-2354

CSAs/ FARM STORES/ MARKETS

Cane Creek Asparagus 628-1601

Grace Farms 222-4567

Sweet Farm on Cane Creek 242-4425

Trout Lily Market & Deli 628-0402

DUMPSTER RENTALS & HAULING

All-In Dumpster Rental & Hauling 776-5517

EDUCATION/ INSTRUCTION

Advanced Education Tutor 628-2232

Fairview Preschool 338-2073

Mighty Oaks Montessori 338-0264

EQUIPMENT RENTALS/ REPAIR

Carolina Equipment Rental 628-3004

Ed's Small Engine Repair 778-0496

FLOORING

CC Flooring 712-1671

FURNITURE DESIGN/ REUPHOLSTERY

Re.Imagine 773-680-4981

HEALTHCARE FACILITIES

Flesher's Fairview Health Care 628-2800

HOUSE RENTALS/ SHORT TERM/ VACATION RENTALS

Cloud 9 Relaxation Home 628-1758

Sunset Hollow 768-0120

The Cove at Fairview 628-4967

INSURANCE

Butch Greene Hemlock 338-9125

ESCO Insurance Agency 231-6577

Kimmel HR Solutions 222-0105

Prime Time Solutions 628-3889

Stovall Financial Group 275-3608

Tammy Murphy Agency 299-4522

LANDSCAPING

Fairview Landscaping 628-4080

MARKETING/ PROMO/ PRINTING

828 Printing & Graphics 216-0955

Ink 222-4567

Outside the Box Interactive 848-4072

Re.Solutions 280-8270

MEDICAL SERVICES

Apex Brain Center 681-0350

AVORA Health 505-2664

Carolina Mobile Optician 779-2891

Koretz Family Health 220-0125

Southeastern Physical Therapy 338-0707

Unified Therapies 414-2368

NEWSPAPER

Fairview Town Crier 628-2211

NONPROFITS

Food for Fairview 628-4322

Root Cause Farm 276-1156

Signs for Hope 691-2581

ORGANIZING

Grand Solutions LLC 516 238-6979

PET SERVICES & SUPPLIES

Barn & Home Pet Sitting 280-0056

Fairview Boarding 628-1997

Living Harmony Pet Sitting 582-3363

Woof In the Woods 222-2222

PHARMACY

Americare Pharmacy 628-3121

PICTURE FRAMING SERVICES

Frame It Asheville 808-0923

REAL ESTATE SALES

Beverly Hanks—Carol Holcombe 779-8748

Sandy Blair Real Estate 768-4585 Cool

Mountain Realty—Jenny B. 628-3088

Divitia Realty—Beth Cohen 398-9233

Greybeard Realty—Rosie Johnson 778-2630

Keller Williams—Jim Buff 771-2310

Purnell Team, eXp Realty 551-3542

RESTAURANTS

Angelo's Family Restaurant 628-4031

Subway 299-8451

RETAIL

Clothes Mentor-Women's Resale 274-4901

To the Brim: Refill Store 552-3332

SECURITY SERVICES

ADT Security Services 808-5007

VETERINARIANS

Fairview Animal Hospital 628-3557

WELLNESS/ HEALING

LA Massage and Energy Work 372-2450

Stacy Martin Reiki 516-902-6107

NEW OR RETURNING MEMBER

Your Thumb Can Get Greener

I have a longtime dear friend who is a flower farmer. She kind of cringes when I say those words out loud, as she doesn't see herself as a farmer. I don't know if it's because she doesn't use a tractor or that her plot of land is small—less than an acre—or maybe because every year there is still so much that she learns about this thing from which she has made her living for more than 10 years.

It's the same for me. It still doesn't feel right to call myself a gardener. There is still so much that I have to learn. Were you to visit my house, I'd show you the small indoor plant that is hanging on by a thread over my kitchen sink. I regularly look at it and feel bad because I'm sure that it could have a better life in a more competent plant person's home.

I'm trying to show you my lack of gardening street cred. That my thumb is, in fact, brown. Perhaps you are in a similar place? Perhaps you feel that you cannot be successful cultivating plants on your own land? I still don't believe I can do it, even after starting with 20 dahlia bulbs five years ago and expanding that to over 400 over the course of a couple of years. But I did it, and so can you.

My Gardener Path

My path to becoming the "Semi-Serious Gardener" began when I realized that I

was spending \$25-\$35 a week buying cut flower arrangements for my wife at our local bakery. We felt good about supporting a local farmer, but it was untenable to spend \$140 a month to have a bouquet in our house every week. We were drawn

If you can find a real person to help you along the way, you will also find a cheerleader.

initially to dahlias, and they have become our primary plant, though the repertoire is expanding.

I would like to invite you to become a semi-serious gardener too—to believe that your thumb, whatever its color may be, is yearning to get dirty. To put something into the earth and watch the magic. To draw out those of you who may not be growing anything for fear that you can't. I want to help everyone see that they can grow their own plants.

Getting Started

Start small. Many people get in over their head before they even begin. Start with a small garden box—4 feet x 6 feet or a similar size. You will probably be surprised what you can pack into this space and get in return. I suggest dahlias for someone just starting out, though a couple of packs of wildflower seeds will



Dahlias don't need too much attention and will produce flowers potentially from the end of May until October.

almost certainly delight without too much work.

Why Dahlias?

Dahlias don't need too much attention and will produce flowers potentially from the end of May until October. Also, this is a plant that actually seems to love being cut back. The more flowers you cut away, the more will come. And they seem to thrive here in Fairview.

Keep it simple. Start with one or two flowers, especially if you are planting a tuber or special seed. This will make it easier to learn about the flower and how best to take care of it. This is where

the wildflower seed packet could work against you, as you may end up with eight to 10 different flowers, which will make it hard to learn about those flowers through your observation.

Find an expert. This should be someone you can speak to in person, so I do not recommend following someone online (including YouTube). There is a lot of good guidance on the internet, but it will be difficult to address specific questions that you will inevitably get into. I think you will find that if you go looking, it won't be hard. My grandmother found a soil expert at Home Depot just waiting to share their expertise instead of how to find the aisle for painter's tape. If you can find a real person to help you along the way, you will also find a cheerleader. Someone who will be in your corner when the inevitable difficulty arises.

You can do it. You only need to be semi-serious.



Nate Barton is an artist who teaches art. He lives with his wife and two sons in Fairview, where he maintains a flower garden with his mom and grandmother, who are also his neighbors. You can find him on Instagram (@etannotrab).

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Medicinal Mushrooms and Cancer

After such a warm spell in December, we finally received a good dose of winter, with a few decent snowfalls. But signs of spring are out and about, with wood frogs waking up and new green growth on many of the wild mustards that always come so early. Last year was a pretty good wild mushroom season, but our shiitake logs finally gave up the ghost after so many years of great productivity, so it will be time to start some new ones.

Last fall ended up being a rather stressful and challenging time for me. Out of the blue, what seemed like a routine test turned out to be a cancerous tumor, and I was informed that I have esophageal cancer. Since it is an aggressive strain, treatment began immediately, with intensive chemotherapy and radiation daily. It is always so different when we have to face something ourselves vs. talking friends/family through these inevitable life crises. I always thought I was fairly tough and resilient, but I will be the first to admit that chemo/radiation kicked my butt. It was humbling!

I am so lucky to live here in this wonderful rural mountain community; to have so many friends supporting us, helping us out, bringing us meals. By the time this is published, I should be back from Duke, having completed the third and hopefully last leg of treatment, with

major surgical removal of the esophagus and part of the stomach. If all goes well, the prognosis is fairly good that I should be back up and running again this spring or summer.

An old friend in his 90s always had the same response when asked he was doing: "Weeds don't die!" Being a big fan of our local weeds, I love that response.

I thought this would be a good time for a column on wild mushrooms and cancer treatment. I had to wait to try anything until the chemotherapy was completed so as not to interfere with the chemo drugs. But as soon as I was done, I began taking several extracts of wild mushrooms that are showing so much promise for boosting the immune system and treating active cancer.

Turkey tail mushrooms are semi-woody mushrooms that are abundant in the forests of WNC. The same is true for reishi mushrooms, which are usually found on old, dead hemlock trees. Other key wild mushrooms that grow here are lion's mane and hen-of-the-woods. In my experience, lion's mane is less commonly found, and hen-of-the-woods is common—it's just hard to see and find at times. But all four of these mushrooms are native here and worth knowing. Chaga, which is only found in northern regions, is a powerful booster for our immune system and can be easily sourced these days.

If you have not seen the movie "Fantastic Fungi," watch it soon, as it will forever change your perceptions of the roles mushrooms play in our world. It features one of my heroes, Paul Stamet, who has truly been a pioneer in researching and popularizing the wonders of wild mushrooms as medicine for humans and as healing agents for our whole planet. Stamet has also written great books on cultivating your own wild mushroom gardens. (For more information, go to his website at hostdefense.com.) I am hoping to expand beyond shiitake into other tasty and medicinal cultivars in the near future.

Each day, I take four capsules of turkey tail mushrooms and tinctures and teas made from reishi, lion's mane, maitake, hen-of-the-woods and shiitake mushrooms. I also utilize fresh shiitakes regularly in my diet. To my surprise, Harris Teeter has excellent maitakes in their produce department.

Each person has to choose for themselves what they are comfortable with in regard to wild mushrooms and medicine. I am only sharing my experiences. I know many people who are fine with buying these mushrooms from trusted sources,



Extracts of wild mushrooms, such as turkey tail (left) and reishi (above), are showing much promise for boosting the immune system and treating active cancer.

and it is good they are now readily available. I would caution strongly against buying any mushrooms from China given the lack of safety regulations and standards, even though China has been using these mushrooms as vital medicines for thousands of years.

As my wonderful internist frequently says, Western medicine is changing at the speed of lightning. How fortunate we all are to be living in a time where many medical diseases are now treatable. Each day, new research and discoveries are unfolding, including the realm of wild edible/medicinal plants and mushrooms.



Contact Roger at rogerklinger@charter.net.

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Spring Cleaning: Bird Baths, Feeders and Houses

As spring approaches, you may be thinking about clearing the clutter out of your home and deep cleaning for the upcoming season. But how can we prepare the outside of our homes for this lively time of year?

If you have bird houses, baths or feeders in your yard, it is quickly approaching the most important time to clean these out. Read on to figure out why, when, and how you should be cleaning to prepare your yard as it comes to life this spring.

Why Now?

Cleaning your bird houses, baths and feeders reduces the spread of diseases, fungus, bacteria and more. Young birds are especially at risk of ectoparasites, which are common in the spring months

when newborns abound. Infestations can lead to complications and even fatality in young hatchlings, making cleaning a very important task to take on.

It also makes your bird house more appealing as a potential nesting site and makes it more likely that it'll be put to good use by a nesting mother bird.

When to Clean

Birdhouses should be deep cleaned at the beginning and end of every breeding season. In our area, nesting birds begin breeding in March, meaning that now is the perfect time to scrub them out.

Bird baths and feeders, however, should be cleaned much more often. These structures tend to be shared more than houses and therefore have a higher risk of

disease transmission. During times of heavy use, such as the upcoming breeding season, these should be cleaned every two weeks or so.

How to Clean

Bird Houses

- Remove all old nesting material.
- Scrub the house with one part bleach to nine parts water.
- Rinse the bleach off thoroughly with clean water.



American Robins PHOTO BY THE AUDUBON SOCIETY

- Allow the bird house to dry completely to avoid mold growth.

Bird Baths

- Rinse and scrub the bath with one part vinegar to nine parts water. Refill with fresh water every other day.

Feeders

- Rinse and scrub the feeder with one part bleach to nine parts water or place in a dishwasher on a hot setting.

Birdhouses, feeders and baths are great helpers to have in your yards. But if you

don't properly care for them, they could end up doing more harm than good. Be sure to do your spring cleaning for our feathered friends this season—if they could talk, they would thank you.

Allison Houtz is an AmeriCorps Project Conserve Communications and Education Associate with Conserving Carolina, which maintains multiple properties and hiking trails in the greater Fairview area. For more information, go to conservingcarolina.org or call 697-5777.



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Medicare Budget Basics, Part Two

Medicare is a very complex program. If you think the insurance side is mystifying, the funding side is more so.

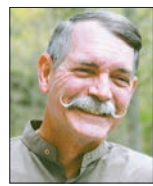
The composition of Medicare financing has changed significantly over the past 40 years, with an evolving mix of premiums, payroll taxes and general fund support. In 1970, payroll taxes financed 65 percent of Medicare spending. In 2020, however, payroll taxes covered only 34 percent of the program's costs. That decline occurred despite changes in the structure of the Medicare payroll tax, which increased revenues from that source. In 1986, for example, the payroll tax rate for Medicare increased the contribution rates for both employers and employees from 0.6 percent to 1.45 percent of wages. In 1994, the cap on earnings, which limited the amount of income subject to the Medicare payroll tax, was eliminated. (The cap on earnings for the payroll tax that funds Social Security was not eliminated). Most recently, the Affordable Care Act increased payroll tax rates for high earners by an additional 0.9 percent beginning in 2013. Unfortunately, the sum of those changes will not be sufficient to offset future cost growth.

Premiums play only a modest role in funding the Medicare program. They financed 15 percent of Medicare's overall costs in 2020, the same as in 1970. The federal government's general fund has been

playing a larger role in Medicare financing. In 2020, 47 percent of Medicare's income came from the general fund, up from 25 percent in 1970. Medicare accounts for a significant portion of federal spending. In fiscal year 2020, the Medicare program cost \$776 billion—about 12 percent of total federal government spending. Medicare was the second largest program in the federal budget after Social Security.

Medicare is a major player in our health system and is the bedrock of care for millions of Americans. The program pays for about one-fifth of all healthcare spending in the US, including 28 percent of prescription drug costs and 39 percent of home health spending, including in-home care by skilled nurses to support recovery and self-sufficiency in the wake of illness or injury. Balancing cost concerns with considerations about the health and welfare of our nation's older citizens will be important to preserve Medicare's future.

This article was adapted from a piece from the Peter G. Peterson Foundation (pgpf.org).



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

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